

-Free Flight-

October 2009

"Another Kind of Flight, A Spiritual Liberation"

Alcoholics Anonymous, p. 55 Reprinted with permission of AA World Services, Inc.

The opinions expressed here are those of the individual and not Overeaters Anonymous as a whole.

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer. (Preamble, OA 12 & 12).

South Bay Intergroup Monthly Meetings

Kaiser Permanente Hospital Trailer Conference Room
25852 South Vermont Street, Harbor City
(near the 110 Harbor Freeway exit PCH)
Enter off of Normandie at Permanente Way
Has parking structure

Call any time: (310) 802-4066 or (562) 493-9030

9:00 a.m. Board Meeting – 9:30 a.m. Rep. Meeting

The next SBI Meetings will be:

October 17, 2009

November 21, 2009

December 19, 2009

Visitors are welcome!

Are you traveling?
Can't find a face-to-face
meeting?

WOW!

**105 OA Online and/or
Telephone meetings
every week!**

www.oa.org/meetings

Copies of the Free Flight newsletter are given out free at the monthly intergroup meetings (see meeting dates above). If your meeting needs additional issues, feel free to download them at www.OAsouthbay.org or contact the Editor at: (310) 784-8864.



Upcoming Events

The South Bay Intergroup presents

UNITY OF THE SPIRIT Workshop

Saturday, September 26, 2009 / 10:00 am - 4:00 pm
Kaiser Hospital Education and Conf. Center / Room A
25852 South Vermont St., Los Angeles CA 90710
Call Rose at (310) 621-2781

[Check for flyer](#)

The Channel Island Intergroup presents

Searching for the Land of Happy Joyous and Free

A weekend retreat for WOMEN

Friday, October 2 - Sunday, October 4, 2009
Cost: \$125.00 after Sept 2nd \$140.00
Rancho Alegre / 2680 Highway 154/ Santa Barbara

[Check for flyer](#)

The Orange County Intergroup presents

Big Bear Retreat

Relapse, Recovery & Relationships

Friday, October 2 - Sunday, October 4, 2009
Cost: \$140.00 after Sept 1st \$160.00
Presbyterian Conference Center
575 Prairie Lane, Big Bear Lake, CA 92315

[Check for flyer](#)

The San Gabriel Valley Intergroup presents

Serenity Is Mine In '09

Got the Time in '09 to Recharge Your Recovery

Friday, October 9 - Sunday, October 11, 2009
Cost: \$160.00 / Pathfinder Retreat Center
35510 Pathfinder Rd., #104, Mountain Center, CA 92561

[Check for flyer](#)

The South Bay Intergroup presents

New Freedom Retreat

Friday, November 06 - Sunday, November 08, 2009
Cost: \$180.00 after Sept 7th \$205.00

Holy Spirit Retreat Center
4316 Lanai Road, Encino, CA 91436
Vickie M. 310-831-3756 / Eda 310-833-3756

[Check for flyer](#)

☺ We aren't a glum lot (AA Big Book page 132) ☺

South Bay Intergroup Monthly Meeting Minutes:

South Bay Intergroup Representatives Meeting: August 15, 2009

- Opened with the Serenity Prayer
- Rose Read the Preamble
- Val (Chair) summarized the 8th tradition and then it was read by Rose.
- Tom F read the minutes from last months meeting and they were approved as read
- Roll Call: Introductions around the table- Attendees: Tom F., Mark T., Jennifer S., Anne P., Eileen C.D., Luana, Lenard L. Frank C., Barbara B., Elizabeth V., Val S., Felice, Nataly, Rose H. Harvey S.
- Chair's Report: Val pitched about the need for a new Meeting Liaison, She pitch how important the Young People's Committee was and encouraged us to help Betsy. She reminded us that the vice chair position was still open.
- Vice Chair Report: None, Position Open
- Parliamentarian Report: None, Not Present
- Outreach Report: We are still waiting to hear from Radio Station we called, she will work with Website to make the voice files available to Radio stations via the web. Informed the group that the World Service outreach committee is working on a skit.
- Public Information: Have not heard back from KJazz about the public service announcement. Also He still needs one more person for the Panel on 9/11/09. Felice shared that there was an article in Oprah Magazine where OA was featured and contrasted with other weight loss programs
- FreeFlight: FreeFlights were provided for reps to take. A correction Copy was passed around. Frank reported that fellowship member Murray had passed away recently and to read the editors corner. Frank will be on vacation in October; Tom F has volunteered to do the November FreeFlight edition.
- WSO/RII Rep: Offered More Can you eat just one Cookie posters to attendees to take back to their meetings.
- Special Events: Lots of flyers were provided to advertise the upcoming September 26th workshop. The Rose shared some of the special topics we may hear about at the workshop. She explained that region II does these at different Intergroups, but tries to tune them to the needs of the Intergroup. It was suggested that we have a registration table and a donation basket at the event, however there will be no suggested donation. Val asked about the Thanksgiving Day marathon... Rose said we would have one, but she needs lots of help, as she has never been to one. She is also planning an ABC of Abstinence workshop in January, but will advertise after she reserves the room.
- Special report about Phone line situations by Elizabeth V: She Contacted Tab (our phone company) and there is no penalty to terminate, we are month-to-month. She described the 5 Message Box Options callers are given, and suggested some money saving suggestions. Peggy was to look into hiring a phone service, but no news on that. She shared he opinion that the Initial message is too long. Eileen read the bylaws about the phone line chair. Elizabeth has a copy of the instructions on how to set up all the options, and set up all the outgoing messages. The topic was then tabled to discuss at the next Board meeting
- Young People's: Not present, No report

