

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

OCT/NOV 2023

**"It works if you work it."**

**HAPPY BIRTHDAY**

**Doritt D** 14 years

**Sig D** 14 years

**Denise B** 22 years

**Celebrate your  
recovery!**

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

**Be of Service Above the Group Level**  
The SFV Intergroup Board needs YOU

Board elections for the 2024–2025 term will begin **Monday, November 20th**

**GENERAL REQUIREMENTS:**

- ✓ ≥1 year of continuous abstinence
- ✓ ≥6 months of service above the meeting level
- ✓ Regular attendance of an active OA group for ≥1 year

Positions needed:

**CHAIR** (need 3 years of abstinence)

**VICE CHAIR**

**SECRETARY**

**TREASURER** (need 3 years of abstinence)

**PUBLIC OUTREACH CHAIR**

**DIGITAL RESOURCES CHAIR**

**NEWSLETTER EDITOR**

**SPECIAL EVENTS & FUNDRAISING CHAIR**

**12TH STEP WITHIN/WORKSHOPS CHAIR**

**LENGTH OF TERM:**

1 year. All board members can serve 2 consecutive terms in the same position.

**COMMITMENT:**

All Board members must attend all **monthly** Board and Delegates meetings which are currently held on ZOOM on the 1st and 3rd Monday at 7:30 PM.

The duties and requirements of each Board Member can be found at this [link](#). The [current Board members](#) can help you understand and learn the position.

If you would like more information, email [chair@oasfvalley.org](mailto:chair@oasfvalley.org) or **attend an upcoming Board or Delegates meeting.**

## 12 Stepping a Problem

*This writing exercise is an approach, using the 12 Steps of OA, to deal with life's challenges without turning to food.*

- 1) I admit I am powerless over \_\_\_\_\_. How does this make my life unmanageable?
- 2) Do I believe that a power greater than myself can restore me to sanity? YES or NO If NO, explain why not. What would recovery look like in relation to this problem?
- 3) Have I made a decision to turn \_\_\_\_\_ over to the care of God/Higher Power? YES or NO If NO, explain why not.
- 4) Make a searching and fearless moral inventory of myself. List any fears, resentments, harms. What is my part in this?
- 5) Am I willing to admit to God/Higher Power, myself, and another person the exact nature of the wrongs that contributed to this situation? If YES, continue to #6. If NO, return to #1.
- 6) Am I entirely ready to have God/Higher Power remove these defects of character? YES or NO If no, explain why not.
- 7) Have I humbly asked God/Higher Power to remove my shortcomings? YES or NO (Refer to fears, resentments, harms in number four above.)
- 8) Make a list of all persons I have harmed because of this. (Include yourself.) How have they been harmed? Am I willing to make amends to them all?
- 9) How and when will I make amends?
- 10) Continue to take a personal inventory. What specific actions can I take today?
- 11) What specific actions can I take today to establish, re-establish, or improve conscious contact with God/Higher Power?
- 12) What spiritual awakening/new insight have I had as the result of working these Steps on this specific problem?

*This document can be downloaded at this link:*

[Twelve Stepping a Problem \(oa.org\)](https://www.oasfvalley.org/twelve-stepping-a-problem)

# 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): Chalice UU Fellowship 3331 Old Conejo Rd. Newbury Park 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).

