

The 5th TRADITION

February 2026 / March 2026

"The only requirement for OA membership is a desire to stop eating compulsively." (Trad. #3)

HAPPY BIRTHDAY

Anna S. 1 Year
Lindsey G. 2 Years
Joy V. 9 Years
Adela G. 14 Years

Celebrate your abstinence!

Please email your name, month of birthday, and years of continuous abstinence to editor@oasfvalley.org.
Deadline for the next issue is Jan. 15.
Let's fill this part of the newsletter up

2025 Board Members

CHAIR: Gar R.
VICE CHAIR: Jo
SECRETARY: Sandy M.
TREASURER: Brian L.
SPECIAL EVENTS: Rich B.
WORKSHOPS CHAIR: Jackie C.
12TH STEP WITHIN: Chris S.
DIGITAL RESOURCES: Jesse H.
5TH TRADITION EDITOR: Eric Y.
PUBLIC OUTREACH: Jackie C.
DELEGATE COORDINATOR: Bob Z.
REGION 2 REP: NOEIL
WORLD SERVICE REP: Joy V.

GRAPEVINE, NOVEMBER 1960 2. LETTER, 1966

Can We Choose?

We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings—that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose.

« « « » » »

"As active alcoholics, we lost our ability to choose whether we would drink. We were the victims of a compulsion which seemed to decree that we must go on with our own destruction. "Yet we finally did make choices that brought about recovery. We came to believe that alone we were powerless over alcohol. This was surely a choice, and a most difficult one. We came to believe that a Higher Power could restore us to sanity when we became willing to practice A.A.'s Twelve Steps. "In short, we chose to 'become willing', and no better choice did we ever make."

Wisdom from Dr. Bob:

" . . . None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf.

So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us. "

Excerpted from Dr. Bob's brief remarks on Sunday, July 30, 1950

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			
12:00PM	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 310-916-6947
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 7:00 PM Pacific Time

Feb 2	Board Meeting
Feb 16	Delegates Meeting
Mar 2	Board Meeting
Mar 16	Delegates Meeting
Apr 6	Board Meeting
Apr 20	Delegates Meeting

REGION 2/WORLD SERVICE EVENT CALENDAR

***A number of Virtual OA events are available
on the World Service Event Calendar*

Feb 8. Entirely Willing (6 & 7)
Feb 28 Unity. Day (WSO)
Mar 18 Chair 2 Chair

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/](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.).

**We want to announce your
OA Abstinence Birthdays. If
you celebrated a birthday in
the last three months email
your name and years to
editor@oasfvalley.org**

2026 SFVI SERVICE BOARD

BOARD CHAIR

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

VICE CHAIR

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

SECRETARY

Sandy M.
secretary@oasfvalley.org

TREASURER

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

SPECIAL EVENTS & FUNDRAISING

Rich B.
intergroupdev@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

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workshops@oasfvalley.org

DIGITAL RESOURCES

Jesse H.
web@oasfvalley.org

5th TRADITION NEWSLETTER

Eric Y. 818-391-6447
editor@oasfvalley.org

PUBLIC OUTREACH

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

REGION 2 REPRESENTATIVE

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

WORLD SERVICE REP

Joy V. 818-212-3214
wsorep@oasfvalley.org

DELEGATE COORDINATOR

Bob 661-373-1272
delegates@oasfvalley.org

Silicon Valley INTERGROUP EVENT

This event is LIVE ONLY



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

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

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

CONTACT US  oaserenityretreat@gmail.com

Southern California OA Events

Read Flyer Carefully for information on attending the live event or the Zoom Hybrid

The 41st Semi Annual Southern California OA Men's Retreat Committee Presents:

OA Men's Retreat

Fri, Sat & Sun, May 15-17, 2026

Sponsored by OALA Intergroup

@oalaig.org



Welcome to Old Mission San Luis Rey

A ministry of the Franciscan Friars Province of Saint Barbara

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?

