

The 5th TRADITION

DEC 2023/JAN 2024

"Delay is dangerous, and rebellion may be fatal" AA 12 and 12 Step 6

HAPPY BIRTHDAY

Jessica S 5 years
Sharon W 2 years

Celebrate your recovery!

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

Thank you to all of the members who gave service to the OA SFVIG Board in 2023!

**Welcome to the
2024–2025 Board Members**

New Board starting Jan 2024:

CHAIR: TIM C

VICE CHAIR: JASON McG

SECRETARY: IVY S

TREASURER: TAMI H

WORKSHOPS CHAIR: CHRIS S

DIGITAL RESOURCES: CHAR C

NEWSLETTER: ZAN

REGION 2 REP: LINDA K

**We still need volunteers for:
FUNDRAISING CHAIR
PUBLIC OUTREACH
WORLD SERVICE REP**

If you are interested in serving in one of these positions next year, please come to the

Delegates Meeting on
December 18th at 7:30 PM
Zoom Meeting ID: 836 1838
0015 Password: 201018

If you need more information, email chair@oasfvalley.org or office@oasfvalley.org

A Time for Reflection and Gratitude

'Tis the season for looking back on 2023 and acknowledging the progress we've made and where we might be willing to make a change moving forward. Use these questions in meditation or as a writing exercise.

- 1. How is your life now, compared to last year?**
- 2. What progress have you made that you can celebrate?**
- 3. What have you learned this year about yourself, your Higher Power, the disease or recovery?**
- 4. What has gotten in the way of your abstinence and recovery this past year?**
- 5. Are you depending more or less on your Higher Power than last year at this time?**
- 6. Where are you in your step work compared to last year at this time?**

What 3 things are you most grateful for now?

What 1 thing are you willing to do differently?

UPCOMING OA SFVI EVENTS

CLICK on flyer to go to ZOOM link

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

Here is the ZOOM information for the
Thanksgiving Marathon!
Nov 23, 2023 7:00 AM to 9:00 PM Pacific Time

Zoom Link:

[https://us02web.zoom.us/j/87334293874?
pwd=ZWxuNEtIQmlyekJ6MnhxTjFTK1U0QT09](https://us02web.zoom.us/j/87334293874?pwd=ZWxuNEtIQmlyekJ6MnhxTjFTK1U0QT09)

Meeting ID: 873 3429 3874
Passcode: 924132

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	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	WHOLE BIG BOOK 3D 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.

MORE OA SFVI EVENTS

CLICK on flyer to go to oasfvalley.org

OASFVIG AND OALAIG PRESENT:

The Candlelight

PROMISES MEETING

SATURDAY DECEMBER 16, 2023

5-7 PM PST

ZOOM MEETING ID: 886 2861 5597

PASSCODE: 545450



Light some candles and join us!
Speakers will share how the 12 promises
are coming true through abstinence and
the 12 steps.

“Are these extravagant promises? We think
not...They will always materialize if we work
for them.”

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

OA on Social Media

FOLLOW us and LIKE us on



OASFVALLEY



@OASFVALLEY



@OASFV

It's Time to Update Your Meeting Information

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

CALENDAR 2023

NOV 23	Thanksgiving Marathon 7 AM to 8 PM on ZOOM
DEC 16	Candlelight Promises Meeting 5 - 7 PM on ZOOM

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!

Outgoing 2023 OA SFVI SERVICE BOARD

BOARD CALENDAR

DEC 4	Board Meeting
DEC 18	Delegates Meeting
JAN 8	Board Meeting
JAN 15	Delegates Meeting

