

# THE 5<sup>TH</sup> TRADITION

## May 2010 Newsletter and Meeting Directory

OA San Fernando Valley Intergroup • 7133-B Darby Ave • Reseda, CA 91335 • www.oasfvalley.org • email: info@oasfvalley.org  
General Info 818.342.2222 • Business Office 818.881.4776 • Office Hours: Mon, Tues, Thurs 12-3:30pm, Wed 6-8pm

### BIRTHDAYS

Allie	1 years
Jack T.	3 years
Stacy Alyse	3 years
Alison	7 years

### CALENDAR

Apr 24	Steps 4 & 5 Workshop
May 3	Board Meeting
May 15	Game Night
May 17	Delegates Meeting
May 24	Relapse Workshop
Jun 4-6	2010 Region 2 Convention San Mateo
Jun 12	Freedom From Bondage Retreat
Aug 20-22	OA Men's Retreat Santa Barbara

### LITERATURE CORNER

CDs from the "Relapse: The Phenomenon and The Recovery" March 2010 workshop are now available for \$10 per 2-disc set. The 2010 workshops on Step 1 and Steps 2 & 3 are also available.

To purchase, contact the OA office or see your literature representative for an order form.

12th Step Within Committee Presents:

### "STEPS 4 & 5 WORKSHOP"

Saturday, April 24, 2010 from 1-3pm at the OA Darby Office

Move beyond the Food and the Emotional Havoc to a fuller living experience! Learn how members build their courage and integrity by working steps 4 & 5. Please bring paper, pen/

pencil, OA 12 & 12 and Big Book. Join us on Saturday, April 24th at the OA Darby office from 1pm - 3pm for a workshop on steps 4 and 5. There is a \$5 suggested donation.

For more information, pick up a flyer at your meeting, go to www.oasfvalley.org, or call Carol B (818) 370-3602.

Please park in the lot across the street, and not the bank lot.

Intergroup Development Presents:

### "OA Game Night"

Saturday, May 15, 2010 from 8-10:30pm at the OA Darby Office

Come challenge your fellows to the board game or card game of your choice on a Saturday

night. There will be coffee, tea, and music. B.Y.O.G. (Bring Your Own Game) if you like!

Suggested donation of \$5. For more info, call Cindy (949) 370-9453, or Allie (310) 990-2744.

12th Step Within Committee Presents:

### "We Are Not a Glum Lot!" Workshop

Sunday, May 23, 2010 from 1-3pm at the OA Darby Office

Hear abstaining members share their experience of welcoming joy into their recovery, and how it helps to carry the message of

hope. Celebrate and rediscover the ways you love to have fun. There is a \$5 suggested donation.

For more information, go to www.oasfvalley.org, or call Carol B (818) 370-3602.

12th Step Within Committee Presents:

### "FREEDOM FROM BONDAGE" ONE DAY RETREAT

Saturday, June 12th from 9 am to 5:30 pm, Granada Hills Masonic Temple, 16535 Rinaldi Street

A long-timer will share her discovery of four critical elements that allow us to step into the freedom shared in the Big Book, where we no longer yearn for

any aspect of our disease. There will be small group sharing, writing, meditations, guided visualizations and large group sessions.

Registration is \$55, including an abstinent lunch. Contact Erin J, (818) 456-7557, for more information.

23rd Annual Southern California OA Men's Stag Retreat Committee Presents:

### "OA Men's Retreat"

August 20-22, La Casa de Maria, Santa Barbara

Dozens of men have gotten abstinence at this retreat. Many others come every year to reenergize their program. This

is the 22nd year of the retreat. Recovery happens here!

\$215 registration fee included 2 nights lodging, and 4 meals.

