

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

ABSTAINERS AND MAINTAINERS From Lifeline November 2020

I've been thinking that a list of the common characteristics among longtime abstainers and maintainers in Overeaters Anonymous might be very revealing and helpful. In my mind, I picture all these members attributing everything on the list below to working the program—the Twelve Steps and Twelve Traditions—into their daily lives:

- * They have a healthy and conscious relationship with a loving Higher Power greater than themselves, and they maintain that relationship on a daily basis.
- * They like themselves, at least most of the time.
- * They don't diet.
- * They don't weigh themselves every day.
- * They don't judge themselves for the mistakes they make with food or for their body weight, because they know that these are health issues, not moral issues.
- * They have some kind of structure for their food—some kind of plan as to what, when, where, and how they eat.
- * They never have to reward themselves with food because it has never been about deprivation for them. It's about freely choosing what they eat.
- * They remain willing to go to any length to maintain their recovery.
- * They have learned to take the disease very seriously, but not themselves.
- * They have the joyful ability to be able to laugh at themselves and their mistakes.
- * They have learned how to be gentle with themselves, so they are able to be gentle with others a good deal of the time.
- * They enjoy themselves and what they eat, at least most of the time.
- * They have a positive outlook on life and are not consumed by fear and negativity, though they may experience this at times.
- * They see their lives as having a purpose.
- * They are to a very large extent honest with themselves and others.
- * They know there is nothing to be condemned, only things needing correction.
- * They exercise on a regular basis.
- * They eat the same foods most of the time.
- * They feel comfortable about their bodies.
- * They go to multiple meetings per week.
- * They are involved with OA and therefore feel part of OA.
- * They give back in whatever way they can what has so freely been given them.
- * They abstain from or eat very little sugar, salt, fat, or flour.
- * They pray every day.
- * They hold no reservation in the backs of their minds that someday they will return to eating like a normal person.
- * They are attentive and welcoming to newcomers.

I'm a long timer myself. I entered OA Feb 4, 1981, at 210 pounds (95 kg), got a sponsor quickly and started working the Steps immediately. I came down to my present weight of 154 pounds (70 kg) in the first five months and have been maintaining close to that weight ever since. All credit goes to my Higher Power, who has gifted me with physical, spiritual, and emotional recovery, which I believe is the direct result of working the Steps.

— Terry F., Santa Fe, New Mexico USA



Heather R. 2 years
Molly K. 6 years
Adela G. 7 years
Tom R. 20 years
Sharon B. 41 years

Celebrating 76 years of recovery!

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

CALENDAR

Feb 1	Board Meeting
Feb 15	Delegates Meeting
March 1	Board Meeting
March 15	Delegates Meeting



NEW MEETING ANNOUNCEMENT!!

SATURDAY MEDITATION
1:00PM-2:00PM

Join us the 2nd Saturday of each month for an hour-long
OA 12 Step Guided Meditation

Zoom Meeting ID: 829 5392 2129
Passcode: meditate

2/13 3/13 4/10 5/08 06/12
7/10 8/14 9/14 10/09 11/13 12/11

OUTREACH CONTACTS



2021 OASFVI SERVICE BOARD

BOARD CHAIR

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12th STEP WITHIN/WORKSHOPS

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wsorep@oasfvalley.org

NEWSLETTER

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editor@oasfvalley.org

DELEGATE COORDINATOR

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delegates@oasfvalley.org

24 HOUR HOTLINE

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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.

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

12 Steps Simplified

1	I am not Power.
2	Power does exist.
3	I will rely on Power, not self.
4	I cause most of my problems.
5	I falsely claim power and try.
6	I will stop claiming and trying.
7	Power please guide me.
8	I will stop controlling others.
9	I will show more forgiveness.
10	I'll do good more & bad less.
11	I pray to be under God's will.
12	I will confess and share this.

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
5:00 PM	Valley Village	BEGINNER'S MEETING, Faith Presbyterian Church, 5000 Colfax Ave.	TIM C.	(323) 369-8048	NC
5:30 PM	Valley Village	STEP STUDY/SPEAKER MEETING, Faith Presbyterian Church, 5000 Colfax Ave.	TIM C.	(323) 369-8048	SS, S
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.	ANN	(626) 353-0037	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					
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
7:15 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					
7:00 AM	Woodland Hills	AA 12 & 12 STEP STUDY, OA Office 20121 Ventura Blvd., # 315	JANET Z.	(818) 298-7461	LS
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')	DARCY TIM	(310) 773-6833 (323) 369-8048	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	FOCUS ON PERMANENT RECOVERY 260 N. Pass Avenue (just North of the 134, across from Vons)	HOLLY	(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 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