

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

Light

## February 2011 Newsletter Updates

OA San Fernando Valley Intergroup • 7133-B Darby Ave • Reseda, CA 91335 • [www.oasfvalley.org](http://www.oasfvalley.org) • email: [info@oasfvalley.org](mailto: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](mailto:hlhgraphics@gmail.com)

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.

### CALENDAR

Feb 27	Food School Workshop
Mar 7	Board Meeting
Mar 21	Delegate's Meeting
Mar 26	Bowling at Mission Hills Bowl
Mar 27	Step 3 & Loving Yourself in Recovery

12th Step Within Committee Presents:

### “STEP 3 & LOVING YOURSELF IN RECOVERY WORKSHOP”

Sunday, March 27, 2011 from 1–3pm at the OA Darby Office

Hear how abstaining fellows obtain and retain a fit spiritual,

physical and emotional condition. Suggested Donation: \$5.

For more information, contact Kristen at 818-406-2606.

Intergroup Development Presents:

### “BOWLING NIGHT 2”

Saturday, March 26, 2011 from 7:30-9:30pm at Mission Hills Bowl, 10430 Sepulveda Blvd

Come out for fun and fellowship at BOWLING NIGHT Saturday, March 26th, 2011

from 7:30 to 9:30pm. \$12 per person, including shoes. For more information,

contact Allie at 310.990.2744 or [allisondiana@gmail.com](mailto:allisondiana@gmail.com).

### 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](http://www.oasfvalley.org), contact the OA office, or see your literature representative for an order form.

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](http://www.oasfvalley.org), contact the OA office, or see your literature representative for an order form.

## OA Related Announcements

### Secretary Updates

Sunday 9am Panorama City Recovery from Relapse: Audrey, 818.368-1603.

Monday 8pm Encino Monday Night Miracles: Holly G. 818.905-5508. Youth friendly meeting.

Tuesday 7pm Simi Valley meeting: Michelle S, 805.501-6439.

Wednesday 10:30am Reseda: Nancy S, 818-347-4375 and Anita M.

Wednesday 6pm Thousand Oaks: Katie, 818.519-6540.

Thursday 7:30am Moorpark OA 12&12: Rhoda P, 805.509-2230 and Amy M, 323.270-4930.

Saturday 2:30pm Studio City Park: Denise B. 818 458-1641

### Meeting Changes

Wednesday 3:15pm Cleveland High Youth Meeting has closed.

Complete Meeting List Available at [www.oasfvalley.org](http://www.oasfvalley.org)

# CONTACT INFORMATION

San Fernando Valley Intergroup — February 2011 Newsletter Updates

## EMAIL OUTREACH

Carla N  
pc5965@yahoo.com

Cindy S  
cynthesismusic@yahoo.com

Daniel  
res0vdxu@verizon.net

Denise B  
Deniseb99999@sbcglobal.net

Erik G  
erikdg@erik.com

Georgia T  
rd2happydes10e@yahoo.com

Heather H  
hlhgraphics@gmail.com

Ira H  
ira1@stegalamus.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

### Board Chair

Carol B. 818.370.3602  
cmb4252@ca.rr.com

### Vice Chair

Claire C. 661.313.3796  
clairecoa@yahoo.com

### Treasurer

Sharon W. 818.631.1702  
oasharon@gmail.com

### Secretary

Alison S. 818.292-4698  
alison.p.sullivan@gmail.com

### 12th Step Within

Kristen M. 818.406.2606  
HRMKristen@gmail.com

### Literature-Lifeline

Stefanie M. 323.610.3747  
oastef@gmail.com

### 5th Tradition

Heather H. 818.203.9665  
hlhgraphics@gmail.com

### Intergroup Development

Allie 310.990.2744  
allisondiana@gmail.com

### Professional Outreach

[position available]

### Public Information

Mark B. 818.399.0890  
mabwon@aol.com

### Region 2

Terry T. 805.551.5055  
terry\_talley@hotmail.com

Shirley V. 818.764.1292  
sventress@gmail.com

### World Service

Shari B. 310.880.4750  
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  
Liza 818.203-9530  
8AM – 9PM

### 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](mailto: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!!!*

### Young People's Committee

To volunteer or for more information about recovery as a young person, please contact Kiley C. at [kileyc@roadrunner.com](mailto:kileyc@roadrunner.com).