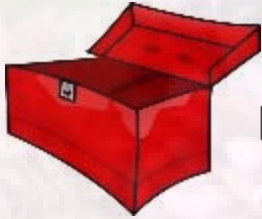


The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)



DIRE STRAITS: PICKING UP SPIRITUAL TOOLS DURING THE PANDEMIC

“Life as we know it” has changed drastically over the past couple of months. With the onset of the COVID-19 pandemic, we have been forced to find alternative ways of connecting with our family, our friends and our fellows. The struggles are challenging for all in the world, but can be especially so for those of us in recovery. I asked some of our OA fellows “*what spiritual tool have you used the most during the COVID-19 quarantine and how has it helped?*” Here’s what they had to say:

- “I have used the telephone most of all as a tool. Calling program friends, Face-Timing with them and texting to stay connected. It’s easy to feel isolated and even the Zoom meetings, while great, can feel big at times. The one on one contact is great.” ~ *Wendy B.J.*
- “In my meditation, I say “ God help me to stop, take a deep breath, think B4 I say, do or eat anything!” ~ *Jo H.*
- “I have been Zooming, of course, but I’ve been praying hard. Very hard. More sincerely than ever before. Staying in close conscious contact with Higher Power. Begging Him to help us all. All of us humans who have nearly destroyed our planet. We need help to do things differently when this quarantine comes to an end.” ~ *Denise B.*
- “I remember to be grateful. Gratitude always keeps me in the present” ~ *Sig D.*
- “If I want to be happy, joyous and free, I have to write down what’s bugging me today and follow through on what the big book or the OA 12/12 tells to do. I have to be willing to take direction. In step 8 the direction is: (A) Write down what exactly is bugging me (aka the People, the Places and/or the Things. (B) Figure out what are my boundaries are surrounding such People, Places and/or Things. (C) Release it or release the People, the Places and/or the Things” ~ *Jeanne B.*

What spiritual tool(s) are you picking up today to help you through these interesting times? -*submitted by Karen R.*

UPCOMING EVENTS

E-Workshop Series

The OA Virtual Region is hosting an e-Workshop series every “2nd Sunday of the Month” from 12-1:30pm PST on Zoom. See the information to the right with various topics and dates. The meeting ID is 557696207 & the password is 120912. For more information, contact BJ at workshop@virtualregion.org

OA Women’s Retreat

Join us for our annual OA Women’s Retreat at the Holy Spirit Retreat Center in Encino scheduled for November 13-15, 2020. Flyers will be available soon for registration. This year’s theme – “**Celebrating G.A.L.S. in Recovery: Gratitude, Acceptance, Letting Go & Letting God and Serenity**”. For more information, call Karen R. (818) 317-5385 or email oasfwwomensretreat@gmail.com



Karen R. 3 years
Lisa 34 years

Celebrating 37 years of recovery!

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

CALENDAR

June	1	Board Meeting
June	15	Delegates Meeting
July	6	Board Meeting
July	20	Delegates Meeting
Nov	13-15	OA Women’s Retreat



Virtual Region Workshop Room

MEETING ID: 557696207 PW: 120912

- 6/14 : Recovery through Grief and Traumatic Times
- 7/12 : ACCEPTANCE is the answer to all my problems today
- 8/9 : New Sponsor Workshop
- 9/13 : 19 Symptoms to Relapse
- 10/11 : Demystifying the OA Service Structure What is the inverted Pyramid?
- 11/8 : Abstinence and Keeping it – the difference between abstinence and a plan of eating
- 12/13 : Young persons in OA

WE’RE ON SOCIAL MEDIA!

Come find us!



FACEBOOK:
OASFV



TWITTER:
@OASFVALLEY



INSTAGRAM:
@OASFV

OUTREACH CONTACTS



2020 OASFVI SERVICE BOARD



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 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

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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

Laughter
 is the
 best
 medicine



The 12 Steps to Total and Complete Insanity

1. We admitted we were powerless over nothing. We could manage our lives perfectly and we could manage those of anyone else that would allow it.
2. Came to believe that there was no power greater than ourselves, and the rest of the world was insane.
3. Made a decision to have our loved ones and friends turn their wills and their lives over to our care.
4. Made a searching and fearless moral inventory of everyone we knew.
5. Admitted to the whole world at large the exact nature of their wrongs.
6. Were entirely ready to make others straighten up and do right.
7. Demanded others to either "shape up or ship out".
8. Made a list of anyone who had ever harmed us and became willing to go to any lengths to get even with them all.
9. Got direct revenge on such people whenever possible except when to do so would cost us our own lives, or at the very least, a jail sentence.
10. Continued to take inventory of others, and when they were wrong promptly and repeatedly told them about it.
11. Sought through nagging to improve our relations with others as we couldn't understand them at all, asking only that they knuckle under and do things our way.
12. Having had a complete physical, emotional and spiritual breakdown as a result of these steps, we tried to blame it on others and to get sympathy and pity in all our affairs.

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 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	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	(661) 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