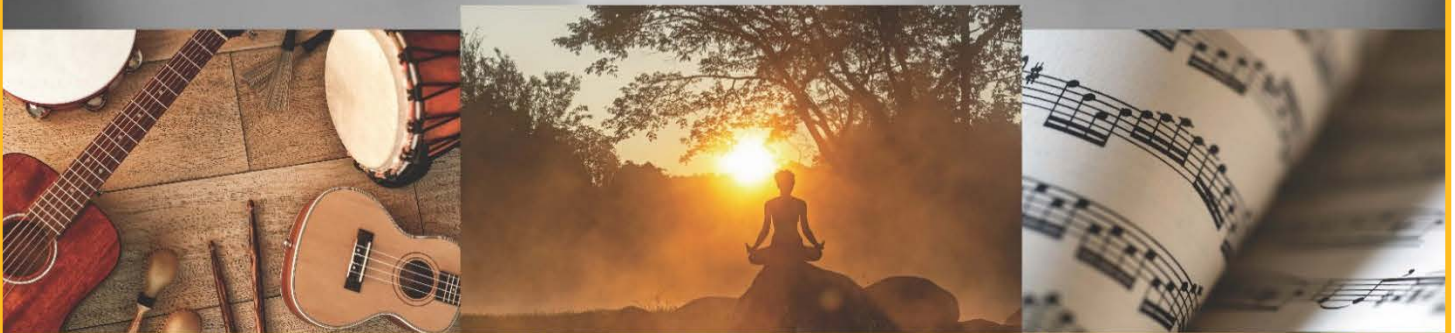


# UPCOMING OA SFVI EVENTS

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](https://OASFValley.org) or*

*[click here](#)*

**Step  
Into  
Action**

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

# UPCOMING OA SFVI EVENTS

*CLICK on flyer to buy tickets*

A vibrant casino-themed flyer for an event. The background is dark with a subtle pattern of playing cards and dice. In the center, a large, glowing yellow diamond shape contains the text 'CASINO NIGHT' in bold, white and yellow letters. Above the diamond, a fan of five playing cards (10 of hearts, Jack of hearts, Queen of hearts, King of hearts, and Ace of hearts) is visible. Below the diamond, two red dice are shown in a 3D perspective. The words 'OA SFV' and 'PRESENTS' are written in yellow, curved text above the diamond. The words 'PRIZES' are written in large, white, curved text on both sides of the central text. The event details, including the date, time, location, and ticket price, are listed in bold yellow and white text. A URL for ticket purchases is at the bottom left, and a promotional message is at the bottom right. A small watermark 'Made with PosterMyWall.com' is at the bottom left.

**CASINO NIGHT**

**SATURDAY,  
NOVEMBER 4TH**

Winnetka Bowl 4-6pm  
20122 Vanowen St  
Winnetka, CA 91306

**TICKETS \$10**

<https://rebrand.ly/casino2023>

Buy a ticket and get 1 chance  
to win but if you show up to  
the event and that one chance  
turns into five

Made with PosterMyWall.com



# UPCOMING OA SFVI EVENTS

CLICK on flyer to go to sign-up page

The flyer is framed by a decorative border of various autumn-themed illustrations. These include several types of leaves in shades of orange, red, and yellow, as well as clusters of berries in red, purple, and orange. There are also illustrations of acorns and mushrooms. The central text is arranged in a clear, hierarchical manner, with the main title in large, bold, orange letters, followed by a subtitle in a cursive font, and the date in large, bold, orange letters. The descriptive text is in a simple, black, sans-serif font, and the meeting details are in a bold, black, sans-serif font. The overall design is warm and inviting, reflecting the Thanksgiving theme.

## THANKSGIVING

*Marathon  
Meetings*

## NOVEMBER 23

This is an annual tradition  
of being of service so that  
no member need be alone  
on this day.

MEETINGS WILL BE  
GOING FROM  
7:00AM TO 8:00PM

To host a meeting, please take a group  
conscience at your meeting to pick from  
available slots! Meetings are 55 minutes long.  
<https://rebrand.ly/signuph711846>

# RESPONSIBILITIES AND REQUIREMENTS FOR OA SFVI BOARD POSITIONS

## **GENERAL REQUIREMENTS (exceptions are noted below):**

- One (1) year of continuous abstinence
- Six (6) months of service above the meeting level
- Regular attendee of an active OA group for a period of one (1) year
- Attends all Board and Delegates meetings

### **CHAIR: (1 Year Commitment)**

- Presides at all regular and special meetings of the OASFVI
- Establishes the agenda for all OASFVI board and delegates meetings
- Serves as an ex-officio member to all committees, as needed
- Serves as the liaison to OASFVI employee(s), and office operations
- May cast the deciding vote to make or break a tie
- Co-signer of all OASFVI bank accounts
- **Requires 3 years of continuous abstinence**

