

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

THE AEIOU 10TH STEP FORMAT

By Caitlyn J

This is just one example of how to do an AEIOU inventory, there are different structures and 10th steps you can use, your sponsor will be guiding you.

Step 10: Continued to take Inventory and when we were wrong, promptly admitted it.

One aspect of daily recovery that can be cumbersome is the daily 10th Step and food reporting. These don't have to be a chore when you use the following outline.

This mnemonic device makes it easy to remember, too.

A – Abstinence. This is YES or NO question. Were you abstinent today?

Example; A – Yes.

E – Exercise. Also a YES or NO question. Did you exercise today?

Example: E – Yes. I took my dog for a walk and went to the gym for 20 minutes.

I – I. What did I do for myself today, or how did I take care of myself today?

Example: I – Today was stressful so I called my sponsor for a quick check-in, and then I took a nap.

O – Others. This question can have several versions:

•What did I do for **others** today?

•How was I of service to **others** today?

•How did I treat **others** today? Do I owe an amends?

Example: I talked to my sponsee and called a newcomer.

I also spent extra time on a project at work today.

U – Understanding. This question can take on several permutations:

•How did I expand my **understanding** of my Higher Power's will for me today?

•How did my **understanding** of my Higher Power's nature expand today?

•How did my **understanding** of the power of Program increase today?

Example: I've been praying for guidance on how to communicate better with my mother, and this afternoon, my HP came through in a conversation with Sharon. I will call Sharon and ask her for experience, strength and hope. Send your AEIOU 10th Step to your sponsor along with your food plan.



Jessica S.	1 year
Joy V.	2 years
Jeanne B.	3 years
Claire T.	21 years

Celebrating 27 years of recovery!

If you've had a birthday, send your name and years of recovery to

editor@oasfvalley.org.

CALENDAR

Dec 1	Bracelets Sunday
Dec 2	Board Meeting
Dec 14	Candlelight Promises
Dec 16	Delegates Meeting
Jan 6	Board Meeting
Jan 20	Delegates Meeting

UPCOMING EVENTS

SLOGAN BRACELET SUNDAY

Sunday, December 1st, 2019 from 1:00 PM to 3:30 PM at the OASFVI office. Mingle with other fellows while making slogan bracelets for the OASFV Intergroup to sell at OA events. Slogans, materials & instructions will be provided. If you would like to donate materials - we could use black take out container bottoms and if you have bead donations, please coordinate with Jeanne at vicechair@oasfvalley.org

CANDLELIGHT PROMISES MEETING

Saturday, December 14th, 2019 from 7:30 PM to 9:00 PM at the OASFVI office. Join us for 12 speakers, each sharing on one of the promises.

LED candles will be provided The 7th tradition basket will be passed.

Please no beverages other than water inside the room. For more information call Linda S. (818) 802-0497



OA Game Corner

Connect the Step to the Principle

Step 1 ○	○ Brotherly Love
Step 7 ○	○ Perseverance
Step 5 ○	○ Spirituality
Step 4 ○	○ Hope
Step 12 ○	○ Justice
Step 8 ○	○ Honesty
Step 3 ○	○ Integrity
Step 2 ○	○ Service
Step 11 ○	○ Willingness
Step 10 ○	○ Courage
Step 6 ○	○ Faith
Step 9 ○	○ Humility

OUTREACH CONTACTS



2019 OASFVI SERVICE BOARD

BOARD CHAIR

Bonnie K. (714) 235-3026
chair@oasfvalley.org

VICE CHAIR

Jeanne B. (818) 424-4001
vicechair@oasfvalley.org

SECRETARY

Doritt D. (818) 516-3378
secretary@oasfvalley.org

TREASURER

Jonathan S. (661) 714-4707
treasurer@oasfvalley.org

SPECIAL EVENTS & FUNDRAISING

Lital Z. (714) 244-2495
intergroupdev@oasfvalley.org

LITERATURE &

DIGITAL RESOURCES

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

PUBLIC OUTREACH

Tim C. (323) 369-8048
publicinfo@oasfvalley.org

REGION 2 REP

r2rep@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

Linda S. (818) 802-0497
 Leore B. (818) 384-9979
workshops@oasfvalley.org

WORLD SERVICE REP

Gunit K. (818) 923-8520
wsorep@oasfvalley.org

NEWSLETTER

Alessandra M. (310) 993-5343
editor@oasfvalley.org

DELEGATE COORDINATOR

delegates@oasfvalley.org

24 HOUR HOTLINE

Cynthia G. (818) 262-1275
 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

EMAIL

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Shirley W-M.

wittmiya@aol.com

Steve

SeeSteve@yahoo.com

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



DID YOU KNOW



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

- OASFVI website: office@oasfvalley.org **AND**
- World Service website: www.oa.org/edit-a-meeting/

If you're looking for speakers and/or sponsors, email our OA office, 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 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 7th Tradition: Instead of adding to the 'basket' at a meeting you might donate your 7th 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

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



Exercise: The 9th Step Within By Caitlyn J

Physical recovery can be complicated and confusing for newcomers, and while there is no "one size fits all", it is indisputable that exercise is crucial to overall human health. For me personally, as a 14 year Old Timer in OA, I have struggled with an exercise plan as much as I have with food plans over the years. Left to my own devices, I'm kind of powerless over exercise, too!

In order to be consistent with it, I had to find a way to incorporate it into my Program. Today, I do this by taking the attitude that exercise is my "9th Step Within". It doesn't matter how I work out; it's all about progress, not perfection. Sometimes I can only get in a 15 minute walk, and other times I get to the gym for 45 minutes. Either way, it improves my conscious contact with my Higher Power. My physical recovery employs both a food plan and an exercise plan because these are two ways I make amends to myself for all the years of pre-program self-harm.

OA San Fernando Valley Intergroup (OASFVI) OFFICE:

20121 Ventura Blvd., #315 • Woodland Hills, CA 91364 www.oasfvalley.org

email: 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 3rd 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
11:30 AM	Woodland Hills	OA 12 & 12 STEP STUDY, OA Office 20121 Ventura Blvd., #315	GLORIA	(818) 585-6772	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.	ANN	(626) 353-0037	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 Tourney Road, Santa Clarita, 91355	BOB K.	(661) 373-1272	PC, HC, 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.	JACK	(310) 471-2210	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
6:30 PM	Valley Village	OA 12 STEPS AND 12 TRADITIONS, Anorexic/Bulimic/Compulsive Eating Temple Adat Ari El, 12020 Burbank Blvd.	LAURA S. KAREN E.	(310) 892-9379 (818) 458-8287	SS,S,P
7:00 PM	Lancaster	OA MEETING Lancaster Alano Club, 104 E. Ave. K-4, Suite J. Lancaster, CA 93535	CHAYA	(8661) 998-0241	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 - 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 LEORE	(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 TIM	(310) 773-6833 (323) 369-8048	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
7:00 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