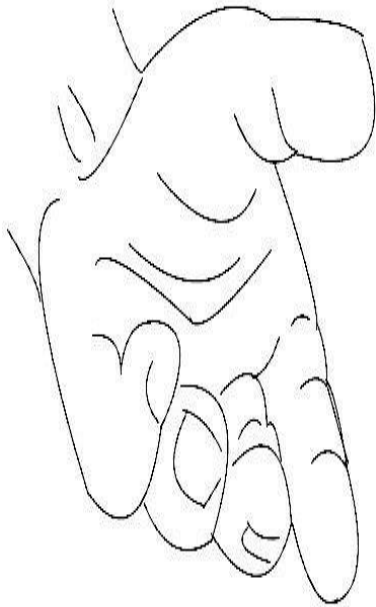


# The 5<sup>th</sup> Tradition

OA San Fernando Valley Intergroup (OASFVI)



"I put my hand in yours,  
and together we can do  
what we could never  
do alone...."  
-OA Promise

## New Hybrid Meeting Tuesday Nights

A new summertime hybrid meeting with limited outdoor seating has convened in Valley Glen. In-person participation requires an advance reservation (via text). Virtual access via Zoom is open to everyone. The meeting has a specific focus on *Abstinence and Recovery for 100-Pounders*, but welcomes anyone with a desire to stop eating compulsively. This recurring meeting takes place Tuesday evenings at 7:00 PM Pacific through the end of August. Text Bob S. at **818-416-5314** for more information or to request/confirm an in-person reservation. Join via Zoom using the information/link below.

Zoom Meeting ID: 876 1537 6028

Passcode: 100100

Click to Join

Link: <https://us02web.zoom.us/j/87615376028?pwd=OGdKdHNQNDhTZm01dmhPMTJwcHVScz09>

## LITERATURE

Literature Sales Through the San Fernando Valley Office  
The office is now open to sell literature by appointment only. Please email Janet Z. at [office@oasfvalley.org](mailto:office@oasfvalley.org) to schedule a visit.



Gunit B. 10 years  
Shirley 29 years

**Celebrating 39 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

Board Meeting	August 2
Delegates Meeting	August 16
Sober Eating Workshop	August 29
Board Meeting	September 6
Delegates Meeting	September 20
Step 3 Workshop	September 29

## OA BLOG

The OA San Fernando Valley Intergroup has a blog on our website! We are looking for OA related contributions from members to add to the blog. Email Bob S. to contribute to the blog at [web@oasfvalley.org](mailto:web@oasfvalley.org).

## THREE SAYINGS

I *get* to write this article. I am so grateful I learned this affirmation early in my recovery. It started with a phone call to my sponsor. When I complained that I had to go to work, she said, "You *get* to work." When I told her I had to do laundry, go to the bank, clean the house, or do anything I didn't want to do, she said, "You *get* to." It really makes a difference! In fact, when I forget and complain, others remind me that I get to because I have shared with them this wonderful way of overcoming resistance to things I don't want to do. With a good attitude, I get to drive the freeway when it is busy, and I repeat, "I get to drive. I get to drive." Attitude is everything. It really works if you use it.

**ANOTHER** good saying I use is, "It's none of my business what people think and say about me." It's not that I don't care what people think or say about me, but it's none of my business. This has given me so much freedom! I don't have to overeat because of what people might say or think of me. I love my new freedom; it's what the program promised. And I realized not everybody is going to love and like me. Before, I would do everything in my power to get everybody to love and like me, and I didn't even

love and like myself. This caused me to overeat, stuffing down feelings again and again. I learned I needed to become my own best friend, and that is a full-time job. I treated others better than myself, and I did not know how to say no. I learned to really love and like myself, but there is always room for improvement. Now I can be my own best friend most of the time, which means I can be a real friend to others.

**LAST** but not least, "Okay, God" is one of my favorite prayers. It is so easy to say, and it reminds me that I am not in charge. I say, "Okay, God," throughout the day, and I don't have to overeat. It helps me have a good attitude and acceptance of whatever is going to happen today and every day for the rest of my life. "Okay, God," is a short form of "Thy will be done."

# OUTREACH CONTACTS



## 2021 OASFVI SERVICE BOARD

### BOARD CHAIR

Darcy K. (310)773-6833  
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### SPECIAL EVENTS & FUNDRAISING

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### LITERATURE & DIGITAL RESOURCES

Bob S. (818)416-5314  
[web@oasfvalley.org](http://web@oasfvalley.org)

### PUBLIC OUTREACH

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### REGION 2 REP

Jessica S. (408)564-2504  
[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### 12th STEP WITHIN/WORKSHOPS

Barbara O. (818) 585-2384  
[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### WORLD SERVICE REP

Tim C. (323)369-8048  
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### NEWSLETTER

Paula C. (805)705-9773  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### 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

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Shirley W-M.

[wittmiya@aol.com](mailto:wittmiya@aol.com)

Steve

[SeeSteve@yahoo.com](mailto: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](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.

**Phone and Online Meetings** can be found on the main OA website: [www.oasfvalley.org](http://www.oasfvalley.org)

## 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 GUIDE

The San Fernando Valley intergroup's officially registered OA meetings (in-person, virtual, and in-person/virtual hybrid). Each meeting is autonomous, and responsible for its own policies and procedures. Click on the link below for more information..

<https://docs.google.com/spreadsheets/d/104QP466s-2IXsWCYe6wjyeYB1rSHIaBOE3BRDVXwww/edit#gid=0>