SOUTH BAY INTERGROUP OF OVEREATERS ANONYMOUS

Free Flight

May 2025

"Another kind of flight, a spiritual liberation!"

www.oasouthbay.org

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.

Service Opportunity

Do you like to talk on the phone?
Do you love connecting with newcomers?

Are you looking for a service opportunity?

South Bay Intergroup is looking for an OA fellow to answer voicemails left at our hotline.

Provide callers with general OA information and South Bay meeting specifics.

Contact: Michelle D.
Chair.oasbig@gmail.com
+1 (310) 529-3796

46th OA Regional Convention
"Spotlight on the Basics"

July 11-13, 2025
S
Loew's Hollywood Hotel
1755 Highland Ave., Los Angeles CA 90028

Registration now open

See OA Foothill Intergroup website for

Emotional Sobriety: Lasting Freedom

A workshop presented by OA San Diego

May 18, 2025
1:00—3:00 pm

Zoom ID: 86550768629
Password: 886534

Questions: workshops@oasandiego.org

World Service Organization (WSO) is focusing on growing OA unity worldwide this year. Go to **https://oa.org**



South Bay Intergroup Young Adult Outreach at

El Camino College

Student Health Center Circle
16007 Crenshaw Blvd
Torrance, CA 90506

Visitor parking in Lot C parking structure (map)

Four Spring Semester 2025 Events:

Monday, March 10th 12:30 pm - 2:30 pm PDT
Wednesday, April 2nd, 11 am - 1 pm PDT
Wednesday, April 30th, 1 pm - 3:30 pm PDT
Tuesday, May 20th, 1-3:30 pm PDT

Contact: Jeff L yp.oasbig@gmail.com or +1 (310) 528-2797 or
Michelle D chair.oasbig@gmail.com or +1 (310) 529-3796

Suggested donation of $5 amount
(No one turned away for lack of funds)

Use yellow "Donate" button at
www.oasouthbay.org



OVEREATERS ANONYMOUS®
South Bay Intergroup, California - Region 2



UPCOMING EVENTS

Local OA Intergroups

Los Angeles Intergroup

San Fernando Valley Intergroup

Foothill (Pasadena Area) Intergroup

Orange County Intergroup

San Gabriel Valley Intergroup

Channel Islands Intergroup (Santa Barbara & Ventura)

Inland Empire Intergroup (Riverside, San Bernardino areas)

San Diego County Intergroup

Voices of Recovery (From the UK!)

Saturdays
PST: 10:30-11:30am

Meeting ID: 816 2031 3744
Passcode: 132696

Here is link:
https://us02web.zoom.us/j/81620313744?pwd=Q3FmaHhUFVNUUk3OVNwM1FUSDBwQT09

Special Focus Meetings

Fellow OAers who share similar experiences

Anorexics & Bulimics

100 Pounders

Young People

LGBTQ+

Men Only

More Special Focus Meetings can be found at oa.org/find-a-meeting.

Want more info about OA Southbay Intergroup?

Call (310) 802-2001
Or
(562) 493-9030

OA is for Anorexics and Bulimics, too!

Zoom meeting
Tuesday 6 p.m.
Meeting ID: 81278154382
Password : Southbay
Also check LA Intergroup For more meetings

IN PERSON MEETINGS

Sunday
5:00pm Long Beach **(P)**

Tuesday
6:30pm Long Beach **(P)**
7:30pm Torrance **(P)**

Wednesday
7:00pm Torrance **(H)**

Thursday
10:00am Long Beach **(P)**
6:00pm Long Beach **(P)**

Saturday
8:30am Torrance **(H)**
9:00am Long Beach **(P)**

***IN PERSON(P) *HYBRID (H)**

Need an OA book or pamphlet?



Visit bookstore.oa.org

Would you like to spread the message of OA to those who still suffer?

Consider joining the South Bay Intergroup's Public Information Committee

For information contact

OA HELPLINE CONTACTS

Name	Phone	Best Times	Email	Name	Phone	Best Times	Email
Eileen	(562) 212-9265	10am-6pm		Tom F.	(562) 464-7550	8am - 9:30pm	tjfirpo@verizon.net
Jennifer S.	(310) 529-5708	9am-7pm	jen.steffen777@gmail.com				

Helpline Volunteers are here to answer to your questions and remind you that YOU ARE NOT ALONE.



