

The 5th TRADITION

DECEMBER 2024/JANUARY 2025

“Don’t fight your problem. Know that there is a solution.”

— Joseph Murphy (From “For Today,” Dec. 15)

HAPPY BIRTHDAY

Drew	1 year
Kevin M.	1 year
Patricia S.	2 years
Suzanne D.	2 years
Janet Z.	4 years
Michael S.	5 years
David S.	6 years
Susan C.	11 years
K.C. V.	18 years

Celebrate your abstinence!

If your OA birthday is in December or January, email your name and years of continuous abstinence to

editor@oasfvalley.org.

Deadline for the next issue is Jan. 15.

2024–2025 Board Members

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DELEGATE COORDINATOR: BOB K.

REGION 2 REP: LINDA K.

WORLD SERVICE REP: JO H.

An Atheist’s Prayer

From Lifeline, Oct. 1, 2020

Higher Power, build with me and do with me as this program requires.

Relieve me of the bondage of self.

Let victory over my difficulties bear witness to the love and power of this program.

Let me follow its way of life always.

Direct my thinking.

Eliminate my self-pity and dishonesty with myself.

Confine my self-seeking to positive directions.

Keep my mind open and my mouth shut.

Through the day, help me know what to do.

When I don’t know, give me the patience to wait for inspiration.

Give me whatever I need to do the next right thing.

Keep me free from self-will.

Grant me the serenity to accept what I cannot change, the courage to change what I can, and the wisdom to know the difference.

When it hits the fan, let me stop to think instead of reacting.

Let me work my way to a sensible conclusion.

Let me not act on any decision until I have peace of mind about it.

Remind me I’m no longer running the show.

Let me do my part and let go of the result.

Let me remember to ask myself what Step I’m on.

Keep me abstinent, sober, and out of other people’s business.

Let me keep changing, keep growing, keep working toward being a better person, and keep improving my life.

Let me always be grateful for all that life has given me.

— Alan

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

MEETINGS

OA meetings registered with the San Fernando Valley intergroup (in-person, virtual and hybrid) can be found at: <https://oasfvalley.org/meetings/>

Phone and online meetings can also be found on the OA World Service website: www.oa.org/find-a-meeting.

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/.

In-Person Meetings

SATURDAY		LOCATION	CONTACT
7:30 AM	SHERMAN OAKS	SERENITY SATURDAY Radford Hall, 4849 Van Nuys Blvd., Sherman Oaks 91403	IVY S. 818-634-6004
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 91601	FRANK M. 626-840-2721
SUNDAY			
7:30 AM	STUDIO CITY	FOCUS ON PERMANENT RECOVERY Church of Christian Science, 4032 Whitsett Ave., Studio City 91604	REVA 323-646-0644
MONDAY			
5:30 PM	CAMARILLO	WOMEN'S MEETING Camarillo Church of Christ, 515 Temple Ave., Camarillo 93010	ADELE L. 310-820-8007
7:00 PM	WOODLAND HILLS	WHOLE BIG BOOK 3D United Methodist Church 5650 Shoup Ave. Woodland Hills 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 91403	REVA 323-646-0644
5:00 PM	NEWHALL	PARTICIPATION BOOK STUDY Santa Clarita Athletic Club, 24640 Wiley Cyn. Rd., Newhall 91321	JILL 661-993-0763
WEDNESDAY			
7:00 PM	SIMI VALLEY	MID-WEEK RECOVERY LITERATURE STUDY United Methodist Church 2394 Erringer Rd. Room 11 Simi Valley 93065	MARK 818-399-0890
7:30 PM	VALENCIA	GET UP OFF THE COUCH MEETING Henry Mayo Education Center 23803 McBean Pkwy. Valencia 91355	TAMI 661-313-4226
THURSDAY			
7:30 AM	BURBANK	ABC FOCUS Little White Chapel 1711 N Avon St. Burbank 91505	DAN S. 818-605-9881
6:00 PM	WOODLAND HILLS	THERE IS A SOLUTION 12 and 12 (OA and AA) LITERATURE STUDY St. Luke Lutheran Church, 5312 Comercio Way, Woodland Hills 91364	MICHELLE G. 818-687-5038



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
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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)

