

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

Alternative Endings to Meetings

As in life, variety is the spice of meetings, and meetings that mix it up are more interesting to attend. One way to vary our meeting formats is changing the closing prayer. Instead of always using the Serenity Prayer, recovery offers other popular prayers.

- **The 3rd Step Prayer** (*Big Book, page 63*)
- **7th Step Prayer** (*Big Book, page 76*)
- **The Peace Prayer** (*a variation on St Francis prayer*)
- **Rozanne's Prayer**, also called the OA Promise. This is from OA founder, Rozanne S. Start by standing in a circle, without touching each other. The person chosen to lead the prayer will take the left hand of the person on her or his right. That person will then take the left hand of the person on their right, who will then take the hand of the person on their right...until everyone is holding hands. We then pray together:

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Changes to the meeting format can be done at any time. A member simply has to propose the change 2 weeks (or more) before that meeting's business meeting so the members have time to consider it. Then during that business meeting, people have a chance to give a pro or a con to the change. Finally, everyone votes whether to implement it, and if so when. And remember – you're never too late to a meeting so long as you make the closing prayer!

-submitted by Caitlyn J.



Heather V.	1 year
Janice B.	11 years
Alison S.	16 years

Celebrating 28 years of recovery!

If you've had a birthday, send your name and years of recovery to editor@oasfvalley.org.

CALENDAR

Mar	21	3 rd Step Workshop
April	3-5	San Diego Retreat
Apr	6	Board Meeting
Apr	19	Game Night
Apr	20	Delegates Meeting
May	2	Slogan Bracelets
May	7	Board Meeting
May	8-10	Joshua Tree Retreat
May	17	Slogan Bracelets
May	18	Delegates Meeting

HELP

WANTED

We need a volunteer and/or volunteers for our Digital Resources committee. We are in desperate need of someone or possibly a few people to update our website and manage our podcasts. Please contact Darcy K. at chair@oasfvalley.org

UPCOMING EVENTS

3rd Step Workshop

"Made a decision to turn our will and our lives over to the care of God as we understood Him." Join us March 21st from 1 – 3 pm at the OASFV office for a mix of reading, writing, and discussion all focused on expanding 3rd Step Recovery. For more information call Melissa E. (818) 203-2099 or email workshops@oasfvalley.org

Game Night

Join up April 19th from 5 - 7:30 pm at the OASFV Office for a night of fellowship and games. Prizes will be awarded and tickets are \$10. For more information or to volunteer, call Jo H. (818) 736-7325 or email events@oasfvalley.org

Slogan Bracelets Days

Feeling creative? Feeling crafty? Come spend a few hours with fellows making OA Slogan Bracelets. Two dates have been reserved: Saturday May 2nd from 1 – 3:30 pm at the OASFV Office and Sunday May 17th from 1 – 3:30 pm at Joan G's in Santa Clarita. For more information call Jeanne B. (818) 424-4001 or email vicechair@oasfvalley.org

WE'RE ON SOCIAL MEDIA!

Come find us!



FACEBOOK:
OASFV



TWITTER:
@OASFVALLEY



INSTAGRAM:
@OASFV

OUTREACH CONTACTS



2020 OASFVI SERVICE BOARD



BOARD CHAIR

Darcy K. (310) 773-6833
chair@oasfvalley.org

PUBLIC OUTREACH

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

VICE CHAIR

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

REGION 2 REP

Michelle G. (818) 687-5038
r2rep@oasfvalley.org

SECRETARY

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

12th STEP WITHIN/WORKSHOPS

Melissa E. (818) 203-2099
workshops@oasfvalley.org

TREASURER

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

WORLD SERVICE REP

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

SPECIAL EVENTS & FUNDRAISING

Jo H. (818) 736-7325
intergroupdev@oasfvalley.org

NEWSLETTER

Karen R. (818) 317-5385
editor@oasfvalley.org

LITERATURE & DIGITAL RESOURCES

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

DELEGATE COORDINATOR

Bonnie K. (818) 298-7461
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

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



Denise B.

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Shirley W-M.

wittmiya@aol.com

Steve

SeeSteve@yahoo.com

Check out the
 new OA Website!

oa.org



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. You can also create a ARC – Automatic Recurring Contribution. You will automatically be billed once a month until you decide to cancel your subscription.

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

Retreat Day of Mindfulness and OA Recovery

Celebrate recovery amongst the beautiful backdrop of Descanso Gardens!

April 26, 2020 - 10:00 am – 3:00 pm

Retreat includes a combination of sitting, walking and mindfulness mediations.

For more information contact

Andie G. at 909-706-9180

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
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	DESI	(818) 383-4679	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)	AMY B.	(323) 561-4849	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 Tournay 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	DESI	(818) 383-4679	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
7:00 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					
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					
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