Meeting Treasurers

Suggested 7th Tradition Donation Breakdown

SBI — 50%
World Service Office — 40%
Region 2 — 10%

Online Donations:
www.oasouthbay.org/donate

By mail:
OA South Bay Intergroup
P.O. Box 918
Harbor City, CA 90710

Your individual donation *covers the costs incurred in carrying the OA message of recovery to those who still suffer...inside and outside of the rooms. Those costs include rent, Zoom subscriptions, website and phone expenses, insurance, outreach to the public, literature expenses and regular donations to Region 2 and World Service Organization. Thank you for your continued support!*

Treasurer's Report

MARCH 2025

DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS
Sunday	5:00 PM	Long Beach	In Person	57536	$0.00
	5:00 PM	Long Beach	Zoom	27906	$54.00
Monday	6:00 AM	Long Beach	Zoom	53426	$150.00
	9:30 AM	Manhattan Beach	In Person	89488	$0.00
Tuesday	11:00 AM	Torrance	Zoom	19487	$0.00
	5:30 PM	Torrance	Zoom	48732	$0.00
	6:00 PM	Virtual	Zoom	57213	$0.00
	6:30 PM	Long Beach	In Person	15224	$60.00
	7:30 PM	Torrance	In Person	15653	$100.80
Wednesday	7:00 PM	San Pedro	Zoom	53992	$0.00
Thursday	6:00 AM	Long Beach	Zoom	56288	$0.00
	10:00 AM	Long Beach	In Person	57420	$0.00
	6:30 PM	Long Beach	In Person	51287	$0.00
Friday	7:30 AM	Virtual	Zoom	89465	$0.00
	9:30 AM	Manhattan Beach	Zoom	40803	$60.00
Saturday	8:00 AM	Seal Beach	Zoom	07394	$0.00
	8:30 AM	Torrance	Zoom	12163	$120.00
	9:00 AM	Long Beach	In Person	57678	$0.00
				Not Identified	$95.00
				Intergroup	$81.00
					$0.00
				GRAND TOTAL	$720.80

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
03/31/25	$8,914.18	$919.13	$0.40	-$195.00	$9,638.71

South Bay Intergroup Rep & Board Meetings

3rd Saturday of the month

Board Meeting 9-9:30 am
Rep Meeting 9:30-10:30 am

Upcoming Meetings:
May 17
June 21

All are welcome!
Please share your opinion!

All Submissions for

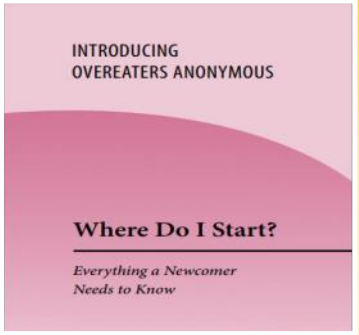
June are due by

Friday, May 23, 2025

Email info to:

editor.oasbig@gmail.com

FREE PDF



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
Minutes March 15, 2025

Board Members in Attendance: Michelle (Chair/World Service Delegate); Larry (Secretary); Nancy (Treasurer); Catherine (Parliamentarian); Pauline (Free Flight); Bearto (PI/PO); Hayley (Meeting Liaison); Claudia (Webmaster); Jeff (Young People's)

Meeting Called to order @ 9:36 a.m. by Michelle. Meeting Liaison Hayley counted meeting reps in attendance. Quorum was confirmed. Minutes approved for February.

Officer Reports:

Chair – met with Bearto at El Camino College – bringing literature / setting up booth; went to Cal State Dominguez Hills – they are having a Health Fair April 16; asked for interest in replacing commitments: Webmaster, Tech Chair – discussed roles; needs a World Service Rep to attend virtually last week of May

Vice Chair – vacant

Secretary – requested fill-in for May; discussed Rep Report

Treasurer – discussed Treasurer Report; Jeanne has been providing support during transition

Parliamentarian – updated Trusted Servants list; looking through policies

Free Flight Editor – a meeting listed on Free Flight is looking for newcomers

Public Information Chair: went to El Camino College meeting – phone number is listed wrong on information sheet; working on webpage

Meeting Liaison Chair –Saturday Seal Beach meeting is officially a member of South Bay Intergroup; Food Dudes meeting moved to a new location

Webmaster – Bilingual flyer updated on website; Spanish page is active

Special Events - Vacant

Young People's – events coming up: El Camino College events in April and May

Technology Chair – regrets

Region 2 – vacant

World Service – no report

Old Business – Michelle gave an overview of the Spanish flyer and distribution process

New Business – none

Announcements and Open Discussion – none

Meeting adjourned with the OA Promise at 10:32am.

Next meeting will be on Saturday, April 19, 2025.

South Bay Intergroup Service Board

Chair	Michelle D	chair.oasbig@gmail.com	(310) 529-3796
Vice Chair	VACANT	vicechair.oasbig@gmail.com	
Secretary	Larry C	secretary.oasbig@gmail.com	
Treasurer	Nancy M.	treasurer.oasbig@gmail.com	
Parliamentarian	Catherine	parliamentarian.oasbig@gmail.com	
Public Information	Bearto	publicinfo.oasbig@gmail.com	
Free Flight Editor	Pauline	editor.oasbig@gmail.com	(

Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Michelle D.	michellemcdunton@gmail.com	(310) 529-3796
R2 Rep/WSD #2	Bearto	FlightBear562@yahoo.com	
R2 Rep/WSD #3	VACANT		
Meeting Liaison	Hayley G.	meetings.oasbig@gmail.com	
Webmaster	Claudia A.	webmaster.oasbig@gmail.com	
Technology Chair	Joe C	Tech.oasbig@gmail.com	(562) 243-2300
Young People's	Jeff L	Yp.oasbig@gmail.com	
Special Events	VACANT		



MAY 2025 SOUTHBAY MEETING DIRECTORY

Most meetings have remained virtual. Meetings indicated in bold are meeting in person.
Check with Meeting Contacts or oasouthbay.org for updated meeting status.

