

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

OA San Fernando Valley Intergroup (OASFVI)

## HOW STRONG IS YOUR ABSTINENCE?

***“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.” – Overeaters Anonymous Definition of Abstinence***

As suggested by the Overeaters Anonymous World Service website, use this valuable checklist every day to support keeping your abstinence strong and intact. For further questions, visit their website at [www.oa.org](http://www.oa.org).

### **Strong Abstinence Checklist**

- Have I been abstinent today?
- Did I pray and meditate today?
- Am I maintaining or working toward a healthy body weight?
- Did I rely on my Higher Power to get or stay abstinent today?
- Is what I am currently doing working for me to remain abstinent?
- If I am having problems, have I asked someone else what they are doing?
- Have I made an OA call today?
- Did I have an attitude of gratitude today?
- Did I plan my food today?
- Have I helped someone else today?
- Did I have an action plan in place to stay abstinent today?
- Do I have a sponsor and am I working the Steps with that person?

### **UPCOMING EVENTS**

#### **UNITY DAY**

Saturday, February 29<sup>th</sup>, 2020 at 11:25 AM at the OASFVI office. Join us to recognize the strength of the Fellowship worldwide by joining hands & observing a moment of silence with other OA's around the world. There will be 2 speakers & the 7<sup>th</sup> tradition basket will be passed. Please no beverages other than water inside the room. For more information call Melissa E. (818) 203-2099 or email [workshops@oasfvalley.org](mailto:workshops@oasfvalley.org).



“What we do have to offer is . . .  
A Fellowship in which we find and  
share the healing power of love.”  
- The Twelve Steps and Twelve Traditions of  
Overeaters Anonymous, p. ix



Ivy S.	3 years
Janet Z.	5 years
Joan G.	5 years
Miriam G.	17 years
Rhennetta W.	22 years
Linda S.	23 years

### **Celebrating 75 years of recovery!**

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

### **CALENDAR**

Feb	3	Board Meeting
Feb	17	Delegates Meeting
Feb	29	Unity Day
Mar	2	Board Meeting
Mar	16	Delegates Meeting
April	3-5	San Diego Retreat



## **HAVE RECOVERY! WILL TRAVEL!**

Grab your fellows and take a road trip to the **SAN DIEGO OA SERENITY RETREAT** April 3-5, 2020 at Mission San Luis Rey in Oceanside, CA

There will be a leader from San Jose, CA who has been a member of OA for 10 years and maintaining a weight loss of over 100 pounds. She will be speaking on *The Power of Spiritual Connections: Steps 3 & 11* Registration flyers are located on our website at [www.oasfvalley.org](http://www.oasfvalley.org)

# OUTREACH CONTACTS



## 2020 OASFVI SERVICE BOARD



### BOARD CHAIR

Darcy K. (310) 773-6833  
[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

Jo H. (818) 736-7325  
[intergroupdev@oasfvalley.org](mailto:intergroupdev@oasfvalley.org)

### LITERATURE & DIGITAL RESOURCES

Samuel G. (805) 341-1694  
 James D. (818) 842-3257  
[literature@oasfvalley.org](mailto:literature@oasfvalley.org)

### PUBLIC OUTREACH

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

### REGION 2 REP

Michelle G. (818) 687-5038  
[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### 12th STEP WITHIN/WORKSHOPS

Melissa E. (818) 203-2099  
[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### WORLD SERVICE REP

Gunit K. (818) 923-8520  
[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### NEWSLETTER

Karen R. (818) 317-5385  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### DELEGATE COORDINATOR

Bonnie K. (818) 298-7461  
[delegates@oasfvalley.org](mailto: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](mailto:wittmiya@aol.com)

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



## Warning!! Service Opportunity Ahead!



### Give Service to a Fellow Relocating Abroad by Staying Connected

Beloved Fellows, Leore B. here and besides wishing you a Happy 2020, I wanted to reach out and ask for your help. I am moving overseas and while there is a thriving OA Fellowship over there, My HP wants me to stay connected to my SFV fellows who gave me the miracle of my abstinence and recovery for the past 5 years. Please consider joining an Inspirational WhatsApp Chat Group. We would send daily inspirational OA messages and graphics and be a platform for electronic fellowship that can cross oceans! If you would like to join, please send me a WhatsApp message asking to join the inspirational chat group and I will add you. If you have no idea what I'm talking about, call me at 818-384-9979 and I'll gladly explain. Thank you for your unconditional love and support. I would not be taking this huge and awesome step if it were not for the life that becoming a grateful member of this fellowship has afforded me one day at a time.

- With Love and Service, *Leore B.*

## 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
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.	ASHLEY	(818) 934-6908	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			Contact	Phone	Meeting
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
7:00 PM	Valencia	LITERATURE MEETING United Methodist Church 25718 McBean Parkway, Room 7 (Enter Back Parking Lot on Avenida Navarre)	LEYA B	(818) 235-6746	LS, 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			Contact	Phone	Meeting
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')	KAREN GEORGE	(818) 317-5385 (818) 822-3546	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			Contact	Phone	Meeting
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 ½ 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