

The 5th Tradition

OA San Fernando Valley Intergroup (OASFVI)

Why I contribute to Oveaters Anonymous

I contribute to OA because I believe in the recovery and Pledge of Responsibility of OA. Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible. I contribute because of what OA has done for me and what it continues to do for my fellows around the country and the world. I believe in the fellowship and I want it to continue.

OA is a nonprofit organization, which just like other nonprofits needs ongoing - consistent support to continue. If we neglect to contribute, we risk the gloomy fact that the organization may not be there for us in the future. We support OA so that it can continue to do the work of supporting all of us!

Currently, most meetings are virtual, and do not have rent to pay. Our OA Office continues to have all its regular expenses. When we donate to our OA intergroup website, the total contribution goes to our intergroup.

When we donate at an OA Meeting, the treasurer also creates a distribution for Region 2 and World Service. These larger arms of our organization maintain our stability and strength and provide much-needed general support.

Please be sure to contribute at every meeting you attend. If there is no collection by a Treasurer, PLEASE go to our oasfvalley.com website and donate. Our website pages have a large **CONTRIBUTE** button near the upper right-hand corner. Clicking this button opens the intergroup's official **MAKE A CONTRIBUTION** page where there are options for One Time Donations, or Recurring Donations of any amount.

THANK YOU FOR CONTINUING TO SUPPORT OVEREATERS ANONYMOUS!

Meeting "Gems"

Why am I always struggling to be first?

Food was my only solution to life and that's what set the trap.

Forget yesterday, it has already forgotten you.

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.



Tim C 13 years May 5

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

CALENDAR

Board Meeting	February 7
Delegates Meeting	February 21
Board Meeting	March 7
Delegates Meeting	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.

Surrender Happens 24/7

When I came into OA, I was on the edge of a mental breakdown. I'd tried everything to stop my food obsession and my destructive food behaviors. I'd done a lot of work on myself and learned lots of self-help tricks, but nothing was working. I was numbing my feelings 24/7 and could not see a way out. That was my life, and I had to accept it . . . or so I thought. Two years in recovery and a bit more than a year of abstinence has shown me a new facet of life. The first time I experienced a strong feeling, I went into a panic attack. I wasn't used to have any sort of feeling, let alone a strong one.

At first, I had to surrender to the [program](#). I had to learn what a plan of eating was and what healthy portions looked like. I did not want to make outreach calls or go to meetings, but I did because I wanted out of the prison I had created for myself.

The most challenging part of my recovery presented itself when I was a year abstinent. I came in touch with a new layer of delusion that scared me at first, but my recovery was already shaking years of ingrained misconceptions and old beliefs. God was asking me to surrender more. At the beginning, I was asked to surrender the externals I was clinging to, the ones that made me feel safe. But then came the surrender of other, more sophisticated safety mechanisms, ones that were showing up in the way I had developed love and connection with others.

Things like busyness started showing up as problematic and obstructive of my connection with God. Letting go of doing too much led to pockets of time where I was faced with a new feeling: boredom. Who am I if I am not doing something? Am I of true value if I'm not helping someone? When I came to the realization that God loves me whether I do something or don't, I had to surrender the fear of not having validation from others that I was good enough. A new journey started.

"Let go," I could hear the voice saying. "You're safe, just because you are—no need to prove or to push."

I felt an emptiness and feared crashing into despair and going back to destructive patterns.

"Can I do this?" This question was my only prayer.

And then came the miracle, a new sense of power and connection.

The synchronicities I've experienced after that moment are beyond description, but what has felt even more liberating is a new level of awareness and faith: faith that I'm taken care of in any situation, faith that God will always be there.

In the past year, I've had to surrender worship of my career and let go of a very important position in a company because it wasn't serving me anymore. I've had to surrender the idea that family comes first. I've learned that God comes first, and there is no negotiation in this. I've learned to surrender putting other people on a pedestal and making them my higher power, including my sponsor. I've had to let go of prejudices and pride. But I never found these more difficult than going through the experience of letting go of busyness and being faced with boredom.

Accepting that God is pure joy, light, and happiness—feelings that are experienced independently of what happens in the outside world—is a very difficult concept for an addict of my degree. But the moment I go within and connect to peace, to "the Presence of Infinite Power and Love" ([Alcoholics Anonymous](#), 4th ed., p. 56), is the moment I give God an opportunity to show up in my life. For me today, "God either is, or He isn't" (p. 53); he is everything or he is nothing.

I'm infinitely grateful to be able to realize that surrender can happen 24/7. There is not one thing that cannot be surrendered to the infinite Power. As I am in my first two years of abstinence, I often find myself in some sort of withdrawal, and I am learning to be okay with it because today I want to know God more than anything. I want to be in church 24/7, never abandoning this Power that is showing me what needs to go and what needs to stay. For today, God is showing me that I am enough and that he loves me just because I am. I am a gift to the world and have been gifted with the ability to connect to the Power. Thank you, God, the Fellowship, and this OA Twelve Step program for sharing the discovery of what unconditional love is.

— *Elena M.*



OUTREACH CONTACTS

2022 OASFVI SERVICE BOARD

BOARD CHAIR

Joy V (818) 212-3214
chair@oasfvalley.org

VICE CHAIR

Tami H (661) 313-4226
vicechair@oasfvalley.org

SECRETARY

Zan D-S (310) 383-0956
secretary@oasfvalley.org

TREASURER

Doritt D (818) 516-3378
treasurer@oasfvalley.org

SPECIAL EVENTS & FUNDRAISING

Kim C. (818) 442-1633
Gar R (323) 251-0761
intergroupdev@oasfvalley.org

LITERATURE &

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

PUBLIC OUTREACH

Rosa C. (818) 912-9419
Linda K. (818) 522-4202
publicinfo@oasfvalley.org

REGION 2 REP

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

12th STEP WITHIN/WORKSHOPS

Jo H. (818) 736-7325
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

Paula C (805) 705-9773
delegates@oasfvalley.org

24 HOUR HOTLINE

Bernice (818) 763-6387
Hank N. (818) 939-4232
Ira H. (818) 903-6559
Mary P. (818) 848-2994
Steve (818) 298-8002
Terri (805) 495-8881

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 M
9 AM – 10 PM
Gail P. (818) 406-9263 M
10 AM - 6 PM
Gloria A. (818) 585-6772 M
9 AM - 9 PM
Jacqui (818) 346-1941 M
Day time only
Shelli (818) 294-5837 M
9 AM - 8 PM

(M) = Leave a message

EMAIL

Carla

pc5965@yahoo.com

Denise B.

dbillings@roadrunner.com

Jacqui

glitzie2@gmail.com

Linda S.

lindavoic23@gmail.com

Shirley W-M.

wittmiya@aol.com

Steve

SeeSteve@yahoo.com

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

Abstinence

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

www.oaofcsbeccabears.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-2IXsWCYe6wjyeYB1rSHIaBOE3BRDVXw/wmw/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

The office is open for literature by appointment only.