

# CONTACT INFORMATION

San Fernando Valley Intergroup — November 2009

## EMAIL OUTREACH

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## OA San Fernando Valley Intergroup Service Board

**Board Chair**  
Alison S. 818.292-4698  
apsullivan@socal.rr.com

**Vice Chair**  
Colleen T. 818.623.6785  
ctracy03@msn.com

**Treasurer**  
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**Secretary**  
Barbara D. 818.981.3222  
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**Professional Outreach**  
Abby C. 818.727.9444  
aec7216@lausd.net

**Public Information**  
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**Intergroup Development**  
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**5th Tradition**  
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san4fran@pacbell.net

**Literature-Lifeline**  
Vanessa R. 818.522.4571  
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**12th Step Within**  
Holly G. 818.970.4686  
hgrasso@att.net

**Region 2**  
Claire C. 661.297.9889  
clairecoa@yahoo.com

**World Service**  
Rhenetta W. 805.522.8910  
rweber@unitrin.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

### PUBLIC INFORMATION

Have you obtained and maintained a healthy body weight? Share your experience, strength and hope with others. Help spread the word of Overeaters Anonymous on the following websites:  
www.anonymousone.com or www.nwcr.ws (National Weight Control Registry) Send in your success stories and let others know it can be done!

### SPECIFIED HOURS

Carla 818.642.8543  
Leave message  
Gail P. 818.769-7506  
10AM – 6PM  
Shellie 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

### 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 Abby C. 818.727.9444

### 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

GEA-HOW (310) 364-4359

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

### SPANISH OUTREACH

Sam J. is available for Spanish speaking OA members. Please give him a call at 818-340-8040.

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

November 2009 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

Matte 3 years  
Heather S 1 year

## CALENDAR

Oct 24 OA Dance, 7-11pm  
Unitarian Church,  
Studio City  
Nov 16 Delegates meeting  
& Board elections  
for SFVI  
Nov 20-23 Freedom Retreat  
Nov 26 Thanksgiving  
Gratitude Meetings

## LITERATURE CORNER

CDs are available from Steps 8 & 9 Workshop held in September. The 2 disk set is \$10.

Just released! The brand new "ABC's of Abstinence," recorded in May, is available for \$25 and includes ABC worksheets to jump start your abstinence. Please contact the OA office or your literature person in the meetings.

OASFVI Intergroup Development Committee Presents:

## DANCING UNDER THE STARS 2

Saturday, October 24, 7-11pm at the Unitarian Church 12355 Moorpark (@ Whitsett) in Studio City

This is our *final fundraiser* for the year so mark your calendars for a wonderful evening of entertainment and dancing at the Unitarian Church in Studio City (12355 Moorpark @

Whitsett). There will be an MC, DJ and great performances by members of OA. Bring your friends and family to join all of us for a great night of fun and friendship.

Tickets are \$10 .  
Water and soda will be available.

**We need volunteers to help, so please call Sandy at 818.625.5696.**

12th Step Within Committee Presents

## THANKSGIVING GRATITUDE MEETINGS

November 26, 10am - 3pm (maybe longer) at the Darby Office, 7133-B Darby Ave.

What a great way to start the holiday! Come to a meeting and listen to people share what they are grateful for in their life today. There will also be some

good ideas for clean and sober eating throughout the holidays. There is a \$5 suggested donation, but no one will be turned away.

If you have any questions, please email Holly at hgrasso@att.net.

12th Step Within Committee Presents

## STEP 12 WORKSHOP: "BE THE CHANGE"

December 6, 1pm - 3pm at the Darby Office

This is the final workshop of the year. Step 12: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive

overeaters and to practice these principles in all our affairs."

A \$5 donation is suggested but no one will be turned away.

Please bring pen and paper.

If you have any questions, please email Holly at hgrasso@att.net.

## OA INFORMATION AND UPCOMING EVENTS

### Service Opportunity Available

The Wednesday Night 6:15 p.m. meeting at the Darby Office has service opportunities available. This meeting, which has an emphasis on Anorexia, Bulimia and Compulsive Overeating is at risk of closing. Due to the nature of this meeting, it is important this meeting continue, since it's the only Anorexia, Bulimia and Compulsive Overeating evening meeting in the San Fernando Valley. We are looking for a person or persons who are willing to help us run and build up this meeting.

