

The 5th TRADITION

August / September 2025

“A diamond is just a lump of coal that did well under pressure.”

HAPPY BIRTHDAY

Gunit	14 Years
Rhoda P.	47 Years
Bernice	49 Years

Celebrate your abstinence!

If you have had an OA birthday this year and would like to be mentioned in this newsletter? Please email your name, month of birthday, and years of continuous abstinence to

editor@oasfvalley.org.

Deadline for the next issue is Sept 15.

2025 Board Members

CHAIR: GAR R.

VICE CHAIR: ZAN

SECRETARY:

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.

Alcoholic Anonymous Page 336:

I found everything I had ever looked for in Alcoholics Anonymous. I used to thank God for putting A.A. in my life; now I thank A.A. for putting God in my life. I found my tribe, the social architecture that fulfills my every need for camaraderie and conviviality. I learned how to live. When I asked how I could find self-esteem, you told me, “by doing worthwhile acts!” You explained the Big Book had no chapters titled “Into Thinking” or “Into Feeling” — only “Into Action.” I found plenty of opportunity for action in A.A. I could be just as busy and helpful to others as I wanted to be as a sober woman in Alcoholics Anonymous. I was never a “joiner,” but I got deeply involved in A.A. service because you told me if I did, I would never have to drink again. You said as long as I put A.A. first in my life, everything that I put second would be first class. This has proved to be true over and over again. . . I trust in my God, stay involved in A.A. service, go to lots of meetings, work with others, and practice the principles of the Steps to the best of my willingness each day. I don’t know which of these keeps me sober, and I’m not about to try to find out. It’s worked for quite a few days now, so I think I’ll try it again tomorrow.

Quoted from, Alcoholics Anonymous World Services, Inc. (2001). Alcoholics Anonymous (4th ed.). Alcoholics Anonymous World Services.

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

— “What’s another word for Thesaurus?”

— Steven Wright

— “Always forgive your enemies; nothing annoys them so much.”

— Oscar Wilde

— “Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.”

— Jack Handey

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	BARBARA 818-585-2384
MONDAY			
3:00PM	LANCASTER	LITERATURE STUDY OA/AA Meeting located in Lancaster, CA. Text for address * 1 Hr 15 Min	LISA S 818-601-1125
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 Sports and Fitness Complex, 23955 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 **Entrance is in back/right to Main Lobby	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

Aug. 4	Board Meeting
Aug. 18	Delegates Meeting
Sept. 8	Board Meeting
Sept. 15	Delegates Meeting
Oct. 6	Board Meeting
Oct. 20	Delegates Meeting

REGION 2/WORLD SERVICE EVENT CALENDAR

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

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treasurer@oasfvalley.org

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intergroupdev@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

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workshops@oasfvalley.org

DIGITAL RESOURCES

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web@oasfvalley.org

5th TRADITION NEWSLETTER

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PUBLIC OUTREACH

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publicinfo@oasfvalley.org

REGION 2 REPRESENTATIVE

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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

On the date of this event—open your Zoom App and enter Zoom ID and Passcode below:

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

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)



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!



OA SERENITY RETREAT

hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 24-26 2026



JOIN US AT THE BEACH!

"Living in the Real World in Ongoing Recovery"

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
starting in January

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

SINGLE AND DOUBLE OCEAN VIEW ROOMS ARE LIMITED!

REGISTRATION: STARTS 4/28/25

\$490 Single room
\$390 (early bird) for a shared room
\$255 commuter (includes meals)
[CLICK HERE](#) to save your spot!

- Eventbrite fees are not included

CONTACT US  oa-serenityretreat@gmail.com



Sponsorship Day in OA



Sat – Aug 30

11:00am – 12:30pm PT

Two speakers, Q&A and open sharing
Zoom Only Event

HANDOUTS

<https://tinyurl.com/sponsorhandouts>

MEETING ID: 857 7649 3323
PASSCODE: 629166

Suggested donation of \$5
No one will be turned away

DONATE ONLINE

<https://www.sacvalleyoa.org/donations-for-events.html>

Hosted by the Sacramento Tuesday noon OA Speaker Meeting

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





WORKING AND LIVING THE STEPS*

1. Working the Steps for the first time to gain our freedom from the obsession.
2. Living the Steps (Principles) in order to hold on to the freedom.

Sat Sept 20
1:00 - 3:30pm PT
(A Hybrid Event)

Join us on Zoom
Meeting ID: 870 9945 4806
Passcode: 231318

Join us in Person
Creskide Church, 290 Technology Way #300,
Main Entrance, Room 107, Rocklin, CA

Hosted by Rocklin/Roseville Fellowship of OA

Suggested Donation \$5
Nobody turned away because of lack of funds.
Donate online at: <https://www.sacvalleyoa.org/donations-for-events.html>

* Speaker from the East Coast and long-time member.

OA REGIÓN 2 CELEBRACIÓN DE LA ABSTINENCIA

LITERATURA Y DEBATE

EN
ABSTINENCIA
2ª EDICIÓN
**DOMINGO, 16 DE
NOVIEMBRE**
11A - 1P PACIFIC

SE CUMPLIRÁ LA 7ª
TRADICIÓN. NO SE
RECHAZARÁ A
NADIE POR FALTA
DE FONDOS



DÍA INTERNACIONAL DE LA ABSTINENCIA

ZOOM ID: 674 9297 2111
PW: 297833





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\$255 commuter (includes meals)
CLICK HERE to save your spot

- Eventbrite fees are not included

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

CONTACT US  oaserenityretreat@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

The 40th Annual Southern California OA Men's Retreat Committee Presents:

OA Men's Retreat in Oceanside

Fri, Sat & Sun, October 31 & November 2, 2025



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 includes 6 meals
- \$325 per man - single occupancy includes 6 meals

Commuters (not staying overnight) Meal Prices:

- \$65 per day - includes the three meals for that day
- \$150 for the weekend - includes all 6 meals for the weekend
- Zoom all sessions available on an offering basis.
- There are 6 meals Friday night dinner through Sunday lunch

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?

Check in starts 4:30 Friday October 30
Dinner starts at 6:00 pm Friday, October 30.
Opening ceremony begins at 7:00 pm Friday, October 30..

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!

This is an in-person retreat and will be available on **ZOOM**.

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## ***The 40th So-Cal OA Men's Retreat***

***Fri, Sat & Sun, October 30, 31 & November 1, 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!

Website: [www.sanluisrey.org](http://www.sanluisrey.org)

Register Online: <https://www.Eventbrite.com>

Click on "Looking for Event"

Type in "OA Men" to find event and register

# 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:

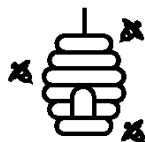
***We will now observe OA’s 7th tradition, which states that “Every O.A. group ought to be fully self-supporting, declining outside contributions. This meeting’s expenses include Zoom costs and contributions to our Intergroup, Region 2 and World Service so that we may further fulfill our primary purpose,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