

# The 5<sup>th</sup> TRADITION

AUG/SEP 2023

**Abstinence, like a long journey, starts with a single step**

**HAPPY BIRTHDAY**

Sheryl P	1 year
Laura M	2 years
Carole K	4 years
Karen VT	4 years
Tina B	6 years
Gunit	12 years
Linda	12 years
Tim	14 years
Jacqui R	35 years

**Celebrate your recovery!**

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

## Did you know?

It costs about **\$48,000 per year** to keep our Intergroup running smoothly? That's \$4000 each month.

Our expenses include office rent, internet, website hosting and maintenance, monthly accounting and tax return preparation, payroll, PayPal merchant fees, liability and worker's compensation insurances, and costs related to sending our Region 2 and World Service Reps to their assemblies and conventions.

If you are not currently contributing to the 7<sup>th</sup> Tradition at your meetings, please consider contributing whatever you are able to at [oasfvalley.org/our-intergroup/make-a-contribution/](https://oasfvalley.org/our-intergroup/make-a-contribution/).

## Strong Abstinence Checklist

Use this tool each day to support you in keeping your abstinence strong.

1. **Have I been abstinent today?**
2. **Did I pray and meditate today?**
3. **Am I maintaining or working towards a healthy body weight?**
4. **Did I rely on my Higher Power to get or stay abstinent today?**
5. **Is what I am currently doing working for me to remain abstinent?**
6. **If I am having problems, have I asked someone else what they are doing?**
7. **Have I made an OA call today?**
8. **Did I have an attitude of gratitude today?**
9. **Did I plan my food today?**
10. **Have I helped someone else today?**
11. **Did I have an action plan in place to stay abstinent today?**
12. **Do I have a sponsor and am I working the Steps with that person?**

*This and other documents can be downloaded*  
<https://oa.org/document-library/>

# 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](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	DARCY 310-773-6833
10:00 AM	NEWBURY PARK	WOMEN'S STAG MEETING (Hybrid): <b>New Location:</b> Chalice UU Fellowship 3331 Old Conejo Rd. Newbury Park, CA 91320	FELICIA 818-726-2554
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	REVA 323-646-0644
MONDAY			
7:00 PM	WOODLAND HILLS	BIG BOOK STUDY United Methodist Church 5650 Shoup Ave. Woodland Hills, CA 91367	JOY V 818-212-3214
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

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



# UPCOMING OA SFVIG EVENTS

CLICK on flyer to go to oasfvalley.org website for details

## OA SFV's WALK-A-THON 2023

*Take A Step For Your Recovery!*



**Support the OA San Fernando Valley Central Office!**

**Lake Balboa Boat House**

**6300 Balboa Blvd, Lake Balboa, CA 91406**

Can't make it to Lake Balboa or live in another city or state??  
Zoom in and walk with us from anywhere in the world and  
help support the OA SFV Central Office!!



<https://event.oasfvalley.org/pqq>

**JULY  
30TH**

**7AM**

**Any questions? Call Tim C 323-369-8048**



# UPCOMING OA SFVIG EVENTS

CLICK on flyer to go to [oasfvalley.org](http://oasfvalley.org) website

Come join us in person

***We Are Not a  
Glum Lot:***

***How Humor is  
Key to Recovery***

**SUNDAY, AUGUST 13, 1-3 P.M.**

Abstaining OA members will share  
how humor has helped in good  
times and bad.  
Come for some  
summer fun—and wisdom.

**CHRISTIAN SCIENCE CHURCH, 4032  
WHITSETT AVE., STUDIO CITY, CA 91604**

Our first post-Covid in-person workshop!