If you are willing and able to help us, please contact Tricia, 818-353-7339.

### 5th Tradition Updates and Birthdays

Please remember to send your information for the 5th Tradition by the 10th of each month to Sandy at san4fran@pacbell.net

### All Meeting Treasurers

Please send in your money each month to the Darby office. If you have difficulty getting in each month, please contact Gail P. at 818.769.7506 or rogerandgailpelote@yahoo.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.

### Attention all delegates!!

All those present at the Delegates meeting can enter into our CD raffle, which is given out each month for the rest of the year! Contact Vanessa at vcryden@gmail.com.

**Has your meeting GOT DELEGATE? Be of service and please attend all delegates meetings. Contact Delegates Coordinator Vanessa, vcryden@gmail.com or Sharon W, Sharon@qbooks.net**

### STEP 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

### TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

# MEETING DIRECTORY

San Fernando Valley Intergroup — November 2009

**“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		52.80
9:00 AM	Reseda	Sunday Morning Women's Stag, OA Office 7133-B Darby Ave	Lauren	(818) 926-2398	S, P, C, HC		145.00
9:00 AM	Panorama City	Recovery From Relapse, Kaiser Permanente Medical Center Oasis Cafeteria, 13652 Cantara St	Wendy M Angel S	(626) 201-4351 (323) 788-4655	1 hr, S, P, HC		269.40
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		88.77
5:00 PM	Sherman Oaks	Sundowner's Meeting, SO Hospital, 4929 Van Nuys Blvd, 1st Floor Conference Room	Patti T. Traci	(818) 509-8699	S, P, C, HC		103.00
6:00 PM	Reseda	Occupied, OA Office, 7133-B Darby Ave			1.5 hr		
8:00 PM	Reseda	Sunday Night Solutions, OA Office, 7133-B Darby Ave	Saul Dana	(805) 338-0300 (818) 642-1228	S, P, C, HC, 1¼hr		106.41
MONDAY							
7:30 AM	Studio City	Focus On Permanent Recovery, Unitarian Church, 12355 Moorpark, 1st floor	Angel	(323) 664-4655	S, P, LS		231.82
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 Joanne	(818) 376-0502 (818) 901-9334	1 hr, LS		96.50
6:00 PM	Reseda	Occupied, OA Office, 7133-B Darby Ave			1.5 hr		75.00
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		30.00
8:00 PM	Northridge	North Hills Retirement Home, 10215 Balboa Blvd	Dave Page	(818) 219-8729 (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		84.00
8:00 PM	Encino	Monday Night Miracles, Encino Community Center, 4935 Balboa Blvd	Ian	(818) 307-0917	S, P, C, HC, 1hr		131.50
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		103.50
11:30 AM	Reseda	AA 12 & 12, OA Office, 7133-B Darby Ave	Maureen	(818) 700-0067	P, 1hr		65.00
6:00 PM	North Hollywood	AA 12 & 12, Spirit of Studio 12, 6006 Laurel Canyon	Liza	(818) 992-0577	SS, 1hr		46.96
6:30 PM	Reseda	Big Book Study, OA Office, 7133-B Darby Ave	Bob R.		BB, HC, 1hr		21.50
7:00 PM	Newhall	Barnabus House, 24417 Chestnut Street	Fran M.	(661) 250-1249	S, P, C, 1 hr		60.45
7:00 PM	Simi Valley	United Methodist Church, 2394 Erringer, Room 10	Karen B.	(805) 584-6098	LS		70.00
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		148.50
8:00 PM	Reseda	Came To Believe, OA Office, 7133-B Darby Ave	Heather H.	(818) 203-9665	LS, S, P, HC, 1hr		161.57

\*\$ Meeting Contributions as of August 2009 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!

