

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

APRIL/MAY 2024

**“We have what we need any time we are willing to let go of self-will and humbly ask for help.”** -- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2<sup>nd</sup> ed., p. 23

HAPPY BIRTHDAY

Rosemarie 2 years  
Ivy 7 years  
Tim C. 15 years

**Celebrate your  
abstinence!**

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

## 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**

**5TH TRADITION EDITOR: MIMI**

**We still need a volunteer for  
FUNDRAISING CHAIR**

Please attend the Delegates Meeting  
APRIL 15, 7:30 PM PDT  
Zoom ID: 836 1838 0015  
Password: 201018

For more information, email  
[chair@oasfvalley.org](mailto:chair@oasfvalley.org) or  
[office@oasfvalley.org](mailto:office@oasfvalley.org)

OA San Fernando Valley Intergroup (OASFVI)

OFFICE: 6200 Canoga Ave., Ste. 101

Woodland Hills, CA 91367 • (818) 888-4776

[www.oasfvalley.org](http://www.oasfvalley.org) • email: [office@oasfvalley.org](mailto:office@oasfvalley.org)

## Hope in Addiction from Lifeline, July 7, 2023

All that I can ever ask  
Is walk with me this day  
Dearest God, you know my heart  
Please give me peace I pray.

Let me be part of your world  
Alive and all around  
The birds, the breeze, the insects small  
I take in every sound.

Yet as each day goes passing by  
Sometimes I fail to see  
And understand the gift of life  
That you have given me.

Something to cherish every morn  
Each day of every year  
With hope to face life once again  
And leave behind despair.

I don't quite understand at times  
The demons that I face  
Nowhere to go but forward God  
There is no other place.

The need for more when more just hurts  
It's hard to comprehend  
I ask for strength to find your peace  
And be free in the end.

Yes, give me strength for peace at last  
Please take away my pain  
And let me be just good enough  
To be whole once again.

by Jacki

# 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)

## 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
7:30 PM	VALENCIA	GET UP OFF THE COUCH MEETING Henry Mayo Education Center 23803 McBean Pkwy. Valencia, CA 91355	TAMI 661-313-4226
THURSDAY			
7:30 AM	BURBANK	ABC FOCUS Little White Chapel 1711 N Avon St. Burbank, CA 91505	DAN S 818-605-9881

Phone and 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).

# 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  
Daytime 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](mailto:pc5965@yahoo.com)  
Denise B [dbillings@roadrunner.com](mailto:dbillings@roadrunner.com)  
Ira [theiray@gmail.com](mailto:theiray@gmail.com)  
Jacqui [glitzie2@gmail.com](mailto:glitzie2@gmail.com)  
Linda S [lindavoic23@gmail.com](mailto:lindavoic23@gmail.com)  
Shirley WM [wittmiya@aol.com](mailto:wittmiya@aol.com)  
Steve [seesteve@yahoo.com](mailto:seesteve@yahoo.com)

### OA on Social Media

FOLLOW us and LIKE us on



[OASFVALLEY](#)



[@OASFVALLEY](#)



[@OASFV](#)

## Update Your Meeting Information

When meeting information or contacts change, meeting Secretaries or Delegates, please promptly **SUBMIT CHANGES** at [oasfvalley.org/submit-meeting-changes](https://oasfvalley.org/submit-meeting-changes). **ALSO** please **update your meeting with World Service** at [www.oa.org/edit-a-meeting/](https://www.oa.org/edit-a-meeting/).

## CALENDAR 2024

May 7-11 [WORLD SERVICE \(WSO\) BUSINESS CONFERENCE](#)  
Albuquerque, NM  
July 12-14 [REGION 2 CONVENTION](#)  
Sacramento, CA  
Aug. 21-23 [WORLD SERVICE CONVENTION](#)  
Orlando, FL  
Oct 25-27 [REGION 2 FALL ASSEMBLY](#)  
San Francisco, CA  
Dec 12 [TWELFTH STEP WITHIN DAY \(WSO\)](#)

### 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, email: [vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org). Include your name, phone number, email address, length of abstinence, focus (A/B,100#, etc.), and which list you want to be added to.

