

-Free Flight- March 2010

"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

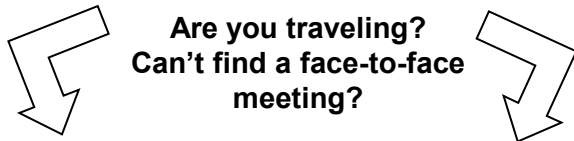
9:00 a.m. Board Meeting – 9:30 a.m. Rep. Meeting
The next SBI Meetings will be:

March 20, 2010

April 17, 2010

May 15, 2010

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 San Fernando Valley Intergroup presents
Still Trying to Run the Show?
**Strengthen your Hope and Faith by working
Steps 2 and 3!**

Saturday, February 27, 2010

Cost: Suggested Donation: \$5

OA SFV Darby Office

7133-B Darby Ave, Reseda, CA 91335

[Check for flyer](#)

Region 2 presents

Spring Assembly

Friday, March 19 - Saturday, March 20, 2010

Marriott San Mateo

San Francisco Airport Hotel

[Check for flyer](#)

Region 2 Convention

Bridge To Recovery

Friday, June 4 - Sunday, June 6, 2010

Marriott Hotel, San Francisco Airport

San Mateo California

[Check for flyer](#)

2010 World Service Convention

Now Playing - 50 Years of OA Recovery

Thursday, August 26 - Sunday, August 29, 2010

Hilton Los Angeles Airport Hotel

Los Angeles California

[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: January 9, 2010

- Attendees: Tom F., Lenard, Elizabeth V., Frank C., Jack Z., Rose H., Denise D., Barbara B., Pat W., Anne P., Pam R., Gena E. Cathy C., Rob R. Laurie S., Jennifer S., Wilma, Marilyn Rose, Kathy S.
- Intergroup Representatives from the following meetings: 12163, 50369, 45059, 48494, 40803, 48732, 40410, 50486, 06831, 15653, 18913, 31477, 40933, 04950
- Char Tom opened with Rozanne's Poem and passed around a sign-in sheet.
- Tom read minutes of last month's meeting. Minutes approved as documented.
- Frank brought in February Free Flights.
- Rose said ABC's of Abstinence Workshop is in full swing. Going to advertise it. Encourage people to per-register. We are at room will hold 150. Have people call Rose in advance, then to mail it in. We will be offering coffee, tea and water for a \$1.00 donation. Need help setting up at 8:00 am, if anybody would like to help.
- New Business -- Can we find a secretary? Duties: Attend this meeting every month, Collect written reports, Collect sign-in sheets, Get a financial report from the Treasurer, put collected material in binder, Write up minutes, Bring minutes to next meeting and read them for approval. Tom described the responsibilities and duties and requirements for secretary. Jack read requirements. Kathy S. volunteered to be temporary secretary for next month.
- Jack motioned and Tom agreed that we will use his home for this meeting.
- Tom said, "We have gone three months without a secretary. We need people who can do the job; we are in a desperate need for a secretary."
- Elizabeth - let people know Monday 6:30 pm Downey meeting is moved to the First Baptist Church of Downey so that we will know where the meeting is. (address is in the Free Flight)
- Jack said three pages from the By-Laws that need to be corrected, insert these in your books. Bring this part of the By-Laws into conformity with World Service. Tom - the motion is open of discussions. Laurie - what changes are made? Jack - made a motion and passed out a copy of the changes to the By-Laws as documented in the handout. 15 years and no one opposed, motion passed.
- Jack moved that we end meeting at 10:15 am so that people can go to the 10:30 am Lakewood meeting. 15 years, motion passed.
- Jack moves to have quorum by next meeting.
- Elizabeth gave financial report
- Treasurer's Report - to follow

Starting Balance: \$12,573.56

Deposits: \$369.08

Expenses: \$249.51

New Total Balance: \$12,693.13

Income – Group# or Name & Amount	Expenses – Name & Amount
04950 \$95.75	FreeFlight \$107.01
07394 \$33.33	Special Events \$50.00
12163 \$180.00	Tab Answering Network \$92.50
45058 \$57.00	
Member Donation \$3.00	

- Meeting closed with a prayer.
- Respectfully submitted Kathy S. January 27, 2010

Editors' Corner

Make it better. Most of my life I thought that make it better meant, stuff my feelings. When I was upset as a child, my parents would push food at me. Stop crying Frank everyone falls off a bike, here have a cookie. When I sang in the choir and my stomach would knot up, I'd hear, Frank have a piece of bread. And if my after school ball team lost, come on Frank, let's go have some pizza, you'll do better next time. When I started going to parties at school, I was so anxious, I almost ran to the food table to make it better.

In the rooms of Overeater's Anonymous I've heard many painful stories of trying to make it better: Exercising two or more hours a day, sticking your finger down your throat, not eating at all because of a distorted body image. These stories remind us where we came from, but what's the answer? Is there a solution?

What happened to me was this: I tried dieting, I tried working out, I read books, and I talked to friends. I pretty much tried anything and everything to stop being in pain - that's when I walked into the rooms of OA. The solution I found was to stop eating so much and feel the feelings. Yikes! Talk about scary. When I felt upset, no, even just feeling plain uncomfortable, I would reach for the food. I never learned that the feelings will pass. My fears will pass. Life will continue and my feelings won't kill me. Now, I'm not superman, far from it. I had help. I went to meetings and I heard my story again and again. I found friends, who I talk to, call or email. I found a sponsor who has worked the steps and is willing to help me work them. I found a fellowship where people love you for what you are, not what you're trying to be, or what you think you should be. So everyday I try to make it better, but I don't beat myself up when I don't. The Twelve Steps and two bucks a meeting is the best deal in town. I'll see you at a meeting.

