

The 5th TRADITION

APR/MAY 2023

The future will be determined by the actions we take today



Leore B 8 years

Linda K 6 years

Lori P 2 years

Celebrate your recovery!

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

Don't Forget the Newcomers!

All OA members can help the newcomer. Here's some ways you can be of service to new OA members:

- Welcome them to the meeting
- Offer to stay after the meeting to answer questions
- Give them a **free newcomer's pamphlet** which can be downloaded at <https://oa.org/what-to-expect/where-do-i-start/>
- Recommend meetings; provide a meeting list or offer to help them find meetings
- Make sure they have a phone list for your meeting
- Offer to include them in your outreach calls

Heard at the LAIG 2023 Birthday Party

"I should be checking in with my Higher Power as often as I check in with my cell phone."

"I couldn't see what food was doing TO me, only what it was doing FOR me."

"Shame is way heavier than flesh; it causes a lot more damage."

"This disease takes away my morality and my standards."

"There is no stage or age when it is too late."

"Body acceptance is a non-negotiable just like abstinence. Love the body you're in now."

"Feelings are meant to be felt."

"I run the steps everyday."

"The things we don't think are significant in recovery are significant."

"Consistency trumps intensity."

"I no longer sit on the pity pot; I've learned to flush it."

"We cry so we can smile, we scream so we can breathe, we stop so we can start."

"The mental transformation is harder than the physical transformation."

Thank you to Wendy B-J and Michelle G for helping me capture these words of wisdom.

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-Uq8wf_DKuuvJEzHNbXu1AW4D1WbjGbKxi1q2dFg_to/edit#gid=0

To view IN PERSON meetings, Click on **IN PERSON MEETINGS** tab at the bottom

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): New Location: 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
Monday			
7:30 PM	WOODLAND HILLS	BIG BOOK STUDY United Methodist Church 5650 Shoup Ave. Woodland Hills, CA 91367	DAN L 818-309-9294
Thursday			
7:30 AM	BURBANK	ABC FOCUS Little White Chapel 1711 N Avon St. Burbank, CA 91505	DAN S 818-605-9881

Phone & Online Meetings can also be found on the OA World Service website:

www.oa.org/find-a-meeting.

NEWCOMER MEETING

Every TUESDAY at 7:30 pm

ZOOM ID: 882 5324 5311

Passcode: 156402

5-minute speaker then questions and answers

30
minutes

UPCOMING EVENTS

CLICK on flyer to go to website

SATURDAY APRIL 1ST, 2023

WORKSHOP

APRIL 1ST FROM 1-3PM (PST)

TOPIC

TWO LONG-TIMERS TALK FOR A LONGTIME.

Q&A following each share.

ZOOM LINK

[https://us02web.zoom.us/j/82532602765?
pwd=ZS9EMjJEN2U5ZEdNaOdBZUQ1UVFhZz09](https://us02web.zoom.us/j/82532602765?pwd=ZS9EMjJEN2U5ZEdNaOdBZUQ1UVFhZz09)

Meeting ID: 825 3260 2765
Passcode: 976699

One tap mobile
+16699009128

**May
21**

SAVE the DATE
Workshop: Hearing From The Newcomer

Check oasvalley.org for details

**May
21**

UPCOMING EVENTS

CLICK on flyer to go to website

GET YOUR TICKETS NOW!

OA TRIVIA NIGHT!!!

★ OA TRIVIA 🤗

★ IMPERSONATION
CHALLENGE 🤗

★ PRIZES 🤗

★ <https://bit.ly/oasfviquiznight> ★

APRIL 22ND
5PM PST

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

March 24-25	Region 2 Spring Assembly Burlingame, CA
April 25-29	OA World Service Business Conference Albuquerque, NM
July 7-9	Region 2 Convention, Orange County, CA
October 27-29	Region 2 Fall Assembly Burlingame, 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.

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

Apr 3	Board Meeting
Apr 17	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

MEETING CONTRIBUTIONS

Dear Fellows,

What is your recovery worth to you?
Is your physical, emotional, and spiritual health worth \$5.00 a meeting?