- Old Business: None
- New Business: Wednesday Night 6:30 Meeting in Long Beach have changed its start time to 6:00.
- Treasure's Report: Shared that her investigation into the Check book discrepancy explained \$96 of the \$238 discrepancy. Further discussion and any decisions were postponed until the next board meeting. Treasurer read the before and after balances, but did not provide a copy to the secretary at the meeting, promising to send it to Frank for the FreeFlight.

Starting Balance: \$10,957.35

Deposits: \$277.10

Expenses: \$269.13

New Total Balance: \$10,965.32

Income – Group# or Name & Amount	Expenses – Name & Amount
27906 \$60.00	FreeFlight \$107.01
38832 \$90.00	Public Info (stamps) \$27.90
40933 \$60.00	Special Events (flyers) \$37.87
48732 \$60.00	Tab Answering Network \$96.35
50369 \$7.10	

- Next three meeting will be: Sept 19, Oct 17 and November 21.
- The meeting was closed with the Serenity Prayer
- The Representatives meeting was adjourned.
- Respectfully submitted Tom F. for Laurie S.

Editors' Corner

Saturday, three minutes before a meeting, the guest speaker called to say, they were not coming, they had over slept, the alarm clock had not worked and they were so sorry. Well, I wasn't at the meeting and I tried to call the secretary and the timer person and neither of them answered their cell phones. So what should I do? What did I do? I turned it over to God and I said a little prayer. If everything has a purpose, then this too had a purpose.

I talk to members of our fellowship all the time, and a couple of them went to that meeting and they said everything went just fine. Someone at the meeting stood up and led the meeting and she was great. Whether the volunteer leader found the courage to say something that needed to be said out loud, or someone listening found something new to identify with, or I discovered, once again, that I'm powerless over one more thing - Everything has a purpose.

Kind of scary, isn't it? Things will take care of themselves if you let go and let God. I'll see you at a meeting.

One more thing: Happy Birthday Jack – 38 years of abstinence and Happy Birthday Gretchen – 28 years of abstinence.

SOUTH BAY INTERGROUP SERVICE BOARD

Chair:	Val	(310) 514-3025
Vice Chair:	– OPEN –	
Secretary:	Laurie	(562) 434-0508
Treasurer:	Elizabeth	(562) 949-3232
Parliamentarian:	Peggy B.	(310) 530-5859
Outreach:	Eileen C.D.	(562) 493-2920
Public Information:	Tom F.	(562) 920-4133
Free Flight Editor:	Frank C.	(310) 784-8864

Committee Chairs

R2 Rep/WSO:	Eileen C.D.	(562) 493-2920
Special Events:	Rose	(310) 621-2781
Meeting Liaison:	– OPEN –	
Website:	Tim S.	(323) 567-3269
Young People's:	Betsy R.	(562) 400-2022

O.A. HELP LINE

Call anytime

Adell	(310) 542-6066
Dennis	(562) 903-0126
Drea	(562) 434-6750
Jack Z.	(562) 944-4566
Jo	(562) 948-5040
Johanna	(562) 461-7636
Ken T.	(714) 654-3525
Laraine	(310) 547-0479
Nichon	(562) 427-5192

Call 6:00 am to 9:30 pm

Anne	(310) 320-1092
Annette	(562) 754-4151
Deby	(562) 903-0126
Tom	(562) 920-4133

Call 5:00 pm to 10:00 pm

Julie	(310) 523-3525
Tim S.	(323) 567-3269
Wilma	(562) 852-4477

O.A. on the Web

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Val	palley_12000@SBCGlobal.net
Wilma	wiljoh2885godlives@yahoo.com

Where to find the flyers

UNITY OF THE SPIRIT Workshop

<http://www.oalaig.org/events/2009-09-26-UnityoftheSpirit-Flyer.pdf>

Searching for the Land of Happy Joyous and Free

<http://www.oafoothill.org/content/LinkClick.aspx?fileticket=bU8uWEQCmGs%3d&tabid=61>

