

The 5th TRADITION

April 2026 / May 2026

“Each group should be autonomous except in matters affecting other groups or OA as a whole.
(Tradition #4)

HAPPY BIRTHDAY

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 May 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.

Program Wisdom:

“One of the most common precursors to relapse is insufficient attendance at OA meetings.”

— Overeaters Anonymous, Abstinence: Members of Overeaters Anonymous Share Their Experience, Strength and Hope

« « « » » »

“Great perils have this beauty, that they bring to light the fraternity of strangers. Victor Hugo”

— Overeaters Anonymous, For Today

« « « » » »

When one is a stranger to oneself then one is estranged from others too. Anne Morrow Lindberg”

— Overeaters Anonymous, For Today

« « « » » »

*ABSTINENCE IS NEVER OWNED.
IT'S RENTED,
AND THE RENT IS DUE EVERY DAY.
— Unknown—*

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 theiray@gmail.com
Jacqui glitzie2@gmail.com
Linda S. lindavoice23@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

| | |
|---------|-------------------|
| Apr. 6 | Board Meeting |
| Apr. 20 | Delegates Meeting |
| May 4 | Board Meeting |
| May 18 | Delegates Meeting |
| June 1 | Board Meeting |
| June 15 | Delegates Meeting |

OA Event Calendars:

[OASFV EVENTS](#)

[REGION 2 EVENTS](#)

[WORLD SERVICE EVENTS](#)

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.).

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

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Brian L. (818) 667-6085
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SPECIAL EVENTS & FUNDRAISING

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intergroupdev@oasfvalley.org

12th STEP WITHIN/WORKSHOPS

Chris S. (619) 551-8619
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

S.F. VALLEY INTERGROUP EVENTS


This event is the biggest OA event of the year.

OA San Fernando Valley Presents ★★

VIRTUAL



Sunday, April 19

 **3:00 PM Pacific / 6:00 PM Eastern**

10 cards \$12 • 20 cards \$20 plus Eventbrite fee

➤ **Register: <https://oasfvbingo.eventbrite.com/>**

*Join us from the comfort of home and help carry
the message to those who still suffer.*

Region Two OA EVENT

181st San Diego OA

Serenity Retreat

APRIL 24-26, 2026

*Mission San Luis Rey
Oceanside, CA*

Our leader joined OA in 1988 weighing 200 pounds and was a chronic slipper for years before getting abstinent in 2000 and losing 75 pounds. She has a history of sexual trauma from childhood and is grateful that consistent step and tradition work has enabled her to move on and forgive the seemingly unforgivable. She's helped many others who are dealing with similar trauma challenges and actively works the Maintenance Steps (10, 11, 12) daily.

4:00PM FRIDAY TO 1:00PM SUNDAY

| | | | |
|----------------------|----------------------------|-------------------------------|--------------------------------|
| SATURDAY ONLY | 3 DAYS 0 NIGHTS | 3 DAYS 2 NIGHTS | 3 DAYS 2 NIGHTS |
| NO ROOM | NO ROOM | SHARED DOUBLE ROOM | PRIVATE SINGLE ROOM |
| 3 meals | 6 meals | 6 meals | 6 meals |
| \$65 | \$170 | \$295 | \$345 |

***PRICES ABOVE DO NOT INCLUDE EVENTBRITE FEES**

Online registration only:
www.tinyurl.com/OARetreat2026

An agenda will be sent one week before the event.
Questions and scholarships: Retreats@oasandiego.org

Region Two OA EVENT



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

Region Two OA EVENT

Join Us for a Day of
Discovery and Connection!



of

OVEREATERS ANONYMOUS

25 April 2026 | 8 AM - 12 PM

Christ Lutheran Church ([Map](#))
6500 E. Stearns St.
Long Beach, CA 90815 ([Hall](#))



Event Highlights

- Please bring your O.A. 12 & 12 and AA Big Book
- Bring pen and note pad
- Writing followed by group interaction
- Question and answer
- Contact list
- Letter writing
- Writing feedback (self-addressed stamped envelope)
- Seating is limited, register early

Admission And Registration:
OaSouthbay.org/donate
\$5.00 7th tradition donation
requested for material hand out
and use of the room. No one
turned away for lack of funds.



Phone: +1 (562) 843-2764
email: events.oasbig@gmail.com

Region Two OA EVENT

THE ORANGE COUNTY INTERGROUP OF OVEREATERS ANONYMOUS PRESENTS THE:

41st WOMEN'S SWEET SURRENDER RETREAT

“Rooted in Recovery”

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 1-3, 2026

AT PATHFINDER RANCH (NEAR IDYLLWILD) ARRIVAL AFTER 3:30PM,
FRIDAY. DINNER: 5:30PM, FOLLOWED BY A SPEAKER MEETING
and WRAP UP SUNDAY BY 11:30AM

REGISTRATION: \$275 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

ONLINE REGISTRATION AND PAYMENT PREFERRED, at oaoci.org/register

Or make checks payable to OCI, 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: _____

Region Two OA EVENT



Overeaters Anonymous
Orange County Intergroup Presents

Grief: One Day at a Time

**Sunday, May 17, 2026
2:00 to 4:30 pm**

Speakers will share experience, strength and hope around grief and recovery. Opportunities for open sharing and fellowship.

Zoom ID: 148 694 212

- 7th Tradition Suggested Contribution \$7
- Register at oaoci.org
- Zoom password will be emailed to participants
- *No one will be turned away for lack of funds*
- Contact Regina at 12thstepwithin@oaoci.org



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



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 _____

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.