

# The 5<sup>th</sup> Tradition

## OA San Fernando Valley Intergroup (OASFVI)

*In A.A. we have found that the actual good results of prayer are beyond question. They are matters of knowledge and experience.*

*All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capability.*

*And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances.*

A.A. 12 & 12, page 104



Julie G.	1 year
Sam L.	3 years
Kayla F.	5 years
Bonnie K.	9 years
Doritt	10 years
Sig	10 years

### Celebrating 38 years of recovery!

If you've had a birthday, send your name and years of recovery to [editor@oasfvalley.org](mailto:editor@oasfvalley.org).

## COMING EVENTS

### RECOVERY FROM RELAPSE WORKSHOP

Sunday, August 4<sup>th</sup>, 2019 from 1:30 PM to 4:00 PM. Join us for a reflective and interactive workshop. Three speakers will share their experience, strength and hope, on recovering from relapse. The event will be held at the OASFVI office, 20121 Ventura Blvd. #315, Woodland Hills. Bring pen and paper. Please no beverages other than water inside the room. The suggested donation is \$5. No one will be turned away for lack of funds. Questions, call Linda S. (818) 802-0497.

### OA CABARET COMEDY NIGHT

Saturday, August 10<sup>th</sup>, 2019. Doors open at 7:00 PM. Join us for a night of comedy, music and fellowship, the tickets are \$20. The show begins at 7:30 PM. Bring a jacket as the event will be held outside on the lawn of Jo H's home. If you have any questions, call Lital Z. at (714) 244-2495

### THE 12 STEPS – A PATHWAY TO SPIRITUAL AWAKENING

August 2-4, 2019. The Sacramento Valley Intergroup has organized the 34<sup>th</sup> Annual Tahoe Retreat. For cost and program details go to [www.sacvalleyoa.org/tahoe-retreat.html](http://www.sacvalleyoa.org/tahoe-retreat.html) or contact Anna at (916) 314-5460 or Email: [svioa.tahoe.retreat@gmail.com](mailto:svioa.tahoe.retreat@gmail.com)

### URBAN RETREAT – BIG BOOK LOVE AND FORGIVENESS

September 27-28<sup>th</sup>, 2019 in San Diego. The retreat will be lead by a speaker from Los Angeles sharing her experience strength and hope. If you have any questions contact Melissa (619) 454-4450 or [melforte@yahoo.com](mailto:melforte@yahoo.com)

### CALENDAR

Aug 4	Recovery from Relapse
Aug 5	Board Meeting
Aug 10	Comedy Night
Aug 19	Delegates Meeting
Sep 2	Board Meeting
Sep 16	Delegates Meeting

### Connect the dots. Hint: "We all need them"

"and together we can do what we could never do alone."



### INTERESTED IN BEING OF SERVICE?

❖ Our intergroup board is looking for a new Region 2 Representative. This is a 2-year position and it requires 1 year of abstinence and 6 months of service above the meeting level. Travel is required. Contact the OA office if you are interested.

❖ If you are interested in sponsoring, volunteering, speaking and more fill out the San Fernando Valley Intergroup survey scanning the QR code at the bottom right of this page or at this link:

<https://www.surveymonkey.com/r/QDJTGJB>

Scan this QR code to be of service, as a speaker, volunteer, sponsor etc..





## 2019 OASFVI SERVICE BOARD

### BOARD CHAIR

Bonnie K. (714) 235-3026  
[chair@oasfvalley.org](mailto:chair@oasfvalley.org)

### VICE CHAIR

Jeanne B. (818) 424-4001  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

### SECRETARY

Doritt D. (818) 516-3378  
[secretary@oasfvalley.org](mailto:secretary@oasfvalley.org)

### TREASURER

Jonathan S. (661) 714-4707  
[treasurer@oasfvalley.org](mailto:treasurer@oasfvalley.org)

### SPECIAL EVENTS & FUNDRAISING

Lital Z. (714) 244-2495  
[intergroupdev@oasfvalley.org](mailto:intergroupdev@oasfvalley.org)

### LITERATURE &

### DIGITAL RESOURCES

Samuel G. (805) 341-1694  
Nora K. (317) 418-3247  
[literature@oasfvalley.org](mailto:literature@oasfvalley.org)

### PUBLIC OUTREACH

Tim C. (323) 369-8048  
[publicinfo@oasfvalley.org](mailto:publicinfo@oasfvalley.org)

