



the 12th Stepper

A monthly publication of the Los Angeles Intergroup of Overeaters Anonymous

ITEMS OF SPECIAL NOTE:

OA News

Check out what is happening in
OA at
[https://oa.org/news/?news-
category=0](https://oa.org/news/?news-category=0)

NEW TO OA?

GET A FREE PDF BROCHURE:
"WHERE DO I START?"
AVAILABLE IN 20 LANGUAGES:
[OA.ORG/ WHAT-TO-
EXPECT/WHERE-DO- I-START/](https://oa.org/what-to-expect/where-do-i-start/)

WE'RE REVISING THE OALAIG BY-LAWS

IF YOU HAVE IDEAS OR WANT TO
GET INVOLVED, LET US KNOW

RECOVERY AND HELP LINE

YOUR L.A. INTERGROUP'S
"RECOVERY AND HELP LINE"
ANSWERS QUESTIONS ABOUT THE
PROGRAM AND CONNECTS PEOPLE
TOGETHER.
VOICE MAIL / TEXT: 805-265-0174

THE LA INTERGROUP

All meetings need to have a delegate if they wish to be represented within the LA Intergroup. Please ensure that this service position gets filled at your meeting. To register a new delegate to our email list, please email office@oalaig.org

Please be sure to keep the Meeting Contact up to date (Column H of the Google Meeting List). if your meeting has changes email them to newmedia@oalaig.org This is critical for newcomers seeking information about the meeting.

Please check to make sure your meeting information is up to date on OA.org. updates to the oalaig website will not automatically be made on oa.org . Visit <https://oa.org/add-a-meeting/edit-a-meeting/> to edit your meeting's info. This is to ensure that newcomers seeking meetings on OA.org have the correct time, day, location, etc.

Digital Newcomer Pamphlets are now free! Visit <https://oa.org/app/uploads/2022/06/where-do-i-start-everything-a-newcomer-needs-to-know.pdf> to download a PDF free of charge.

AN ONLINE RESOURCE WITH MORE
THAN 250 RESOURCES TO
SUPPORT OA MEMBERS AT ANY
LEVEL. PLEASE CLICK HERE TO
VISIT.

OA "Attitude Adjustment" meeting

- Saturday 8:15-9:30 AM PST
 - Sunday 8:15-9:30 AM PST
- HYBRID MEETINGS (IN-PERSON & ONLINE)

Zoom ID 825 944 5125

passcode 2020

Together

we get better.....

In-Person Location:

SGVIE Meeting Room 1157 E. Arrow Hwy, Ste 4. Glendora, CA 91740-

Meeting ID: 825 944 5125M

Passcode: 2020

Call in at (408) 638-0968

Format: Open Pitch, Speaker

HYBRID MENS MEETING

Sundays at 7:30 to 8:30pm

Call in at (408) 638-0968

Meeting ID: 825 944 5125#

Passcode: 2020

Location: SGVIE Meeting Room 1157 E. Arrow Hwy Ste#4 Glendora, CA 91740

Contact: Darryl 626-253-4592

Format: Men's Stag, Open Pitch, Speaker

Meeting #: 24353

NEW IN-PERSON

MEETING

PARTICIPATION BOOK STUDY

TUESDAYS 5PM

Santa Clarita Athletic Club

24640 Wiley Cyn Rd.,

Newhall, CA 91321

(entrance is on Calgrove Blva side)

Call or text 661-993-0763

for an OA Member to meet you at the front doort

LADIES

NIGHT AT THE SAN GABRIEL VALLEY INLAND EMPIRE

INTERGROUP OF OVEREATERS

ANONYMOUS

Telephone

o0m

WETHERES

STAYS

AT CORES NIGHT OUT

Date: Sundays

Time: 6:00pm to 7:00pm PT Monthly
Speaker Meeting on 3r Sunday of the month.