Contact Dave B, (619) 224-4500 or davebirge@cox.net or Don B, (619)889-7893 or debroudy@cox.net

## OA INFORMATION AND UPCOMING EVENTS

### 2010 Region 2 Convention

June 4-6, 2010, Marriott San Mateo. SPEAKERS from all over our Region and the world. WORKSHOPS on hot topics such as 12 Steps, Food Plans, Abstinence, Body Image, Aging in OA, & Handling Challenging Life Events including Illness, Grief, Amends, & Sexual Attraction. There will also be EXCITING ENTERTAINMENT, dance, boutique, silent auction. Sign up before May 3rd at oar2.org for only \$35!

### A Joyful Pilgrimage

Join us on an "OA convoy" across the United States to celebrate the 50th anniversary of our fellowship. For more information, contact Larry Devlin at 856-419-0110 or larrydevlin1770@gmail.com.

### Young People's Committee

To volunteer or for more information about the meeting after school at Cleveland High on Wednesdays, contact Linda E. at 818.378.1072.

Find us online at [www.oasfvalley.org](http://www.oasfvalley.org) • "OASFValley" on Facebook and Twitter

# MEETING DIRECTORY

San Fernando Valley Intergroup — May 2010

**“The Only Requirement For Membership Is A Desire To Stop Eating Compulsively”**

You are an OA member if you say so. No matter who you are, no matter how low you have gone, no matter how grave your emotional complications, you are an OA member the minute you declare yourself.

– 3rd Tradition of Overeaters Anonymous

## SUNDAY

7:30 AM	Studio City	<b>Focus On Permanent Recovery</b> , Unitarian Church, 12355 Moorpark, 1st floor	Kevyn Judy	(818) 509-2923	S, P, C
9:00 AM	Reseda	<b>Sunday Morning Women's Stag</b> , OA Office 7133-B Darby Ave	Katrina	(818) 434-7726	S, P, C, HC
9:00 AM	Panorama City	<b>Recovery From Relapse</b> , Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Sandra B. Jan D.	(818) 415-7280 (818) 398-3000	1 hr, S, P, HC
10:00 AM	Oak Park	<b>Focus on Recovery</b> , Mae Boyer Park Rec Center, 130 N Kanan Rd	Alyce Sam	(818) 425-0346 (818) 340-8040	1¼ hr
5:00 PM	Sherman Oaks	<b>Sundowner's Meeting</b> , SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	Lori Dyan	(818) 367-8899	S, P, C, HC
6:00 PM	Reseda	<i>Occupied, OA Office, 7133-B Darby Ave</i>			1.5 hr
8:00 PM	Reseda	<b>Sunday Night Solutions</b> , OA Office, 7133-B Darby Ave	Mike S.	(818) 300-3418	S, P, C, HC, 1¼hr

## MONDAY

7:30 AM	Studio City	<b>Focus On Permanent Recovery</b> , Unitarian Church, 12355 Moorpark, 1st floor	Katherine	(818) 667-3992	S, P, LS
12:00 PM	Thousand Oaks	<b>Anorexic, Bulimic, Compulsive Overeating Meeting</b> , 301. W. Avenida de Las Flores, 91360	Diana	(805) 496-9394	LS
12:30 PM	Reseda	<b>Lunch &amp; Literature</b> , OA Office, 7133-B Darby Ave	Frank Linda	(818) 376-0502 (818) 882-8640	1 hr, LS
6:00 PM	Thousand Oaks	<b>La Ventana Treatment</b> , 275 E. Hillcrest Drive, Suite 120			1.5 hr
6:00 PM	Reseda	<i>Occupied, OA Office, 7133-B Darby Ave</i>			1.5 hr
7:30 PM	Burbank	<b>Little White Chapel</b> , 1711 Avon, @ Jeffries	Angel	(323) 664-4655	S, P
7:30 PM	Woodland Hills	<b>The Whole Big Book</b> , United Methodist Church, 5650 Shoup Ave	Mark B.	(818) 399-0890	S, P, BB
8:00 PM	Northridge	<b>North Hills Retirement Home</b> , 10215 Balboa Blvd	Dave Page	(818) 217-5663 (818) 360-7756	1 Hr, BB, S, P
8:00 PM	Valencia	<b>OA 12 &amp; 12</b> , Santa Clarita Methodist Church, 26640 Bouquet Cyn Rd	Gina	(661) 993-1770	SS, S, P, C
8:00 PM	Encino	<b>Monday Night Miracles</b> , Encino Community Center, 4935 Balboa Blvd	Ian	(818) 307-0917	S, P, C, HC, 1hr