OA'S ONLY FUNDING IS FROM THE CONTRIBUTIONS OF ITS MEMBERS

- Our donations are a way to express gratitude for the OA program!
- Our traditions call on us to be self-supporting through our own contributions.
- We support OA so that it can continue its work to support all of us.

Unfortunately, we are not receiving the OA Member's financial support we did before the pandemic. This means that as one of the world's largest Intergroups, **we are falling short of fulfilling our primary purpose in OA: to carry the message to those who still suffer.**

Our intergroup, a non-profit organization, must pay its bills. We have worked hard to trim down our expenses. Our smaller office is one example. In 2022 our SFVIG was not able to make its year end donation to Region II or World Service, largely because meetings are not fully observing the 7th Tradition.

As most meetings are now virtual, we are hoping to change the culture regarding how the 7th tradition is collected. Please consider updating your meeting format:

- **Pause and pass the virtual basket**
- Perhaps read the 12 Traditions to **allow fellows time to contribute**
- OA World Service suggests we **"Give as if our life depends on it,"** with a donation of \$5.00 per meeting.

Please help to make your home meetings strong, while supporting the OA SF Valley Intergroup. Thank You!

Contributions January 2023

Meeting	Contribution
Sunday Studio City 7:30 AM	819.27
Sunday Woodland Hills 9 AM	264.04
Sunday Sherman Oaks 5 PM	3.00
Monday Studio City 7:30 AM	126.00
Monday Newbury Park 7 AM	59.20
Monday Encino 7:45 PM	118.60
Wednesday Santa Clarita 7 AM	122.00
Wednesday Valley Village 6:30 PM	180.00
Thursday A/B Studio City 7:30 AM	136.80
Thursday Woodland Hills 7:30 PM (multiple donations)	137.72
Friday Woodland Hills 7 PM	3.00
Saturday Burbank 7:30 AM	525.96
Saturday Santa Clarita 9:30 AM	184.20
Saturday Thousand Oaks 10 AM (multiple donations)	304.00
Saturday Woodland Hills 10 AM	25.00
Individual contributions directly to San Fernando Valley Intergroup	2112.16

T h a n k y o u

for your generous contributions that help to spread the message that there is recovery from compulsive overeating.

If no "basket" is passed at your meeting, you can donate directly to the SF Valley Intergroup by check OR via PayPal/Credit Card at oasfvalley.org/our-intergroup/make-a-contribution/.

MEETING CONTRIBUTION FORM



San Fernando Valley Intergroup
6200 Canoga Ave Suite 101
Woodland Hills, CA 91367
(818) 888-4776

60%

oasfvalley.org/our-intergroup/make-a-contribution/

SFVI of Overeaters Anonymous
6200 Canoga Ave Suite 101
Woodland Hills, CA 91367

Amount \$ _____

Group _____ Group Number _____

Meeting Day and Time _____

Meeting Address _____ Secretary _____

Meeting City _____ Treasurer _____

PLEASE clearly write the sender's name and email address so we can send your meeting a receipt.

Sender's Name _____ Email _____

30%

oa.org/contribute/

World Service Office
P.O. Box 44727
Rio Rancho, NM 87174-4727

Amount \$ _____

Group _____ Group Number _____

Meeting Day and Time _____

Meeting Address _____ Secretary _____

Meeting City _____ Treasurer _____

PLEASE clearly write the sender's name and email address so we can send your meeting a receipt.

Sender's Full Name _____ Email _____

10%

www.oar2.org/contribute.html

Overeaters Anonymous Reg. 2
4733 Torrance Blvd. PMB 335
Torrance, CA 90503

Amount \$ _____

Group _____ Group Number _____

Meeting Day and Time _____

Meeting Address _____ Secretary _____

Meeting City _____ Treasurer _____


PLEASE clearly write the sender's name and email address so we can send your meeting a receipt.

Sender's Full Name _____ Email _____

MORE UPCOMING EVENTS

CLICK on flyer to go to website


YOUNG PEOPLE'S Virtual IG 2023 ZOOM RETREAT



**OVEREATERS
ANONYMOUS**
Young People's Virtual Intergroup

Building a New Life

March 25-26



2023 Virtual Retreat

The 35th Annual Southern California OA Men's Retreat Committee Presents:

OA Men's Retreat in Oceanside & Zoom

Fri, Sat & Sun, March 31 - April 2, 2023.



