

The 5th TRADITION

JUNE/JULY 2024

“Our better understanding is often rooted in the pains of former follies. . . .
In God’s economy, nothing is wasted.” — Bill W.

HAPPY BIRTHDAY

Marie C.	1 year
Sharon M.W.	1 year
Rosemarie C.	2 years
Tim C.	15 years
Erika S.	18 years

**Celebrate your
abstinence!**

If your OA birthday is in June or July,
email your name and years of continuous
abstinence to editor@oasfvalley.org.
Deadline for the next issue is July 10.

2024–2025 Board Members

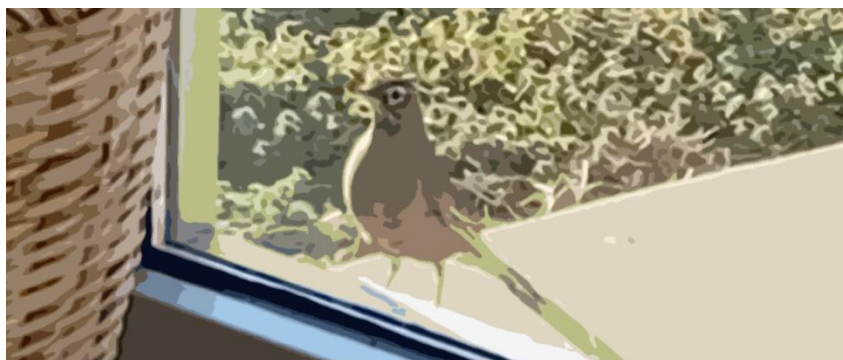
CHAIR: TIM C.
VICE CHAIR: JASON McG.
SECRETARY: IVY S.
TREASURER: TAMI H.
SPECIAL EVENTS: BRIAN L.
WORKSHOPS CHAIR: CHRIS S.
DIGITAL RESOURCES: CHAR C.
5TH TRADITION EDITOR: MIMI.
PUBLIC OUTREACH: GAR
DELEGATE COORDINATOR: BOB K.
REGION 2 REP: LINDA K.
WORLD SERVICE REP: JO H.

OA San Fernando Valley Intergroup (OASFVI)

OFFICE: 6200 Canoga Ave., Ste. 101

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

www.oasfvalley.org • email: office@oasfvalley.org



Flying Up the Wrong Tree

From Lifeline, July 5, 2023

This morning, I watched out the window as a bird repeatedly attempted to fly from the ground up into a small artificial tree located just on the other side of the glass, inside the building. It continued to do this for more than ten minutes until someone walked up to the glass, and it flew away.

This bird reminded me of how I can act in my disease. I can keep doing the same thing over and over again, expecting different results. So many times, I think that if I try hard enough, it will eventually work. I am often incapable of recognizing my insane behaviors on my own, and I continue them until someone or something arrests my behavior, like the person did for the bird.

by Chris

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

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.

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

(OK to leave a voicemail)

Carla 818-642-8543
Until 8:00 PM
Cindy S. 818-406-1310
7 AM - 10 PM
Gail P. 818-406-9263
Days
Gloria A. 818-585-6772
9 AM - 5 PM
Jacqui 818-346-1941
Daytime only
Robin T. 323-496-4349
9 AM - 9 PM
Shelli 818-294-5837
9 AM - 8 PM

Email

Carla pc5965@yahoo.com
Denise B. dbillings@roadrunner.com
Ira theiray@gmail.com
Jacqui glitzie2@gmail.com
Linda S. lindavoic23@gmail.com
Shirley W. wittmiya@aol.com
Steve seesteve@yahoo.com

OA Literature may be purchased at bookstore.oa.org. Download a free newcomer's pamphlet at <https://oa.org/what-to-expect/where-do-i-start/>.

Available in 20 languages!

OA on Social Media

FOLLOW and LIKE us on:



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



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



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

UPDATE YOUR MEETING INFO

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

BOARD/DELEGATES MEETING CALENDAR

All meetings take place on Zoom
At 7:30 PM Pacific Time

JUNE 3	Board Meeting
JUNE 17	Delegates Meeting
JULY 1	Board Meeting
JULY 15	Delegates Meeting

REGION 2, WORLD SERVICE EVENT CALENDAR

June 23	R2 Intergroup Outreach Social Hour Zoom
July 12-14	R2 Convention Sacramento, CA
Oct. 25-27	R2 Fall Assembly San Francisco, CA
Nov. 15-17	IDEA (WSO)
Dec. 12	Twelfth Step Within Day (WSO)
Aug. 21-23, 2025	World Service Convention Orlando, FL

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, email: 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.

2024 SFVI SERVICE BOARD

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

Brian L. (818) 667-6085
intergroupdev@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

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workshops@oasfvalley.org

DIGITAL RESOURCES

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

5th TRADITION NEWSLETTER

Mimi (818) 599-8236
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

S.F. VALLEY INTERGROUP EVENTS

CLICK on flyer to go to websites for more information

HOSTED BY:

OA SAN FERNANDO VALLEY INTERGROUP

Grief In Abstinence

SATURDAY

JUNE 1ST, 2024

12-1PM PST

JOIN ZOOM MEETING

MEETING ID: 853 1195 4977

PASSCODE: 397537

WHAT TO EXPECT:

3 SPEAKERS & TIME FOR Q&A

<http://oasfvalley.org>



OTHER EVENTS

CLICK on flyer to go to websites for more information

Overeaters Anonymous San Diego invites you...

