

The 5th TRADITION

FEB/MAR 2023

Recovery from Compulsive Eating — *One Day At A Time*

HAPPY BIRTHDAY

Alison M	10 years
Carla	23 years
Gail P	34 years
Jeanne B	7 years
Linda K	6 years
Michelle G	1 year
Sharon B	43 years
Tami H	3 years
Zan	42 years

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

Don't Forget OA's 7th Tradition

Tradition 7 states **"Every OA group ought to be fully self-supporting, declining outside contributions."**

OA World Service has a free pamphlet explaining the 7th Tradition, available for download at bookstore.oa.org.

The most common way individual members contribute is by donating at OA meetings. The suggested contribution is \$5, and we give as we are able. Please contribute at each meeting you attend. If no "basket" is passed at your meeting, you can donate directly to the SFV Intergroup by check OR via Pay Pal/Credit Card at oasfvalley.org/our-intergroup/make-a-contribution/.

Thank you for supporting Overeaters Anonymous so that we can continue to carry the message that there is recovery from compulsive eating and food behaviors!

One Year Ago Today

One year ago today, I woke up and continued a binge that had begun the night before. In the middle of eating, I stopped, picked up my food of destruction, and threw it in the garbage. I became abstinent that moment. Today, the first things on my mind when I awoke were the gifts, blessings, and promises I have experienced in this one short year.

I found a Higher Power of my understanding that I can count on without fail. I no longer live in a constant state of fear. And when fear enters my head, I have the tools to deal with it and let it go.

I went from procrastinating 95 percent of the time to only 5 percent. My life has become manageable even when there is stress, grief and sorrow. I no longer turn to food when life is hard. I know I can turn to my good friends and family (including my sponsor and sponsee), who will be there for me with their experience, strength, and hope.

I am learning the difference between the things I cannot change and the things I can. I have become a more understanding and compassionate person. I no longer look "out there" for what I think I need; now I see I have everything I need in what I've already received. I don't dwell on the past or excessively worry about the future. I live in the present one day at a time.

When I came to OA, I had hit bottom. My self-loathing over my weight could not have been worse. Like many of us, my weight brought me to OA. It was only a few moments into my first meeting that I realized it was not about the weight but the way I was leading my life.

With the OA promises came the benefit of a 42-pound (19-kg) weight loss and the gifts that come with being lighter. I wanted to be at my goal weight after my first year of abstinence. I now know that was arbitrary. I may never reach that goal, and I'm okay with that. If I do the footwork, I'll be exactly where I need to be along this journey.

My name is Marti. I am forever grateful to OA and to all who have supported me this year. To make today extra special, I'm going to live it in a way that I hope to live each and every day.

Marti, Lifeline, April 5, 2022

For more stories of recovery like this one, go to lifeline.oa.org

MEETINGS

OA meetings registered with the San Fernando Valley intergroup (in-person, virtual, and hybrid) can be found at

<https://oasfvalley.org/meetings/>

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/1-Uq8wfkDKuuvJEzHNbXu1AW4D1WbjGbKxi1q2dFgto/edit#gid=0>

In-Person MEETINGS

Saturday		LOCATION	Contact
7:30 AM	SHERMAN OAKS	SERENITY SATURDAY Radford Hall 4849 Van Nuys Blvd. Sherman Oaks, CA 91403	REVA 323-646-0644
10:00 AM	NEWBURY PARK	WOMEN'S STAG MEETING (Hybrid): Chalice UU Fellowship 3331 Old Conejo Rd. Newbury Park, CA 91320	ALINE R 805-906-9938
10:30 AM	NORTH HOLLYWOOD	LITERATURE STUDY 10641 Burbank Blvd. Unit A, North Hollywood	FRANK M 626-840-2721
Sunday			
7:30 AM	STUDIO CITY	FOCUS ON PERMANENT RECOVERY Church of Christian Science, 4032 Whitsett Ave. Studio City, CA 91604	BARBARA O 818-585-2384
4:00 PM	SANTA CLARITA	OA 12&12 (topic participation, monthly speaker): Insight Treatment 26330 Diamond Place Suite 130 Santa Clarita, CA 91350	JILL 661-993-0763

For an updated list:

- Go to **oasfvalley.org**
- Click on **MEETINGS** near the top banner
- Click on **VIEW MEETING LIST**
- The list of meetings has 3 tabs at the bottom
- Click on **IN PERSON MEETINGS** tab