OA Southbay Meeting Schedule

TIME	MEETING FOCUS	CITY	ZOOM MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
SUNDAY							
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	820 1249 5583	Southbay		Helen T. (562) 714-1463	1, P
5:00 PM	**Long Beach 5pm Meeting (IN PERSON)**	**Long Beach (57536)**	------	------	**Christ Lutheran Church: 6500 E. Sterns St. LB, CA 90815 (lounge)**	**Bob 562-924-4970**	**1, P**
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (53476)	140 017 149	Southbay		Kristin (562) 208-2363	1, BB, Wtg, WS
9:30 AM	**Manhattan Beach Morning Meeting (IN PERSON)**	**Manhattan Beach (57577)**	------	------	**MB Community Church: 303 S. Peck Ave Manhattan Beach, CA 90266**	**Christina B (858) 405-7209**	
TUESDAY							
11:00 AM	Torrance Virtual Meeting	Torrance	853 9238 7019	357182		Cathy C 424 731-1483	
5:30 PM	Torrance Virtual Book Study	Torrance	895 2370 1017	698326		Sherry L. 310 940-1130	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual	812 7815 4382	Southbay		Sharon M. (562) 243-5742	A/B, Book,
6:30 PM	**Long Beach Speaker Meeting (IN PERSON)**	**Long Beach (15224)**	------	------	**(St. Thomas of Canterbury)5306 E. Arbor Rd., Long Beach, CA 90808**	**Margie M. (562) 676-5497**	**C/C, P, SS1, WCL**
7:30 PM	**Torrance Live Big Book Meeting**	**Torrance (15653)**			**First Christian Church of Torrance 2930 El Dorado St. Room 9**	**Jennifer S. (310) 529-5708**	**Book, C/C, P, WC**
WEDNESDAY							
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (53992)	849 4698 8992	apple		Val S (310) 514-3025	12/12 SS Wtg WC
THURSDAY							
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	511 211 302	Southbay		Eileen C.D. (562) 212-9265	BB, WS, 11th Step, 12&12
9:30 AM	**Big Book in the Park (IN PERSON)**	**Long Beach (57420)**	------	------	**Gloria Dei Lutheran Church: 5872 Naples Plaza L.B., CA 90803**	**Angie M. 562-522-7573**	**1, BB**
6:00 PM	**Long Beach Live Big Book Study**	**Long Beach (51287)**	------	------	**Christ Lutheran Church: 6500 E. Sterns St. LB, CA 90815 (lounge)**	**Berto (562) 843-2764**	**Step Study, WC**
7:30 PM	**Food Dudes Men's Meeting (HYBRID)**	**Hybrid/Torrance**	**541 920 3317**	**Text mtg contact**	**Rolling Hills United Methodist Church 264328 Chrenshaw Bl. R.H.E 90274**	**Bill A. (310)622-5568**	**1,C/C,M WF**
FRIDAY							
7:30 AM	Women's Virtual Meeting	Virtual (89465)	763 262 800	Southbay		Courtney E. (714) 795-7985	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	828 7641 8646	Southbay		April W. (310) 738-5820	Wtg, P, Sp1
SATURDAY							
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	815 5689 1756	355823		Deborah (562) 833-2000	OCIG, SS, WC
8:30 AM	**Torrance Morning Meeting (HYBRID)**	**Torrance (12163)**	**235 040 1649**	**9461**	**First Christian Church 2930 El Dorado St. Room 9 HYBRID**	**Val S. (310) 514-3025**	
9:00 AM	**Bayshore Women's Literature Meeting (IN PERSON**	**Long Beach (57678)**	------	------	**Bayshore Community Church 5100 E The Toledo, Long Beach 90803**	**Hayley G. 818-726-3604**	**1, WS, Book, P**

◄ MEETING CODES ►

Code	Meaning	Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	**C/C**	Chips &/or Candles Given	**OA**	Overeaters Anonymous ("Brown Book")	**SS4**	Step Study 4th Week of the Month
1	One Hour Meeting	**CC**	Child Care Available	**OCIG**	Orange County Intergroup	**VR**	Voices of Recovery Book
11th Step	Meditation	**FT**	For Today Book	**P**	Pitch	**WC**	Wheelchair - Full Access
12&12	OA's 12/12	**HOW**	Honest, Openminded, Willingness	**Sp**	Speaker Meeting	**WCL**	Wheelchair - Access May Be Limited, Please Call
A/B	Anorexic/Bulimic Focus	**LAIG**	Los Angeles Intergroup	**Sp1**	Speaker Meeting 1st Week of the Month	**WS**	Women's Stag
BB	Big Book of AA	**M**	Men's Meeting	**SS**	AA 12x12 Step Study	**Wtg**	Writing
Book	Study Various Books	**NC**	Newcomers	**SS1**	Step Study 1st Week of the Month	**YP**	Young People