SOUTH BAY INTERGROUP SERVICE BOARD

Chair:	Tom F.	(562) 920-4133
Vice Chair:	Lenard	Leomund@aol.com
Secretary:	- OPEN -	
Treasurer:	Elizabeth	(562) 949-3232
Parliamentarian:	Denise	(310) 645-5327
Outreach:	Eileen C.D.	(562) 493-2920
Public Information:	Harvey	(310) 462-3860
Free Flight Editor:	Frank C.	(310) 784-8864

Committee Chairs

R2 Rep/WSO #1:	Eileen C.D.	(562) 493-2920
R2 Rep/WSO #2:	Jack Z.	(562) 944-4566
Special Events:	Rose	(310) 621-2781
Meeting Liaison:	Andrea	(310) 251-0398
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

Still Trying to Run the Show?

<http://www.oasfvalley.org/pdfs/events/jannotalone.pdf>

Region 2 Spring Assembly

http://www.oar2.org/index.php?view=article&id=71%3Aregion-2-assemblies&format=pdf&option=com_content&Itemid=73

Bridge To Recovery

http://www.oar2.org/index.php?view=article&id=173%3Aconvhome&format=pdf&option=com_content&Itemid=118

Now Playing - 50 Years of OA Recovery

<http://www.oa.org/pdfs/conventionregistrationform10.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-sgvie.org

March 2010

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 12	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	FT, HOW, *
	6:30 PM	Downey (05542)	First Baptist Church of Downey, 8348 3rd St., Room 115 ** Meeting temporarily moved until March 29th and will return to the Downey Regional Medical Hospital on April 5th 2010	Jack Z. (562) 944-4566	M, Sp
TUES	11:00 AM	Lomita (19487)	St Mark's Presby Church, 24027 Pennsylvania Ave, Room 12	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	1, SS, WTG,
	5:30 PM	Torrance (48732)	Unity Church, 2545 West 237 th Street	Betsy E. (310) 326-1527	1, Book, WS, WTG, *
	6:00 PM	Redondo Beach (41067)	St Paul's Methodist Church, 2600 Nelson Ave. Back Annex	Debora (310) 987-0113	1, Book
	6:30 PM	Lakewood (15224)	Mt. Olivet Lutheran Church, 4405 E. South Street	Gail (562) 602-6160	M, P, SS1, WC
	7:00 PM	Long Beach (45059)	Grace United Methodist Church, 2325 E 3 rd <u>No children please</u>	Susan (562) 495-2571	1, 11 th Step
7:30 PM	Torrance (15653)	First Christian Church of Torrance, 2930 El Dorado St., Room #4	Jennifer (310) 529-5708	Book, M, P	
WED	6:00 PM	Gardena (50486)	1025 Marine Ave.(at Vermont)1 st Southern Baptist, corner room in bldg across lot	Vicki B. (310) 675-3299	1, Book, P, WTG
	6:30 PM	Long Beach (38832)	Temple Israel, 3538 E. Third St.	Andrea (562) 822-7882	1, 12&12, BB, P
	7:00 PM	Inglewood (32469)	First Presbyterian Church, 100 N. Hillcrest (at Queen)	Bernice (323) 759-7610	LAIG, P, Sp, SS4
	7:30 PM	Long Beach (50369)	Atlantic Alano Club, 1403 East 4th St., Twelve Step Meeting Room	Lenard (714) 642-6940	C, GLBT
THURS	10:00 AM	Lomita (08844)	St Mark's Presby Church, 24027 Pennsylvania Ave, Rm 12 (Vanita S. Memorial Mtg)	Charlotte (310) 329-6630	Book, WC, WTG
	7:00 PM	Long Beach (48304)	Grace United Methodist Church, 2325 E 3 rd (No longer a Young Person focus)	Nancy C. (562) 235-3820	1, P, Sp, WC
	7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., Room #8	Valerie (310) 977-5144	1, 12&12, M, *
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, M, P, 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	M, P, Sp1, WC
	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	Cathy (310) 548-1887	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	Laurie S. (562) 434-0508	Book, P, Sp, WC, *
	10:30 AM	San Pedro (17667)	Church of the Nazarene, 811 W 11 th St,	Jeanne (310) 377-1633	FT, P, SS1, 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, Book, M, P, SP, WC, *	
SUN	11:00 AM	Torrance (07682)	Del Amo Hospital Conf Room, 23700 Camino Del Sol	Ruby (310) 542-3121	P, Sp
	5:00 PM	Long Beach (27906)	Christ Lutheran Church, 6500 E. Stearns Street	Chris (562) 493-3149	1, P
	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	1, HOW, Sp

Key to Meeting Codes

1=1 hour
100=100 lb. Focus
11th Step=Meditation, children inappropriate
12&12=OA's 12/12
BB=Big Book of AA
Book=Study various books
C=Closed (OA Members Only)
FHIG=Foothill Intergroup

FT=For Today book
GLBT=Gay, Lesbian, Bi, Trans
HOW=Honest, Open mind, Willing
LAIG=Los Angeles Intergroup
M=Medallions (Chips)
NC=Newcomers
OCIG=Orange County Intergroup
P=Pitch

SGVI=San Gabriel Valley Intergroup
Sp=Speaker meeting
Sp1=Speaker meeting 1st week of the month
Sp3=Speaker meeting 3x per month
SS=AA 12x12
SS1=Step Study meeting 1st week of the month
SS4=Step Study 4th week
VR=Voices of Recovery book

WC=Wheelchair access, may be limited, call
WS=Women's stag
WTG=Writing
YP=Persons 25 years old & under focus
 * 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)