### REGION 2 REP

[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### 12th STEP WITHIN/WORKSHOPS

Linda S. (818) 802-0497

Leore B. (818) 384-9979

[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### WORLD SERVICE REP

Gunit K. (818) 923-8520

[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### NEWSLETTER

Alessandra M. (310) 993-5343

[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### DELEGATE COORDINATOR

[delegates@oasfvalley.org](mailto:delegates@oasfvalley.org)



## OUTREACH CONTACTS



### 24 HOUR HOTLINE

Bernice (818) 763-6387  
Hank N. (818) 939-4232  
Ira H. (818) 222-4116 (M)  
Jim S. (805) 908-1199  
Mary P. (818) 848-2994  
Steve (818) 298-8002  
Terri (805) 495-8881

### SPECIFIED HOURS

Carla (818) 642-8543 (M)  
Until 8:00 PM  
Cindy S. (818) 406-1310 (M)  
5 AM – 3 PM  
Gail (661) 722-5833  
9 AM – 10 PM  
Gail P. (818) 769-7506  
10 AM - 6 PM  
Gloria A. (818) 585-6772  
9 AM - 9 PM  
Jacqui (818) 346-1941  
Day time only  
Jodi (661) 313-2661  
3 PM - 10:00 PM  
Shelli (818) 294-5837  
9 AM - 8 PM  
Susan L. (818) 845-1368  
9 AM - 9 PM  
Ray J. (818) 200-9576  
9 AM - 8 PM  
(M) = Leave a message

### EMAIL

Carla

[pc5965@yahoo.com](mailto:pc5965@yahoo.com)

Denise B.

[dbillings@roadrunner.com](mailto:dbillings@roadrunner.com)

Heather HT.

[hlhgraphics@gmail.com](mailto:hlhgraphics@gmail.com)

Jacqui

[glitzie2@gmail.com](mailto:glitzie2@gmail.com)

Linda S.

[lindavoic23@gmail.com](mailto:lindavoic23@gmail.com)

Ray J.

[rayjoseph32253@gmail.com](mailto:rayjoseph32253@gmail.com)

Shirley W-M.

[wittmiya@aol.com](mailto:wittmiya@aol.com)

Steve

[SeeSteve@yahoo.com](mailto:SeeSteve@yahoo.com)

### TRAVELING? JUST NEED AN

**OA MEETING?** Check out the podcasts on the OASFV I site:  
[http://oasfvalley.org/?page\\_id=1285](http://oasfvalley.org/?page_id=1285)

### YOUNG PEOPLE MEETING!

The Young People Committee at World Service has formed a weekly phone meeting for young people.

It is dedicated to all OA members from 18 to 30 years old. On Thursdays at 7:00 PM. Phone (605) 472-5395.

ID #378978



## DID YOU KNOW



**When Meeting information changes**, Meeting Secretaries, **PLEASE** make changes by e-mail to:

- OASFVI website: [office@oasfvalley.org](mailto:office@oasfvalley.org) **AND**
- World Service website: [www.oa.org/edit-a-meeting/](http://www.oa.org/edit-a-meeting/)

If you're looking for speakers and/or sponsors, email our OA office, [office@oasfvalley.org](mailto:office@oasfvalley.org), and the list will be sent to you!

If you would like to be added to either or both lists, let us know.

Send an email to [vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org) with your name, phone number, email address, length of abstinence, focus (A/B, 100#, other), and which list you'd like to be placed on – Speaker, Sponsor, Volunteer, and/or Email.

**For the 7<sup>th</sup> Tradition:** Instead of adding to the 'basket' at a meeting you might donate your 7<sup>th</sup> Tradition with a check covering a few months OR pay your meeting donation via Pay Pal/Credit Card on the OASFVI website.

