

THE 5TH TRADITION

January/February 2011 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

If you have a birthday coming up, please email your name and number of years of recovery to hlhgraphics@gmail.com

CALENDAR

Jan 22	Steps 1 & 2 Workshop
Feb 4-6	OA Birthday Party Culver City
Feb 7	Board Meeting
Feb 21	Delegate's Meeting
Feb 27	Food School Workshop
Mar 7	Board Meeting
Mar 21	Delegate's Meeting
Mar 27	Step 3 & Loving Yourself in Recovery

LITERATURE CORNER

SPECIAL!

CDs from the "Freedom From Bondage" June 2010 Retreat have been marked down to \$20 for the 4-disc set. Get your copy now!

To purchase these CDs, go to www.oasfvalley.org, contact the OA office, or see your literature representative for an order form.

12th Step Within Committee Presents:

"STEP 1 & 2 WORKSHOP"

Saturday, January 22, 2011 from 1-3pm at the OA Darby Office

Join us on January 22nd at 1pm for a Steps 1 and 2 workshop. Recovering OAs share their experience, strength and hope working steps 1 and 2.

Admitting powerlessness is the powerful first step of recovery. Awakening to the unconditional love and strength of a Higher Power is the second. Let's

trudge the road together. Suggested Donation: \$5. For more information, contact Kristen at 818-406-2606.

Los Angeles Intergroup Presents:

"51ST ANNUAL OA BIRTHDAY PARTY"

February 4-6, 2011, Radisson Westside Hotel, 6161 West Centinela Ave, Culver City, 90230

The annual OA Birthday Party is a three day celebration of OA's founding in 1960.

Every year, recovering compulsive overeaters from around the world gather to celebrate both the event and their recovery.

There will be workshops, panels, marathon meetings, a dance on Saturday night and fellowship all weekend. The Birthday Party will be held at the Radisson Westside Hotel in Culver City.

Registration is \$45 and onsite registration will be available at \$55. Visit www.oalaig.org for current schedule and other package prices (including hotel and meals).

12th Step Within Committee Presents:

"FOOD SCHOOL"

Sunday February 27, 2011 from 1-3pm at the OA Darby Office

Recovering OAs share their unique answers to the common question, "What should I eat?"

Don't miss this popular and valuable presentation from 1-3pm at the Darby Office.

Suggested Donation: \$5. For more information, contact Kristen at 818-406-2606.

San Fernando Valley Intergroup Presents:

"2010 Workshops CD Series"

Available through the OA Reseda Darby office or your literature representative

The entire collection of workshops put on by the San Fernando Valley Intergroup Development will be available as an entire set at the end of December. The \$35 collection will include 20 CDs with the

recordings from the 10 different workshops presented: Step 1, Steps 2 & 3, Steps 4 & 5, Steps 6 & 7, Steps 8 & 9, Steps 10 & 11, Step 12, We Are Not a Glum Lot, Relapse, and Tools of Recovery.

To purchase these CDs, go to www.oasfvalley.org, contact the OA office, or see your literature representative for an order form.

OA Related Announcements

New Friday Meeting in North Hills

There is a new literature speaker meeting on Friday nights at 7pm focused on the OA 12&12, at "The Onion" Sepulveda Unitarian/Universalist Church, 9550 Haskell Ave (just north of Plummer). For more information, contact Jack, 818.400.7005.

New Thursday Night Meeting in La Crescenta

There is a new meeting on Thursdays from 6 to 7pm at the Living Stones SDA Church located at 6235 Honolulu Ave, 91214. The meeting is in room 3 (flat part of the building behind the big tree, slightly to the right when you drive in.) For more information, contact Robin V. at 818-352-8383.

ATTENTION: OA SECRETARIES AND TREASURERS

The OA office will no longer accept checks that are more than 4 months old as our bank will no longer honor them. Please send your checks in as soon as possible to avoid the checks not being accepted at our bank.

