

The 5th TRADITION

FEB/MAR 2024

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” AA Big Book *Into Action* Ch 6 p77

HAPPY BIRTHDAY

Adam S	25 years
Alison M	11 years
Barbara O	48 years
Hanna	46 years
Jason McG	4 years
Roger	5 years
Sharon B	44 years

Celebrate your abstinence!

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

Welcome to the 2024–2025 Board Members

CHAIR: TIM C

VICE CHAIR: JASON McG

SECRETARY: IVY S

TREASURER: TAMI H

WORKSHOPS CHAIR: CHRIS S

DIGITAL RESOURCES: CHAR C

PUBLIC OUTREACH: GAR

REGION 2 REP: LINDA K

WORLD SERVICE REP: JO H

We still need volunteers for: 5TH TRADITION NEWSLETTER FUNDRAISING CHAIR

Please attend the Delegates Meeting on FEB 19th at 7:30 PM
Zoom ID: 836 1838 0015
Password: 201018

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

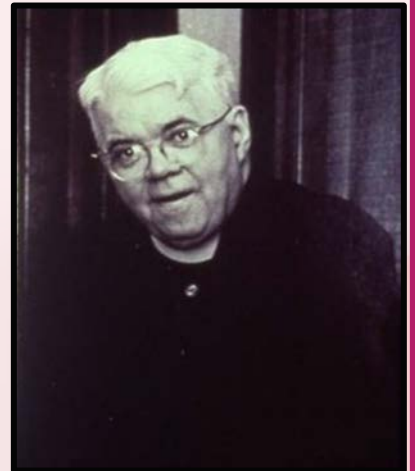
This excerpt from AA's Grapevine magazine was displayed in the 2024 OA Birthday Party's History Room. Father Ed Dowling (1898-1960) was a beloved Jesuit priest and close friend and spiritual advisor to Bill Wilson, AA's co-founder. As the excerpt implies, Father Dowling seemed to have had quite an influence on OA and AA's 12 steps appeared to have influenced his life in more ways than one. Dowling "applied the AA principles to his own compulsive tendencies to overeat and smoke," according to the Catholic Education Resource Center. "Abstinence was so much easier than temperance," he writes.

The A.A.-O.A. Connection

Father Ed Dowling: Bill Wilson's Sponsor Grapevine (A.A.'s magazine), July 1960: "Alcoholism is, when unchecked, gluttony for alcoholic drink. AA's success with this type of gluttony opens new hope for the better known gluttony, which is killing many people — respectfully autopsied as obesity or overweight.

"My 240-pound gluttony gave me two heart attacks. An alcoholic doctor got me down toward 180 when he advised a total AA abstinence from starch, butter, salt and sugar. He said these four foods were probably my 'alcohol.' Abstinence was so much easier than temperance. The 'balanced' diet often prescribed was loaded with these four 'craving-creating appetizers.' I was like a lush tapering off on martinis. Only after the discovery of the AA approach to craving-creating intake did I realize that the Jesuit Ignatius' first rule for diet in his Spiritual Exercises was to go easy on craving-creating food and drink." --Father Ed Dowling

This article is said to have sparked the "gray sheet" philosophy in the early days of OA.



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
TUESDAY			
7:30 AM	SHERMAN OAKS	JOY of ABSTINENCE STEP STUDY Radford Hall 4849 Van Nuys Blvd. Sherman Oaks, CA 91403	REVA 323-646-0644
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 Meeting

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 ZOOM link

"Our common welfare should come first; personal recovery depends upon OA unity."
- Tradition One, The Twelve Steps and Traditions of Overeaters Anonymous

Unity ZOOM WORKSHOP day

Saturday, February 24th 2024

JOIN at 11:20
for prompt 11:30 start

11:20am - 12:20pm PST

San Fernando Valley Intergroup of Overeaters Anonymous extends its heart and hand to you. Please join us in a celebration of Unity Day. This day recognizes the strength of the fellowship worldwide. Each year on the last Saturday (even years) in February at 11:30 a.m. PST, OA members worldwide pause to to express their gratitude for the OA Program and reaffirm the strength inherent in OA's unity.

