

The 5th TRADITION

June 2026 / July 2026

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



Tami H 6 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 May 15.
Let's fill this part of the newsletter up

2025 Board Members

- CHAIR:** Gar R.
- VICE CHAIR:** Jo H.
- SECRETARY:** Sandy M.
- TREASURER:** Brian L.
- SPECIAL EVENTS:** Rich B.
- WORKSHOPS CHAIR:** Jackie C.
- DIGITAL RESOURCES:** Jesse H.
- 5TH TRADITION EDITOR:** Eric Y.
- PUBLIC OUTREACH:** Jackie C.
- DELEGATE COORDINATOR:** Bob K.
- REGION 2 REP:** NOEI A.
- WORLD SERVICE REP:** Joy V.

Program Wisdom:

“Nothing can bring you peace but yourself.”
— Ralph Waldo Emerson—

Like it or not, I am part of a world that searches after possessions and prestige as if they are the key to happiness. Owning certain luxuries is called “living well.” But is it, really? Living well is an internal condition, not an external one. If I rely on something outside myself—possessions, people, places—the good feeling can be taken away as easily as it is given.

I want my feeling of worth to come from within, my place in the world to come from being at peace with myself. That is what the twelve-step program enables me to provide for all my needs.

For Today: I cannot will myself to have peace of mind, but I can re-examine my priorities. Am I putting enough time and effort into activities that nurture my spirit?

— Overeaters Anonymous, For Today —

March 14

« « « » » »

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			
7:30 AM	BURBANK	OA 12 & 12 BOOK STUDY Little White Chapel; 1711 N. Avon St. Burbank 91505 1 st Floor Library	LENNOX 818-667-3992
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
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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

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SPECIAL EVENTS & FUNDRAISING

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5th TRADITION NEWSLETTER

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PUBLIC OUTREACH

Jackie C. (818) 970-9807
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WORLD SERVICE REP

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

DELEGATE COORDINATOR

Bob 661-373-1272
delegates@oasfvalley.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

When is
“Good Enough” ...
ENOUGH?!

Am I too much?

Am I fit enough?

I just want peace.

Not enough?

When will I feel okay with myself?

- ♥ thin enough?
- ♥ loved enough?
- ♥ full enough?
- ♥ fit enough?
- ♥ Am I enough?

Join us on Zoom

📅 JUNE 13 | 🕒 2:30–4:00 EST

to explore anorexia, bulimia, over exercise and negative self talk.

Meeting ID: 816 88628727 | Passcode: 561561
RSVP: Jody 561-212-7366

 **OVEREATERS ANONYMOUS**
PALM BEACH COUNTY INTERGROUP

Region Two OA EVENT

R2 CONVENTION 2026



Register Now!



**LIMITLESS
EXPANSION**

JULY 10-12

VIRTUAL VIA ZOOM

Registration Now Open !

<https://www.oar2.org/r2-convention-2026.html>

Region Two OA EVENT



REGION 2
OF OVEREATERS ANONYMOUS

MEET & GREET

SPONSORSHIP DAY 2026

FINDING FELLOWSHIP THROUGH SPONSORSHIP



FRI AUG 21
7-9P PACIFIC

MEETING ID:
846 0010 0843
PASSCODE:
12x12x12

[OAR2.ORG/EVENTS](https://oar2.org/events)

English & Spanish-speaking members welcome
Miembros de habla inglesa u española bienvenidos

\$5 SUGGESTED DONATION
No registration necessary | No es necesario registrarse

Region Two OA EVENT

*Overeaters Anonymous
Women's Retreat*

SOAR.

Sisters in OA Recovery

SURRENDER • OVERCOME • AWAKEN • RISE



Save the Dates

October 2 - 4, 2026

Holy Spirit Retreat Center, Encino, Ca.



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.