Find us online at www.oasfvalley.org • "OASFValley" on Facebook and Twitter

MEETING DIRECTORY

San Fernando Valley Intergroup — January/February 2011

“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	Focus On Permanent Recovery , Unitarian Church, 12355 Moorpark, 1st floor	Keyvyn Judy	(818) 509-2923	S, P, C
9:00 AM	Reseda	Sunday Morning Women's Stag , OA Office 7133-B Darby Ave	Doritt	(818) 222-7375	S, P, C, HC
9:00 AM	Panorama City	Recovery From Relapse , Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Michele Kim	(818) 521-9291 (818) 317-5593	1 hr, S, P, HC
10:00 AM	Oak Park	Focus on Recovery , Mae Boyer Park Rec Center, 130 N Kanan Rd	Steve Jim	(818) 515-5773 (818) 796-1019	1¼ hr
5:00 PM	Sherman Oaks	Sundowner's Meeting , SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	Rochelle Lori	(818) 986-9922 (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	Sunday Night Solutions , OA Office, 7133-B Darby Ave	Mike S.	(818) 300-3418	S, P, C, HC, 1¼hr
MONDAY					
7:30 AM	Studio City	Focus On Permanent Recovery , Unitarian Church, 12355 Moorpark, 1st floor	Winnie Julee	(818) 726-4359 (818) 648-3666	S, P, LS
12:00 PM	Thousand Oaks	Anorexic, Bulimic, Compulsive Overeating Meeting , 301. W. Avenida de Las Flores, 91360	Diana	(805) 496-9394	LS
12:30 PM	Reseda	Lunch & Literature , OA Office, 7133-B Darby Ave	Frank Linda	(818) 376-0502 (818) 882-8640	1 hr, LS
6:00 PM	Thousand Oaks	La Ventana Treatment , 275 E. Hillcrest Drive, Suite 125	Eileen	(805) 402-7126	
6:00 PM	Reseda	<i>Occupied, OA Office, 7133-B Darby Ave</i>			1.5 hr
7:30 PM	Burbank	Little White Chapel , 1711 Avon, @ Jeffries	Angel	(323) 664-4655	S, P
7:30 PM	Woodland Hills	The Whole Big Book , United Methodist Church, 5650 Shoup Ave	Sig	(818) 222-6365	S, P, BB
8:00 PM	Valencia	OA 12 & 12 , Santa Clarita Methodist Church, 26640 Bouquet Cyn Rd	Gina	(661) 993-1770	SS, S, P, C
8:00 PM	Encino	Monday Night Miracles , Encino Community Center, 4935 Balboa Blvd	Ian	(818) 307-0917	S, P, C, HC, 1hr
TUESDAY					
7:30 AM	Studio City	Big Book Study , Unitarian Church, 12355 Moorpark, 1st Floor	Cherie Winnie	(818) 456-7710 (818) 726-4359	S, P, BB, HC
11:30 AM	Reseda	AA 12 & 12 , OA Office, 7133-B Darby Ave	Maureen	(818) 700-0067	P, 1hr
6:00 PM	North Hollywood	AA 12 & 12 , Spirit of Studio 12, 6006 Laurel Canyon	Sandy S.	(818) 982-2392	SS, 1hr
6:30 PM	Reseda	Big Book Study , OA Office, 7133-B Darby Ave	Bob R.		BB, HC, 1hr
7:00 PM	Newhall	Barnabus House , 24417 Chestnut Street	Debbie	(661) 253-3336	S, P, C, 1 hr
7:00 PM	Simi Valley	United Methodist Church , 2394 Erringer, Room 10	Joan S.	(818) 371-7463	LS
7:30 PM	Lancaster	Lutheran Church , 1821 W Lancaster Blvd	Gail	(661) 772-5833	P, NC
7:30 PM	Oak Park	Mae Boyer Park , 130 N Kanan Road	Felice R.	(818) 889-0930	S, P, C
8:00 PM	Reseda	Came To Believe , OA Office, 7133-B Darby Ave	Michelle	(818) 687-5038	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

7:30 AM	Studio City	OA Stories & Abstinence , Unitarian Church, 12355 Moorpark, 1st floor	Janice Jim	(818) 309-3308 (818) 760-0423	S, P, LS
10:15 AM	Studio City	Woman's Stag , Call for Location	Rhoda S.	(818) 766-2863	
10:30 AM	Reseda	The Word On Recovery , OA Office, 7133-B Darby Ave	Suzy	(818) 591-0574	LS, P, HC
3:15 PM	Reseda	Young People's Meeting , Cleveland High School, Rm K2, 8140 Vanalden Ave, Reseda	Linda E.	(818) 378-1072	S, P, CC
6:00 PM	Studio City	No Matter What , Unitarian Church, 12355 Moorpark	Andrea	(818) 267-9827	S
6:00 PM	Thousand Oaks	Literature Study Meeting , 275 E. Hillcrest Drive, Suite 125	Eileen	(805) 402-7126	P
6:00 PM	Valencia	Santa Clarita Methodist Church , 26640 Bouquet Cyn Rd	Debbie	(661) 253-3336	S,P,LS 1hr
8:00 PM	Reseda	100 Pounder's Meeting , OA Office, 7133-B Darby Ave (Newcomers 7:30 PM)	Julee	(818) 648-3666	S, P, C, HC