# UPCOMING OA SFVIG EVENTS

CLICK on flyer to go to event registration

## OA WOMEN'S RETREAT 2023

**October 6th - October 8th  
at the Holy Spirit Retreat Center in Encino  
Fabulous speakers, workshops and more.**



*Accommodations include: All meals Saturday/Sunday, unlimited water, coffee & tea, double rooms with two twin beds and large private bathrooms in each unit. Double occupancy \$270/per person. Single occupancy \$315 based on availability, commuter rate \$200. Space is limited. Register at [OASFValley.org](http://OASFValley.org) or*

*[click here](#)*

**Step  
Into  
Action**

**General questions: Call Michelle 818-687-5038  
or Cindy 818-521-7112**



# 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	
Robin T	323-496-4349	M
	9 AM - 9 PM	
Shelli	(818) 294-5837	M
	9 AM - 8 PM	

M = OK to leave a message



**eMAIL**



Carla	<a href="mailto:pc5965@yahoo.com">pc5965@yahoo.com</a>
Denise B	<a href="mailto:dbillings@roadrunner.com">dbillings@roadrunner.com</a>
Ira	<a href="mailto:theeiray@gmail.com">theeiray@gmail.com</a>
Jacqui	<a href="mailto:glitzie2@gmail.com">glitzie2@gmail.com</a>
Linda S	<a href="mailto:lindavoice23@gmail.com">lindavoice23@gmail.com</a>
Shirley WM	<a href="mailto:wittmiya@aol.com">wittmiya@aol.com</a>
Steve	<a href="mailto:SeeSteve@yahoo.com">SeeSteve@yahoo.com</a>

## OA on Social Media

FOLLOW us and LIKE us on



**OASFVALLEY**



**@OASFVALLEY**



**@OASFV**

## It's Time to Update Your Meeting Information

**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](https://oasfvalley.org/submit-meeting-changes) to update.

**ALSO** please **update your meeting with World Service** by going to [www.oa.org/edit-a-meeting/](http://www.oa.org/edit-a-meeting/).

## CALENDAR 2023

October 27-29	<b>Region 2 Fall Assembly</b> DoubleTree SFO Airport Burlingame, CA
November 10-12	<b>OA Men's Retreat</b> 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](mailto: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](mailto: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](http://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

Aug 7	Board Meeting
Aug 21	Delegates Meeting
Aug 11	Board Meeting
Aug 18	Delegates Meeting

### ACTING BOARD CHAIR

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

### VICE CHAIR

Vacant  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

### SECRETARY

Chris S (619) 551-8619  
[secretary@oasfvalley.org](mailto:secretary@oasfvalley.org)

### TREASURER

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

### SPECIAL EVENTS & FUNDRAISING

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

### DIGITAL RESOURCES

Rikke A (323) 683-8937  
[web@oasfvalley.org](mailto:web@oasfvalley.org)

### PUBLIC OUTREACH

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

### REGION 2 REP

Linda K (818) 522-4202  
[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### 12th STEP WITHIN/WORKSHOPS

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

### WORLD SERVICE REP

Lori P (702) 985-6120  
[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### NEWSLETTER

Karen VT (818) 489-8243  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### DELEGATE COORDINATOR

Karen VT (818) 489-8243  
[delegates@oasfvalley.org](mailto:delegates@oasfvalley.org)