## TUESDAY

7:30 AM	Studio City	<b>Big Book Study</b> , Unitarian Church, 12355 Moorpark, 1st Floor	Cherie Winnie	(818) 456-7710 (818) 726-4359	S, P, BB, HC
11:30 AM	Reseda	<b>AA 12 &amp; 12</b> , OA Office, 7133-B Darby Ave	Maureen	(818) 700-0067	P, 1hr
6:00 PM	North Hollywood	<b>AA 12 &amp; 12</b> , Spirit of Studio 12, 6006 Laurel Canyon	Sandy S.	(818) 982-2392	SS, 1hr
6:30 PM	Reseda	<b>Big Book Study</b> , OA Office, 7133-B Darby Ave	Bob R.		BB, HC, 1hr
7:00 PM	Newhall	<b>Barnabus House</b> , 24417 Chestnut Street	Debbie	(661) 253-3336	S, P, C, 1 hr
7:00 PM	Simi Valley	<b>United Methodist Church</b> , 2394 Erringer, Room 10	Joan S.	(818) 371-7463	LS
7:30 PM	Lancaster	<b>Lutheran Church</b> , 1821 W Lancaster Blvd (NC – 7PM)	Gail	(661) 772-5833	P, NC
7:30 PM	Oak Park	<b>Mae Boyer Park</b> , 130 N Kanan Road	Felice R.	(818) 889-0930	S, P, C
8:00 PM	Reseda	<b>Came To Believe</b> , OA Office, 7133-B Darby Ave	Janine Patricia	(818) 307-0918 (323) 337-4062	LS, S, P, HC, 1hr

Meeting Treasurers: Please reconcile your 7th Tradition and distribute monthly!

Our 7th Tradition states: "Every OA group ought to be fully self supporting, declining outside contributions." Please consider a \$3.00 donation per meeting to help in our goal to carry the message!

All format emphasis of the groups listed are for the convenience of the fellowship. It is the policy of Overeaters Anonymous and the San Fernando Valley Intergroup that ALL compulsive eaters ARE WELCOME at any and all OA meetings and do not have to meet the suggested emphasis of any of the meetings. The San Fernando Valley Intergroup endorses the policy of the 1987 World Services Conference, that it is a violation of Tradition Ten to offer any food plan at OA meetings. Accordingly, no food plan should be used, sold, or given away at any meeting held by any group in the San Fernando Valley Intergroup.

MEETING CODES: BB = Big Book study, C = Chips given for lengths of abstinence, HC = Handicapped facilities available, HOW = Structured suggestions for recovery, LS = Literature Study, NC = Newcomer's Meeting (usually ½ hour before the meeting begins), P = Participation meeting, Q&A = Questions and Answers, S = Speakers Meeting, SS = Step Study, W = Writing Meeting. All Meetings are Non-Smoking.