**Phone and Online Meetings** can be found on the main OA website: [www.oa.org](http://www.oa.org)

**OA Literature** may be purchased in the OA Office or by phone (818) 888-4776 or email [office@oasfvalley.org](mailto:office@oasfvalley.org)

*Surrender, to me, meant "hitting bottom", praying desperately for help, then trying something different – food plan, sponsor, meetings – all external changes. Today I know that this was not surrendering. I simply did what I needed to do to recover until I was no longer so desperate. A part of me always believed that someday I'd be able to eat normally. I still fought my food problem and other things in my life. Since I stopped fighting my Higher Power's will, one day at the time, I've not relapsed. My life has become more than "manageable". It has become more fulfilling than I could have ever imagined.*

*Voices of Recovery, July 4<sup>th</sup>*

### OA San Fernando Valley Intergroup (OASFVI) OFFICE:

20121 Ventura Blvd., #315 • Woodland Hills, CA 91364 [www.oasfvalley.org](http://www.oasfvalley.org)

email: [office@oasfvalley.org](mailto:office@oasfvalley.org) (818) 888-4776 (General Information), (818) 888-4775 (Fax) **HOURS:** Monday, Tuesday and Thursday, 10:00 AM – 5:30 PM; Saturday,

11:30 AM – 12:30 PM (**always** call before coming!), and the 3<sup>rd</sup> Monday of the month, before the Delegates Meeting, 6:45 PM – 7:15 PM.

# Meeting Directory

All meetings are 1-hour unless \*\* indicates that the time is extended.  
Please note that some Contact Names have been recently updated.

BB = Big Book Study  
C = Chips given for lengths of abstinence  
HC = Handicapped Facilities  
LS = Literature Study  
NC = Newcomers (½ hr. before mtg.)  
P = Participation  
Q&A = Questions and Answers  
S = Speaker  
SS = Step Study  
W = Writing  
\*\* = meeting longer than 1 hour

Sunday			Contact	Phone	Meeting
7:30 AM	Studio City	FOCUS ON PERMANENT RECOVERY, Studio City Church of Christian Science 4032 Whitsett Ave.	TIM COLLEEN	(323) 369-8048 (818) 359-8964	S, P, C
9:00 AM	Woodland Hills	SUNDAY MORNING WOMEN'S STAG, OA Office 20121 Ventura Blvd., #315	ROBIN SHELLI	(818) 319-2522 (818) 294-5837	S, P, C, HC **1 ½ hrs.
10:00 AM	Oak Park	FOCUS ON RECOVERY, Mae Boyer Park Rec Center 130 N. Kanan Road	SAMUEL G.	(805) 494-3140	**1¼ hr
5:00 PM	Sherman Oaks	SUNDOWNER'S MEETING, Sherman Oaks Hospital 4929 Van Nuys Blvd. (1st Floor Conference Room)	COLLEEN LITAL	(310) 922-5661 (714) 244-2495	S, P, C, HC
5:00 PM	Valley Village	BEGINNER'S MEETING, Faith Presbyterian Church, 5000 Colfax Ave.	TIM C.	(323) 369-8048	NC
5:30 PM	Valley Village	STEP STUDY/SPEAKER MEETING, Faith Presbyterian Church, 5000 Colfax Ave.,	TIM C.	(323) 369-8048	SS, S