THURSDAY

7:30 AM	Studio City	OA 12 Step Study , Unitarian Church, 12355 Moorpark, 1st Floor	Shirley W-M Julee L	(818) 951-1605 (818) 648-3666	SS, (OA), C
7:30 AM	Studio City	Anorexic/Bulimic Emphasis , Unitarian Church, 12355 Moorpark, 2nd floor	Angie Eva	(818) 294-8196 (818) 486-3802	S, P, C
7:30 AM	Thousand Oaks	Big Book/Writing Meeting , 275 E. Hillcrest Dr, Thousand Oaks (bring Big Book and pen and paper if you can)	Marisa	(818) 631-1227	
12:00 PM	Reseda	Big Book/First 164 Pages , OA Office, 7133-B Darby Ave	Richard R.	(818) 994-9318	BB
6:00 PM	La Crescenta	Living Stones SDA Church , 6235 Honolulu Ave, Room 3	Robin V.	(818) 352-8383	
7:00 PM	Simi Valley	United Methodist Church , 2394 Erringer Ave, Room 11	Heather B.	(805) 210-2301	S, P, HC, C
7:15 PM	Studio City	Primary Purpose Women's Meeting , Little Brown Church, 4418 Coldwater Canyon	Kim	(818) 317-5593	1 hr, S, P
7:30 PM	Woodland Hills	There is a Solution , AA 12 & 12 Meeting, Woodland Hills Christian Church, 5920 Shoup (near Oxnard), Rm 10	Lisa	(818) 292-3454	LS, HC,LS, P, SS
9:30 PM	Reseda	Late Night Recovery , OA Office, 7133-B Darby Ave	Isky	(818) 470-4759	1 hr, L

FRIDAY

7:30 AM	Studio City	Focus on Permanent Recovery , Unitarian Church, 12355 Moorpark, 1st Floor	Laine P. Stephanie	(818) 395-0967 (818) 802-1148	SS, (AA), P
11:30 AM	Newhall	Brownbag & Literature Study , Barnabus House, 24417 Chestnut St.	Betsy	(661) 269-0984	LS, 1 hr
12:00 PM	Thousand Oaks	Anorexic/Bulemic/COE Emphasis , Christian Church of Thousand Oaks, 301. W. Avenida de Las Flores	Diana Angela	(805) 496-9394 (818) 314-3269	LS, Brown Bag
6:00 PM	La Crescenta	Church of Religious Science , 4845 Dunsmore Ave (@ Santa Carlotta)	Shirley W-M	(818) 951-1605	SS, P, 1 hr
6:00 PM	Thousand Oaks	La Ventana Treatment , 275 E. Hillcrest Drive, Suite 125	Mickie	(805) 822-8829	LS, W
6:30 PM	Burbank	Speaker/Step Study , Little White Chapel, 1711 Avon Ave (upstairs)	Sara V.	(818)766-0583	SS, S, P, 1 hr
7:00 PM	North Hills	Acceptance is the Key , Unitarian/Universalist Church, 9550 Haskell Ave	Jack T.	(818) 400-7005	S, SS, C, 1 hr
7:30 PM	Reseda	Jump Start Your Weekend , OA Office, 7133-B Darby Ave	Ruth	(818) 390-3198	1 hr

SATURDAY

7:30 AM	Burbank	Westminster Presbyterian Church , 542 N Buena Vista (no child care)	Diane P	(323) 906-9309	S, P, HC, 1 hr
8:00 AM	Calabasas	Recovery by Nature Hiking Meeting , Juan Bautista de Anza Park, 3701 Lost Hills Rd.	Sam J.	(818) 564-4014	S, P, 1.5 hrs
8:30 AM	Reseda	OA 12 & 12 Study , OA Office, 7133-B Darby Ave			SS, HC, 1hr
9:30 AM	Canyon Country	Book Study , "The Cocoon" Mini Mall, 27013 Langside Ave, Suite L	Judy	(818) 618-2387	LS
10:00 AM	Burbank	United Methodist Church , 2828 Magnolia Blvd	Charlee	(818) 980-7939	S, P, C
10:00 AM	Thousand Oaks	Women's Stag , 275 E. Hillcrest Drive, Suite 125 (parking & entrance is in the back of the building)	Joan S.	(818) 371-7463	S, P, HC
10:00 AM	Reseda	Spiritual Maintainers , OA Office, 7133-B Darby (please, no parking in bank parking lot)	Rochelle Ron	(818) 986-9922 (818) 361-0895	S, P, HC, 1.5 hrs
1:00 PM	Reseda	Group Meditation , OA Office, 7133-B Darby Ave 1st Sat only, Please be prompt, doors will be locked	JJ	(818) 522-9332	1hr
2:30 PM	Studio City	Studio City Park , 12621 Rye Street (Recreation Bldg.)	Gail P.	(818) 769-7506	S, P, C, 1 hr
6:30 PM	Reseda	Saturday Night's Alright for Recovery! OA Office, 7133-B Darby Ave	Sonia	(818) 786-9113	

CONTACT INFORMATION

San Fernando Valley Intergroup — January/February 2011

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World Service

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sbasch@earthlink.net

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.
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

SPANISH OUTREACH

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

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