Contact: Mary Sue (214) 289-6949

ZOOM MEETING ID

PASSWORD

825 944 5125#

2020

CALL - IN NUMBER

(408) 638-0968



"CANDLES CORNER"

Share your OA birthday with us! Email your first name, last initial, and your number of years of abstinence to candles@oalaig.org

Michelle 4

Lyn 33



OA EVENTS



OVEREATERS
ANONYMOUS
A DESIGN FOR LIVING IG

AD4L PRESENTS

OA Sponsorship Panel

EVERY
3rd WEEKEND
of the month!!!

Los Angeles Time	3rd Saturday 1:30pm - 2:15pm
New York Time	3rd Saturday 4:30pm - 5:15pm
Melbourne Time	3rd Sunday 6:30am - 7:15am

ZOOM ID: 200 540 624
(no password)

A one-stop shop for all your sponsorship questions

Bring questions like:

- How do I pick a sponsor?
- When to switch sponsors?
- How could a long distance sponsorship work?
- What happens when friendship gets in the way?



Hosted by: AD4L
A Design for Living (Big Book OA) || www.ad4l.info / admin@ad4l.info

San Gabriel Inland Empire Intergroup of Overeaters Anonymous Presents

Movie Matinee

- In room movie on recovery
 - > Fellowship break
 - Discussion
- Details

The intergroup invites you to the first-ever recovery-focused matinee held in the SGVIE IG meeting room 1157 E. Arrow Hwy, Ste. 4, Glendora CA. 91740.

This is an in-person event. Doors open at 1:30 p.m.

Screening, discussion and fellowship
from 2:00 – 5:00 p.m. (PST).

V

Event Calendar MAY 2025

2025 REGION 2 & WSO EVENTS

- May 4-10: [World Service Business Conference \(WSO\)](#)
- Jul 11-13: [Convention and Assembly \(R2\)](#)
- Aug 15-17: [Sponsorship Day \(WSO\)](#)
- Aug 21-23: [World Service Convention \(WSO\)](#)
- Nov 14-16: [IDEA \(WSO\)](#)
- Dec 12: [Twelfth Step Within Day \(WSO\)](#)

Click image to learn more and take our survey!

Los Angeles Intergroup
invites you...

THANKSGIVING IN THE PARK

RanchoPark

Motor and Pico (follow the signs)

November 27, 2025 9am -11am

THREE SPEAKERS SHARE THEIR
EXPERIENCE, STRENGTH AND HOPE

FOLLOWED BY SHARING AND YOU MAY
BURN ANY RESENTMENTS YOU HAVE

FREE COFFEE

FOR MORE INFO

Roberta 516.316.2875



STAYING ABSTINENT thru the 51st ~~HOLI-DAZE~~ Zoom-A-Thon

Thursday, 11/27/25 12-1pm ET



Come join us and share your experience, strength and hope! **Together we can** get through these holi-daze abstinently! Invite your friends. **Share this flyer please**

Look: Only one meeting at noon Eastern

HOW TO ATTEND THE EVENT?

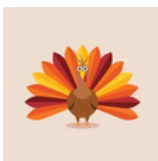
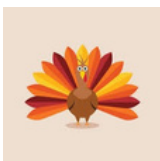
JUST CLICK THIS BLUE X on Thursday, Nov. 27 2025



ALL EVENTS TO BE HELD VIRTUALLY ON ZOOM
Meeting ID: 959 959 1828 Passcode: 718863
To phone in, Find your local phone number here:
[h:ps://us02web.zoom.us/j/kceCgnYl4](https://us02web.zoom.us/j/kceCgnYl4)

Suggested donation only \$5 at
oapinellas.org No-one ever turned away.

