

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

My Part of Together

OA's Twelve Traditions offer guidelines on how we can all get along. Simply put, we come into OA from diverse cultures, backgrounds, beliefs, personalities, and defects, so these guidelines are necessary for our survival as an organization. It is no surprise, then, that unity should be our First Tradition. This tradition forms the cornerstone of our organization; it's how we continue to prosper and help those still hurting from our common disease.

The best word that describes me when I'm in my disease is "alone"; therefore, the solution involves connection. The support I get from my friends in OA is priceless. This is where I find my recovery. We come together, supporting each other as we abstain from compulsive eating.

It is even more important that we come together to get the business of OA done: we must be a strong and united organization to attract and help those who need our help most. This, in turn, affects my own ability to stay strong in program. So, I give service and work to bring us together.

Groups are people coming together to be strong together. Intergroups are groups coming together to be strong together. Regions are intergroups coming together to be strong together. What we do together affects every person in our region. To be strong together, we need to work together. Tradition One teaches that we are all dependent on each other for our shared welfare. I used to pride myself on being independent, believing I was able to take care of myself. The lie in that belief was proven by the weight I carried and the insanity in my head. Only after I accepted that I was powerless over my food behaviors did I become ready to ask for help. And when I did, you came with a commitment to love me until I learned to love myself. I still count on that commitment twenty-two years later. Because I owe you for that love and acceptance, I get the work done that needs to be done. If I'm not giving my experience, strength, and hope to others, then I won't be able to keep what I have received.

But that doesn't end with just sponsoring, making calls, and attending meetings—I'd be forgetting the bigger picture, all the other OA members who put on events, gathered in intergroups, and gave service at the region and world levels. For our common unity, I have to do my part to create a strong, thriving organization, so we can help those in need.

—Freedom from Bondage newsletter, Region Five



Tina B. 4 years

Celebrating 4 years of recovery!

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

CALENDAR

June 7	Board Meeting
June 21	Delegate Meeting
July 5	Board Meeting
July 19	Delegate Meeting
July 25	Change Workshop

Mark Your Calendars for These
Upcoming Events:

August 29th Sober Eating Workshop
September 25th Step 3 Workshop

OUTREACH CONTACTS



2021 OASFVI SERVICE BOARD

BOARD CHAIR

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

VICE CHAIR

Craig K. (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

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intergroupdev@oasfvalley.org

LITERATURE & DIGITAL RESOURCES

Bob S. (818)416-5314
web@oasfvalley.org

PUBLIC OUTREACH

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

REGION 2 REP

Jessica S. (408)564-2504
r2rep@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

Barbara O. (818) 585-2384
workshops@oasfvalley.org

WORLD SERVICE REP

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

NEWSLETTER

Paula C. (805)705-9773
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
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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.

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



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)

The office is closed, except for literature sales! Please email your literature order to: office@oasfvalley.org and Janet will arrange for payment and pickup! Saturday pickup can be arranged as well.

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.	CRAIG K.	(818) 679-7875	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