

The 5th TRADITION

August 2026 / September 2026

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

HAPPY BIRTHDAY

Rich B 2 Years

Danielle G. 4 Years

Laura M 5 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 Sept 15.
Let's fill this part of the newsletter up

2026 Board Members

CHAIR: **Gar R.**

VICE CHAIR: **Jo H**

SECRETARY: **Trish T.**

TREASURER: **Brian L.**

SPECIAL EVENTS: **Rich B.**

12TH STEP WITHIN: **Chris S.**

DIGITAL RESOURCES: **Jesse H.**

5TH TRADITION EDITOR: **Eric Y.**

PUBLIC OUTREACH: **Jackie C.**

DELEGATE COORDINATOR: **Bob K.**

REGION 2 REP: **NOEIL A**

WORLD SERVICE REP: **Joy V.**

Program Wisdom:

One Day at a Time: Focus only on staying sober today, not forever.

Easy Does It: Slow down and stop rushing or panicking.

Keep It Simple: Avoid overthinking and stick to the basics.

First Things First: Put sobriety ahead of all other drama or tasks.

Progress, Not Perfection: Growth takes time, and mistakes happen.

This Too Shall Pass: Hard feelings and cravings are only temporary.

Live and Let Live: Stop trying to control others and focus on yourself.

Keep Coming Back: Stay consistent by showing up to meetings.

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
7:00 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
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. lindavoice23@gmail.com
Shirley W. wittmiya@aol.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

Trish T.
secretary@oasfvalley.org

TREASURER

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

SPECIAL EVENTS & FUNDRAISING

Rich B. 310-497-7949
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



The poster features a vibrant beach scene with a blue sky, white clouds, and a palm tree on the left. In the background, the Annenberg Beach House is visible on the right. The central illustration shows two groups of people, men and women of various ethnicities, participating in a tug-of-war competition on a sandy beach. The text is bold and colorful, with 'BEACH DAY!' in large, dark blue letters. The event details are organized into sections with icons: a calendar for the date, a clock for the time, a location pin for the venue, and a list of items to bring. The bottom section includes icons for amenities like a speaker, microphone, restrooms, showers, snack bar, and restaurant, along with a parking icon and a heart icon for the welcome message.

OA San Fernando Valley, *Intergroup proudly invites you*

BEACH DAY!

Let's celebrate recovery, fellowship,
and unity at the beach!

TUG O WAR

BRING:

- Beach games (10 games begin)
- Boards and card games
- Blankets
- Canopies
- Your abstinent lunch
- Plenty of water
- Musical instruments *Bring yours!*
- We will have a speaker and microphone
- Bring families!
- Bring shovels!
- Sand castle competition!

SCHEDULE:

- 9:00 AM**
Beach meditation
- 2:00 PM**
OA Meeting in the Sand

FOR NAVIGATION:

415 Palisades Beach Road,
Santa Monica, CA, 90402

WE WILL HAVE:

- SPEAKER
- MICROPHONE
- RESTROOMS
- SHOWERS
- SNACK BAR
- RESTAURANT

Plenty of facilities for your comfort and convenience!

**PARKING IS LIMITED,
so come early**
for the best chance

The City of Santa Monica charges approximately \$15 for the day
on a first come first serve basis.

Everyone is welcome!

FOR INFORMATION
Email Rich B at
intergroupdev@sfvalley.org

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



Urban Retreat

RECOVER TOGETHER. GROW TOGETHER.



SATURDAY, OCTOBER 10
10:00 AM – 4:15 PM

OA TOOLS OF RECOVERY

A PLAN OF EATING • ACTION PLAN • TELEPHONE
MEETINGS • LITERATURE • WRITING
SERVICE • ANONYMITY • SPONSORSHIP

Join us for a day of experience, strength, and hope as
nine OA members share how these tools support their recovery.

PANEL 1 BUILDING A SOLID FOUNDATION



A PLAN OF EATING

Nourishing our
bodies and
our recovery.



ACTION PLAN

Turning intention
into action—
one day at a time.



TELEPHONE

Reaching out
keeps us
connected.

PANEL 2 LEARNING & GROWING



MEETINGS

Where recovery
happens—
together.



LITERATURE

Our daily read—
guidance for
everyday living.



WRITING

Finding clarity
one step
at a time.

PANEL 3 LIVING OUR PROGRAM



SERVICE

Giving back
deepens
our gratitude.



ANONYMITY

Our spiritual
foundation of
humility and safety.



SPONSORSHIP

One addict helping
another find freedom.



SUGGESTED
DONATION
\$20



NO ONE WILL
BE TURNED AWAY
FOR LACK OF FUNDS.



NO PRE-REGISTRATION
NECESSARY.



ROOM AND BOARD
ARE NOT
INCLUDED.



RESTAURANT LIST
AVAILABLE OR
BRING A LUNCH.



A REFRIGERATOR
IS AVAILABLE.



SAN DIEGO BAHAI CENTER
6545 Alcala Knolls Drive
San Diego, CA 92111



INFO & SERVICE OPPORTUNITIES:
retreats@oasandiego.org

Recovery is possible. We do it one day at a time. ♥

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

OTHER OA EVENTS

*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.



OTHER OA EVENTS



SGVIE Intergroup Presents

In Person Boutique & Collectibles Event

Sunday, October 18, 2026 11:00 a.m. - 3:00 p.m.

Overeaters Anonymous® SAN GABRIEL VALLEY INLAND-EMPIRE IG
1157 E. ARROW HWY, STE. 4 GLENDORA, CA 91740 OASGVIE.ORG

New and gently used clothing for sale. All proceeds to benefit SGVIE Intergroup. **Drop Off Deadline: October 15, 2026.**

What's for sale?

- Clothing (Men & Women's)
- Shoes
- Accessories (handbags, scarves and belts, etc.)
- Jewelry
- Collectibles
- Home & garden decor **Silent Auction**
- Art or Crafted Jewelry made by SGVIE Artists



Contact: Kathy W.

Phone: (626) 367-2635

JOIN your fellows in SGVIE's Meeting Room for this fun-filled event. **Don't miss this shopping extravaganza!**

OTHER OA EVENTS

OA Men's Retreat 2026

East Bay Unity OA presents 24th Annual Men in Recovery Retreat

October 30 - November 1, 2026



We are a small self led retreat of 20 guys. We've been meeting for over 20 years.

The Villa Maria del Mar is located on a cliff overlooking Monterey Bay with a beautiful, accessible beach down below. The registration fee includes two-night accommodations plus six meals from Friday night dinner through Sunday lunch. There is a full program of meetings on a variety of topics relevant to OA men, but also plenty of free unstructured time for conversations, reading or relaxation.

Registration The registration fee for two persons shared room is \$380.00 per person. A limited number of private rooms are available for \$470.00. Commuter rate (no overnight stay) \$240.00. Registration closes on September 25th. Payment in full at time of registration is required. There are only 20 spots available so apply early! Ask about available scholarships.

For more information or to register online with a form at

https://docs.google.com/forms/d/e/1FAIpQLSefvibWmfT8vyxabQiDiugebt_xYKZ2S_q4iGrEdP2T3WO2PQ/viewform?vc=0&c=0&w=1&flr=0

Or send email to mensoasc20@gmail.com or call/text Don H at 415 246 3086

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%

oasvalley.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.