

The 5th TRADITION

FEBRUARY/MARCH 2025

“We should not let our fears hold us back from pursuing our hopes.”

— John F. Kennedy (from “For Today,” Feb. 4)

HAPPY BIRTHDAY

| | |
|------------|----------|
| Lindsey G. | 1 year |
| Marissa M. | 2 years |
| Noeil | 3 years |
| Adela G. | 11 years |
| Jody W. | 24 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.

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. (Acting)

PUBLIC OUTREACH: CHRIS S.

DELEGATE COORDINATOR: OPEN

REGION 2 REP: NOEIL

WORLD SERVICE REP: JO H.

Humility, Gratitude and Kindness

Excerpt from “Overeaters Anonymous,” 3rd Edition, p. 57

OA teaches me how to be honest. People in OA meetings share aspects of themselves that I begin to see in myself. OA also teaches me how to love. After twenty-four years in the program, I began to see that self-hatred was my first addiction. I compulsively put myself down, thinking, “You should be thinner. You should have this program down by now. You should be more spiritually fit. You are not good enough. You will never get it.”

The Twelve Step program has given me a direct path toward a relationship with God that has solved my eating and weight obsession. This evolving friendship with HP makes me feel good to be alive.

OA meetings are a celebration of life. When I walk into a meeting, I am still in my head. I have many thoughts about what I did earlier that day and what I want to do later in the day. As the meeting format is read, I listen to the words *and* the pauses. The room becomes sacred; there is no hierarchy, no judgment, and an abundance of hope with unconditional love. I always feel much better leaving the meeting than I did when I came.

..Pride and ingratitude are my biggest character defects. Pride is that hardened part in my mind that needs to be softened by humility and a sense of humor. Making a gratitude list is essential to my daily recovery. I frequently include what I did right each day in my gratitude lists; I believe my focus determines what I become.

..The self-awareness I have acquired in the program is invaluable. I have learned how to discern thoughts of truth from the false thinking of my diseased mind. If I have a thought or idea that energizes me and gives me a sense of connection, it is going to be true. If a thought makes me feel badly about myself or separate from others, it will be false. I am at my best when I am connected to God, others and myself.

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 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
Denise B. dbillings@roadrunner.com
Ira theeiray@gmail.com
Jacqui glitzie2@gmail.com
Linda S. lindavoic23@gmail.com
Shirley W. wittmiya@aol.com
Steve 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

| | |
|---------|-------------------|
| FEB. 3 | Board Meeting |
| FEB. 17 | Delegates Meeting |
| MAR. 3 | Board Meeting |
| MAR. 17 | Delegates Meeting |

REGION 2/WORLD SERVICE EVENT CALENDAR

| | |
|-------------|--|
| Feb. 23 | Unity Day (WSO) |
| March 28-29 | R2 Spring Assembly San Francisco |
| May 4-10 | World Service Business Conference Virtual |
| July 11 | R2 Summer Assembly Los Angeles, CA |
| July 11-13 | R2 Convention Los Angeles, CA |
| Aug. 21-23 | World Service Convention Orlando, FL |
| Nov. 14-16 | IDEA (WSO) |

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!

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.).

2025 SFVI SERVICE BOARD

BOARD CHAIR

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

VICE CHAIR

Zan (310) 383-0956
vicechair@oasfvalley.org

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12th STEP WITHIN/WORKSHOPS

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DIGITAL RESOURCES

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web@oasfvalley.org

5th TRADITION NEWSLETTER

Open
editor@oasfvalley.org

PUBLIC OUTREACH

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publicinfo@oasfvalley.org

REGION 2 REPRESENTATIVE

Noeil (818) 624-8922
r2rep@oasfvalley.org

WORLD SERVICE REP

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

DELEGATE COORDINATOR

Open
delegates@oasfvalley.org

S.F. VALLEY INTERGROUP EVENTS

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

Date: February 23rd, 2025

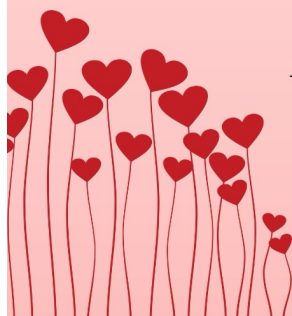
Time: 1-3pm PST

Zoom Info:

meeting id: 829 3155 1193

Password 565248

Fall in LOVE with the 12 steps workshop



A true path to
freedom

7TH TRADITION OBSERVED
WORKSHOP WILL BE RECORDED

www.oasfvalley.org



OA UNITY DAY

February 23 @ 11:00 am – 12:00 pm PST

COME CELEBRATE TRADITION ONE:

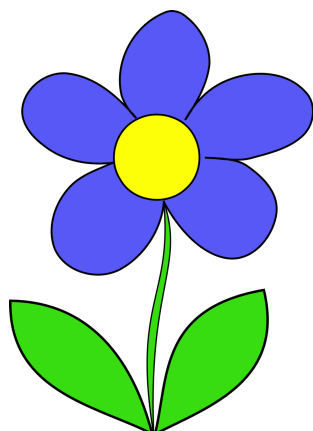
**OUR COMMON WELFARE
COMES FIRST;
PERSONAL RECOVERY
DEPENDS ON OA UNITY.**

7th Tradition will be observed.

ZOOM INFO:

Meeting ID: 898 4545 7818

Passcode: 214577



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



The Power Within:

SPIRITUAL STRENGTH FOR LASTING RECOVERY

Join us for a transformative workshop to deepen your recovery through spirituality. Explore your Higher Power, strengthen connections, and cultivate meaningful spiritual practices.

Saturday, February 22nd 1:00-3:00pm PT
Zoom ID: 837 1918 2954 PW:909312
No registration or fee is required. All are welcome!
\$5 suggested donation, no one will be turned away:
<https://oasandiego.org/seventhtrad/>
Questions? Contact workshops@oasandiego.org
Given by the OA Twelve Step Within from San Diego Region 2



SAN DIEGO OA WOMEN'S RETREAT

RESTORING The Heart

LOVE & CONNECTION IN RECOVERY

SATURDAY ONLY
MARCH 15, 2025
10 AM TO 6 PM

IN PERSON ONLY AT THE
SAN DIEGO BAHAI CENTER
6545 ALCALA KNOLLS DR
SAN DIEGO, CA 92111

Sisterhood • Fellowship Workshops • Speakers

- Tools of Recovery
- Dating and Relationships
- Sex and Body Image
- Optional Yoga & Meditation

Bring your own lunch to eat during the speaker meeting.
The 7th Tradition will be honored.
Questions: retreats@oasandiego.org



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

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 to receive the latest news!

Walking in the Sunlight Together
August 21-23, 2025
ORLANDO, FLORIDA USA

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 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.