

The 5th TRADITION

June / July 2025

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

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

HAPPY BIRTHDAY

Rich B.
Brian L.
Tina B

1 year
8 years
8 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 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 • email:
office@oasfvalley.org

Tradition Seven

Every OA Group ought to be fully self supporting, declining outside contributions.

Tradition Seven follows naturally from Traditions Five and Six. If Overeaters Anonymous (OA) Fellowship is to fulfill o primary purpose ad remain free of outside influences, we must stay free of the need for outside contributions as well. Thus, OA ought to be fully self-supporting.

Money is needed to keep the OA program alive. Each group has expenses, such as rent and literature. When individual groups join to form an intergroup or service board, opportunities to carry the OA message multiply, but so do expenses. Intergroups and service boards may provide meeting lists, have phone lines or answering services, maintain websites, distribute information about the OA program in their communities, publish newsletters, and organize events.

OA regions stage events; publish newsletters . . . And carry the message in many other ways through out their area. In keeping with Tradition Eight, OA's World Service Office employs special workers. These employees provide services that play a vital part in each member's individual recovery. . .

All of these efforts are paid for by us, OA members who make contributions.

Quoted from, The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2018, by Overeaters Anonymous, Inc.

Quotes to heal the soul, or to occupy some space on the front page:

—“If you think you are too small to make a difference, try sleeping with a mosquito.” — Dalai Lama

—“Some people see a glass as half empty. Some people see a glass as half full. Me? I want to know who drank out of MY glass.” — Unknown

—“ Experience is something you don't get until just after you need it.”
— Steven Wright

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

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

REGION 2/WORLD SERVICE EVENT CALENDAR

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

SECRETARY

Lauren W. (818) 926-2398
secretary@oasfvalley.org

TREASURER

Adela (310) 430-0336
treasurer@oasfvalley.org

SPECIAL EVENTS & FUNDRAISING

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

12th STEP WITHIN/WORKSHOPS

Jackie C. (818) 970-9807
workshops@oasfvalley.org

DIGITAL RESOURCES

Char C. (818) 746-7991
web@oasfvalley.org

5th TRADITION NEWSLETTER

Eric Y.
editor@oasfvalley.org

PUBLIC OUTREACH

Chris S. (619) 551-8619
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

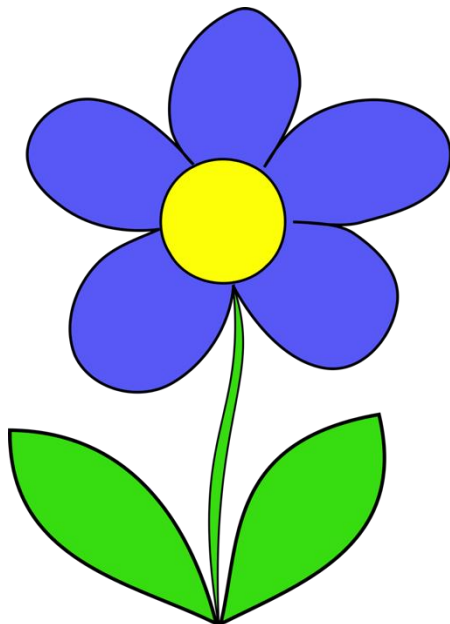
S.F. VALLEY INTERGROUP EVENTS

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

OASFVALLEY
SUMMER
WALKATHON
FUNDRAISER



JUNE 14TH AT 7AM
AT LAKE BALBOA BY THE BOAT HOUSE
Come and help raise money for OA.
Get sponsored for each walk around the lake!
Contact Brian L. at
818-667-6085



Travel in Abstinence
come support OASFValley and hear from two
fellows who have traveled the world in
abstinence!!!

Sunday AUGUST 10th, 2025
2:00-3:30 PM PDT
ZOOM ID: 882 7132 3005
Passcode: 520476



7th tradition will be observed
&
workshop will be recorded

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

180th San Diego OA

Serenity Retreat

JULY 25-27, 2025

*Mission San Luis Rey
Oceanside, CA*

The leader is an experienced keynote speaker and interactive retreat leader. She came to OA on January 19th, 1984, having hit rock bottom as a desperate and demoralized compulsive overeater. Since that time she has lost weight, but more important is the amazing life she now lives – thanks to the twelve steps and twelve traditions. She has a design for living that REALLY WORKS and she WORKS IT!

4:00pm Friday to 1:00pm Sunday

**SATURDAY
ONLY**

NO ROOM

3 meals

\$65

**3 DAYS
0 NIGHTS**

NO ROOM

6 meals

\$150

**3 DAYS
2 NIGHTS**

**SHARED
DOUBLE ROOM**

6 meals

\$275

**3 DAYS
2 NIGHTS**

**PRIVATE
SINGLE ROOM**

6 meals

\$325

***Prices above do not include EventBrite Fees**

Online registration only:

www.tinyurl.com/OARetreat2025

**An agenda will be sent one week before the event.
Questions & Scholarships: Retreats@OASanDiego.org**

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 38th Semi Annual Southern California OA Men's Retreat Committee Presents:

OA Men's Retreat

Fri, Sat & Sun, November 1 - 3, 2024

Sponsored by OALA Intergroup

@oalaig.org



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

For further information, please contact:
Dave B. at (619) 787-2937 or email davebirge66@gmail.com
Gene K. at 760-859-7400 or email Genekogan1@gmail.com

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, November 1.
Opening ceremonies begin at 7:30pm Friday, November 1.

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!

The 38th So-Cal OA Men's Retreat
Fri, Sat & Sun, November 1 – November 3, 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 davebirge66@gmail.com
Gene K. at 760-859-7400 or email Genekogan1@gmail.com

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

Channel Islands Intergroup of
Overeaters Anonymous Presents

Service Is Its Own Reward

All are welcome, no matter where you are in your
recovery!

- 📅 Saturday, June 21, 2025
- 🕒 1:00 PM – 2:30 PM Pacific Time
- 💻 Zoom Meeting ID: 764 663 562
- 📞 Text or Call: 805-940-3655 (for passcode)

Come discover how service can transform your
recovery, your fellowship, and your life.

<https://oaciig.wordpress.com>

Suggested 7th Tradition \$5
No one turned away for lack of funds



Loews Hollywood Hotel

1755 Highland Avenue, Los Angeles CA 90028

(323) 856-1200



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!

REGISTER NOW!

2025 Scottsdale Big Book Study OA Retreat
Relapse or Recover: The Choice is Yours!



Or go to : ScottsdaleBigBook.com

FRIDAY AUGUST 8TH – SUNDAY AUGUST 10TH 2025

Crowne Plaza Hotel, 4300 East Washington St, Phoenix, AZ 85034

Workshops led by Harlan G. and John K.

Relapse & Recovery
12 Step Overview
Body Image & Sexuality
Sponsor/Sponsee Relationships
Keynote Speakers and More!



For more information, contact:
Nancy J. (630-440-1945) - Hilary B. (951-536-2302)

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:

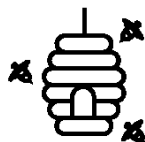
We will now observe OA’s 7th tradition, which states that “Every O.A. group ought to be fully self-supporting, declining outside contributions. This meeting’s expenses include Zoom costs and contributions to our Intergroup, Region 2 and World Service so that we may further fulfill our primary purpose, 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.