OA MEDITATION MEETING

Feb 11
Mar 11
Apr 8

2ND Saturday of each month

ZOOM ID: 843 4176 2865

Passcode: meditate

1 pm PST
1 hour

USEFUL INFORMATION

OUTREACH CONTACTS

24 HOUR HOTLINE

Hank N (818) 939-4232
Ira H (818) 903-6559
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
7 AM - 10 PM
Gail P (818) 406-9263 M
Days
Gloria A (818) 585-6772 M
9 AM - 5 PM
Jacqui (818) 346-1941 M
Day time only
Shelli (818) 294-5837 M
9 AM - 8 PM

M = OK to leave a message



eMAIL



Carla pc5965@yahoo.com
Denise B dbillings@roadrunner.com
Ira theeiray@gmail.com
Jacqui glitzie2@gmail.com
Linda S lindavoice23@gmail.com
Shirley W-M wittmiya@aol.com
Steve SeeSteve@yahoo.com

OA Blog

The OA San Fernando Valley Intergroup has a **BLOG** on our website! We are looking for OA related content from members to add to the blog. Email to contribute at weboasfvalley.org.

It's Time to Update Your Meeting Information

We need your help to keep our meeting list up to date.

When Meeting information or contacts change, meeting Secretaries or Delegates, please promptly **SUBMIT MEETING CHANGES** at oasfvalley.org/submit-meeting-changes to update.

ALSO please **update your meeting with World Service** by going to www.oa.org/edit-a-meeting/.

CALENDAR

Feb 20 Delegates Meeting
Feb 26 Unity Day
Apr 15 SFVIG Fundraiser TBA
Apr 25-29 World Service Business Conf. Albuquerque, NM
Jul 7-9 Region 2 Convention, Orange County, CA

Speaker and Sponsor List:

If you're looking for speakers and/or sponsors, email our OA office: office@oasfvalley.org and we will send the list to you! If you would like to be added to either or both lists, send an email to vicechair@oasfvalley.org. Include your name, number, email address, length of abstinence, focus (A/B,100#, other), and which list you want to be added to.

Phone & Online Meetings

can also be found on the OA World Service website: www.oa.org/find-a-meeting.

OA Literature may be purchased at bookstore.oa.org. A **free newcomer's pamphlet** can be downloaded at <https://oa.org/what-to-expect/where-do-i-start/>. Available in 20 languages!

2023 OA SFVI SERVICE BOARD

BOARD CALENDAR

Feb 6 Board Meeting
Feb 20 Delegates Meeting

ACTING BOARD CHAIR

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

VICE CHAIR

Gunit K (818) 923-8520
vicechair@oasfvalley.org

SECRETARY

Chris S (619) 551-8619
secretary@oasfvalley.org

ACTING TREASURER

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

SPECIAL EVENTS & FUNDRAISING

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

DIGITAL RESOURCES

Rikke A (323) 683-8937
web@oasfvalley.org

PUBLIC OUTREACH

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

REGION 2 REP

Linda K (818) 522-4202
r2rep@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

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

WORLD SERVICE REP

Lori P (702) 985-6120
wsorep@oasfvalley.org

NEWSLETTER

Karen VT (818) 489-8243
editor@oasfvalley.org

DELEGATE COORDINATOR

TBD
delegates@oasfvalley.org

UPCOMING EVENTS

CLICK on flyer to go to website

"Our common welfare should come first; personal recovery depends upon OA unity."
- Tradition One, The Twelve Steps and Traditions of Overeaters Anonymous

Unity ZOOM WORKSHOP day

JOIN at 11:20
for prompt 11:30 start

Sunday, February 26th 2023
11:20am - 12:20pm PST

San Fernando Valley Intergroup of Overeaters Anonymous extends its heart and hand to you. Please join us in a celebration of Unity Day. This day recognizes the strength of the fellowship worldwide. Each year on the last Sunday in February at 11:30 a.m. PST, OA members worldwide pause to reaffirm the strength inherent in OA's unity.

What to expect: 3 Speakers · Learn About Tradition One

Join Zoom Meeting

<https://us02web.zoom.us/j/83102354979?pwd=UnZXU1FsNC9QL3NJWURiYjFNWkhFUT09>

Meeting ID: 831 0235 4979

Passcode: 552376

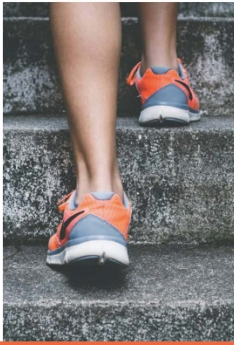
One tap mobile

+1 669 900 9128, 831 0235 4979 US (San Jose)



MORE UPCOMING EVENTS

CLICK on flyer to go to website



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup
Presents a:

