

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

April / May 2025

**“Pray to God, but continue to row to shore.”**

— Russian Proverb (from “For Today,” May 15)

HAPPY BIRTHDAY

Ivy.	8 years
Ron F.	44 years
Adela G.	11 years
Jody W.	24 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](mailto:editor@oasfvalley.org).  
Deadline for the next issue is May 15.

### 2025 Board Members

**CHAIR: GAR R.**  
**VICE CHAIR: ZAN**  
**SECRETARY: LAUREN W.**  
**TREASURER: ADELA**  
**SPECIAL EVENTS: BRIAN L.**  
**WORKSHOPS CHAIR: JACKIE C.**  
**DIGITAL RESOURCES: CHAR C.**  
**5TH TRADITION EDITOR: Eric Y.**  
**PUBLIC OUTREACH: CHRIS S.**  
**DELEGATE COORDINATOR: OPEN**  
**REGION 2 REP: NOEIL**  
**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](http://www.oasfvalley.org) • email:  
[office@oasfvalley.org](mailto:office@oasfvalley.org)

## Acceptance

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Shakespeare said, “All the world’s a stage, and all the men and women merely players.” He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. A.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God’s handiwork. I am saying that I know better than God.

*Acceptance Passage – Acceptance was the Answer; Chapter 16 - page 417 of the Big Book, Alcoholics Anonymous (Fourth Edition)*

\*\*Remember when it used to be Page 449?  
God? Help me remember it is page 417 now ☺.

# 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](http://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](https://oasfvalley.org/submit-meeting-changes).

ALSO please update your meeting with World Service at [www.oa.org/edit-a-meeting/](http://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 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, 23599 Calgrove Blvd., 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](mailto:pc5965@yahoo.com)  
Denise B. [dbillings@roadrunner.com](mailto:dbillings@roadrunner.com)  
Ira [theeiray@gmail.com](mailto:theeiray@gmail.com)  
Jacqui [glitzie2@gmail.com](mailto:glitzie2@gmail.com)  
Linda S. [lindavoic23@gmail.com](mailto:lindavoic23@gmail.com)  
Shirley W. [wittmiya@aol.com](mailto:wittmiya@aol.com)  
Steve [seesteve@yahoo.com](mailto:seesteve@yahoo.com)

### 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

APR. 7	Board Meeting
APR. 21	Delegates Meeting
MAY 5	Board Meeting
MAY 19	Delegates Meeting

## REGION 2/WORLD SERVICE EVENT CALENDAR

May 4-10	<a href="#">World Service Business Conference</a> Virtual
July 11	<a href="#">R2 Summer Assembly</a> Los Angeles, CA
July 11-13	<a href="#">R2 Convention</a> Los Angeles, CA
Aug. 21-23	<a href="#">World Service Convention</a> Orlando, FL
Nov. 14-16	<a href="#">IDEA</a> (WSO)

**OA Literature** may be purchased at [bookstore.oa.org](http://bookstore.oa.org). Download a free newcomer's pamphlet at <https://oa.org/what-to-expect/where-do-i-start/>.  
**Available in 20 languages!**

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

## 2025 SFVI SERVICE BOARD

### BOARD CHAIR

Gar R. (323) 251-0761  
[chair@oasfvalley.org](mailto:chair@oasfvalley.org)

### VICE CHAIR

Zan (310) 383-0956  
[vicechair@oasfvalley.org](mailto:vicechair@oasfvalley.org)

### SECRETARY

Lauren W. (818) 926-2398  
[secretary@oasfvalley.org](mailto:secretary@oasfvalley.org)

### TREASURER

Adela (310) 430-0336  
[treasurer@oasfvalley.org](mailto:treasurer@oasfvalley.org)

### SPECIAL EVENTS & FUNDRAISING

Brian L. (818) 667-6085  
[intergroupdev@oasfvalley.org](mailto:intergroupdev@oasfvalley.org)

### 12th STEP WITHIN/WORKSHOPS

Jackie C. (818) 970-9807  
[workshops@oasfvalley.org](mailto:workshops@oasfvalley.org)

### DIGITAL RESOURCES

Char C. (818) 746-7991  
[web@oasfvalley.org](http://web@oasfvalley.org)

### 5th TRADITION NEWSLETTER

Eric Y.  
[editor@oasfvalley.org](mailto:editor@oasfvalley.org)

### PUBLIC OUTREACH

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

### REGION 2 REPRESENTATIVE

Noeil (818) 624-8922  
[r2rep@oasfvalley.org](mailto:r2rep@oasfvalley.org)

### WORLD SERVICE REP

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

### DELEGATE COORDINATOR

Open  
[delegates@oasfvalley.org](mailto:delegates@oasfvalley.org)

# S.F.V. & OC INTERGROUP EVENTS

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



## SPRING INTO RECOVERY WORKSHOP

Sunday April 27th 2025  
2:00- 3:30 PST

ZOOM

Meeting ID: 840 1147 7734  
Passcode: 990330

[www.oasfvalley.org](http://www.oasfvalley.org)



OVEREATERS ANONYMOUS  
ORANGE COUNTY INTERGROUP

join us as we have speakers and open sharing on emotions such as fear, joy, anxiety, grief.

**RIGHT SIDE OUT**

**SATURDAY  
APRIL 5, 2025  
10AM - 12PM PST**

MTG ID 873-8582-7733

7th tradition contribution \$7 register at [oaoci.org](http://oaoci.org).  
zoom password will be emailed to participants.  
Questions? [12thstepwithin@oaoci.org](mailto:12thstepwithin@oaoci.org)



THE ORANGE COUNTY INTERGROUP OF OVEREATERS ANONYMOUS PRESENTS THE:

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

*"Flourish in Freedom"*

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

### May 2-4, 2025

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: \$265 UNTIL APRIL 1st, \$290 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 DCI, 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: \_\_\_\_\_

# OTHER NEWS & EVENTS

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



**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*

CONTACT US 🌐 [oaserenityretreat@gmail.com](mailto:oaserenityretreat@gmail.com)

**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-8791109434977>  
aff=oddtcreator to save your spot!  
• Eventbrite fees are not included



**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](mailto:conventioninfo@oa.org) to  
receive the latest news!

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## **The 39th So-Cal OA Men's Retreat** **Fri, Sat & Sun, April 4-6, 2025**

- 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

FEW PARTIAL SCHOLARSHIPS ARE AVAILABLE

KEEP COMING BACK!

# 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%**

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

## 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](https://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](mailto: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.