### **TREASURER: (1 Year Commitment)**

- Monitors checking and savings accounts via online banking and orders disbursements of OASFVI funds
- Submits financial reports each month at the OASFVI meetings
- Serves as chairperson of the budget committee
- Is a co-signer of all OASFVI bank accounts
- **Requires 3 years of continuous abstinence**

### **VICE CHAIR: (1 Year Commitment)**

- Serves in the absence of the chairperson
- Assists the chairperson whenever needed, including taking on ad hoc projects
- Shall update speaker/leader lists at least annually
- May be a co-signer of all OASFVI bank accounts

### **SECRETARY: (1 Year Commitment)**

- Keeps minutes of all OASFVI board and delegates meetings
- Prepares minutes for sending to attending IRs and board members
- Updates the policy and procedures manual as changes occur

### **NEWSLETTER EDITOR: (1 Year Commitment)**

- Compiles information monthly for the OASFVI 5<sup>TH</sup> Tradition newsletter
- Distributes digital newsletters through Delegate Coordinator
- Coordinates printing of the newsletter and delivery to the OA office (if we return to printed copies)

### **SPECIAL EVENTS AND FUNDRAISING (1 Year Commitment)**

- Coordinates all approved fundraising activities for the Intergroup
- Coordinates with Office Manager as treasurer for Special Events and Fundraising events
- Plans and coordinates special events and fund-raising activities for the fellowship

### **TWELFTH STEP WITHIN/WORKSHOPS: (1 Year Commitment)**

- Coordinates all approved Workshops and Twelfth Step Within activities
- Responds to all Workshops and Twelfth Step Within inquiries

### **DIGITAL RESOURCES / Web technician: (1 Year Commitment)**

- Support, update, and maintain the OASFVI website and systems
- Support as needed virtual presentation of meetings, workshops, marathons, etc
- Creation and posting of virtual event flyers and announcements
- Posts recordings as podcasts on the Intergroup's website
- Maintains blog to publish and share information posts

### **PUBLIC OUTREACH: (1 Year Commitment)**

- Responds to all initial requests for public information whether individual or institutional and delegate any follow-up to the appropriate committee or person
- Responds to requests for information from public media
- Coordinates all Hospitals & Institutions (H&I) activities
- Responds to requests for speakers/panels from/ medical community, hospitals, schools, and other institutions

# 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**

## Keep Your Meeting Information Current

### Please 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](http://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

OCT 27-29	<a href="#">Region 2 Fall Assembly</a> DoubleTree SFO Airport Burlingame, CA
NOV 23	<a href="#">Thanksgiving Marathon</a> On ZOOM See <a href="#">FLYER</a> for details

### 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

OCT 2	Board Meeting
OCT 16	Delegates Meeting
NOV 6	Board Meeting
NOV 20	Delegates Meeting

### INTERIM 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)

### 12th STEP WITHIN/WORKSHOPS

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

### DIGITAL RESOURCES

Charlotte  
[web@oasfvalley.org](mailto:web@oasfvalley.org)