# 2023 MEETING CONTRIBUTIONS

Meeting	Apr + May	Year-to-Date
SUN 7:30 AM Focus on Permanent Recovery-In Person	\$ 545.00	\$ 1,172.00
SUN 7:30 AM Focus on Permanent Recovery-Virtual	\$ 251.87	\$ 1,336.14
SUN 9:00 AM Morning Women's Stag	\$ 50.00	\$ 572.88
SUN 5:00 PM Sundowner's Meeting	—	\$ 178.73
MON 7:00 AM AA 12 & 12 Book Study	\$ 80.33	\$ 358.46
MON 7:15 AM AA Big Book Study	\$ 52.80	\$ 103.20
MON 7:30 AM Morning Meditation	\$ 169.90	\$ 495.90
MON 7:45 PM Night Miracles	\$ 279.54	\$ 753.34
TUE 7:30 AM Big Book Study	—	\$ 225.00
TUE 7:30 AM ABC Focus	—	\$ 287.20
WED 7:00 AM Big Book Study	\$ 23.00	\$ 225.00
WED 7:30 AM OA Stories & Abstinence	\$ 10.00	\$ 368.20
WED 10:30 AM The Word on Recovery	—	\$ 50.00
WED 6:00 PM Literature Study	—	\$ 115.80
WED 6:30 PM OA 12 Steps and 12 Traditions	—	\$ 185.00
WED 7:30 PM 100 Pounder	\$ 102.42	\$ 168.70
THU 7:30 AM ABC Focus	\$ 257.00	\$ 393.80
THU 7:30 AM OA 12 Step Study	\$ 199.80	\$ 424.80
THU 12:00 PM Literature Study - Participation	\$ 60.00	\$ 60.00
THU 7:30 PM There is a Solution	\$ 201.00	\$ 448.52
FRI 7:30 AM Focus on Permanent Recovery	—	\$ 200.00
FRI 7:00 PM Jump Start Your Weekend	\$ 170.00	\$ 279.00
SAT 7:30 AM Focus on Permanent Recovery Burbank	\$ 399.38	\$ 1,175.34
SAT 7:30 AM Serenity Saturday Sherman Oaks	\$ 336.00	\$ 336.00
SAT 9:30 AM Speaker & Literature Study	\$ 8.00	\$ 192.20
SAT 10:00 AM Women's Stag	—	\$ 390.00
SAT 10:00 AM Spiritual Maintainers	\$ 126.00	\$ 506.04
SAT 2:30 PM OA Saturday in the Park	\$ 18.00	\$ 102.00
Donations without Meeting Specified (by PayPal or check)	\$1,739.37	\$ 1,739.37
Individual donations made directly to SFV Intergroup	\$3,906.00	\$ 7,904.16
Workshops and Special Events	\$ 962.49	\$ 1,017.49
Delegates and Board Meetings	\$ 79.00	\$ 467.00
<b>Total contributions</b>	<b>\$9,461.10</b>	<b>\$ 21,665.47</b>

**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/](https://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/](http://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/](http://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](http://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



**Recovery Talks**

Hosted by  
Central Ontario Intergroup  
[oaontario.org](http://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](http://www.oaontario.org)



**SAN DIEGO OVEREATERS ANONYMOUS**


## Urban Retreat Oct. 20 & 21, 2023

**Baha'i Center San Diego, CA** **FRIDAY 7-9PM & SATURDAY 9AM-5PM**

Our speaker has been active in OA since 1979 and has lost over 500lbs. He has led several Big Book Workshops over the years and throughout the world.

- \$20 suggested donation.
- No pre-registration necessary.
- Room and board are not included.
- Restaurant list available or bring a lunch.
- Bring writing materials & AA Big Book.
- A refrigerator is available.

San Diego Baha'i Center: 6545 Alcalá Knolls Drive, 92111  
Questions: Lessie (619)739-1643 [Lessieib@gmail.com](mailto:Lessieib@gmail.com)



**Recovery Talks**

Hosted by  
Central Ontario Intergroup  
[oaontario.org](http://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](http://www.oaontario.org)

The 36th Annual Southern California OA Men's Retreat Committee Presents:

## OA Men's Retreat in Oceanside & Zoom

Fri, Sat & Sun, November 10 - 12, 2023.



Welcome to Old Mission San Luis Rey  
A Ministry of the Franciscan Friars, Province of Santa Barbara

**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:**

- \$50 per day (includes the three meals for that day)
- \$150 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 (6) meals

**When does it start?**  
Dinner starts at 5:30 pm Friday, November 10.  
Opening ceremonies begin at 7:30 pm Friday, November 10.

**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 36th year of the retreat. Recovery happens here!

---

## The 36th So-Cal OA Men's Retreat

Fri, Sat & Sun, November 10-12, 2023

[Register online by clicking this link](https://www.eventbrite.com/e/36th-oa-mens-retreat-in-oceanside-ca-november-10-12-2023-tickets-624857726277?aff=erelexamlt)

<https://www.eventbrite.com/e/36th-oa-mens-retreat-in-oceanside-ca-november-10-12-2023-tickets-624857726277?aff=erelexamlt>

PLEASE INVITE OTHER MEN  
FEW PARTIAL SCHOLARSHIPS ARE AVAILABLE  
KEEP COMING BACK!

# 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](https://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](mailto: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 the **updated [Videoconference Meeting Training and Security/Preventive Measures](#)** developed by [OA World Service](#).
- Download [Zoom Bombing Guidelines for Hosts](#) developed by the San Diego Intergroup.