Big Bear Retreat

<http://www.oalaig.org/events/2009-10-02-big%20bear%202009.pdf>

Serenity Is Mine In `09

<http://www.oalaig.org/events/2009-10-09-serenityretreat09.pdf>

New Freedom Retreat

<http://www.oalaig.org/events/2009-11-06-RetreatFlyer09.pdf>

LOCAL INTERGROUP, REGION 2 & WORLD SERVICE OFFICE CONTACT INFORMATION

So. Bay Intergroup - Overeaters Anonymous

(310) 802-4066 or (562) 493-9030

PO Box 918, Harbor City, CA 90710

Internet: www.OAsouthbay.org

Email: sbiFreeFlight@hotmail.com

Region 2

4733 Torrance Blvd. - PMB 335, Torrance, CA 90503

Internet: www.oar2.org

World Service

(505) 891-2664

P.O. Box 44020

Rio Rancho, NM 87174

Internet: www.oa.org

O-ANON General Service Office

Phone: (310) 547-1570

Other Intergroups

- Foothill: (626) 568-7511

P.O. Box 1108, Pasadena 91102

Internet: www.oafoothill.org

- Inland Empire: (909) 715-2080

P.O. Box 56021, Riverside, 92517

Internet: www.go2oa.org

- Los Angeles: (323) 653-7652

6404 Wilshire Blvd, Suite 710, Los Angeles 90048

Internet: www.oalaig.org

- Orange County: (714) 953-5159

1905 E. 17th St., #322, Santa Ana 92705-8671

Internet: www.oaoci.org

- San Diego: (619) 521-2538

P.O. Box 81569, San Diego 92138-1569

Internet: www.oasandiego.org

- San Fernando Valley: (818) 342-2222

7133-B Darby St, Reseda 91335

Internet: www.OASFValley.org

- San Gabriel Valley: (626) 335-3355

1157 E. Arrow Hwy, #4, Glendora 91740

Internet: www.oa-sqvie.org

October 2009

Schedule of local OA Meetings (Please call contact number to verify meeting information).

Contact person and telephone numbers are listed by OA World Service on the World Wide Web at www.oa.org