**OA Literature** may be purchased at [bookstore.oa.org](https://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

APRIL 1	Board Meeting
APRIL 15	Delegates Meeting
MAY 6	Board Meeting
MAY 20	Delegates Meeting

### BOARD CHAIR

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

### VICE CHAIR

Jason McG (818) 527-3019  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

### SECRETARY

Ivy S (818) 634-6004  
[secretary@oasfvalley.org](mailto:secretary@oasfvalley.org)

### TREASURER

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

### SPECIAL EVENTS & FUNDRAISING

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

### 12th STEP WITHIN/WORKSHOPS

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

### DIGITAL RESOURCES

Charlotte (818) 746-7991  
[web@oasfvalley.org](mailto:web@oasfvalley.org)

### 5th TRADITION NEWSLETTER

Mimi (818) 599-8236  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### PUBLIC OUTREACH

Gar R (323) 251-0761  
[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

Jo H (818) 736-0336  
[wsorep@oasfvalley.org](mailto:wsorep@oasfvalley.org)

### DELEGATE COORDINATOR

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

# 2024 MEETING CONTRIBUTIONS

## MEETING

## JANUARY

Monday 7 AM, Newbury Park	150.00
Monday 7:15 AM, Agoura	48.80
Monday 7:30 PM, Woodland Hills (in-person)	175.00
Monday 7:30 PM, Woodland Hills (Zoom)	201.75
Tuesday 7:00 PM, Newhall	5.00
Tuesday 7:30 AM, Studio City (ABC Focus)	358.87
Tuesday 7:30 AM, Studio City	589.20
Wednesday 10:30 AM, Woodland Hills	1.00
Thursday 12:00 PM, Woodland Hills	24.00
Thursday 7:30 AM, Studio City	18.21
Friday 7:00 PM, Woodland Hills	32.00
Saturday 7:30 AM, Burbank	340.80
Saturday 7:30 AM, Sherman Oaks	254.40
Saturday 2:30 PM, Studio City	41.00
Saturday 10:00 AM, Thousand Oaks	193.80
Saturday 10:00 AM, Woodland Hills	20.00
Sunday 7:30 AM, Studio City (in-person)	280.80
Sunday 7:30 AM, Studio City (Zoom)	245.92
Sunday 9:00 AM, Woodland Hills	70.00
<b>TOTAL CONTRIBUTIONS</b>	<b>3,050.55</b>

**Thank you for your generous contributions!**

# 7<sup>th</sup> 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 one timed-minute in silence so that you may contribute.*** (This is when someone shares the PDF below via screenshare, and the timer sets a one-minute pause). ***Our treasurer will share the donation link in the chat room, and you can see it on your screen.***

7th Tradition: Suggested donation is \$5.

Donation Links in the chat

*Thank you!*



# 7<sup>TH</sup> TRADITION CONTRIBUTION FORM



San Fernando Valley Intergroup  
6200 Canoga Ave Suite 101  
Woodland Hills, CA 91367  
(818) 888-4776

**60%**

[oasvalley.org/our-intergroup/make-a-contribution/](http://oasvalley.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 \_\_\_\_\_

# EVENTS

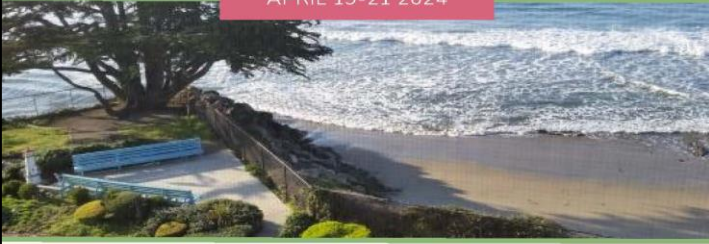
CLICK on flyer to go to websites for more information



