

The 5th TRADITION

JUN/JUL 2023

Any form of service adds to the quality of our own recovery.



Deborah M 33 years
Reva 7 years

Celebrate your recovery!

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

OA PODCASTS

Here are a few OA podcasts for recovery between meetings or when you can't get to a live meeting

Los Angeles Intergroup

<https://www.oalaig.org/laig-virtual-speakers-bureau/>

OA: A Vision for You Big Book Study

<https://www.avision4you.info/7am-daily-meeting-podcast/>

<https://www.avision4you.info/10am-daily-meeting-podcast/>

OA RISE: Recovery Inspires Shared Experiences

<https://podcasters.spotify.com/pod/show/oa-rise>

LA Intergroup 2020 Birthday Party Recordings

<https://www.oalaig.org/birthday-party-virtual-speakers-bureau/>

Send your favorite OA recovery podcast to editor@oasfvalley.org

The 9 Tools of Overeaters Anonymous

We use these Tools on a regular basis to help us recover from our disease.

CLICK to go to the full description of the tools



A Plan of Eating helps us achieve physical recovery by guiding us in our dietary decisions, and defining what, when, how, where, and why we eat.



Sponsorship Find a sponsor who has what you want and ask that person how they are achieving physical, emotional, and spiritual recovery.



Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this 12 Step program.



Telephone or electronic contact provides an immediate outlet for those hard-to-handle highs and lows we experience. Many members call, text, or email their sponsors and other OA members daily.



Writing our thoughts and feelings down on paper, or describing a troubling *or joyous* event in writing, helps us better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.



Literature Reading OA-approved literature, including OA or AA books, study guides, pamphlets, or wallet cards, provides insight into our disease and members' experience, strength, and hope that there is a solution for us.



Action Plan consists of attainable actions that support our individual abstinence and recovery. It may vary widely among members and may need to be adjusted as we progress in our recovery.



Anonymity means that only we have the right to make our OA membership known to others and whatever we share with other OA members or hear at meetings will be kept confidential.



Service Any form of service (attending meetings, sharing, putting away chairs, putting out literature, welcoming newcomers, hosting a meeting) adds to our own recovery.

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	ALLEN Z 323-599-0754
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
Wednesday			
7:00 PM	SIMI VALLEY	MID-WEEK RECOVERY LITERATURE STUDY United Methodist Church 2394 Erringer Rd. Room 11 Simi Valley, CA 93065	MARK 818-399-0890
Thursday			
7:30 AM	BURBANK	ABC FOCUS Little White Chapel 1711 N Avon St. Burbank, CA 91505	DAN S 818-605-9881

New In-Person

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

UPCOMING OA SFVIG EVENTS

CLICK on flyer to go to oasfvalley.org website



SFV OA Workshop

SUNDAY, MAY 21, 2023

1-3 P.M. PST



Early Days: Let's hear from those newer to OA. Fellows newer to OA will share their experience, strength and hope. They will answer the question:
What worked to get Abstinent.

ZOOM LINK:

Meeting ID: 865 0471 6720

Passcode: 372130

One tap mobile

+16694449171



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



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 on Social Media

FOLLOW us and LIKE us on



[OASFVALLEY](https://www.facebook.com/OASFVALLEY)



[@OASFVALLEY](https://twitter.com/OASFVALLEY)



[@OASFV](https://www.instagram.com/OASFV)

Keep Your Meeting Information Up-To-Date

We need your help to keep our meeting list updated.

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 2023

Region 2 Convention
July 7-9 Hilton Orange County Costa Mesa, CA
Hybrid on ZOOM
Region 2 Fall Assembly
October 27-29 DoubleTree SFO Airport Burlingame, CA
OA Men's Retreat
November 10-12 Old Mission San Luis Rey Oceanside, 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

Jun 5 Board Meeting
Jun 17 Delegates Meeting
Jul 10 Board Meeting
Jul 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