Look:
Only one meeting
at noon Eastern



Look: Only one meeting at noon Eastern

51st

OA

~~HOLI-DAZE~~

Zoom-A-Thon

Leader/Speaker **FORMAT for every meeting:**

- 1 **READ** the Serenity prayer
- 2 **READ THIS:** "According to our Seventh Tradition, we are self-supporting through our own contributions. Please contribute. Give as if your life depends on it. Suggested donation for this OA-a-THON is \$5 thru Pay Pal at oapinellas.org
3. **READ: the Steps,** (or ask if someone to read)
4. **READ THIS:** "OA speakers do not represent OA as a whole, but speak from their own experience, strength and hope. OA recognizes there are individual approaches and different concepts of working the Twelve Step program of recovery. We all are reminded that our common disease and our common purpose unite us; differences in approaches to recovery need not divide us. OA is strengthened when we honor and respect all by practicing unity with diversity."
- 4-**YOU SPEAK 10-15 min.: YOUR STORY,** (what it was like/what happened/what it's like now)
- 5-**YOU SPEAK 5-10 minutes: on YOUR TOPIC**
- 6-**ASK FOR GROUP SHARES**
2 minutes each , 30 second warning
- 7-**meetings end** 15 minutes before the the top of the hour with the Serenity Prayer.
- 8 (all meetings have a HOST to time and mute)



OA *SERENITY* RETREAT

hosted at Villa Maria Del Mar in Santa Cruz, CA

APRIL 24-26 2026



JOIN US AT THE BEACH!

“Living in the Real World in Ongoing Recovery”

THIS RETREAT INCLUDES:

- A beach front location
- Healthy, abstinent meals
- Rest and relaxation time
- Connection and fellowship
- Guided meditation/yoga (optional)
- Leisure afternoon break

Limited scholarships available
starting in January

SINGLE AND DOUBLE OCEAN VIEW ROOMS ARE LIMITED!

REGISTRATION: STARTS 4/28/25

\$490 Single room
\$390 (early bird) for a shared room
\$255 commuter (includes meals)
CLICK HERE to save your spot!

- Eventbrite fees are not included

This retreat is sponsored by the Silicon Valley Intergroup and open to OA members only

