

THE 5TH TRADITION

June/July 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 hlhgraphics@gmail.com

CALENDAR

May 22	Recovery from Relapse Workshop
Jun 6	Board Meeting
Jun 20	Delegate's Meeting
Jun 26	Recovery from Anorexia and Bulimia Workshop
Jul 4	Board Meeting
Jul 18	Delegate's Meeting
Aug 1	Board Meeting
Aug 15	Delegate's

LITERATURE CORNER

CDs from the Sponsorship workshop are now available along with the Steps 1 and 2, Food School, Step 3 and Loving Yourself in Recovery for \$10 for each 2 CD set. Get your copy now!

Go to www.oasfvalley.org, contact the OA office, or see your literature representative for an order form.

12th Step Within Committee Presents:

“RECOVERY FROM RELAPSE WORKSHOP”

Sunday, May 22, 2011 from 1–3pm at the OA Darby Office

Sometimes relapse is a part of recovery. Is it part of yours? Relapse often begins with the assumption that one is

normal, cured, and no longer in need of the practices and knowledge that are found in the 12 steps.

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

12th Step Within Committee Presents:

“ANOREXIA, BULIMIA, COMPULSIVE OVEREATING WORKSHOP”

Sunday, June 22, 2011 from 1–3pm at the OA Darby Office

Do you think you might be anorexic, bulimic, a compulsive overeater or a combination of any of these three? Do you have questions about these eating disorders but don't know

whom to ask? Do you have issues or behaviors around food that you are afraid to share? You are not alone. This two hour workshop will address some of the myths, answer

questions, and offer the experience, strength and hope of those who are in recovery. Suggested Donation: \$5. For more information, contact Kristen at 818-406-2606.

OASFVI Woman's Stagg Meeting Presents:

“The Women's Fall Retreat”

October 28-30, 2011 at the Holy Spirit Retreat Center, Encino

This year's focus will be on recovery by working the 12 Steps plus a “surprise” topic. Please bring your Big Book, pen and paper.

\$170 with a non-refundable deposit of \$85.00 to hold your spot. Balance will be due by October 15, 2011. No checks or cash will be accepted at the

retreat. For registration questions, call Robin at (818) 881-1632 or Casey at (818) 887-6222

The Ninth Tool: Action Plan

“An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence

and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member

and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

OA Related Announcements

Abstinence Redefined

At the 2011 World Service Convention, an amended definition of abstinence includes text about maintaining or working towards a healthy body weight now reads: “Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working toward or maintaining a healthy body weight. Spiritual,

emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step Program.”

New Thursday Meeting in Woodland Hills

Starting June 2, the “Sunshine Big Book Study” will meet from 7am to 8am at the Woodland Hills Community Church (21338 Dumetz Rd). Please contact Barbara O, 818-585-2384, or Hank N, 818-939-4232.

Spanish Phone Meeting

The Outreach Committee of the Greater New York Metro Intergroup has organized a new Spanish telephone meeting on Tuesdays at 6pm PST. The meeting details are on the OA website. The dial-in number is 712-432-3900 and the participant code is 629561#.

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.

ATTENTION:

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

MEETING DIRECTORY

San Fernando Valley Intergroup — June/July 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	Kevyn Judy	(818) 509-2923	S, P, C	\$162.72
9:00 AM	Reseda	Sunday Morning Women's Stag , OA Office 7133-B Darby Ave	Doritt	(818) 222-6365	S, P, C, HC	\$403.00
9:00 AM	Panorama City	Recovery From Relapse , Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Audrey Kim	(818) 368-1603 (818) 317-5593	1 hr, S, P, HC	\$517.86
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	\$256.29
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	\$257.42
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	Mark B.	(818) 399-0890	S, P, C, HC, 1¼hr	\$304.10
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	\$146.00
12:30 PM	Reseda	Literature-OA 12&12 , OA Office, 7133-B Darby Ave	Frank Linda	(818) 376-0502 (818) 882-8640	1 hr, LS	\$155.51
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	\$5.00
8:00 PM	Valencia	OA 12 & 12 , Santa Clarita Methodist Church, 26640 Bouquet Cyn Rd	Gina	(661) 993-1770	SS, S, P, C	\$138.97
8:00 PM	Encino	Monday Night Miracles , Encino Community Center, 4935 Balboa Blvd. Youth friendly meeting	Holly G.	(818) 970-4686	S, P, C, HC, 1hr	\$660.00
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	\$153.57
11:15 AM	Santa Clarita	OA 12 & 12 Step Study , 21430 Centre Pointe Parkway	Jessica	(661) 550-7992	SS, 1hr	
11:30 AM	Reseda	AA 12 & 12 , OA Office, 7133-B Darby Ave	Maxine Judy	(818) 785 -9483 (818) 497- 0712	P, 1hr	\$216.93
6:00 PM	North Hollywood	AA 12 & 12 , Spirit of Studio 12, 6006 Laurel Canyon	Sandy S.	(818) 982-2392	SS, 1hr	\$185.00
6:30 PM	Reseda	Big Book Study , OA Office, 7133-B Darby Ave	Bob R.		BB, HC, 1hr	\$41.50
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	Michelle S.	(818) 501-6439	LS	\$39.00
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	\$73.92
8:00 PM	Reseda	Came To Believe , OA Office, 7133-B Darby Ave	Michelle	(818) 687-5038	LS, S, P, HC, 1hr	\$232.80

All meeting contributions are year to date as of March, 2011.

