

THE 5TH TRADITION

June / July 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

Susan W	21 years
Jacqui R	22 years

CALENDAR

May 23	We Are Not a Glum Lot Workshop
Jun 4-6	2010 Region 2 Convention
Jun 7	Board Meeting
Jun 12	Freedom From Bondage Retreat
Jun 21	Delegates Meeting
Jun 26	Steps 6 & 7 Workshop
Jul 5	Board Meeting
Jul 11	Tools Workshop
Jul 19	Delegates Meeting
Jul 31	Cafe Darbe
Aug 20-22	OA Men's Retreat Santa Barbara
Oct 29-31	OA Women's Fall Retreat, Encino

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.

12th Step Within Committee Presents:

“STEPS 6 & 7 WORKSHOP”

Saturday, June 26, 2010 from 1–3pm at the OA Darby Office

Open your life to HP's transforming power! Become wiser, saner, and more effective as we recover from the disease of

compulsive eating! Learn how abstaining members build their Willingness and Humility by working Steps 6 & 7!

For more information, contact Carol B at 818-370-3602 or cmb4252@ca.rr.com.

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

The 5th Tradition Is Going Green!

The 5th Tradition is now going to be printed every other month! Please email any changes by July 7th to Heather at hhlgraphics@gmail.com. Updates to meeting information can be found at www.oasfvalley.org.

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.

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!

WSCB Report

The 49th Overeaters Anonymous World Service Business Conference saw the adoption of a ninth tool ... “An Action Plan.” It was renamed on a vote of 90-82 from a “Plan of Moving” after much debate, because it was felt that “Action” is clearer and more flexible than the original wording. The details of the tool will be voted on by the WSBC in 2011.

One of the most exciting and important things to come out of the Conference was a decision by the Board of Trustees to decide to seek governmental recognition of Overeaters Anonymous on the occasion of its 50th Anniversary and to try to get proclamation(s) in time for the Convention which will be held in Los Angeles in late August. The conference was attended by OAs from near and far, including several of the 50 states, Canada and Mexico, England, Poland, Austria, and Germany and Australia. “Give as though your life depends on it”. In loving service, your delegates, Barbara D. & Hank N. *Please see www.oasfvalley.org for more details of this report.*

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

MEETING DIRECTORY

San Fernando Valley Intergroup — June / July 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	Focus On Permanent Recovery , Unitarian Church, 12355 Moorpark, 1st floor	Kevyn Judy	(818) 509-2923	S, P, C	
9:00 AM	Reseda	Sunday Morning Women's Stag , OA Office 7133-B Darby Ave	Katrina	(818) 434-7726	S, P, C, HC	
9:00 AM	Panorama City	Recovery From Relapse , 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	Focus on Recovery , Mae Boyer Park Rec Center, 130 N Kanan Rd	Alyce Sam	(818) 425-0346 (818) 340-8040	1¼ hr	
5:00 PM	Sherman Oaks	Sundowner's Meeting , 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	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	Katherine	(818) 667-3992	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 120			1.5 hr	
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	Mark B.	(818) 399-0890	S, P, BB	
8:00 PM	Northridge	North Hills Retirement Home , 10215 Balboa Blvd	Dave Page	(818) 217-5663 (818) 360-7756	1 Hr, BB, S, P	
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 (NC – 7PM)	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	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

7:30 AM	Studio City	OA Stories & Abstinence , Unitarian Church, 12355 Moorpark, 1st floor	Shirley W-M M Beverly	(818) 951-1605 (818) 508-9509	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	Marilyn	(818) 881-6977	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) 515-4176	S
6:00 PM	Thousand Oaks	Anorexic-Bulimic-COE Emphasis , 275 E. Hillcrest Drive, Suite 120	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
6:15 PM	Reseda	Anorexic-Bulimic-COE Emphasis , OA Office, 7133-B Darby Ave, children welcome	Tricia	(818) 353-7339	S,P,C,HC, 1hr
8:00 PM	Reseda	100 Pounder's Meeting , OA Office, 7133-B Darby Ave (Newcomers 7:30 PM)	Carole	(818) 554-7242	S, P, C, HC

THURSDAY

7:30 AM	Studio City	OA 12 Step Study , Unitarian Church, 12355 Moorpark, 1st Floor	Janice B.	(818) 506-4181	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
12:00 PM	Reseda	Big Book/First 164 Pages , OA Office, 7133-B Darby Ave	Richard R.	(818) 994-9318	BB
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
8:00 PM	Northridge	North Hills Retirement Home Library , 10215 Balboa Blvd	Dave Page	(818) 217-5663 (818) 360-7756	1 hr, S, BB, P
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 120	Mickie	(805) 822-8829	
6:30 PM	Burbank	Speaker/Step Study , Little White Chapel, 1711 Avon Ave (upstairs)	Sara V.	(818)766-0583	SS, S, P, 1 hr
7:30 PM	Reseda	Jump Start Your Weekend , OA Office, 7133-B Darby Ave	Kira	(213) 595-2656	1 hr

SATURDAY

7:30 AM	Burbank	Westminster Presbyterian Church , 542 N Buena Vista (no child care)	Peggy John	(213) 453-1039 (818) 970-6085	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, Downstairs Conference Room	Eileen	(805) 402-7126	S, P, HC
10:00 AM	Reseda	Spiritual Maintainers , 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
1:00 PM	Reseda	Group Meditation , OA Office, 7133-B Darby Ave 1 st & 3 rd Sat only, Please be prompt, doors will be locked	Linda S	(818) 802-0497	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 — June / July 2010

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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

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.

SPANISH OUTREACH

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

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

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!!!

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

LITERATURE CORNER

CDs from the "Step 4 & 5" April 2010 workshop are now available for \$10 per 2-disc set. The 2010 workshops on Step 1, Steps 2 & 3 and Relapse are also available.

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

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.