CONTACT US  oaserenityretreat@gmail.com

OA Birthday Party Crossword

By hartua07

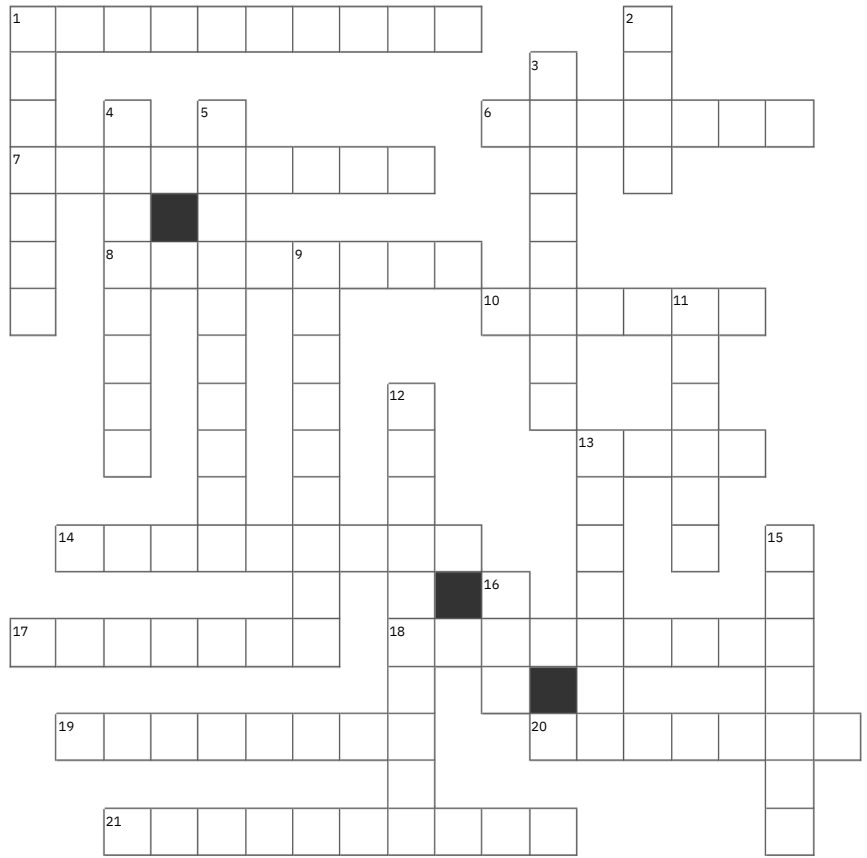
ACROSS

- 1 With 1 and 19 Across & 2 and 15 Down, The BDP Theme
- 6 Featured Speaker during Lunch and Dinner
- 7 One of the 9 Tools that guarantees that we will place principles before personalities
- 8 The elected member who collects and distributes donations
- 10 Name of the Hotel that the BDP is being held at; LAX
- 13 Table w/ Eternal Sunshine-themed recovery items & gifts
- 14 Members who relays information to and from the Intergroup back to Meetings
- 17 Month the BDP is being held
- 18 One of the 9 tools were you can call someone
- 19 With 1 and 19 Across & 2 and 15 Down, The BDP Theme

- 20 One of the 9 Tools where we put our thoughts and feelings down on paper
- 21 Fund helps OA members attend the BDP who may not otherwise have the means to do so

DOWN

- 1 Founder of Overeaters Anonymous
- 2 With 1 and 19 Across & 2 and 15 Down, The BDP Theme
- 3 Step One Prayer
- 4 Room where you can find donated clothing, shoes, & accessories
- 5 Room where you can find OA Books & one of the 9 Tools of recovery
- 9 Elected member who runs meetings
- 11 Intergroup hosting the BDP
- 12 Members who assist in the running of the BDP



- 13 The Los Angeles Intergroup newsletter, The 12

- 15 With 1 and 19 Across & 2 and 15 Down, The BDP Theme
- 16 Holiday weekend when the BDP is being held



NEW MEETING

**STARTING
THURSDAY JULY 11, 2024**

AT

7 AM PST

OVEREATERS ANONYMOUS

OA FOOTHILL INTERGROUP

'THE ONLY REQUIREMENT'

A THIRD TRADITION FOCUSED MEETING

MEETING # 801439

ZOOM MEETING

<https://us02web.zoom.us/j/81633302206>

Meeting ID: 816 3330 2206

Password: 1212

THIS IS A WEEKLY MEETING, EVERY THURSDAY AT 7AM

HAVE YOUR 'VOICES OF RECOVERY' DAILY READER HANDY

CONTACT PATTI O. AT 213.475.1966 MOBILE



Los Angeles Intergroup BOARD

**SUBSCRIBE TO
THE 12TH STEPPER
ASK FOR THE 12TH-STEPPER
BY EMAIL EVERY MONTH.
HELPFUL. VALUABLE. FREE.**

Important OALAIG Online Meeting Notes

The Los Angeles OA meetings Zoom lines are now being managed by an independent group of fellows. If a problem occurs or if any changes need to be made to your meeting, contact them at: laoazoom@gmail.com

Please Visit the OALAIG Website [Here](#)

Various Meetings of Interest

VOICE MAIL / TEXT: 805-265-0174

ASK AND GET ANSWERS:

WHATEVER YOU'RE GOING THROUGH,
WHATEVER YOU NEED, THE
FELLOWSHIP CAN HELP YOU.

DONATE! DONATE! DONATE!

Automatic Recurring Contributions are an easy, safe way to make Seventh Tradition contributions directly to the World Service Organization (WSO) of Overeaters Anonymous. Your contributions support worldwide and virtual meeting information, outreach, and WSO global efforts to carry the message to compulsive overeaters who still suffer.