Quick Step Study

- TUESDAYS (Five sessions)
Jan 31, Feb 7, 21, 28 and Mar 7, 2023.
(Skip Feb 14)
6:00pm – 7:30pm ET.
- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.)
- You don't have to attend all the sessions
- Registration is limited:
 - Please register early to receive the handouts and zoom details.
 - Registration required 24 hours ahead of the start time.
 - Register by emailing:
coiquicksteps@oacanario.org



**"This workshop has been
all and more than I could
have hoped for."**

~former workshop participant



Relapse and Recovery Workshop

Sunday, January 29, 2023

1:00 P.M. – 3:00 P.M. Pacific Time

Zoom Link: <https://us02web.zoom.us/j/85429749682>

Zoom ID: 854 2974 9682 (no passcode)

What are the Danger Signals of Relapse?

Relapse is not a Moral Issue – We are Powerless!

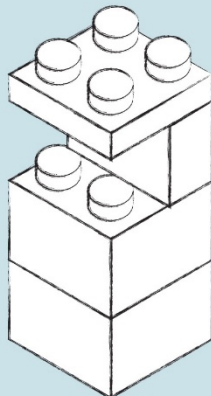
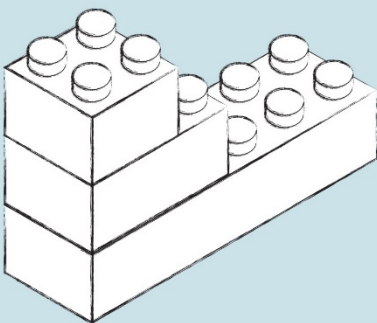
Feeling Desperate in Relapse – There is a Way Out.

Join us for this timely Workshop. All of us gain hope and joy hearing the message. The Workshop is for everyone, whatever stage of recovery or relapse your program may be. All are welcome. No registration or fees. The 7th tradition will be observed.

YOUNG PEOPLE'S Virtual IG 2023 ZOOM RETREAT



**Building
a New
Life** March 25-26



2023 Virtual Retreat



OA SERENITY RETREAT

hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 21-23, 2023



JOIN US FOR

BIG BOOK BOOTCAMP

The difference between recovery and
dieting with group support

THIS RETREAT INCLUDES:

- A beach front location
- Healthy, abstinent meals
- Rest and relaxation time
- Connection and fellowship
- Guided meditation (optional)
- Leisure afternoon break

**SINGLE AND DOUBLE OCEAN
VIEW ROOMS ARE LIMITED
SO SIGN UP EARLY!**

REGISTRATION:

Registration opens on April 25th at 8pm
PST. Go to <https://www.eventbrite.com/e/oas-erinity-retreat-2023-registration-321953299987> to save your spot!

This retreat is sponsored by the Silicon Valley Intergroup and open to OA members only

CONTACT US  oaserenityretreat@gmail.com

MORE UPCOMING EVENTS

CLICK on flyer to go to website

There is a Solution



Save the Date! March 3-5, 2023

OA Virtual Region 2023 Convention

There is a Solution

Welcome Center – Newcomers' Meetings – Keynotes – Concurrent Tracks – Simultaneous Interpretation in Multiple Languages

Tentative Topics

Abstinence – OA Literature – The 12 Steps – A Plan of Eating – Big Book – Anonymity – For the Family & Employers – Sponsorship – OA Tools – Young People's Recovery – Spirituality – OA Twelve and Twelve – The 12 Traditions – Giving Service – Creative Studio – For the Professional – We Agnostics – Virtual Region Fair

Registration Opens January 16



The San Gabriel Valley Inland Empire Intergroup cordially invites you to our

Living Steps Workshop

Listen to a panel of speakers with multiple addictions share their journeys from relapse to recovery.

March 12, 2023
12 pm to 2pm

1157 East Arrow Hwy Suite 4
Glendora, Ca 91740

Zoom and in-person

Hybrid Meeting: Meeting ID: 604-572-7175 Password: 1960

My at (626) 831-1487 or register at OASGVIE.org

PLEASE PASS THIS ON (to join the mailing list; email me (oazoomathon@gmail.com))



STAYING ABSTINENT thru the HOLI-DAZE 24th Zoom-A-Thon

Tuesday, Feb. 14 6am til 10pm EDT USA (NY)

WE NEED YOU to LEAD A MEETING AND to TELL YOUR STORY!

Help keep an OA member abstinent on this holiday.

Maybe you. Maybe me.