### 5th TRADITION NEWSLETTER

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

### PUBLIC OUTREACH

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

### REGION 2 REPRESENTATIVE

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

### WORLD SERVICE REP

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

### DELEGATE COORDINATOR

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



# 2023 MEETING CONTRIBUTIONS

Meeting	Jun + Jul	Year-to-Date
SUN 7:30 AM Focus on Permanent Recovery-In Person	2,248.17	3,420.17
SUN 7:30 AM Focus on Permanent Recovery-Virtual	25.00	1,361.14
SUN 9:00 AM Morning Women's Stag	110.00	682.88
SUN 5:00 PM Sundowner's Meeting	—	178.73
MON 7:00 AM AA 12 & 12 Book Study	—	358.46
MON 7:15 AM AA Big Book Study	150.90	254.10
MON 7:30 AM Morning Meditation	142.61	638.51
MON 7:45 PM Night Miracles	47.74	801.08
TUE 7:30 AM Big Book Study	—	225.00
TUE 7:30 AM ABC Focus	221.00	508.20
WED 7:00 AM Big Book Study	87.00	312.00
WED 7:30 AM OA Stories & Abstinence	10.00	378.20
WED 10:30 AM The Word on Recovery	60.00	110.00
WED 6:00 PM Literature Study	—	115.80
WED 6:30 PM OA 12 Steps and 12 Traditions	66.00	251.00
WED 7:00 PM Mid-Week Recovery	115.00	115.00
WED 7:30 PM 100 Pounder	65.48	234.18
THU 7:30 AM ABC Focus	96.80	490.60
THU 7:30 AM OA 12 Step Study	—	424.80
THU 12:00 PM Literature Study - Participation	—	60.00
THU 7:30 PM There is a Solution	—	448.52
FRI 7:30 AM Focus on Permanent Recovery	475.76	675.76
FRI 6:30 PM Literature Study	77.00	77.00
FRI 7:00 PM Jump Start Your Weekend	272.85	551.85
SAT 7:30 AM Serenity Saturday Sherman Oaks	210.60	546.60
SAT 7:30 AM Focus on Permanent Recovery Burbank	269.40	1,444.74
SAT 9:30 AM Speaker & Literature Study	25.00	217.20
SAT 10:00 AM Women's Stag	487.39	877.39
SAT 10:00 AM Spiritual Maintainers	50.00	556.04
SAT 10:30 AM Literature Study	114.14	114.14
SAT 2:30 PM OA Saturday in the Park	8.00	110.00
Donations without Meeting Specified (by PayPal or check)	—	1,173.57
Individual donations made directly to SFV Intergroup	3,570.18	10,908.54
Workshops and Special Events	1,400.88	2,418.37
Delegates and Board Meetings	51.00	518.00
<b>Total contributions</b>	<b>10,457.90</b>	<b>31,557.57</b>

**Thank you for your generous contributions**



# 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 \_\_\_\_\_

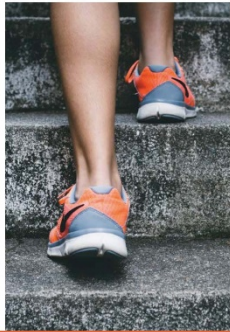
Meeting City \_\_\_\_\_ Treasurer \_\_\_\_\_

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



**Great for  
Newcomers or  
LongTimers!**



OA Central Ontario Intergroup  
Presents a:

## Quick Step Study

- TUESDAYS (Five sessions)  
Sep 19, 26, Oct 3, 10 and 17, 2023  
2:00pm – 3:30pm 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 for each session.
  - Register by emailing:  
coiquicksteps@oantario.org



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

~former workshop participant

Channel Island Intergroup of  
Overeaters Anonymous



Presents:

**PRE-LAPSE: Heading for Disaster**  
**RELAPSE: How to Recover and**  
**Stay Recovered**



*Join us in beautiful  
Carpinteria as TWO  
fellows, one with  
experience with  
painful relapse and  
one who has had no  
relapses in over 20  
years in program,  
share what they have  
learned and how  
they are staying in  
recovery, one day at  
a time.*

**Saturday, October 7**

**12-1 PM: Bring your lunch and enjoy fellowship**

**1-3:30 PM: Workshop**

Carpinteria Faith Lutheran Church

1335 Vallecito Place, Carpinteria CA 93013

**Please bring your Big Book, paper and pen!**

**Cost \$10 —But no one will be turned away.**

For more information, call or text Elaine at 909 908-7069.

The Twelfth Step Within Committee presents  
workshops throughout the year on various  
topics. Open to the entire fellowship.  
Newcomers are especially welcome!