TREASURER

Tami H (661) 313-4226
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

delegates@oasfvalley.org

MEETING CONTRIBUTIONS

2023 Contributions

Meeting	Feb + Mar	Year-to-Date
SUN 7:30 AM Focus on Permanent Recovery-In Person	627.00	627.00
SUN 7:30 AM Focus on Permanent Recovery-Virtual	265.00	1,084.27
SUN 9:00 AM Morning Women's Stag	258.84	522.88
SUN 5:00 PM Sundowner's Meeting	175.73	178.73
MON 7:00 AM AA 12 & 12 Book Study	218.93	278.13
MON 7:15 AM AA Big Book Study	50.40	50.40
MON 7:30 AM Morning Meditation	200.00	326.00
MON 7:45 PM Night Miracles	355.20	473.80
TUE 7:30 AM Big Book Study	225.00	225.00
TUE 7:30 AM ABC Focus	287.20	287.20
WED 7:00 AM Big Book Study	80.00	202.00
WED 7:30 AM OA Stories & Abstinence	358.20	358.20
WED 10:30 AM The Word on Recovery	69.71	69.71
WED 6:00 PM Literature Study	115.80	115.80
WED 6:30 PM OA 12 Steps and 12 Traditions	5.00	185.00
THU 7:30 AM ABC Focus	—	136.80
THU 7:30 AM OA 12 Step Study	225.00	225.00
THU 12:00 PM Literature Study - Participation	46.57	46.57
THU 7:30 PM There is a Solution	109.80	247.52
FRI 7:30 AM Focus on Permanent Recovery	200.00	200.00
FRI 7:00 PM Jump Start Your Weekend	106.00	109.00
SAT 7:30 AM Focus on Permanent Recovery Burbank	250.00	775.96
SAT 9:30 AM Speaker & Literature Study	—	184.20
SAT 10:00 AM Women's Stag	86.00	390.00
SAT 10:00 AM Spiritual Maintainers	355.04	380.04
SAT 2:30 PM OA Saturday in the Park	84.00	84.00
Contributions made directly to SF Valley Intergroup	1886.00	3,998.16
Workshops and Special Events	55.00	55.00
Delegates and Board Meetings	373.00	388.00
Total contributions	\$7,068.42	\$12,204.37

Thank you for your generous contributions

that help to spread the message of 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



S.G.V.I.E. Intergroup of OA
1157 E. Arrow Hwy, Ste. 4
Glendora, CA 91740
oasgvie.org; 626.335.3355; oa.org

**San Gabriel Valley-Inland Empire Intergroup
(S.G.V.I.E. IG) of Overeaters Anonymous
cordially invites you to . . .**

The "Living Steps" Workshop

*Listen to a panel of OA speakers with dual addictions share their
journeys from relapse to recovery.*

Date/Time: Sunday, May 28, 2023; 1:30-4:30 p.m. (PST)

S.G.V.I.E. Intergroup

1157 East Arrow Hwy, Suite 4

Glendora, CA 91740

Hybrid: (Zoom and In-person)

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

Contact: My at (626) 831-1487

***Register EARLY!** Space is limited to 50 Zoom and 50 in-room participants.

***Register** at oasgvie.org or complete and mail the "Registration Form" below as indicated.

When Registering: Please indicate if you will be attending "online" or "in-room"

Donation: \$15.00 (Pre-registration advised.)

(No one will be turned away for lack of funds.)



"REGISTRATION FORM"

Register online at oasgvie.org -or- complete and mail this form as follows:

Attn: Treasurer, Karen D., SGVIE IG, 1157 E. Arrow Hwy, Ste 4, Glendora, CA 91740

SPACE IS LIMITED! Pre-registration advised to guarantee a seat.

Registration @ the door or online subject to availability.

Name: _____

Phone; Email: _____

Address: _____

Donation \$15.00 (Amount enclosed): _____

Check One: ☐ I will be attending "online" | ☐ I will be attending "in-room"



**Great for
Newcomers or
LongTimers!**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- FRIDAYS (Five sessions)
May 5, 12, 19, 26, and June 2, 2023
8:00pm – 9:30pm Eastern Time
(Toronto/New York time)
- 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@oaontario.org

**OVEREATERS
ANONYMOUS.
CENTRAL ONTARIO INTERGROUP**

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

~former workshop participant

Save the Date!