## 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](mailto:oa-serenityretreat@gmail.com)

THE ORANGE COUNTY INTERGROUP OF OVEREATERS ANONYMOUS PRESENTS THE:

## 39<sup>TH</sup> WOMEN'S SWEET SURRENDER RETREAT

*"Beyond Our Wildest Dreams"*

AN IN-PERSON WEEKEND OF SPEAKERS, WORKSHOPS, YOGA, MEDITATION, NATURE AND MEANINGFUL FELLOWSHIP WITH OTHER WOMEN WHO ARE WALKING THE PATH OF HAPPY DESTINY!

### April 19-21, 2024

AT PATHFINDER RANCH (NEAR IDYLLWILD) ARRIVAL AFTER 3:30PM, FRIDAY, DINNER: 5:30PM, FOLLOWED BY A SPEAKER MEETING; WRAP UP SUNDAY BY 11:30AM

REGISTRATION: \$255 UNTIL MARCH 15; \$280 AFTER  
*Registration is non-refundable*

BRING YOUR AA BIG BOOK AND A NOTEBOOK TO WRITE IN!

Information: Alice N. (949) 793-3332 Email: [retreat@oaoci.org](mailto:retreat@oaoci.org)

ONLINE REGISTRATION AND PAYMENT PREFERRED, at [oaoci.org/register](http://oaoci.org/register)

Or make checks payable to OCI, put "Retreat" in the memo line, fill out below and mail to: OAOCI, P.O. Box 23057, Santa Ana, CA 92711.

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Email (write legibly!) \_\_\_\_\_

I release Orange County Intergroup of OA, Inc. and Pathfinder Ranch of any liability for my participation in this retreat.


Signature: \_\_\_\_\_

The 37th Semi Annual Southern California OA Men's Retreat Committee Presents:

## OA Men's Retreat

Fri, Sat & Sun, May 31 - June 1&2, 2024

Sponsored by OALA Intergroup  
[@oalaig.org](https://oalaig.org)



What is the cost?  
• \$275 per man - double occupancy  
• \$325 per man - single occupancy

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 lodging and six meals

When does it start?  
Dinner starts at 6:00 pm Friday, May 31.  
Opening ceremonies begin at 7:30pm Friday, May 31.

Why should I go?  
Dozens of men have gotten abstinence at this retreat. Many others come every year to reenergize their program. This is the 33rd year of the retreat. Recovery happens here!

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 contact:  
Dave B. at (619) 787-2937 or email [davebire96@gmail.com](mailto:davebire96@gmail.com)  
Gene K. at 760-859-7400 or email [Genekoqan1@gmail.com](mailto:Genekoqan1@gmail.com)

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The 37th So-Cal OA Men's Retreat  
Fri, Sat & Sun, May 31 - June 1&2, 2024

### ON ZOOM!

1. Visit website to register online: <https://www.eventbrite.com/>
2. Click on "Looking for event"
3. Type in "OA men" to find our event to register yourself.

PLEASE INVITE OTHER MEN  
KEEP COMING BACK!

Dave B. at (619) 787-2937 or email [davebire96@gmail.com](mailto:davebire96@gmail.com)  
Gene K. at 760-859-7400 or email [Genekoqan1@gmail.com](mailto:Genekoqan1@gmail.com)



45th Annual R2 Convention  
Overeaters Anonymous  
Sacramento, CA

July 12-14, 2024  
Save the Date!

— more info coming soon to [OAR2.org](http://OAR2.org) —

# STAY VIGILANT for ZOOM BOMBERS

From Pat (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 the program. 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 the "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 the "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." (You 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 how-to **Zoom Hosting** guides to teach the skills you need to volunteer for service positions.

**Open to all who are doing service at Zoom meetings in Overeaters Anonymous and other 12-step programs.**

Check out the list and links at [oasandiego.org/zoom](https://oasandiego.org/zoom).

Among them are:

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

Questions? Email [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 S.F. 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.