## Upcoming Workshops

**Forgiveness and Recovery: Setting  
Intentions to Set Ourselves Free**

**Sunday, October 15, 2023**

**1:00 – 3:30 PM PDT**

**Strategies to End Slipping and Sliding**  
**Saturday, November 11, 2023**

**11:00 AM – 1:30 PM PDT**

**Beyond the 12 Steps**  
**Sunday, December 10, 2023**

**1:00 – 3:00 PM PDT**

[Workshop Room Link](#)

Meeting ID: 854 2974 9682 (no passcode)

SAN DIEGO OVEREATERS ANONYMOUS

**Urban Retreat**  
**Oct. 20 & 21, 2023**

**Baha'i Center** FRIDAY 7-9PM  
**San Diego, CA** & 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 Alcala Knolls Drive, 92111

✉ Questions: Lessie (619)739-1643 Lessieib@gmail.com



# MORE UPCOMING EVENTS

CLICK on flyer to go to website

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.*



**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](http://www.sanluisrey.org)

For further information, please text or call:  
Dave B. at (619) 787-2937 or email [davebirge66@gmail.com](mailto:davebirge66@gmail.com)  
Gene K. at 760-859-7400 or email [Genekogan1@gmail.com](mailto:Genekogan1@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:**

- \$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-624857725277?aff=erelexpmlt)**

**<https://www.eventbrite.com/e/36th-oa-mens-retreat-in-oceanside-ca-november-10-12-2023-tickets-624857725277?aff=erelexpmlt>**

PLEASE INVITE OTHER MEN

FEW PARTIAL SCHOLARSHIPS ARE AVAILABLE

KEEP COMING BACK!



# MORE UPCOMING EVENTS

*CLICK on flyer to go to website*

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

## THE 64<sup>TH</sup> ANNUAL OA BIRTHDAY PARTY

# Together We Get Better

JANUARY 12<sup>TH</sup> – 14<sup>TH</sup>, 2024

AT THE LAX HILTON  
5711 W. CENTURY BLVD.  
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.

WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA, MEDITATION, AND MORE.



EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)  
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)  
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Registration  
opens Oct. 15th  
[oabirthday.com](http://oabirthday.com)



# 2023 R2 CONVENTION RECORDINGS

*CLICK on flyer to go to website*

## Session Topics

- Opening Ceremony
- Recovering During Life Transitions
- Tools of Recovery
- Applying Steps to Challenges
- Body Acceptance Men Nonbinary
- Body Acceptance Women Nonbinary
- Character Defects Acting As If
- Decades of Insights and Actions
- Dinner and Speakers
- Diverse Experiences Including Yours
- Emotional Sobriety - A Tool for Awareness
- Food Plans That Work
- Hundred Pounders
- Relationships Putting 12 Steps & 12 Traditions Together
- Lessons from Relapse
- Many Approaches to Recovery
- Sober Eating
- Body Acceptance All Genders
- Breakfast and Speakers
- How to Restore Emotional Sobriety
- Weekend Insights into Action Plan
- Closing Ceremonies



**\$10** per SESSION

or

**\$75** FULL PROGRAM

**English or SPANISH**

## ZOOM Sessions

- Experience, Strength and Hope
- Recovery: Putting the Pieces Together
- Step Eleven: Upon Awakening
- Relapse Prevention and Twelfth Step Within
- Returned to Sanity: Writing, Literature, Action Plan
- Anonymity – The Spiritual Foundation
- Service – At the Group Level and Beyond
- Strengthening Recovery Through Art, Music, Movement
- Unity in Fellowship: Meetings, Telephone, Sponsorship
- Step Three: Love and Protection, Care and Direction
- Spirit of Recovery – Keeping it Fresh
- It's a Wrap: Putting the Pieces of Recovery Together

# 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 offers several different **Zoom Hosting Classes** to teach the 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.**

Check schedule at [oasandiego.org/zoom](https://oasandiego.org/zoom).

Classes include:

- Settings for Admins & Owners
- Basic and Advanced Hosting
  - Security for Zoom Hosts
- Security Emergency Procedures
  - Screen Sharing Basics
    - Zoom Timer App
    - Blue Sky Timer

Questions? Send email to [zoom@oasandiego.org](mailto:zoom@oasandiego.org).

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

- Use the brief guide for [Handling Zoom Bombers](#) on the previous page that was 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.