INTERIM BOARD CHAIR

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

VICE CHAIR

Vacant
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

12th STEP WITHIN/WORKSHOPS

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

DIGITAL RESOURCES

Charlotte (818) 746-7991
web@oasfvalley.org

5th TRADITION NEWSLETTER

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

PUBLIC OUTREACH

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

REGION 2 REPRESENTATIVE

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

WORLD SERVICE REP

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

DELEGATE COORDINATOR

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

2023 MEETING CONTRIBUTIONS

Meeting	AUG 2023	Year-to-Date
SUN 7:30 AM Focus on Permanent Recovery-In Person	—	\$ 3,420.17
SUN 7:30 AM Focus on Permanent Recovery-Virtual	\$ 70.00	\$ 1,431.14
SUN 9:00 AM Morning Women's Stag	\$ 139.80	\$ 822.68
SUN 5:00 PM Sundowner's Meeting	—	\$ 178.73
MON 7:00 AM AA 12 & 12 Book Study	\$ 208.00	\$ 566.46
MON 7:15 AM AA Big Book Study	—	\$ 254.10
MON 7:30 AM Morning Meditation	—	\$ 638.51
MON 7:00 PM Whole Big Book 3D	\$ 135.00	\$ 135.00
MON 7:45 PM Night Miracles	\$ 60.00	\$ 861.08
TUE 7:30 AM Big Book Study	—	\$ 225.00
TUE 7:30 AM ABC Focus	—	\$ 508.20
WED 7:00 AM Big Book Study	—	\$ 312.00
WED 7:30 AM OA Stories & Abstinence	—	\$ 378.20
WED 10:30 AM The Word on Recovery	—	\$ 110.00
WED 6:00 PM Literature Study	—	\$ 115.80
WED 6:30 PM OA 12 Steps and 12 Traditions	—	\$ 251.00
WED 7:00 PM Mid-Week Recovery	\$ 68.00	\$ 183.00
WED 7:30 PM 100 Pounder	\$ 112.73	\$ 346.91
THU 7:30 AM ABC Focus	—	\$ 490.60
THU 7:30 AM OA 12 Step Study	—	\$ 424.80
THU 12:00 PM Literature Study - Participation	\$ 60.00	\$ 120.00
THU 7:30 PM There is a Solution	\$ 44.76	\$ 493.28
FRI 7:30 AM Focus on Permanent Recovery	\$ 134.86	\$ 810.62
FRI 6:30 PM Literature Study	—	\$ 77.00
FRI 7:00 PM Jump Start Your Weekend	\$ 90.00	\$ 641.85
SAT 7:30 AM Serenity Saturday Sherman Oaks	\$ 335.40	\$ 882.00
SAT 7:30 AM Focus on Permanent Recovery Burbank	\$ 189.00	\$ 1,633.74
SAT 9:30 AM Speaker & Literature Study	—	\$ 217.20
SAT 10:00 AM Women's Stag	\$ 339.57	\$ 1,216.96
SAT 10:00 AM Spiritual Maintainers	—	\$ 556.04
SAT 10:30 AM Literature Study	—	\$ 114.14
SAT 2:30 PM OA Saturday in the Park	\$ 5.00	\$ 115.00
Individual donations made directly to SFV Intergroup	\$ 1,282.88	\$ 12,191.42
Donations with NO MEETING SPECIFIED (by PayPal or check)	\$ 10.00	\$ 1,183.57
Workshops and Special Events	\$ 3,033.26	\$ 5,451.63
Delegates and Board Meetings	\$ 5.00	\$ 523.00
TOTAL CONTRIBUTIONS	\$ 6,323.26	\$ 37,880.83

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/

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 EVENTS

CLICK on flyer to go to websites

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

THE 64TH ANNUAL OA BIRTHDAY PARTY

Together We Get Better

JANUARY 12TH – 14TH, 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

MORE EVENTS

CLICK on flyer to go to websites

The 12th Step Within Committee Presents

STEPPING OUT OF RELAPSE

A Region 2 Workshop

3 keynote speakers with English & Spanish translation. There will also be time for Q&A and sharing.

December 9th, 2023
1 - 4pm PST / 3 - 7pm CST

Zoom Meeting ID:
853 5109 8250

OR CLICK HERE TO JOIN

Seventh Tradition will be observed. No one will be turned away due to lack of funds.

Visit oar2.org/12th-step-within for more info

BEYOND THE 12TH STEP WORKSHOP

A Zoom Workshop presented by the OA San Diego Intergroup 12th Step Within Committee

“

Go beyond what you think you can do and grasp onto your Higher Power!

Sunday, December 10, 2023
1:00 - 3:00 pm PT | 4:00 - 6:00 pm ET

Zoom Link: <https://us02web.zoom.us/j/85429749682>
Room ID: 854 2974 9682 (no passcode)

Service isn't something boring or just another chore. It's joy! It's devotion! It's growing up and maturing. It's learning new ways of behaving and being with others. Do you want a juicy OA journey? Then start living the 12th Step and offer service.

Join us and listen to speakers who have found abstinence and happiness in service. Share your uplifting experience of service and how you offer it to others.

All are welcome, from newcomers to long-termers and those returning from relapse.

No registration or fee is required. The 7th Tradition will be observed.

Questions? Email tsw@oasandiego.org

SAVE the DATE 2024

Feb 24: UNITY DAY

Check www.oasfvalley.org for details

Mar 22-23: [REGION 2 SPRING ASSEMBLY](#)

DoubleTree Hotel San Francisco Airport
Burlingame, CA

May 7-11: [WORLD SERVICE BUSINESS CONFERENCE \(WSO\)](#)

We ALL Belong: Welcome to OA!
Albuquerque, New Mexico

May 17-19: [SERENITY RETREAT \(San Diego IG\)](#)

Mission San Luis Rey, Oceanside, CA

Jul 12-14: [REGION 2 CONVENTION](#)

Sacramento, CA

Oct 25-27: [REGION 2 FALL ASSEMBLY](#)

Burlingame, CA



OA SERENITY RETREAT

hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 19-21 2024



JOIN US!

A BODY IMAGE WORKSHOP

Eye of the Beholder: Through Whose Eyes
Do You See Your Body?

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 24th at 8pm PST. Go to <https://www.eventbrite.com/e/oa-serenity-retreat-2024-registration-544840642027> to save your spot!
• Eventbrite fees are not included

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

CONTACT US oaserenityretreat@gmail.com

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** and How-To Guides 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.

Classes and How-to Guides include:

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

Questions? Send email to 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.