To set up an Automatic Recurring Contribution (ARC) go to **OA.org/Contribute**. Be sure to click on the "Make this a recurring gift" checkbox. Or you can call WSO directly and discuss how best to make your gift:

505-891-2664

OVEREATERS ANONYMOUS, LA INTERGROUP

****Mailing Address****

20058 VENTURA BLVD #193, WOODLAND
HILLS, CA 91364 **OFFICE@OALAIG.ORG**
WEBSITE: OALAIG.ORG

INTERGROUP DIRECTORY

WORLD SERVICE OFFICE

505-891-2664

OA.ORG

ORANGE COUNTY

714-953-0900

OAOCL.ORG

SOUTH BAY

562-493-9030

OASOUTHBAY.ORG

SAN GABRIEL VALLEY

626-335-3355

OASGVIE.ORG

FOOTHILL (PASADENA AREA)

626-568-7511

OAFOTHILL.ORG

REGION 2 (R2)

OAR2.ORG

VIRTUAL REGION

OAVIRTUALREGION.ORG

INLAND EMPIRE

951-715-2080

GO2OA.ORG

SAN FERNANDO VALLEY

818-888-4776

OASFVALLEY.ORG

SAN DIEGO

619-521-2538

OASANDIEGO.ORG

CHANNEL ISLANDS

805-899-3250

OACIIG.WORDPRESS.COM

MEETING SPOTLIGHT This is a space where we highlight meetings of special interest. If you think your meeting is of special interest, please let us know about it. We'd love to share your thoughts with others in the OA fellowship. Many thanks for your service.

In Person

Bitesize Recovery 12x12 Step Study

Monday, 12:30PM - 1:30PM

St Thomas Church 7501 Hollywood
Boulevard, Los Angeles, CA

****Small Meeting Room**

Contact: Roberta L. 516-316-2875

In Person

Women's One Step at a Time Meeting

Sunday, 10:30AM - 12:00PM

100 N La Cienega Blvd, LA, CA 90048
(Community Room), follow signs through
emergency exit doors between Old Navy
and CVS, take elevator to B
Contact: Irene (310) 500-7401

Friday Night at The Virtual Cottage

Friday, 6:45PM - 7:45PM

Zoom ID: 846 311 762

Zoom PW: 208787

Contact: Nataly 310-487-2295

Please Visit the **OALAIG** Website Here

YOU MAY NOW SUBSCRIBE TO THE 12TH-STEPPER

We got the brilliant idea of delivering the 12th-Stepper to your inbox -- free of charge, even!!! If you like the idea, please email us at “communications@oalaig.org” with your email address. Please put the words “subscription request” in the subject line.

Our new subscription list should be working. If you have subscribed and are not receiving each monthly issue, please let us know. As always, you can find the most recent issue of the 12th-Stepper by browsing to OALAIG.org and then scrolling down to click on the “Latest Issue” button.

CAN YOU FILL THE DELEGATE ROLE?

Every meeting should try hard to send a delegate to the Intergroup’s monthly Delegates Meeting, generally held at 10:15 AM on the generally third Saturday of each month. Any member of your meeting is welcome to attend the Delegates Meeting. Attendance is important for conveying the conscience of your meeting to the Intergroup and also communicating Intergroup updates and issues to everyone in your meeting.

The Delegate role is a vital service position that serves the group conscience of the intergroup and represents the group conscience of their meeting. Delegates may commit to six months of service, attending the Delegate meeting once a month (60-90 minutes), reporting back to their meetings with special announcements, discussing items and voting on behalf of their meeting’s group conscience. Delegates may bring new business to the Intergroup in service of the fellowship’s needs.

Delegates follow the 12 traditions of OA to the best of their ability, placing principles before personalities. The Delegate’s primary purpose is to uphold traditions 4 and 5, that all meetings should remain autonomous and carry the OA message to compulsive overeaters who still suffer.