Monday					
7:00 AM	Santa Clarita	AA 12 & 12 BOOK STUDY, Santa Clarita United Methodist Church, Founders Hall or Fireside Chat Room. 26640 Bouquet Canyon Rd.	SANDY Y.	(661) 373-3900	LS, P, SP, SS, W, WC
7:15 AM	Agoura Hills	AA BIG BOOK STUDY 28720 Roadside Drive, Suite 200 .	SHARON M.	(310) 383-6572	B, P, WC
7:30 AM	Studio City	MONDAY MORNING MEDITATION, Studio City Church of Christian Science 4032 Whitsett Ave. (Enter through the Children's Room)	DIANE P.	(323) 906-9309	S, P, LS
12:30 PM	Woodland Hills	OA 12 & 12, OA Office 20121 Ventura Blvd., #315	LINDA J.	(818) 882-8640	LS
6:00 PM	Agoura Hills	SERENITY THROUGH THE BIG BOOK 28720 Roadside Drive, Suite 200.	MIRIAM G.	(805) 341-1721	BB, LS
7:00 PM	Santa Clarita	Monday Night Hour of Recovery (OA 12 & 12), Santa Clarita United Methodist Church, 26640 Bouquet Canyon Road (Founder's Rm or Fireside Chat Lounge)	JOAN G. SANDY Y.	(661) 714-6068 (661) 373-3900	LS, P, SP, SS, WC
7:30 PM	Burbank	OA MEETING, Little White Chapel 1711 N. Avon St. and Jeffries (1st floor - Library)	JENNY K.	(510) 333-3708	S, P
7:30 PM	Woodland Hills	THE WHOLE BIG BOOK, United Methodist Church 5650 Shoup Ave.	MARK B.	(818) 399-0890	S, P, BB
7:45 PM	Encino	MONDAY NIGHT MIRACLES, Encino Community Center 4935 Balboa Blvd. (Youth friendly meeting)	HOLLY G.	(818) 970-4686	S, P, C, HC
Tuesday					
7:30 AM	Studio City	ABC FOCUS - ANOREXIC/BULIMIC EMPHASIS. Unitarian Church 12355 Moorpark St., (2nd floor)	DAN	(323) 708-6753	S, P, C
7:30 AM	Studio City	BIG BOOK STUDY, Church of Christian Science 4032 Whitsett Ave.	PEARL JIM	(818) 203-0821 (818) 760-0423	S, P, BB, HC
11:15 AM	Santa Clarita	OA 12 & 12 STEP STUDY, Congregation Beth Shalom 21430 Centre Pointe Parkway	SHARON H.	(661) 305-7373	SS
11:30 AM	Woodland Hills	OA 12 & 12 STEP STUDY, OA Office 20121 Ventura Blvd., #315	KAHALA	(818) 430-5396	LS, SS, P, C
6:00 PM	Sherman Oaks	OA and AA 12 & 12, Steps and Traditions, Sherman Oaks United Methodist Church 14401 Dickens St. (Music Room, Upstairs)	LESLIE MIKE	(818) 974-7180 (310) 600-1417	LS, S, SS, P
6:30 PM	Burbank	AA BIG BOOK STUDY, Westminster Presbyterian Church 542 N. Buena Vista Ave.	GUNIT	(818) 923-8520	BB
6:30 PM	Agoura Hills	AWAKENING, 28720 Roadside Drive, Suite 200	SHARON M.	(310) 383-6572	B, C, LS P
7:00 PM	Simi Valley	LITERATURE STUDY, United Methodist Church 2394 Erringer (Room 10)	ABBY M.	(818) 497-3950	LS OA 12/12
7:00 PM	Santa Clarita	OA MEETING, Kaiser Santa Clarita Medical Offices 2, 26877 Tournay Road, Santa Clarita, 91355	BOB K.	(661) 373-1272	PC, HC, P
7:30 PM	Lancaster	PARTICIPATION MEETING, Lutheran Church 1821 W. Lancaster Blvd.	GAIL	(661) 772-5833	P

