

# The 5th Tradition

## OA San Fernando Valley Intergroup (OASFVI)

### TRADITION FIVE

Each group has but one primary purpose, to carry its message to the compulsive overeater who still suffers.

We compulsive overeaters have been offered a wide variety of solutions to our problems, from diet clubs and counseling programs to medications and surgeries. In the midst of all this competition for the overeaters attention and money, Overeaters Anonymous offers a spiritual program that has brought recovery to thousands who had lost hope. We who have found a sane way of eating and living have a responsibility to make sure OA doesn't become sidetracked. Our groups come together so we can share recovery through the Twelve Steps and the Twelve Traditions with fellow compulsive eaters. OA will always offer recovery to those suffering from our disease as long as we remember that this is our primary purpose. "Tradition Five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message—in our Steps and Traditions—that we find solutions to our problems. Living by these Principles has saved our lives. Honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, identity, autonomy, purpose, solidarity, responsibility, fellowship, structure, neutrality, anonymity, and spirituality: These Principles, rather than our problems, should be the focus of every OA meeting. The same thing applies when we sponsor other OA members. We help them most when we listen, avoid giving advice, and share our experience with living by OA Principles.

Tradition Five also tells us to look beyond our own group, to other compulsive overeaters who have not yet attended a meeting. Our primary purpose includes a responsibility to reach out to these people in whatever ways we can. This is the reason each OA group spends a part of its funds supporting intergroups, service boards, regions, and world services. Service bodies and world services extend the hand and heart of OA into the world around us in ways that individual groups often cannot: by maintaining websites and answering services, by placing meeting notices and information about OA in the media, by staging special events, by publishing meeting lists and literature, by providing speakers and information for healthcare, professional, and public events, and in many other ways. "Before OA many of us simply lived to eat. Now that we've joined together in OA groups, we have a new purpose." (excerpt from OA 12x12)

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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.



Tim C 13 years  
Lisa 36 years  
Deborah M 32 years  
Sandy S 17 years  
Alison 18 years

If you've had a birthday, send your name and years of recovery to [editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### CALENDAR

Board Meeting	May 2
Delegates Meeting	May 16
Board Meeting	June 6
Delegates Meeting	June 20

### 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).

## TRUE FREEDOM

When a fellow OA member suggested I reflect on what true freedom looks like for me, I discovered I could probably write a book. Before OA, I truly felt I already had it in the form of a solid career, a warm and loving home, the freedom of living where I lived, and more. Even today, I cannot dispute anything on my long list. After nearly a decade of learning through the [Twelve Steps](#) of OA, however, I now recognize what I had was freedom, but it was not necessarily true freedom.

Today, true freedom, for me, can be summed up in three words: peace of mind. You see, I never had peace of mind while I was enjoying my career, home, and family; I was deeply tormented. Physically, I was overweight and progressing toward type 2 diabetes. Emotionally, I was losing my self-esteem and self-respect. I was spending far too much time obsessing about food, while trying in vain to convince myself of everything from "I got this" to "who cares," depending on the day. And I was under the illusion that I should try to control everything and everyone around me. (It's hard for me to write that without smiling at my naiveté.) Spiritually, I was somewhere between numb and confused at best. That freedom was a far cry from my true freedom.

Today, I have peace of mind that represents my true freedom. Aside from my original list (minus the career since I'm now happily retired), the picture has changed beyond my wildest dreams! Physically, I have shed pounds and am at a weight that I'm comfortable with. The mirror is now a convenience and not a spotlight for my flaws. I've kept only one clothing size in my closet for the past several years. My health has never been better, and two years ago, my doctor said my blood test results were as healthy as an adolescent's. Emotionally, I have a healthy self-esteem. (I'm no better or worse than the next person—who knew!) I have a ton of self-respect because I accept who I am, warts and all. I've gone from the roller coaster of denial and defiance to knowing I'm a compulsive overeater who has found sweet recovery one day at a time. I accept that I will never again have the luxury of thinking, "I got this," but that's okay because I have the Twelve Steps to guide me. Spiritually, I have a Higher Power of my own understanding that I lean on daily in all things. Where there was confusion, I now have faith, so I don't need more clarity to proceed. I have come to a place where I can ask for and receive guidance, and if I allow it, faith will trump fear every single time!

True freedom has come in more ways than I ever thought possible: going to sleep without thinking of food; enjoying a TV show or road trip without obsessing about snacks; enjoying a holiday without the pre-holiday fears or post-holiday remorse about eating; being able to live and let live, especially with family and friends; being able to set healthy boundaries; being able to recognize when I need to apologize and say I'm sorry; accepting that I will always be a work in progress and that life is about good days and bad days—it's not an all or nothing journey. True freedom is a beautiful thing!

— *Joyce R., Canada*



# OUTREACH CONTACTS

## 2022 OASFVI SERVICE BOARD

### BOARD CHAIR

Joy V (818) 212-3214  
[chair@oasfvalley.org](mailto:chair@oasfvalley.org)

### VICE CHAIR

Tami H (661) 313-4226  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

### SECRETARY

Zan D-S (310) 383-0956  
[secretary@oasfvalley.org](mailto:secretary@oasfvalley.org)

### TREASURER

Doritt D (818) 516-3378  
[treasurer@oasfvalley.org](mailto:treasurer@oasfvalley.org)

### SPECIAL EVENTS & FUNDRAISING

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

### LITERATURE &

**DIGITAL RESOURCES**  
Bob S. (818) 416-5314  
[web@oasfvalley.org](mailto:web@oasfvalley.org)

### PUBLIC OUTREACH

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

### REGION 2 REP

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

### 12th STEP WITHIN/WORKSHOPS

Jo H. (818) 736-7325  
[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### WORLD SERVICE REP

Tim C. (323) 369-8048  
[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### NEWSLETTER

Bob K. (661) 373-1272  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### DELEGATE COORDINATOR

Paula C (805) 705-9773  
[delegates@oasfvalley.org](mailto: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](mailto:pc5965@yahoo.com)

Denise B.

[dbillings@roadrunner.com](mailto:dbillings@roadrunner.com)

Jacqui

[glitzie2@gmail.com](mailto:glitzie2@gmail.com)

Linda S.

[lindavoic23@gmail.com](mailto:lindavoic23@gmail.com)

Shirley W-M.

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

Steve

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

### 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/)
- **AND**
- [web@oasfvalley.org](mailto:web@oasfvalley.org)

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.

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

**Know anybody who might need a newcomers meeting?**

We've got one! It's on Zoom every Tuesday evening, 7:35 p.m. to 8:05 p.m., right after the "Old School" meeting. We have a leader who speaks for five minutes, then answers newcomers' questions.

It's open to anyone in the world and we are always thrilled for newcomers and old-timers alike to come. Please spread the word!

Newcomers Meeting  
Zoom code: 882 5324 5311,  
Pw 156402

# 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](http://www.oasfvalley.org)

email: [office@oasfvalley.org](mailto:office@oasfvalley.org) (818) 888-4776

The office is open for literature by appointment only.