

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)



GRATITUDE

**Are you walking
the walk, or just
talking the talk?**

As Thanksgiving is quickly approaching, the idea of Gratitude comes to mind. It's been a challenging year for us all, but there is always something to be grateful for. Gratitude journaling has a way of reminding us that not all is bad in our lives. Sometimes is as simple as "I am grateful for the internet so I can participate in my recovery today via a Zoom meeting." The other thing I have been taught about Gratitude is that it is an action. If I say it and don't live it, is it really gratitude?

So I would like to challenge you during the month of November to think of something each day you are grateful for, write a bit about it, reflect on it and go live it that day. Here's 30 days of prompts that might help:

- | | | |
|--------------------------------|---------------------------------|----------------------------|
| 1 – a part of your body | 11 – a talent you possess | 21 – a teacher/mentor |
| 2 – a family member | 12 – favorite spiritual tool | 22 – what makes you smile |
| 3 – a fav portion of Big Book | 13 – a favorite book | 23 – an activity you enjoy |
| 4 – a smell you love | 14 – a life lesson | 24 – a peaceful place |
| 5 – an experience you treasure | 15 – something beautiful | 25 – a season of the year |
| 6 – a freedom you appreciate | 16 – favorite inspiration quote | 26 – a goal you achieved |
| 7 – a song you love | 17 – a movie you enjoy | 27 – something you created |
| 8 – something funny you like | 18 – a current challenge | 28 – a vacation spot |
| 9 – a good friend | 19 – an answered prayer | 29 – a guilty pleasure |
| 10 – a happy memory | 20 – a favorite sound | 30 – your favorite step |

- Submission by Karen R.

X SFR P IQ J #YHQ WV

OA Spooky Bingo (VIA ZOOM)

The annual OA Spooky Bingo is scheduled for Saturday, October 24th via Zoom. Flyers and tickets will be available on the OASFVI website soon. For more information, contact Jo H. at intergroupdev@oasfvalley.org

OA Women's Retreat (VIA ZOOM)

Join us for our annual OA Women's Retreat ZOOM EDITION scheduled for November 14-15, 2020. Flyers are available on the OASFVI website. This year's theme – "**Recovery In A Time Of A Pandemic**". Zoom info will be provided a week prior to the retreat. For more information, call Karen R. (818) 317-5385 or email oasfwwomensretreat@gmail.com

Thanksgiving Marathon (VIA ZOOM)

Please join us on Thursday, November 26th for our annual Thanksgiving Marathon via Zoom. A meeting will be held every hour from 7am through 8pm PST. Zoom ID: 834 5424 6777 Password: grateful. For more information, contact Melissa E. at workshops@oasfvalley.org



Karen B.

1 year

Celebrating 1 year of recovery!

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

CALENDAR

Oct	8	Board Meeting
Oct	19	Delegates Meeting
Oct	24	OA Spooky Bingo
Nov	2	Board Meeting
Nov	13-15	OA Women's Retreat
Nov	16	Delegates Meeting
Nov	26	Thanksgiving Marathon

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

VICE CHAIR

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

SECRETARY

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

TREASURER

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

SPECIAL EVENTS & FUNDRAISING

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

LITERATURE & DIGITAL RESOURCES

Samuel G. (805) 341-1694
 Bob S. (818) 416-5314
literature@oasfvalley.org

PUBLIC OUTREACH

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

REGION 2 REP

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

12th STEP WITHIN/WORKSHOPS

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

WORLD SERVICE REP

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

NEWSLETTER

(OPEN SERVICE POSITION)
editor@oasfvalley.org

DELEGATE COORDINATOR

Bonnie K. (714) 235-3026
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

Carla
pc5965@yahoo.com

Denise B.
dbillings@roadrunner.com

Heather HT.
hlhgraphics@gmail.com

Jacqui
glitzie2@gmail.com

Linda S.
lindavoic23@gmail.com

Ray J.
rayjoseph32253@gmail.com

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. 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



OASFVI SERVICE BOARD POSITION AVAILABLE

Looking for a volunteer to fill our Newsletter Editor position. Please reach out to Darcy K, Board Chair, if interested in being of service!
chair@oasfvalley.org



Do you have any old Podcasts or Speaker Tapes you'd like to share with the OASFVI? Due to some unfortunate circumstances, OASFVI lost access to archived Podcasts. If you'd like to submit one of your favorites, please contact our Literature & Digital Resources board members at literature@oasfvalley.org



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.

THE OASFVI OFFICE IS CURRENTLY CLOSED DUE TO COVID-19

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

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

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)	FELICIA W.	(818) 726-2554	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.	(805) 906-9938	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