**WEDNESDAY**

<b>7:30 AM</b>	Studio City	<b>OA Stories &amp; Abstinence</b> , Unitarian Church, 12355 Moorpark, 1st floor	Shirley W-M M Beverly	(818) 951-1605 (818) 508-9509	S, P, LS
<b>10:15 AM</b>	Studio City	<b>Woman's Stag</b> , Call for Location	Rhoda S.	(818) 766-2863	
<b>10:30 AM</b>	Reseda	<b>The Word On Recovery</b> , OA Office, 7133-B Darby Ave	Marilyn	(818) 881-6977	LS, P, HC
<b>3:15 PM</b>	Reseda	<b>Young People's Meeting</b> , Cleveland High School, Rm K2, 8140 Vanalden Ave, Reseda	Linda E.	(818) 378-1072	S, P, CC
<b>6:00 PM</b>	Studio City	<b>Unitarian Church</b> , 12355 Moorpark	Andrea	(818) 515-4176	S
<b>6:00 PM</b>	Thousand Oaks	<b>Anorexic-Bulimic-COE Emphasis</b> , 275 E. Hillcrest Drive, Suite 120	Eileen	(805) 402-7126	P
<b>6:00 PM</b>	Valencia	<b>Santa Clarita Methodist Church</b> , 26640 Bouquet Cyn Rd	Debbie	(661) 253-3336	S,PLS 1hr
<b>6:15 PM</b>	Reseda	<b>Anorexic-Bulimic-COE Emphasis</b> , OA Office, 7133-B Darby Ave, children welcome	Tricia	(818) 353-7339	S,P,C,HC, 1hr
<b>8:00 PM</b>	Reseda	<b>100 Pounder's Meeting</b> , OA Office, 7133-B Darby Ave (Newcomers 7:30 PM)	Carole	(818) 554-7242	S, P, C, HC

**THURSDAY**

<b>7:30 AM</b>	Studio City	<b>OA 12 Step Study</b> , Unitarian Church, 12355 Moorpark, 1st Floor	Janice B.	(818) 506-4181	SS, (OA), C
<b>7:30 AM</b>	Studio City	<b>Anorexic/Bulimic Emphasis</b> , Unitarian Church, 12355 Moorpark, 2nd floor	Angie Eva	(818) 294-8196 (818) 486-3802	S, P, C
<b>12:00 PM</b>	Reseda	<b>Big Book/First 164 Pages</b> , OA Office, 7133-B Darby Ave	Richard R.	(818) 994-9318	BB
<b>7:00 PM</b>	Simi Valley	<b>United Methodist Church</b> , 2394 Erringer Ave, Room 11	Heather B.	(805) 210-2301	S, P, HC, C
<b>7:15 PM</b>	Studio City	<b>Primary Purpose Women's Meeting</b> , Little Brown Church, 4418 Coldwater Canyon	Darcy Shawn	(818) 648-3898 (310) 927-4449	1 hr, S, P
<b>7:30 PM</b>	Woodland Hills	<b>There is a Solution</b> , AA 12 & 12 Meeting, Woodland Hills Christian Church, 5920 Shoup (near Oxnard), Rm 10	Lisa	(818) 292-3454	LS, HC,LS, P, SS
<b>8:00 PM</b>	Northridge	<b>North Hills Retirement Home Library</b> , 10215 Balboa Blvd	Dave Page	(818) 217-5663 (818) 360-7756	1 hr, S. BB, P
<b>9:30 PM</b>	Reseda	Late Night Recovery, OA Office, 7133-B Darby Ave	Isky	(818) 470-4759	1 hr, L

**FRIDAY**

<b>7:30 AM</b>	Studio City	<b>Focus on Permanent Recovery</b> , Unitarian Church, 12355 Moorpark, 1st Floor	Laine P. Stephanie	(818) 395-0967 (818) 802-1148	SS, (AA), P
<b>11:30 AM</b>	Newhall	<b>Brownbag &amp; Literature Study</b> , Barnabus House, 24417 Chestnut St.	Betsy	(661) 269-0984	LS, 1 hr
<b>12:00 PM</b>	Thousand Oaks	<b>Anorexic/Bulemic/COE Emphasis</b> , Christian Church of Thousand Oaks, 301. W. Avenida de Las Flores	Diana Angela	(805) 496-9394 (818) 314-3269	LS, Brown Bag
<b>6:00 PM</b>	La Crescenta	<b>Church of Religious Science</b> , 4845 Dunsmore Ave (@ Santa Carlotta)	Shirley W-M	(818) 951-1605	SS, P, 1 hr
<b>6:00 PM</b>	Thousand Oaks	<b>La Ventana Treatment</b> , 275 E. Hillcrest Drive, Suite 120	Mickie	(805) 822-8829	
<b>6:30 PM</b>	Burbank	<b>Speaker/Step Study</b> , Little White Chapel, 1711 Avon Ave (upstairs)	Sara V.	(818)766-0583	SS, S, P, 1 hr
<b>7:30 PM</b>	Reseda	<b>Jump Start Your Weekend</b> , OA Office, 7133-B Darby Ave	Kira	(213) 595-2656	1 hr