Day	Time	City (Meeting #)	Location	Contact Person	Meeting Codes
MON	10:00 AM	Lomita (06831)	St Mark's Presby Church, 24027 Pennsylvania Ave, Room 10	Ann (310) 325-8396	12&12, P
	6:00 PM	Harbor City (40186)	Kaiser Trailer Conf. Room, 25852 South Vermont Street, Call for directions	Val (310) 514-3025	HOW, FT, *
	6:00 PM	Redondo Beach (45047)	2222 Artesia Blvd.	Susan D. (310) 323-1456	Book
	6:30 PM	Downey (05542)	Downey Hospital, 11500 Brookshire, Room varies, Ask at info desk	Jack Z. (562) 944-4566	Sp, C
TUES	10:00 AM	Redondo Beach (50114)	2222 Artesia Blvd.	Becky (310) 782-1072	Book
	11:00 AM	Lomita (19487)	St Mark's Presby Church, 24027 Pennsylvania Ave, Room 10	Sash (310) 508-9086	1, FT, VR
	5:30 PM	San Pedro (40933)	Peninsula Recovery Ctr, 1386 W. 7 th St., Bldg A, Conference Room (ring bell)	Kathy (310) 547-5669	SS, WTG, 1
	5:30 PM	Torrance (48732)	Unity Church, 2545 West 237 th Street	Betsy E. (310) 326-1527	WS,book,WTG,1,*
	6:00 PM	Redondo Beach (41067)	2222 Artesia Blvd.	Susan B. (310) 545-4860	Book
	6:30 PM	Lakewood (15224)	Mt. Olivet Lutheran Church, 4405 E. South Street	Gail (562) 602-6160	P, WC, C, SS1
	7:00 PM	Long Beach (45059)	Grace United Methodist Church, 2325 E 3 rd <u>No children please</u>	Susan (562) 495-2571	11 th Step, 1
7:30 PM	Torrance (15653)	First Christian Church of Torrance, 2930 El Dorado St., Room #4	Jennifer (310) 529-5708	P, C, Book	
WED	6:00 PM	Gardena (50486)	1025 Marine Ave.(at Vermont)1 st Southern Baptist, corner room in bldg across lot	Rose (310) 621-2781	Book, P, WTG, 1
	6:00 PM	Long Beach (38832)	Emmanuel Presbyterian Church, 4017 E. 6 th Street	Andrea (562) 822-7882	12&12, BB, P, 1
	6:00 PM	Redondo Beach (45619)	2222 Artesia Blvd.	Arline (310) 370-9691	Book
	7:00 PM	Inglewood (32469)	First Presbyterian Church, 100 N. Hillcrest (at Queen)	Bernice (323) 759-7610	LAIG, Sp, P, SS4
7:30 PM	Long Beach (50369)	Atlantic Alano Club, 1403 East 4th St., Twelve Step Meeting Room	Lenard (714) 642-6940	GLBT	
THURS	10:00 AM	Lomita (08844)	St Mark's Presby Church, 24027 Pennsylvania Ave, Rm 10 (Vanita S. Memorial Mtg)	Charlotte (310) 329-6630	WC, book, WTG
	7:00 PM	Long Beach (48304)	Grace United Methodist Church, 2325 E 3rd	Amber (310) 766-9517	Sp, BB, P, C, WC, 12&12, *
	7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., Room #2	Valerie (310) 977-5144	12&12, C, 1, *
FRI	9:00 AM	Manhattan Beach (40803)	Manhattan Beach Comm Church, 303 S. Peck	April (310) 376-8760	Book, P, WTG
	10:30 AM	Lakewood (00399)	Mt. Olivet Lutheran Church, 4405 E. South Street	Virginia (562) 424-4405	Book, P, C, WC
	6:00 PM	Paramount (TBD)	Imperial Alano Club, 8021 E. Rosecrans	Frankie (562) 396-6353	
	7:30 PM	Long Beach (31477)	Belmont Heights Church, 317 Termino	Jill G. (562) 612-1248	C, P, WC, Sp1
	7:30 PM	Whittier (48095)	1 st Friends Church, 13205 Philadelphia (at Washington)	SGVI (626) 335-3355	SGVI
SAT	8:00 AM	Seal Beach (07394)	Grace Community Church, 8 th & Central	Drea (562) 434-6750	OCIG
	8:30 AM	Lakewood (21200)	Mt. Olivet Lutheran Church, 4405 E. South Street	Heather (562) 208-8332	12&12, WC
	8:30 AM	Torrance (12163)	First Christian Church of Torrance, 2930 El Dorado St., Room #7	Rose (310) 621-2781	P, Sp1, WC
	10:00 AM	Montebello (00305)	Los Amigos, 2518 Beverly Blvd	David G. (562) 927-8412	SGVI
	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue (Effective 03-Oct-09)	Laurie S. (562) 434-0508	Sp, P, Book, WC,*
	10:30 AM	San Pedro (17667)	Church of the Nazarene, 811 W 11 th St,	Jeanne (310) 377-1633	P, SS1, FT, WC,*
	10:45 AM	Harbor City (46192)	Kaiser, 25852 S. Vermont Street (NOTE: Meets 3RD Sat of month only)	Donald (310) 784-1210	P
	1:00 PM	San Pedro (45058)	Adam's Center, 205 West 9th Street (corner of South Palo Verde & 9th)	Jim M. (310) 320-8752	12&12
4:00 PM	Lakewood (48494)	Mt. Olivet Lutheran Church, 4405 E. South Street	Charee (714) 891-9515	100, Sp, P, C, book, WC, *	
SUN	11:00 AM	Torrance (07682)	Del Amo Hospital Conf Room, 23700 Camino Del Sol	Ruby (310) 542-3121	P, Sp
	3:00 PM	Redondo Beach (39852)	2222 Artesia Blvd.	Carrie (310) 721-7732	P, C, book, WC
	5:00 PM	Long Beach (27906)	Christ Lutheran Church, 6500 E. Stearns Street	Chris (562) 493-3149	P, 1
	7:00 PM	Lomita (35481)	St. Margaret Mary, 25511 Eshelman, Conference Room A	Gloria (310) 522-9288	1, VR, *
	7:00 PM	Long Beach (40410)	Gloria Dei Lutheran Church, 5872 Naples Plaza	Val (310) 514-3025	HOW, 1, Sp

Key to Meeting Codes

1=1 hour
BB=Big Book of AA
FT=For Today book
NC=New Comers
Sp=Speaker meeting
SS1=Step Study meeting 1st week of the month
WS=women's stag

100=100 lb. Focus
Book=study various books
GLBT= Gay, Lesbian, Bi, Trans
OCIG=Orange County Intergroup
Sp1=Speaker meeting 1st week of the month
SS4=Step Study 4th week
WTG=writing

11th Step=meditation, children inappropriate
C=Chips
HOW= honest, open mind, willing
P=Pitch
Sp3=Speaker meeting 3x per month
VR=Voices of Recovery book
YP=persons 25 years old & under focus

12&12=OA's 12/12
FHIG=Foothill Intergroup
LAIG=Los Angeles Intergroup
SGVI=San Gabriel Valley Intergroup
SS=AA 12x12
WC=Wheelchair access, may be limited, call
 * meeting needs support

To add your local meeting to this list,
 please contact the Editor at (310) 784-8864

To locate out of area meetings,
 contact the area Intergroup (listed on page 3)