- \$295 per man - double occupancy
- \$345 per man - single occupancy

Commuters (not staying overnight) Meal Prices:

- \$60 per day (includes the three meals for that day)
- \$170 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, May 15.
Opening ceremonies begin at 7:30pm Friday, May 17.

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 41st year of the retreat. Recovery happens here!

The 41st So-Cal OA Men's Retreat

Fri, Sat & Sun, May 15-17, 2026

FREE 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

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 _____

S.F. VALLEY INTERGROUP EVENTS

This event is the biggest OA event of the year.

From the twisted minds of
"One is never enough" and "I wish I ran that by someone."
A new twist on a classic.

The 66th
OA
Birthday Party



Eternal Sunshine
OF THE RECOVERING MIND

January 16th - 18th, 2026
Hilton LAX – Los Angeles, CA

REGISTER NOW!



www.oalaig.org



"A buffet of spiritual insights."

"It's like they heard my 10th Step!"

"You'll laugh, you'll cry, you'll call your sponsor."

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



Click on the Image above for more information



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PLEASE PASS THIS ON (to [Join the mailing list: email me \(oazoomathon@gmail.com](mailto:Join the mailing list: email me (oazoomathon@gmail.com))



STAYING ABSTINENT thru the 52nd **HOLI-DAZE** Zoom-A-Thon

Thursday, 12/25/25 12-1pm ET

Wishing Serene, Abstinent
Holidays To ALL!!!

(Drop in for a minute
even tho you're busy)

Come join us and share your experience, strength and hope! **Together we can** get through these holi-daze abstinely! Invite your friends. **Share this flyer please**

Look: **Only one meeting** at noon Eastern

HOW TO ATTEND THE EVENT?

JUST CLICK THIS BLUE X on Thursday, Dec. 25, 2025



ALL EVENTS TO BE HELD VIRTUALLY ON ZOOM
Meeting ID: 959 959 1828 Passcode: 718863
To phone in, Find your local phone number here:
<https://us02web.zoom.us/j/kceCgnYl4>

Suggested donation only \$5 at
oapinellas.org No-one ever turned away.

Look:
Only one meeting
at noon
=Eastern



Look: Only one meeting at noon Eastern

52nd

OA

HOLI-DAZE

Zoom-A-Thon

Leader/Speaker **FORMAT for every meeting:**

- 1 **READ** the Serenity prayer
- 2 **READ THIS:** "According to our Seventh Tradition, we are self-supporting through our own contributions. Please contribute. Give as if your life depends on it. Suggested donation for this OA-a-THON is \$5 thru Pay Pal at oapinellas.org
3. **READ: the Steps.** (or ask if someone to read)
4. **READ THIS:** "OA speakers do not represent OA as a whole, but speak from their own experience, strength and hope. OA recognizes there are individual approaches and different concepts of working the Twelve Step program of recovery. We all are reminded that our common disease and our common purpose unite us; differences in approaches to recovery need not divide us. OA is strengthened when we honor and respect all by practicing unity with diversity."
- 4-**YOU SPEAK 5-10 min.: YOUR STORY.** (what it was like/what happened/what it's like now)
- 5-**YOU SPEAK 5 minutes: on YOUR TOPIC**
- 6-**ASK FOR GROUP SHARES**
2-3 minutes each
- 7-**meetings end** at the top of the hour with the Serenity Prayer.
- 8 (all meetings have a HOST to time and mute)

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.

OTHER NEWS & EVENTS

LINKS DO NOT WORK FOR THIS PAGE

PLEASE PASS THIS ON (to [Join the mailing list: email me \(oazoomathon@gmail.com](mailto:Join the mailing list: email me (oazoomathon@gmail.com))



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52nd

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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

The flyer features a background image of hands clasped in prayer. It includes several teal and pink starburst graphics. A circular teal graphic contains the text 'DÍA INTERNACIONAL DE LA ABSTINENCIA' around a central image of a person's face. A QR code is located in the lower right quadrant of the flyer.