**SATURDAY**

<b>7:30 AM</b>	Burbank	<b>Westminster Presbyterian Church</b> , 542 N Buena Vista (no child care)	Peggy John	(213) 453-1039 (818) 970-6085	S, P, HC, 1 hr
<b>8:00 AM</b>	Calabasas	<b>Recovery by Nature Hiking Meeting</b> , Juan Bautista de Anza Park, 3701 Lost Hills Rd.	Sam J.	(818) 564-4014	S, P, 1.5 hrs
<b>8:30 AM</b>	Reseda	<b>OA 12 &amp; 12 Study</b> , OA Office, 7133-B Darby Ave			SS, HC, 1hr
<b>9:30 AM</b>	Canyon Country	<b>Book Study</b> , "The Cocoon" Mini Mall, 27013 Langside Ave, Suite L	Judy	(818) 618-2387	LS
<b>10:00 AM</b>	Burbank	<b>United Methodist Church</b> , 2828 Magnolia Blvd	Charlee	(818) 980-7939	S, P, C
<b>10:00 AM</b>	Thousand Oaks	<b>Women's Stag</b> , 275 E. Hillcrest Drive, Suite 120	Eileen	(805) 402-7126	S, P, HC
<b>10:00 AM</b>	Reseda	<b>Spiritual Maintainers</b> , OA Office, 7133-B Darby (please, no parking in bank parking lot)	Arlene Ron	(818) 344-4258 (818) 361-0895	S, P, HC, 1.5 hrs
<b>1:00 PM</b>	Reseda	<b>Group Meditation</b> , OA Office, 7133-B Darby Ave 1 <sup>st</sup> & 3 <sup>rd</sup> Sat only, Please be prompt, doors will be locked	Linda S	(818) 802-0497	1hr
<b>2:30 PM</b>	Studio City	<b>Studio City Park</b> , 12621 Rye Street (Recreation Bldg.)	Gail P.	(818) 769-7506	S, P, C, 1 hr
<b>6:30 PM</b>	Reseda	<b>Saturday Night's Alright for Recovery!</b> OA Office, 7133-B Darby Ave	Sonia	(818) 786-9113	