BOARD/DELEGATES MEETING CALENDAR

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

DEC. 2	Board Meeting
DEC. 16	Delegates Meeting
JAN. 6	Board Meeting
JAN. 20	Delegates Meeting

REGION 2/WORLD SERVICE EVENT CALENDAR

Dec. 7	Twelfth Step Within Committee Speaker Event (R2)
Dec. 12	Twelfth Step Within Day (WSO)
Jan. 17-19, 2025	OA Birthday Weekend (WSO)
Feb. 23, 2025	Unity Day (WSO)
March 28-29, 2025	R2 Spring Assembly San Francisco
May 4-10, 2025	World Service Business Conference (WSO) Virtual
July 11-13, 2025	R2 Convention and Assembly Los Angeles, CA
Aug. 21-23, 2025	World Service Convention Orlando, FL
Oct. 25-27, 2025	R2 Fall Assembly San Francisco

If you're looking for a list of speakers and/or sponsors, email: office@oasfvalley.org. To be added to either or both lists, email: vicechair@oasfvalley.org with your name, phone number, email address, length of abstinence and focus (A/B,100#, etc.).

2024 SFVI SERVICE BOARD

BOARD CHAIR

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

VICE CHAIR

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

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workshops@oasfvalley.org

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web@oasfvalley.org

5th TRADITION NEWSLETTER

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editor@oasfvalley.org

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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

NEWS & EVENTS

DOUBLE-CLICK on a flyer to go to the website or copy and paste the URL or email address for more information

SAN DIEGO OVEREATERS ANONYMOUS PRESENTS

ABSTINENCE IN...

Join us to learn how to protect and preserve your abstinence whatever the season, holiday or any occasion. Learn to live being neutral with the past and using forgiveness as a tool. Share your successful strategies for self-care and success.

THE REAL WORLD WORKSHOP

DECEMBER 1ST
1:00-3:00 PM PST
ZOOM ID #: 860 9953 4759
PW: 823618

All are welcome. No registration necessary. The Seventh Tradition will be observed. You may donate at oasandiego.org/seventhtrad
Questions? Contact Workshops@oasandiego.org

12th Step Within Committee of Region 2 Presents:

**STRENGTHENING US WITHIN:
From Relapse to Recovery**

Saturday, December 7th 1-4 pm PST

An Event of Inspiration & Recovery featuring speakers talking about recovery after relapse, Q&A with time for shares. There will be live Spanish translation. \$10 USD/50\$ MXD suggested donation. No one will be turned away due to lack of funds.

Zoom Meeting ID: 853 6084 8416
Passcode: 546777
<https://us02web.zoom.us/j/85360848416?pwd=Vmx1VjZlUjY0aEVOY0JlRm1ZbUJlUjU0>

Visit oar2.org for more info

SF Overeaters Anonymous Relapse and Recovery

VIRTUAL Event with 3 Speakers

DECEMBER 11, 2024 8:00 – 9:30 PM Pacific

“THE HEALING POWER OF LOVE”

A Zoom link will be posted at OASF.org/events closer to the event date

Sponsored by OASF Intergroup Twelfth Step Within Committee
oasf.org/relapse or 12thStepWithin@oasf.org

Overeaters Anonymous

CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

Save the Date!

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Three keynote speakers, several workshops.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

“This is an experience you...will not want to miss.” *Alcoholics Anonymous, p. 89*

To be kept up to date with the latest convention news, email CONVENTIONINFO@OA.ORG

Save the Date!

OA World Service Convention 2025

Let's get together in Orlando, Florida, USA from August 21-23, 2025 at the Renaissance Orlando at SeaWorld®.

Sign up at conventioninfo@oa.org to receive the latest news!

NEWS & EVENTS

DOUBLE-CLICK on a flyer to go to the website or copy and paste the URL or email address for more information

SAVE THE DATE!

The Los Angeles Intergroup Proudly Presents
The 65th Annual OA Birthday Party



2025 OA BIRTHDAY PARTY

COME ALL THE WAY IN AND SIT ALL THE WAY DOWN

FRIDAY JANUARY 17TH - SUNDAY JANUARY 19TH 2025

LAX Hilton - 5711 W Century Blvd, Los Angeles, CA 90045



SCAN FOR
MORE INFO

Registration opens October 1st 2024
Hotel room booking opens September 15th 2024
oalaig.org/oa-birthday-party
Email BDP@OALAIG.org for more info or to offer service

RESERVE A DATA!