Welcome to Old Mission San Luis Rey
Auspitry of the Franciscan Friars Province of Santa Barbara

Old Mission San Luis Rey Retreat Center
4050 Mission Avenue, Oceanside, CA 92057-6402
Tel: 760-757-3659

For a complete description, visit their website at:
www.sanluisrey.org

For further information, please text or call:
Dave B. at (619) 787-2937 or email davebmg66@gmail.com
Gene K. at 760-859-7400 or email Genekogant@gmail.com

What is the cost?

- \$275 per man - double occupancy
- \$325 per man - single occupancy
- \$25 - online with Zoom includes the leaders' shares and limited participation per anonymity tradition

Commuters (not staying overnight) meal prices:

- \$45 per day (includes the three meals for that day)
- \$145 for the weekend (includes all 6 meals for the weekend)

What do I get?

- A weekend of fellowship with other men in recovery in the tranquility of beautiful and spacious grounds
- Retreat leaders who have worked all 12 Steps and want to help your recovery
- Two (2) nights of lodging and six meals

When does it start?

Dinner starts at 530 pm Friday, March 31.
Opening ceremonies begin at 7:30 pm Friday, March 31.

Why should I go?

Dozens of men have gotten abstinent at this retreat. Many others come every year to reenergize their program. This is the 31st year of the retreat. Recovery happens here!

The 35th So-Cal OA Men's Retreat Fri, Sat & Sun, March 31 - April 2, 2023

[Register online by clicking this link](https://www.eventbrite.com/e/35th-oa-mens-retreat-in-oceanside-ca-march-31-april-2-tickets-513398226917?utm_campaign=social&utm_content=attendeeshare&utm_medium=discovery&utm_term=listing&utm_source=cp&aff=escl)

https://www.eventbrite.com/e/35th-oa-mens-retreat-in-oceanside-ca-march-31-april-2-tickets-513398226917?utm_campaign=social&utm_content=attendeeshare&utm_medium=discovery&utm_term=listing&utm_source=cp&aff=escl

PLEASE INVITE OTHER MEN

FEW PARTIAL SCHOLARSHIPS ARE AVAILABLE

Retreat will be repeated Nov 10-12, 2023



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/oa-serenity-retreat-2023-registration-321953299987> to save your spot!

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

178th San Diego OA

Serenity Retreat April 28-30, 2023 Mission San Luis Rey Oceanside, CA

Our speaker has been in OA since 1984 with 37 years of continuous abstinence. She has led several retreats in the US and Canada, and spoken at regional conventions and events. She will focus on the 12 steps, the promises, maintaining abstinence, and remaining in fit spiritual condition.

4:00pm Friday to 1:00pm Sunday

SATURDAY ONLY	3 DAYS 0 NIGHTS	3 DAYS 2 NIGHTS	3 DAYS 2 NIGHTS
NO ROOM	NO ROOM	SHARED DOUBLE ROOM	PRIVATE SINGLE ROOM
3 meals	6 meals	6 meals	6 meals
\$70	\$155	\$220	\$290

*Prices above do not include EventBrite Fees

Online registration only: www.tinyurl.com/OAretreat

Vaccination and masks are recommended but not required.

Once you have registered a more detailed agenda will be sent to you one week prior to the event.

For more information contact Melissa at melforte@yahoo.com

For scholarship info contact Rex at kingrexmera@yahoo.com

MORE UPCOMING EVENTS

CLICK on flyer to go to website

11th Annual Central Oregon OA Presents...

Sunlight of the Spirit Retreat Information

May 5-7, 2023 @ Suttle Lake in Oregon

Early registration closes April 10th

**Please join us for a weekend of recovery, fellowship, and fun at
this year's Sunlight of the Spirit Retreat**

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

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
 - Security
 - Tips & Tricks
 - Screen Sharing Basics
 - Advanced Screen Sharing
 - Blue Sky Timer

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

A d d i t i o n a l R e s o u r c e s

- 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.