SUNDAY OA Closed (not open to public) Meeting
Asian, Pacific Islander, Desi Diaspora, and Multiracial
that includes APID Focused Discussion Meeting
Sundays 3:00pm PST / 6:00pm EST

FRIDAY OA Closed (not open to public) Meeting
Asian, Pacific Islander, Desi Diaspora, and Multiracial
that includes APID Focused OA Steps and Traditions
Study and Various OA Literature
Fridays 4:30 PM PST / 7:30 PM EST

Please email us for Meeting ID and Passcode
OAAAsianPacificIslander@gmail.com

Scan to Get a copy of this Flyer



WEDNESDAY OA Mixed-Race / Multiracial
Special Focus meeting
Wednesdays 5:00pm PST / 8:00pm EST
For meeting ID and more info:
OA Multiracial meeting flyer: <https://bit.ly/3Uf1EJ>



If you have an article, poem, story, drawing, or other item you'd like published in the 12th-Stepper, we'd love to see it. Please submit it to: ["communications@oalaig.org"](mailto:communications@oalaig.org)

DONATIONS

According to the 7th Tradition, every OA group ought to be fully self-supporting, declining outside contributions.

A \$5 per meeting donation is suggested.

Please include the name of your meeting, even for individual donations.

DONATE! DONATE! DONATE!

Electronic Donations for the LA Intergroup can be made via PayPal at: www.donate.oalaig.org You can set up an automatic recurring contribution to the LA Intergroup using www.oalaig.org. Click "Make a Donation", under LA ARC, select your monthly contribution option from \$5 - \$50 (at \$5 increments). Individual Meeting Electronic Donations can also be made at www.oalaig.org. Click "Make a Donation", under One Time Donation, select "Meeting Donation" and enter the day and time of your meeting.

OVEREATERS ANONYMOUS, LA INTERGROUP 20058

[Mailing Address only](#)

VENTURA BLVD #193, WOODLAND HILLS, CA 91364

OFFICE@OALAIG.ORG [WEBSITE: OALAIG.ORG](http://WEBSITE:OALAIG.ORG)

MONTHLY FINANCIAL REPORT:

PROFIT AND LOSS - SEPT. 2024

Income	Total
7th Tradition Contributions	1,609.10
Auto Recurring Contributions	1,185.00
Individual Contributions	199.00
Miscellaneous	50.00
Total Income	3043.10
Expenses	
Birthday Party Expenses	484.86
Website Maintenance	175.80
Paypal Online Processing Fee	137.72
Telephone	37.38
Internet	14.37
Payroll	1,937.70
Professional Fees	373.75
Virtual Meeting Expense	36.54
Rent	2,745.00
Total Expenses	5,943.12

A full breakdown of donations is available on our website at: www.oalaig.org/our-intergroup/treasurers-report/

OVEREATERS ANONYMOUS LOS ANGELES INTERGROUP (OALAIG) BOARD MEMBERS

NEXT BOARD MEETING: TUESDAY, DECEMBER 03, 2024, AT 6: PM

NEXT DELEGATES MEETING: SATURDAY, DECEMBER 22, 2024, AT 10:15 AM

MEMBER'S NAME	BOARD POSITION	CONTACT INFO
John K.	Chair	chair@oalaig.org
Lillian M.	Vice-Chair	vicechair@oalaig.org
Kathy N.	Secretary	secretary@oalaig.org
Matt S	New Media	newmedia@oalaig.org
Ransom M	World Service Representative	representative@oalaig.org
Lewis K	Communications	communications@oalaig.org
Chaya K.	Treasurer	treasurer@oalaig.org
Roberta L	Workshops	workshops@oalaig.org
Nicole S.	Publie Outreach/Inclusion	outreach@oalaig.org
Vida	Birthday Party	
Pamela W.	Region 2 Representative	

Office Manager: Janet Z., Email: office@oalaig.org

Please Visit the OALAIG-Website-Here