O Intergupo de Los Angeles orgulhosamente apresenta a 65ª festa
de aniversário de Comedores Compulsivos Anônimos



FESTA DE ANIVERSÁRIO DE CCA EM 2025

ENTRE COMPLETAMENTE E SENTE-SE ATÉ O FIM

DE SEXTA 17/01/2025 A DOMINGO 19/1/2025

LAX Hilton - 5711 W Century Blvd, Los Angeles, CA 90045



VISITE POR MAIS
INFORMAÇÕES

O registro se inicia em 1 de outubro de 2024
Ouverture des réservations de chambres d'hôtel le 15 septembre 2024
oalaig.org/oa-birthday-party
Email BDP@oalaig.org para maiores informações ou
para se oferecer para prestar serviço



OA SERENITY RETREAT

hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 25-27 2025



JOIN US AT THE BEACH!

SERENITY RETREAT

The Sunlight of the Spirit: Spiritually Fit & Abstinent

THIS RETREAT INCLUDES:

- A beach front location
- Healthy, abstinent meals
- Rest and relaxation time
- Connection and fellowship
- Guided meditation/yoga (optional)
- Leisure afternoon break

Limited scholarships available

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

SINGLE AND DOUBLE OCEAN
VIEW ROOMS ARE LIMITED!

REGISTRATION:

Registration is open.

Shared room \$380 (early bird) \$245 commuter
Go to <https://www.eventbrite.com/e/oa-serenity-retreat-2025-tickets-879110943497?aff=oddtcreator> to save your spot!
• Eventbrite fees are not included

CONTACT US oaserenityretreat@gmail.com



Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

OA Abstinence and Recovery Statement

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Share your experience...

1. What were your early days of abstinence like? What else changed besides the food?
2. When you let go of the food, what did that make room for in your life?
3. How do you get through difficult times without turning to food?
4. How do you encourage and support others who are new or struggling with abstinence?
5. How has OA service supported your abstinence?
6. Has your abstinence changed over time?
7. If so, how is your abstinence different now compared to when you first started in OA?
8. How have you maintained your abstinence around those who don't understand your commitment?
9. Has your cultural/racial/religious background had an impact on your abstinence?
10. If you have experienced relapse, what helped you regain your abstinence?
10. I'm grateful for my abstinence because...

To submit your story/creative work, go to lifeline.oa.org and click on "Lifeline Submission Form" by **January 1, 2025**.

IMPORTANT RULES:

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- All languages welcome!

7th TRADITION MEETING CONTRIBUTIONS

MEETING	AUGUST
Monday 7:00 AM — AA 12 & 12 Book Study	141.53
Monday 7:15 AM — AA Big Book Study	86.22
Monday 7:30 AM — Monday Morning Meditation	132.00
Monday 7:30 PM — The Whole Big Book	137.00
Monday 7:45 PM — Newcomer, Speaker	216.73
Wednesday 7:00 AM — Big Book Study	65.92
Wednesday 7:30 PM — Get Up off the Couch	185.40
Thursday 12:00 PM — Literature Study - Participation Meeting	5.00
Thursday 7:30 PM — There is a Solution	484.92
Friday 7:15 AM — Step Study	10.00
Friday 7:30 AM — Focus on Permanent Recovery	81.00
Friday 7:00 PM — Jump Start Your Weekend	30.00
Saturday 7:30 AM — Serenity Saturday	378.00
Saturday 7:30 AM — Spiritworks Center for Spiritual Living	25.00
Saturday 10:00 AM — Spiritual Maintainers	117.00
Saturday 10:00 AM — Women's Stag	151.47
Saturday 2:30 PM — OA Saturday in the Park	5.00
Sunday 7:30 AM — Focus on Recovery	238.00
Sunday 9:00 AM — Sunday Morning Women's Stag	229.50
Automatic Recurring Contributions	992.00
Individual Donation	514.00
Delegates Meeting	16.00
Workshop	332.00
TOTAL CONTRIBUTIONS	4573.69

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%

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/

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 ABOUT 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.