# CONTACT INFORMATION

San Fernando Valley Intergroup — May 2010

## EMAIL OUTREACH

Carla N  
pc5965@yahoo.com

Cindy S  
cynthesismusic@yahoo.com

Daniel  
res0vdxu@verizon.net

Denise B  
Deniseb999999@sbcglobal.net

Erik G  
erikdg@erik.com

Georgia T  
rd2happydes10e@yahoo.com

Ira H  
ira1@stegalamusic.com

Jacqui R  
glitzie2@pacbell.net

Jerry F  
fisherjerry@gmail.com

Jim S  
shalom@loudpushyjew.com

Jodi  
bolarciego@hotmail.com

John Y  
johnnybyoung@yahoo.com

Julia  
jurni1126@sbcglobal.net

Ken R  
kenjamin@socal.rr.com

Leah O  
leahoverbey@gmail.com

Linda S  
lindavoic23@yahoo.com

Liza  
ladue22@yahoo.com

Lynn B  
lynn91344@yahoo.com

Mary Ann  
oaladymaryann@aol.com

Mary P  
mary134e@yahoo.com

Maxine R  
mrefkin@aol.com

Mike S  
PINNNBALLL@aol.com

Patricia S  
pshabel@yahoo.com

Sandy M  
san4fran@pacbell.net

Shirley WM  
wittmiya@aol.com

Steve  
SeeSteve@yahoo.com

## OA San Fernando Valley Intergroup Service Board

<b>Board Chair</b> Alison S. 818.292-4698 alison.p.sullivan@gmail.com	<b>12th Step Within</b> Carol B. 818.370.3602 cmb4252@ca.rr.com	<b>Professional Outreach</b> Jodi G. 661.313.2661 joyousjodi@ca.rr.com
<b>Vice Chair</b> Claire C. 661.297.9889 clairecoa@yahoo.com	<b>Literature-Lifeline</b> Jack T. 818.400.7005 saucyjack1968@yahoo.com	<b>Public Information</b> Mark B. 818.399.0890 mabwon@aol.com
<b>Treasurer</b> Sharon W. 818.631.1702 oasharon@gmail.com	<b>5th Tradition</b> Heather H. 818.203.9665 hlhgraphics@gmail.com	<b>Region 2</b> Terry T. 805.551.5055 terry_talley@hotmail.com
<b>Secretary</b> Laine P. 818.395.0967 Laine2sang@yahoo.com	<b>Intergroup Development</b> Cindy S. 949.370.9453 cynthesismusic@yahoo.com Allie 310.990.2744 allisondiana@gmail.com	<b>World Service</b> Barbara D. 818.981.3222 barbarajackson@sbcglobal.net Hank N. 818.939.4232 worksthe12steps@gmail.com

## Outreach Contact Information

Before that first compulsive bite, call or email instead. ABSTINENCE is the MOST IMPORTANT THING ...without exception!

### 24 HOUR HOTLINE

Bernice 818.763.6387

Dan L. 818.884.6379 (M)

Ira H. 818.222.4116 (M)

Mary Ann 818.652.6124

Mary P. 818.848.2994

Paul H. 818.787-0288 or  
818.317.5681 (M)

Steve 818.298.8002

Wanda Z. 818.896.7262 (M)

M.E. 805.577.8349

Terri 805.495.8881 (M)

Jim S 805.908.1199

Deon 661.254-7360 (M)

Jodi 661.313-2661

Ric 661.254-7360 (M)

Patricia S. 323.337-4062

Fred V. 323.569-6230

Hank 818-939-4232

### SPECIFIED HOURS

Carla 818.642.8543  
Leave message

Gail P. 818.769-7506  
10AM – 6PM

Shelli 818.294-5837  
9AM – 8PM

Susan L. 818.845-1368  
9AM – 9PM

Stacie H. 818.645-0146  
8AM – 8PM

Shoshanna 805.404-5315  
4PM – 9PM

Gail 661.722-5833  
7PM – 11PM

Cindy S. 949.370-9453  
noon to 3am msg

### OTHER OA NUMBERS

For meetings outside the Southern California area, call the OA World Service office M-F from 8AM to 4:30PM MT at 505.891.26 OA Game Night 64, or log onto the Internet and find a meeting at [www.oa.org](http://www.oa.org).

Beach Cities (310) 374-8533

Foothill (626) 568-7511

Inland Empire (909) 715-2080

LA Intergroup (323) 653-7652

San Diego (619) 521-2538

San Gabriel (626) 335-3355

Channel Islands (805) 899-3250

South Bay (562) 493-9030

### RELATED LINKS

CEA-HOW (310) 364-4359

### PROFESSIONAL OUTREACH AWARENESS CAMPAIGN

Take a Courier Newsletter and 5th Tradition to your doctor, dentist, nutritionist, therapist, trainer, coach, educator, and clergy, etc.

Make them aware of OA's 12 Step program of recovery so they can pass it on to those who still suffer. For information or email versions, contact Jodi G, 661.313.2661

### Has your meeting GOT DELEGATE?

Be of service and please attend all delegates meetings, held on the 3rd Monday of the month, at 7:30pm at the OA Darby office. Contact Delegates Coordinator Michele FH, mfh1017@aol.com.

*Make use of our donated soda machine with sugar-free sodas and large bottles of water. Drink lots of water!!!!*

### SPANISH OUTREACH

Sam J. está disponible para los miembros de habla hispana del OA. Llámelo por favor en (818) 564-4014.

### STEP 5

“Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”

### TRADITION 5

“Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.”