What to expect: Learn About Tradition One

Go to www.oasfvalley.org for Zoom information.



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



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



[@OASFV](https://www.instagram.com/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 2024

Mar 22-23	<u>R2 SPRING ASSEMBLY</u> DoubleTree Hotel SFO
May 7-11	<u>WORLD SERVICE (WSO) BUSINESS CONFERENCE</u> Albuquerque, NM
May 31 - Jun 2	<u>OA MEN'S RETREAT</u> Mission San Luis Rey, Oceanside, CA
Oct 25-27	<u>REGION 2 FALL ASSEMBLY</u> DoubleTree Hotel SFO

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!**

2024 OA SFVI SERVICE BOARD

BOARD CALENDAR

FEB 5	Board Meeting
FEB 19	Delegates Meeting
MAR 4	Board Meeting
MAR 18	Delegates Meeting

BOARD CHAIR

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

VICE CHAIR

Jason McG (818) 527-3019
vicechair@oasfvalley.org

SECRETARY

Ivy S (818) 634-6004
secretary@oasfvalley.org

TREASURER

Tami H (661) 313-4226
treasurer@oasfvalley.org

SPECIAL EVENTS & FUNDRAISING

Vacant
intergroupdev@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

Chris S (619) 551-8619
workshops@oasfvalley.org

DIGITAL RESOURCES

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

5th TRADITION NEWSLETTER

Vacant
editor@oasfvalley.org

PUBLIC OUTREACH

Gar R (323) 251-0761
publicinfo@oasfvalley.org

REGION 2 REPRESENTATIVE

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

WORLD SERVICE REP

Jo H (818) 736-0336
wsorep@oasfvalley.org

DELEGATE COORDINATOR

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

2023 MEETING CONTRIBUTIONS

Meeting	SEP + OCT	Year-to-Date
SUN 7:30 AM Focus on Permanent Recovery-In Person	984.97	4,405.14
SUN 7:30 AM Focus on Permanent Recovery-Virtual	509.59	1,940.73
SUN 9:00 AM Morning Women's Stag	203.80	1,026.48
SUN 5:00 PM Sundowner's Meeting	—	178.73
MON 7:00 AM AA 12 & 12 Book Study	208.06	774.52
MON 7:15 AM AA Big Book Study	56.40	310.50
MON 7:30 AM Morning Meditation	229.00	867.51
MON 7:00 PM Whole Big Book 3D	147.00	282.00
MON 7:45 PM Night Miracles	29.14	890.22
TUE 7:30 AM Big Book Study	298.60	523.60
TUE 7:30 AM ABC Focus	—	508.20
WED 7:00 AM Big Book Study	98.00	410.00
WED 7:30 AM OA Stories & Abstinence	189.00	567.20
WED 10:30 AM The Word on Recovery	118.00	228.00
WED 6:00 PM Literature Study	81.00	196.80
WED 6:30 PM OA 12 Steps and 12 Traditions	—	251.00
WED 7:00 PM Mid-Week Recovery	189.00	372.00
WED 7:30 PM 100 Pounder	54.00	400.91
THU 7:30 AM ABC Focus	150.00	640.60
THU 7:30 AM OA 12 Step Study	40.80	465.60
THU 12:00 PM Literature Study - Participation	—	120.00
THU 7:30 PM There is a Solution	188.00	681.28
FRI 7:30 AM Focus on Permanent Recovery	133.00	943.62
FRI 6:30 PM Literature Study	—	77.00
FRI 7:00 PM Jump Start Your Weekend	68.00	709.85
SAT 7:30 AM Serenity Saturday Sherman Oaks	1,045.38	1,927.38
SAT 7:30 AM Focus on Permanent Recovery Burbank	215.26	1,849.00
SAT 9:30 AM Speaker & Literature Study	—	217.20
SAT 10:00 AM Women's Stag	329.40	1,546.36
SAT 10:00 AM Spiritual Maintainers	60.00	616.04
SAT 10:30 AM Literature Study	—	114.14
SAT 2:30 PM OA Saturday in the Park	—	115.00
Individual donations made directly to SFV Intergroup	2,059.00	14,035.42
Donations with NO MEETING SPECIFIED (by PayPal or check)	375.00	1577.46
Workshops and Special Events (after expenses)	162.00	5,613.63
Delegates and Board Meetings	—	547.00
TOTAL CONTRIBUTIONS	8,221.40	45,930.12