Sunlight of the Spirit

MEETING MARATHON & BEACH BONFIRE

SATURDAY, JUNE 8TH, 2024

PLAYA PACIFICA PARK
1093 E. MISSION BAY DR
SAN DIEGO 92109

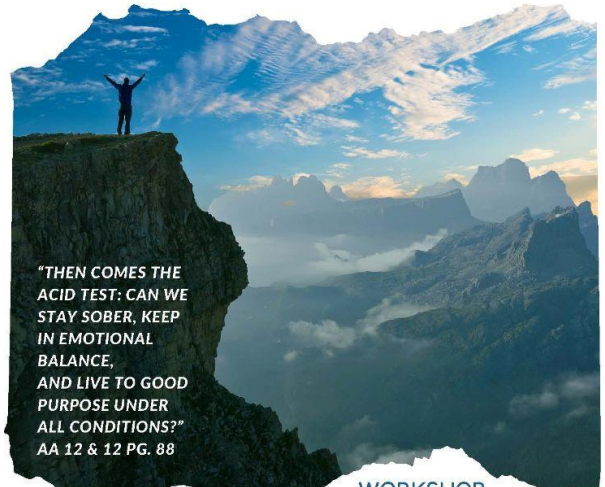


Meetings every hour, on the hour 12-6:50pm

Fellowship Bonfire 7:00pm

OA's 7th Tradition will be observed.
Service opportunities: OASDSpecialEvent@gmail.com

SAN DIEGO OVEREATERS ANONYMOUS PRESENTS...



"THEN COMES THE ACID TEST: CAN WE STAY SOBER, KEEP IN EMOTIONAL BALANCE, AND LIVE TO GOOD PURPOSE UNDER ALL CONDITIONS?" AA 12 & 12 PG. 88

WORKSHOP

Emotional Sobriety


JUNE 22, 2024 11AM-1PM PT ON ZOOM

HOW DO YOU MANAGE YOUR NEGATIVE EMOTIONS?
DOES HUMILITY KEEP SLIPPING AWAY?
IS JOY PRESENT?

Join us and learn how others maintain Emotional Sobriety. All are welcome.

ZOOM ID: 897 0427 9976

No registration necessary. The 7th Tradition will be observed.
You may donate here: oasandiego.org/seventhtrad



Fabulous Workshops

Awesome Speakers

Registration is NOW OPEN!

Keeping Spiritually Fit

Recovery and Health Challenges

Recovery From Relapse

Aging in Recovery



FAQ for Virtual Attendees [CLICK HERE](https://itrivert.com/virtualfaq)

Listen to the Convention Singalong [CLICK HERE](https://itrivert.com/virtmc4db)

July 12-14, 2024
R2 OA Convention
Sacramento Style!

Attend on ZOOM

Attend in person

HOPE TO see you THERE

FOR MORE INFORMATION [CLICK HERE](https://www.oar2.org/upcoming-convention.html)

<https://www.oar2.org/upcoming-convention.html>



Raffle Fundraiser



Please donate to the OA R2 Convention Fundraiser

Artwork

\$ Cash \$

Gift Card

Fitbit

Quilt

Gift Basket

Birdhouse

Air Fryer

Your Idea??

Contact Nancy Mc (916) 698-0541 nancynandalion@gmail.com

Convention Registration

2024 MEETING CONTRIBUTIONS

MEETING	MARCH
Automatic Recurring Contributions	817.00
Individual Donations	358.00
Board Meeting	6.00
Delegates Meeting	5.00
Misc.	56.74
Monday 7 AM (AA 21&12 Study)	206.05
Monday 7:30 PM (The Whole Big Book)	10.00
Monday 7:45 PM (Newcomer, Speaker)	60.00
Wednesday 7:00 AM (BB Study)	119.00
Wednesday 7:30 AM (Stories & Abstinence)	50.00
Thursday 12:00 PM (Literature Study — Participation Meeting)	147.00
Thursday 7:30 PM (There is a Solution)	25.00
Friday 7:30 AM (Focus On Permanent Recovery)	73.20
Friday 7:00 PM (Jump Start Your Weekend)	130.00
Saturday 7:30 AM (Spiritworks Center for Spiritual Living)	20.00
Saturday 7:30 AM (Serenity Saturday)	649.80
Saturday 9:30 AM (Speaker & Literature Study)	5.00
Saturday 10:00 AM (Spiritual Maintainers)	20.00
Saturday 10:00 AM (Women's Stag)	140.96
Saturday 2:30 PM, Studio City	30.00
Sunday 9:00 AM (Sunday Morning Women's Stag)	20.00
TOTAL CONTRIBUTIONS	2,948.75

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 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!



7TH TRADITION 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 _____

STAY VIGILANT for ZOOM BOMBERS

From Pat (Oregon Intergroup): *Zoom disruptors have called members pretending to be newcomers. They ask about OA and then request the member join them on Zoom. They don't initially turn on their camera and when they do, they display inappropriate images. No one needs to get on Zoom to hear about OA. "Let's meet at a meeting" is a good response. Please warn your meetings about this scam.*

HANDLING ZOOM BOMBERS AT MEETINGS

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/SECURITY?

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 OA and other 12-step programs.** Check out the list and links at oasandiego.org/zoom. Among the topics are: Basic Hosting, Advanced Hosting, Screen Sharing, Security, Settings for Admins & Owners, Zoom Timer App.

Questions? Email zoom@oasandiego.org.

Additional Resources:

- 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.