EXPLANATION OF 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		207.49
10:15 AM	Studio City	Woman's Stag, Call for Location	Rhoda S.	(818) 766-2863			40.00
10:30 AM	Reseda	The Word On Recovery, OA Office, 7133-B Darby Ave	Nancy Dana A.	(818) 347-4375 (805) 338-0300	LS, P, HC		180.00
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		
6:15 PM	Reseda	Anorexic-Bulimic-COE Emphasis, OA Office, 7133-B Darby Ave, children welcome	Tricia	(818) 353-7339	S,P,C,HC, 1hr		33.65
6:00 PM	Thousand Oaks	Anorexic-Bulimic-COE Emphasis, 275 E. Hillcrest Drive, Suite 120	Eileen	(805) 402-7126	P		
8:00 PM	Reseda	100 Pounder's Meeting, OA Office, 7133-B Darby Ave (Newcomers 7:30 PM)	Heather H.	(818) 203-9665	S, P, C, HC		197.29
THURSDAY							
7:30 AM	Studio City	OA 12 Step Study, Unitarian Church, 12355 Moorpark, 1st Floor	Erika S. Barbara D.	(818) 414-0192 (818) 760-2939	SS, (OA), C		131.00
7:30 AM	Studio City	Anorexic/Bulimic Emphasis, Unitarian Church, 12355 Moorpark, 2nd floor	Jessie	(310) 343-3468	S, P, C		
10:00 AM	Thousand Oaks	Big Book/Step Study, 2667 N. Moorpark Rd, Rm 105	Alicia	(805) 499-7470	BB/SS, 1hr		23.00
12:00 PM	Reseda	Big Book/First 164 Pages, OA Office, 7133-B Darby Ave	Richard R.	(818) 994-9318	BB		33.00
7:00 PM	Simi Valley	United Methodist Church, 2394 Erringer Ave, Room 11	Heather B.	(805) 210-2301	S, P, HC, C		63.33
7:15 PM	Studio City	Primary Purpose Women's Meeting, Little Brown Church, 4418 Coldwater Canyon	Karen	(818) 789-2832	1 hr, S, P		45.60
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) 825-1435 (818) 360-7756	1 hr, S, BB, P		
9:30 PM	Reseda	Late Night Recovery, OA Office, 7133-B Darby Ave	Annie	(818) 279-4955	1 hr, L		84.28
FRIDAY							
7:30 AM	Studio City	Focus on Permanent Recovery, Unitarian Church, 12355 Moorpark, 1st Floor	Joy Jovial	(818) 424-4612 (818) 760-7720	SS, (AA), P		390.00
11:30 AM	Newhall	Brownbag & Literature Study, Barnabus House, 24417 Chestnut St.	Laura	(661) 755-7414	LS, 1 hr		13.40
12:00 PM	Thousand Oaks	Anorexic/Bulimic/COE Emphasis, Christian Church of Thousand Oaks, 301. W. Avenida de Las Flores	Diana Angela	(805) 496-9394 (818) 314-3269	LS, Brown Bag		27.40
6:00 PM	La Crescenta	Church of Religious Science, 4845 Dunsmore Ave (@ Santa Carlotta)	Shirley W-M	(818) 951-1605	SS, P, 1 hr		107.00
6:00 PM	Calabasas	La Ventana Treatment, 4505 La Virgenas Rd #211	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		86.00
7:30 PM	Reseda	Jump Start Your Weekend, OA Office, 7133-B Darby Ave	Kira	(213) 595-2656	1 hr		132.22
SATURDAY							
7:30 AM	Burbank	Westminster Presbyterian Church, 542 N Buena Vista (no child care)	Shirley Laine	(818) 951-1605 (818) 395-0967	S, P, HC, 1 hr		211.20
8:00 AM	Simi Valley	Big Book Study, Trinity Lutheran Ch, 2949 Alamo St, #202	Karen B.	(805) 584-6098			48.00
8:30 AM	Reseda	OA 12 & 12 Study, OA Office, 7133-B Darby Ave			SS, HC, 1hr		63.50
9:30 AM	Canyon Country	Book Study, "The Cocoon" Mini Mall, 27013 Langside Ave, Suite L	Judy	(818) 618-2387	LS		60.00
10:00 AM	Burbank	United Methodist Church, 2828 Magnolia Blvd	Charlee	(818) 980-7939	S, P, C		48.60
10:00 AM	Thousand Oaks	Women's Stag, Ascension Lutheran Church, 1600 E Hillcrest, Library	Lindsey	(805) 217-5464	S, P, HC		88.77
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		387.80
2:30 PM	Studio City	Studio City Park, 12621 Rye Street (Recreation Bldg.)	Gail P.	(818) 769-7506	S, P, C, 1 hr		238.50
6:30pm	Reseda	Saturday Night's Alright for Recovery! OA Office, 7133-B Darby Ave	Sonia	(818) 786-9113			51.66

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.