Thank you for your generous contributions

7th TRADITION TOOL FOR ZOOM MEETINGS

CLICK on BOX below to download PDF for screen sharing

To address the decrease in 7th Tradition contributions associated with Zoom meetings, the San Fernando Valley Intergroup Board has created a suggested collection system for virtual meetings: Simply have the treasurer or Zoom coordinator screen-share the "pause" PDF below and make the following suggested announcement:

We will now observe OA's 7th tradition, which states that "Every O.A. group ought to be fully self-supporting, declining outside contributions." This meeting's expenses include Zoom costs and contributions to our Intergroup, Region 2 and World Service so that we may further fulfill our primary purpose, to help the overeater who still suffers, and by doing so, contribute to our own recovery.

We will pause for 1 timed-minute in silence so that you may contribute. (This is where someone shares the PDF below via screen share and the timer sets a one-minute pause). ***Our treasurer will share the donation link in the chat and you can see it on your screen.***

7th Tradition: Suggested donation is \$5.

Donation Links in the chat

Thank you!



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 for more information

OA Central Ontario Intergroup
Presents a:

Quick Step Study

- TUESDAYS (Five sessions)
Feb 20, 27, Mar 5, 12 and 19, 2024
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.) Day 1 = Steps 1, 2, & 3, Day 2 is steps 3 – 4, etc.
- You don't have to attend all the sessions
- Registration:
 - Registration required 24 hours ahead of the start date or individual session.
 - Register by emailing:
coquicksteps@oaoantario.org

CHECK YOUR JUNK MAIL if you don't hear from us. Email again if that doesn't work. And email again.



"This workshop has been
all and more than I could
have hoped for."
~former workshop participant

OA Virtual Region 2024 Convention March 1 – 3, 2024

Registration Coming Soon!

- Gender
- Sex
- Sexual Orientation
- Gender Identification
- Anorexia
- Body Image
- Binging
- Bulimia
- Cultural
- Tools
- Concepts
- Principles
- Plans of Eating
- Steps
- Accessibility
- Sponsoring Styles
- Trauma
- Traditions
- Online
- Text
- Phone
- Hybrid
- Newcomers
- Abstinence
- All Ages
- Ethnicity
- Race

There is a Solution

The Joy of Our Diverse Membership United in Recovery



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 oa-serenityretreat@gmail.com



45th Annual R2 Convention
Overeaters Anonymous
Sacramento, CA

July 12-14, 2024
Save the Date!

— more info coming soon to OAR2.org —

STAY VIGILANT for ZOOM BOMBERS

From Pat from the Oregon Intergroup...*Zoom disruptors have called members pretending to be newcomers interested in getting more information about OA. They ask about OA and then request the member join them on Zoom to talk more about OA. They don't initially turn on their camera and when they do, they display inappropriate images on their screen. Please know that no one needs to get on Zoom to hear about OA. You can talk on the phone and leave it at that. "Let's meet at a meeting" is a good response . Please warn your meetings about this latest scam.*

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.

Jan 21st
12 – 2 pm PST

Classes and How-to Guides include:
Advanced Hosting and Screen Sharing

- Basic and Advanced Zoom Hosting
 - Security
 - Screen Sharing
- Settings for Admins & Owners
 - Zoom Timer App

Registration is required.

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.