

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

AN ATHEIST'S PRAYER

Higher Power, build with me and do with me as this program requires.

Relieve me of the bondage of self.

Let victory over my difficulties bear witness to the love and power of this program.

Let me follow its way of life always.

Direct my thinking.

Eliminate my self-pity and dishonesty with myself.

Confine my self-seeking to positive directions.

Keep my mind open and my mouth shut.

Through the day, help me know what to do.

When I don't know, give me the patience to wait for inspiration.

Give me whatever I need to do the next right thing.

Keep me free from self-will.

Grant me the serenity to accept what I cannot change,
the courage to change what I can,
and the wisdom to know the difference.

When it hits the fan,

let me stop to think instead of reacting.

Let me work my way to a sensible conclusion.

Let me not act on any decision until I have peace of mind about it.

Remind me I'm no longer running the show.

Let me do my part and let go of the result.

Let me remember to ask myself what Step I'm on.

Keep me abstinent, sober, and out of other people's business.

Let me keep changing,

keep growing,

keep working toward being a better

person, and keep improving my life.

Let me always be grateful for all that life has given me.

— Alan P., Minnesota USA



Denise B. 20 years

Kim C. 11 Years

Jessica S. 3 years

Joy V. 3 years

Celebrating 37 years of recovery!

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

CALENDAR

Board Meeting	December 6
Candlelight Promises	December 18
Delegates Meeting	December 20
2022 Board Elections	December 20
Board Meeting	January 3
Delegates Meeting	January 17

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.

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 to schedule a visit.

SEASON'S GREETINGS FROM PROGRAM

Happy, joyous, and free is what we can be in this Twelve Step program.

Attitude change—the only person we focus on changing is ourselves.

Prayer is suggested as a form of meditation—a strong component of the Eleventh Step.

Problems begin to lose the magnitude they once had (when we do the necessary Step work).

You need never be alone again—we have a Higher Power to guide us, and we have other people around who understand us.

Hunger will become physical hunger, not emotional hunger.

Occasions such as holidays are about friendship and family instead of food.

Love for self is about self-caring—taking care of ourselves, setting healthy boundaries, and saying “no” when necessary.

In the beginning (and as long as necessary), it is important that our recovery come first in all we do.

Do you have a sponsor and a support group? Both are necessary for recovery. If not, find them. You won't be disappointed.

Accepting what cannot be changed is a stepping stone to changing what can.

Yes, our recovery is dependent on actively working the Twelve Steps. Start and continue working Steps One through Twelve to be amazed before “we are half way through” (Alcoholics Anonymous, 4th ed., p. 83)

Size and weight are not our real issues. The Big Book says clearly, “When the spiritual malady is overcome, we straighten out mentally and physically” (p. 64).

— Norinne M., Fort Myers, Florida USA

OUTREACH CONTACTS



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 9 AM - 9 PM
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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
- 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.

Abstinence

frees me to choose
 healthy foods,
 healthy friends, and
 healthy thoughts.

Things I learned in an oa meeting.

www.oaofreedom.com

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-2IXsWCYe6wjyeYB1rSHIaBOE3BRDVXwwmw/edit#gid=0>