

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

More Beautiful Way to Live

What in the world is spirituality anyway? I'd had a good upbringing in my family's religion, but had no more spirituality than I had control over my eating. The God I grew up with was not personal to me, more like an ethereal image that I couldn't grasp or really even believe in. He was from a book, rather than in my heart.

Developing a relationship with a Power of my own choosing was a game changer. As I took the first three Steps and wasn't compulsively overeating, there was a sense that maybe there really was a Power greater than me and greater than food, and that would make this whole OA thing work. Suddenly I didn't feel powerless anymore. I had a new Power who would keep me sane and abstinent. All I had to do was believe.

I don't have to overeat anymore; I truly believe that. If God can't take away my desire for overeating, then I've got the wrong God because that would mean that food is the only power greater than myself! When I grasped that concept, I knew that at least the eating problem would be over.

I believe that the most spiritual thing I can do on a daily basis is stick to my abstinent plan of eating, because if I don't, then food is my god. Morbid obesity and suicidal thinking was my way of life when food was god, so I'm grateful beyond words for the desire to be abstinent. I no longer need to worry about eating compulsively, really. In addition to cementing my relationship with God on a daily basis with beautiful Eleventh Step morning disciplines, I look for ways to be helpful to others. That is a more beautiful way to live than refrigerator surfing.

There are occasions when I'll get a thought about food when I shouldn't. Heck, I did that for most of the forty-three years of my life before OA, and it is a pretty ingrained habit. Now, I no longer have to buy into a fleeting thought. Overeaters Anonymous has nine Tools of Recovery and they are a vastly better substitute. I can pick up the phone instead of the fork. Easy-peasy.

Telling on myself is underrated. If food thoughts persist, and I tell someone else whether by email, text, sharing in a meeting, or an actual phone call, then all the power in that thought drains out like magic! It works. I always share this with anyone who asks about how to move through food obsession; I tell on myself and then go find somebody to help. Get out of that self-centered thinking!

— Gerri

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.



Jeannie B. 6 years
Adele G 8 years

Celebrating 14 years of recovery!

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

CALENDAR

Board Meeting
Delegates Meeting
Board Meeting
Delegates Meeting

February 7
February 21
March 7
March 21

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.

SAN FERNANDO BOARD POSITION OPENINGS

As of this writing the following San Fernando Valley Board positions are open:

Board Chair	Secretary	Treasurer	Special Events and Fundraising
Vice Chair	Literature and Digital Resources		Public Outreach

I volunteered for the next 5th Tradition Editor. If you're unsure if you can do the position's work remember, you're not alone anymore. Interested? Contact Delegate Coordinator for Zoom Id and Pw for next delegates meeting on January 17, 7:30 pm. Candidates must be present for the delegates vote.

STEP ONE

We admitted we were powerless over food—that our lives had become unmanageable.

HONESTY

In Overeaters Anonymous we begin our program of recovery by admitting that we're powerless over food. Some of us have difficulty with this admission because we've had so much experience in trying to control our eating. At one time, or periodically, most of us were able to do so. Our eating may be out of control right now, we persisted in thinking, but someday soon we'll again find the strength of character needed to limit our eating excesses, and this time we'll keep them under control. For all of us, however, the days of controlled eating grew fewer and farther apart, until at last we came to OA, looking for a new solution.

In OA we learn that a lack of willpower isn't what makes us compulsive eaters. In fact, compulsive overeaters often exhibit an exceptional amount of willpower. But compulsive eating is an illness that cannot be controlled by willpower. None of us decided to have this disorder, any more than we would have decided to have any other disease. We can now cease blaming ourselves or others for our compulsive overeating. The disease of compulsive eating is threefold in nature: physical, emotional, and spiritual. Compulsive eating does not stem simply from bad eating habits learned in childhood, nor just from adjustment problems, nor merely from a love of food, though all three of these may be factors in its development. It may be that many of us were born with a physical or emotional predisposition to eat compulsively. Whatever the cause, today we are not like normal people when it comes to food and eating behaviors.



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chair@oasfvalley.org

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vicechair@oasfvalley.org

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secretary@oasfvalley.org

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

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Kim C. (818)442-1633
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

Jo H.
workshops@oasfvalley.org

WORLD SERVICE REP

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

NEWSLETTER

Bob K. (661)373-1272
editor@oasfvalley.org

DELEGATE COORDINATOR

Bonnie K. (714)235-3026
delegates@oasfvalley.org

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.

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

OUTREACH CONTACTS

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.

lindavoice23@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

Abstinence

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

www.oaactressbecomemo.com

things I learned in an oa meeting

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-2IXsWCYe6wjyeYB1rSHIaBOE3BRDVXwvmw/edit#gid=0>

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, asfvalley.org (818) 888-4776 (General
Information

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.