Meeting Treasurers: Please reconcile your 7th Tradition and distribute monthly! A current Form 990 is available in the OA Reseda Darby office and available to our members.

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	Nancy	(818) 347-4375	LS, P, HC	\$585.31
6:00 PM	Studio City	No Matter What , Unitarian Church, 12355 Moorpark	Andrea	(818) 267-9827	S	
6:00 PM	Thousand Oaks	Literature Study , 275 E. Hillcrest Drive, Suite 125	Katie	(818) 519-6540	P	\$131.78
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	\$529.99
8:00 PM	La Crescenta	12 Steps & 12 Traditions Study , Living Stones SDA Church, 6235 Honolulu Avenue	Cathy	(818) 352-5415	SS, 1hr	

THURSDAY

7:00 AM	Woodland Hills	Sunshine Big Book Study , Woodland Hills Community Church, 21338 Dumetz Rd	Barbara O. Hank N.	(818) 585-2384 (818) 939-4232	BB, LS, P	
7:30 AM	Studio City	OA 12 Step Study , Unitarian Church, 12355 Moorpark, 1st Floor	Rhoda P Amy M.	(805) 509-2230 (323) 270-4930	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		\$28.00
12:00 PM	Reseda	Big Book/First 164 Pages , OA Office, 7133-B Darby Ave	Richard R.	(818) 994-9318	BB	\$196.95
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	Anita P.	(805) 380-4110	S, P, HC, C	\$156.00
7:15 PM	Studio City	Primary Purpose Women's Meeting , Little Brown Church, 4418 Coldwater Canyon	Kim	(818) 317-5593	1 hr, S, P	\$71.88
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	\$200.00
9:30 PM	Reseda	Late Night Recovery , OA Office, 7133-B Darby Ave	Tiana	(818) 644-7017	1 hr, L	\$217.87

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	\$168.00
11:30 AM	Newhall	Brownbag & Literature Study , Barnabus House, 24417 Chestnut St.	Betsy	(661) 269-0984	LS, 1 hr	\$30.90
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	\$60.00
6:30 PM	Burbank	Speaker/Step Study , Little White Chapel, 1711 Avon Ave (upstairs)	Sara V.	(818)766-0583	SS, S, P, 1 hr	\$100.00
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	\$190.67

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	\$627.25
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	\$120.00
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	\$353.64
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	\$644.33
1:00 PM	Reseda	Group Meditation , OA Office, 7133-B Darby Ave 1 st 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.)	Denise B.	(818) 458-1641	S, P, C, 1 hr	\$81.42
6:30 PM	Reseda	Saturday Night's Alright for Recovery! OA Office, 7133-B Darby Ave	Sonia	(818) 786-9113		\$13.50

CONTACT INFORMATION

San Fernando Valley Intergroup — June/July 2011

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

OA San Fernando Valley Intergroup Service Board

Board Chair

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Vice Chair

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[position available]

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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 505.891.2664, 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

Did you know?

- OA San Fernando Valley Intergroup (OASVIG), supports all OA meetings from Glendale to Thousand Oaks, from LaCresenta to Santa Clarita and Simi Valley and the entire San Fernando Valley.
- There are currently 51 meetings per week in the OASVIG, 13 of which are held at the Darby location.
- OASVIG is part of Region 2 – which encompasses California, Hawaii, Mexico and Northern Nevada, one of 10 Regions that make up OA World Service that has over 6,500 groups in 60 countries.

SPANISH OUTREACH

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

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

SERVICE OPPORTUNITIES

Want to be a part of the Evolution of Media for the SF Valley Intergroup? We are forming a committee to explore various ways of delivering our digital media to our membership! Please contact Carol B, cmb4252@ca.rr.com or 818 370-3602 to join.

Interested in a specific workshop topic, coordinating a workshop or helping set up 12-step workshops? Contact Kristen M at 818.406.2606 (call or text), or email hrmkristen@yahoo.com.

Put on Your Thinking Hats for Public Information: If you have any connections to radio/cable stations, publications, or just have a good idea, contact Mark B, 818-399-0890 or mabwon@aol.com.

If you would like to help create a home within a home for the young people of OA, please join us at the Encino Community Center, 4935 Balboa Blvd from 7pm to 7:45 pm on the last Monday of every month. Contact Kiley at KileyC@roadrunner.com.