

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

OA San Fernando Valley Intergroup (OASFVI)



## A New Type of Meeting: Zoom Etiquette 101

As times have changed, and all meetings are being conducted via Zoom, now is as good as time as any to review some suggested etiquettes. As always, every meeting is autonomous, so there is no requirements to these suggestions. Just a list of suggestions to take into consideration when attending a Zoom meeting.

1. Please keep yourself on mute during the meeting to minimize noise and distractions. Please un-mute yourself only when you are called on to speak. If you walk away from your screen, please turn off your video. Please do not eat during the meeting on camera.
2. If you wish to share during Share Time, please raise your Zoom Hand, and I will call on you. The Hand Icon is located at the bottom of your screen under Participants.
3. If you are a newcomer, taking a chip, or celebrating an OA birthday, we ask that you note this in the Chat box, and our Chip Person will call on you during that portion of the meeting.
4. If you have an announcement that you would like me to make verbally at the meeting, please let me know BEFORE the meeting starts. All other announcements, including announcements about other meetings, should be made in the Chat room.
5. Because Chat Room posts may be distracting for members who are trying to focus on the Speaker or the Shares, we ask that you please limit your Chat Room comments only to essential announcements, which include listing your phone number, noting if you are a newcomer or taking a chip or candle, posting if you are available to sponsor, or listing other important announcements. Please reserve all personal messages of support or gratitude or non-essential questions for after the meeting ends.



Suzanne W.	2 years
Gunit K.	7 years
Doritt D.	11 years
Sig D.	11 years

### Celebrating 31 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

Aug	3	Board Meeting
Aug	16	Sober Eating Wkshp
Aug	17	Delegates Meeting
Sept	7	Board Meeting
Sept	12	OA Zoom Bingo
Sept	21	Delegates Meeting
Nov	13-15	OA Women's Retreat

### WORLD SERVICE BUSINESS CONFERENCE APRIL 19-24, 2021

The WSBC 2020 Minutes are now available for download at <https://oa.org/world-service-business-conference/> under Frequently Used Documents.

### Virtual Region Workshop Room MEETING ID: 557696207 PW: 120912

- 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

### UPCOMING EVENTS

#### Sober Eating Workshop

Interested in learning more about the concept of Sober Eating. The OASFV Intergroup is hosting an Sober Eating Workshop son August 16<sup>th</sup> from 1-4 pm. on Zoom. The meeting ID is 897-1270-9542 & the password is promises83. For more information, contact Melissa E. at [workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

#### E-Workshop Series

The OA Virtual Region is hosting an e-Workshop series every "2<sup>nd</sup> 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](mailto: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 [oasfwomensretreat@gmail.com](mailto:oasfwomensretreat@gmail.com)

### 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](mailto:chair@oasfvalley.org)

### PUBLIC OUTREACH

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

### VICE CHAIR

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

### REGION 2 REP

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### 12th STEP WITHIN/WORKSHOPS

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### TREASURER

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### WORLD SERVICE REP

Gunit K. (818) 923-8520  
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### SPECIAL EVENTS & FUNDRAISING

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### NEWSLETTER

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

### LITERATURE & DIGITAL RESOURCES

Samuel G. (805) 341-1694  
 Bob S. (818) 416-5314  
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### DELEGATE COORDINATOR

Bonnie K. (714) 235-3026  
[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

## 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

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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](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. 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](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)



Zoom

BINGO

Night  
 September 12<sup>th</sup>

New!

## Welcome Back Pamphlet Revised and Expanded

Stop a relapse or reach out to a "missing face" with OA's newest pamphlet, Welcome Back: Suggestions for Members in Relapse and for Those Who Care. Combined from two OA pamphlets (Welcome Back and Members in Relapse), this new, Conference-approved twelve-page pamphlet is more comprehensive and includes "Suggestions for Members in Relapse," "Suggestions for Those Who Care," "What Helped—In Their Own Voices," space for phone numbers, and more. Look for [Welcome Back: Suggestions for Members in Relapse and for Those Who Care](#) (#185), with the bright yellow cover, in the OA bookstore.



## 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.

**All In-Person Meetings are currently closed due to COVID-19**

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	BIG BOOK & BROWN BOOK STUDY 28720 Roadside Drive, Suite 200	SHARON M.	(310) 383-6572	LS, 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

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**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