Please consider offering one hour of your service

SPEAKERS SIGN UP HERE:

Please click this big red X to sign up to lead a meeting & tell your story



You choose your topic

Please Use your last initial not your whole last name

Who signed up already? Click the red X above here. See the latest updates.

Questions? Tech Host Please? Join our email list? Be the timer? just email me please oazoomathon@gmail.com

We need 16 tech hosts.

Please email me if you can tech host (time & mute people, do security) for one hour or more

OAZoomathon@gmail.com

Want to learn how to tech host?

Go to oasandiego.org/zoom

Register for great classes

16 HOURS packed with meetings, fellowship, and maybe dancing! acting, pet shares, yoga, karaoke, music, singing, art shares, costumes, & hours fun! Surprises & Solid Abstinence!

Come join us and share your experience, strength and hope! Together we can get through these holi-daze abstinent! Invite your friends. Share this flyer please

HOW TO ATTEND THE EVENT?

JUST CLICK THIS BLUE X



ALL EVENTS TO BE HELD VIRTUALLY ON ZOOM
Meeting ID: 959 959 1828 Passcode: 718863
To phone in, find your local phone number here:
<https://us02web.zoom.us/j/9599591828>

Suggested donation only \$5 at oapinellas.org No-one turned away ever.

Leader/Speaker FORMAT for every meeting:

- 1 READ the Serenity prayer
- 2 READ THIS: "According to our Seventh Tradition, we are self-supporting through our own contributions. Please contribute. Give as if your life depends on it. Suggested donation for this OA-a-THON is \$5 thru Pay Pal at oapinellas.org
- 3 READ: the Steps, (or ask if someone to read)
- 4 READ THIS: "OA speakers do not represent OA as a whole, but speak from their own experience, strength and hope. OA recognizes there are individual approaches and different concepts of working the Twelve Step program of recovery. We all are reminded that our common disease and our common purpose unite us; differences in approaches to recovery need not divide us. OA is strengthened when we honor and respect all by practicing unity with diversity."
- 4-YOU SPEAK 10-15 min.: YOUR STORY. (what it was like/what happened/what it's like now)
- 5-YOU SPEAK 5-10 minutes: on YOUR TOPIC
- 6-ASK FOR GROUP SHARES
- 2 minutes each, 30 second warning
- 7-meetings end 15 minutes before the top of the hour with the Serenity Prayer.
- 8 (all meetings have a HOST to time and mute)

Save the Date!

Recovery:
Putting the Pieces Together



OA Region 2 Convention
Orange County, CA July 7-9, 2023

* In Person or Hybrid (en español tambien)

* Fun, Fellowship, Recovery

* Invite your friends

* Website & Registration Coming Soon

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

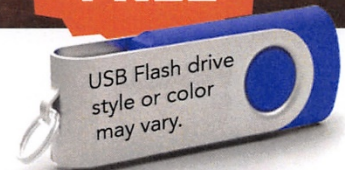
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VISIT the All Star Media desk, located outside the Los Angeles Ballroom, and ask for Nick or David who will be there to assist you.....

You may call or text David at 619.723.8893 anytime for questions during or after the conference.

☒ **LISTEN** ☒ **LEARN** ☒ **PRACTICE** ☒ **IMPLEMENT**

Listen to the recordings in your vehicle, on your phone and/or at your computer. Become Inspired by listening to the talks! Carry the Message to others in your intergroup who were unable to attend!

Order by mail, phone, web or email »

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DO YOU NEED HELP with ZOOM HOSTING or PROTECTING YOUR MEETING from ZOOM BOMBERS?

The OA San Diego Intergroup is offering several different **Zoom Hosting Classes** to teach the hosting skills you need to volunteer for service positions. **Open to all who are doing service to ZOOM meetings in Overeaters Anonymous and other 12-step programs.** Registration is required at oasandiego.org/zoom.

Classes include:

- Settings for Admins & Owners
- Hosting Basics (next class 1/17 at 11 am PST)
 - Security (next class 1/18 at 11 am PST)
 - Tips & Tricks
 - Screen Sharing Basics
- Advanced Screen Sharing (next class 1/22 at 1 pm PST)
 - Blue Sky Timer (next class 1/27 at 3 pm PST)

Questions? Send email to Ellen at zoom@oasandiego.org.

Additional Resources

- Ask your meeting Delegate for a copy of the brief guide for Handling Zoom Bombers developed by the SF Valley Intergroup.
- Download [Videoconference Meeting Training and Security/Preventive Measures](#) developed by [OA World Service](#).
- Download [Zoom Bombing Guidelines for Hosts](#) developed by the San Diego Intergroup.