Recovery:
Putting the Pieces Together



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

**REGISTRATION
is
NOW
OPEN**

- * In Person or Hybrid (en español tambien)
- * Fun, Fellowship, Recovery
- * Invite your friends
- * Website & Registration Coming Soon

MORE UPCOMING EVENTS

CLICK on flyer to go to website

OA TWELVE STEP WORKSHOP

**Tuesdays 6:00-8:00 PM Eastern Daylight Time
May 16-August 22**

**Presented by OA Greater Detroit Intergroup
Online Zoom Meetings in English
This is a 15 week commitment with homework.**

**The following OA-approved literature will be used for
weekly readings and assignments:**

- The Twelve Step Workshop and Study Guide workbook
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition
- Alcoholics Anonymous (Big Book), Fourth Edition
- Voices of Recovery
- For Today
- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous
- Overeaters Anonymous, Third Edition

Books can be purchased at [Overeaters Anonymous, Inc. \(oa.org\)](http://Overeaters Anonymous, Inc. (oa.org))

**For more information, or to register, contact
Sharon at 810-305-8716 or sharonhillier@comcast.net or
Ashley at 586-854-3477 or labutte@gmail.com.**

**7th Tradition Contributions can be made to OA Greater Detroit Intergroup at
www.oagreaterdetroit.org by clicking the yellow donate button or **make
check payable to:** Overeater's Anonymous and mail to:**

**Overeaters Anonymous
c/o Lynn H.
14163 Landings Way
Fenton, MI 48430**



Hosted by
Central Ontario Intergroup
oaontario.org

How To | Avoid Relapse

Date:

Saturday, June 3, 2023 2 – 3 p.m. EDT

Location

Zoom:

Zoom details will be provided the day prior to the event through the COI email blast.

No pre-registration and no maximum number of participants.

www.oaontario.org



Hosted by
Central Ontario Intergroup
oaontario.org

How To | Work With Others

Date:

Sunday, September 10, 2023 2 – 3 p.m. EDT

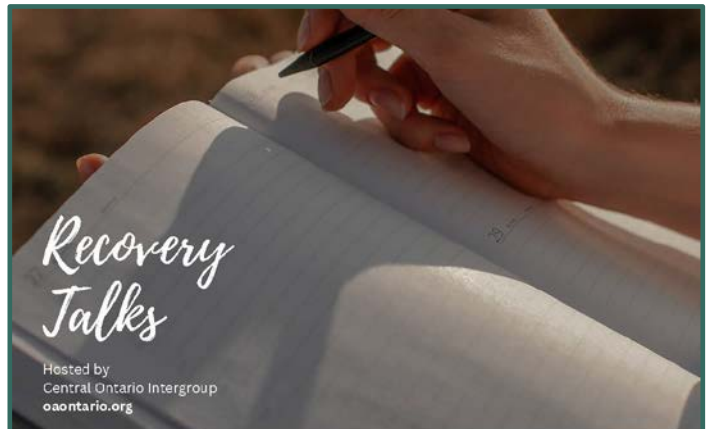
Location

Zoom:

Zoom details will be provided the day prior to the event through the COI email blast.

No pre-registration and no maximum number of participants.

www.oaontario.org



Hosted by
Central Ontario Intergroup
oaontario.org

How To | Use The Tools

Date:

Saturday, Nov 4, 2023 2 – 3 p.m. EDT

Location

Zoom:

Zoom details will be provided the day prior to the event through the COI email blast.

No pre-registration and no maximum number of participants.

www.oaontario.org

HANDLING ZOOM BOMBERS

Before the meeting:

- Assign one or two **CO-HOSTs** to help with security
- Consider enabling the **WAITING ROOM** so participants can't get into the meeting until the hosts let them in
- Make sure only hosts can screenshare under "Security" tab
- Ask meeting participants to (initially) turn on their cameras

During the meeting:

If Zoom bombers get into your meeting, the hosts can:

1. Click **MUTE ALL** at the bottom of the "Participants" panel
2. **DISABLE CHAT** under "Security" tab on the bottom of the screen
3. If the waiting room isn't on, temporarily **LOCK the meeting**, under "Security", so that no new bombers can get in
4. **REMOVE** all bombers from the "Participants" panel, click on participant's name and select "Remove" (can also click on their Zoom box and select "Remove")
5. Enable the **WAITING ROOM** and unlock the meeting under "Security"

NOTE: You must be the Host or Co-Host to access these controls.

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.