**GOING TO A MEETING FOR THE FIRST TIME? Call the Contact to be sure the time and location are up-to-date!**

Wednesday			Contact	Phone	Meeting
7:00 AM	Santa Clarita	BIG BOOK STUDY, Santa Clarita United Methodist Church, Pre-school Teacher's Lounge 26640 Bouquet Canyon Road	SANDY Y. TERESA B.	(661) 373-3900 (661) 755-3755	LS,P,SP,SS, W,WC
7:30 AM	Studio City	OA STORIES & ABSTINENCE, Studio City Church of Christian Science 4032 Whitsett Ave. (enter through the Children's Room)	JANICE JOANNE	(818) 309-3308 (818) 430-7871	S, P, LS
10:30 AM	Woodland Hills	THE WORD ON RECOVERY, OA Office 20121 Ventura Blvd., # 315	SUSAN C.	(818) 772-5777	LS, P, HC
6:00 PM	Studio City	NO MATTER WHAT, Unitarian Church 12355 Moorpark St.	SHARON L.	(818) 290-3785	S, P
6:00 PM	Newbury Park	LITERATURE STUDY, Unitarian Universalist Church 3331 Old Conejo Road (Upstairs in the Teen Room)	MARCY	(805) 499-1053	LS, P
7:00 PM	Santa Clarita	LITERATURE MEETING, Santa Clarita United Methodist Church 26640 Bouquet Canyon Road	ADELA	(310) 430-0336	LS
7:00 PM	Lancaster	OA MEETING Lancaster Alano Club, 104 E. Ave. K-4, Suite J. Lancaster, CA 93535	T-BIRD	(818) 850-9885	LS
7:30 PM	Woodland Hills	100 POUNDER'S MEETING, OA Office 20121 Ventura Blvd., # 315	CELESTE	(818) 300-3098	S, P, C, HC
Thursday					
7:30 AM	Studio City	OA 12 STEP STUDY, Studio City Church of Christian Science 4032 Whitsett Ave. (enter through the 'Children's Room')	HELEN JANICE	(213) 453-8568 (818) 309-3308	LS, SS, P, S,C
7:30 AM	Studio City	ABC FOCUS - ANOREXIC/BULIMIC EMPHASIS. Unitarian Church 12355 Moorpark St., (2nd floor)	DAN	(323) 708-6753	S, P, C
12:00 PM	Woodland Hills	LITERATURE STUDY – PARTICIPATION MEETING, OA Office 20121 Ventura Blvd., #315	ANDREA	(818) 835-0815	LS, P
7:00 PM	Thousand Oaks	BODY IMAGE FOCUS FOLLOWED BY WRITING MEETING St. Patrick's Episcopal Church 1 Church Road, Buena Vista Room (Follow signs for church office)	JENNY H.	(310) 740-7738	S, SS, P, LS, HC
7:00 PM	Simi Valley	FOR TODAY United Methodist Church 2394 Erringer Ave. (Room 11)	KEN	(707) 604-2831	S, P, HC, C
7:15 PM	Valley Village	PRIMARY PURPOSE WOMEN'S MEETING, Faith Presbyterian Church of Valley Village 5000 Colfax Ave. (Meeting moved to back building, Room #1)	SABRINA LORE	(310) 570-0236 (818) 384-9979	S, P, C
7:30 PM	Woodland Hills	THERE IS A SOLUTION, OA Office 20121 Ventura Blvd., #315	DORRIT MICHELLE	(818) 516-3378 (818) 687-5038	LS, HC, LS, P, SS, C
Friday					
7:00 AM	Woodland Hills	AA 12 & 12 STEP STUDY, OA Office 20121 Ventura Blvd., # 315	JANET Z.	(818) 298-7461	LS
7:15 AM	Agoura Hills	STEP STUDY 28720 Roadside Drive, Suite #200	SHARON M.	(310) 383-6572	P, SS, WC
7:30 AM	Studio City	FOCUS ON PERMANENT RECOVERY, Studio City Church of Christian Science 4032 Whitsett Ave. (Enter through the 'Children's Room')	DARCY KAREN R.	(310) 773-6833 (818) 317-5385	SS, (AA), P
12:00 PM	Woodland Hills	BIG BOOK STUDY, OA Office 20121 Ventura Blvd., # 315	SONNY	(310) 749-3630	BB, P, C
12:00 PM	Valencia	LIFELINE STUDY 23501 Cinema Drive #210	MARGARET R.	(661) 252-2385	LS
6:30 PM	La Crescenta	LITERATURE STUDY, Church of Religious Science 4845 Dunsmore Ave. (@ Santa Carlotta)	SHIRLEY WM.	(818) 951-1605	C, LS, SS, P
7:30 PM	Woodland Hills	JUMP START YOUR WEEKEND, OA Office 20121 Ventura Blvd., #315	LISA	(818) 309-6200	LS, S
Saturday					
7:30 AM	Burbank	SPIRITWORKS CENTER FOR SPIRITUAL LIVING 260 N. Pass Avenue (just North of the 134, across from Vons)	ALICE HOLLY	(970) 667-4967 (818) 970-4686	S, P, HC, C
9:00 AM	Simi Valley	SIMI VALLEY UNITED METHODIST CHURCH (SATURDAY SHARING) 2394 Erringer Road, Room 11	CHAS F.	(805) 587-3416	LS, P, C, HC
9:30 AM	Canyon Country	SPEAKER & LITERATURE STUDY, The Recovery Room 17714 Sierra Highway	CECILIA	(661) 310-4361	LS
10:00 AM	Woodland Hills	SPIRITUAL MAINTAINERS, OA Office 20121 Ventura Blvd., #315	LINDA S. KAHALA	(818) 802-0497 (818) 430-5396	S, P, HC, **1 ½ hrs.
10:00 AM	Thousand Oaks	WOMEN'S STAG, Ascension Lutheran Church 1600 E. Hillcrest Drive (in Library)	ALINE R. NORA K.	(805) 906-9938 (317) 418-3247	S, P, HC, **1 ¼ hrs.
10:30 AM	North Hollywood	LITERATURE STUDY 10641 Burbank Blvd., Unit A.	CHARLEE E.	(818) 980-7939	C, HC, S, SS
2:30 PM	Studio City	OA SATURDAY IN THE PARK, Studio City Park 12621 Rye St. (Recreation Bldg.)	JESSICA S. ROCHELLE P.	(323) 605-5689 (818) 986-9922	S, P, C