SOUTH BAY INTERGROUP OF OVEREATERS ANONYMOUS

Free Flight

June 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.



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

OA Serenity Retreat
Presented by OA San Diego

July 25-27, 2025
Mission San Luis Rey
Oceanside, CA
Registration opens May 1, 2025
For questions contact: Retreats@OASanDiego.org

Hello, I am Jeff, your grateful Intergroup Young People's Chair. I am writing this update as of May 7th 2025. Chair Miichelle has asked me to write this update and has been with me at all our college/university outreach meet-ups. Bearto from World Service Young People's Committee has also been there to help and give feedback. We have been to El Camino College many times now recently with much success during a job fair. We also went to CSU Dominguez Hills with an official booth at their Health Fair and that outreach meet-up was also very fruitful. And when I say it was "fruitful", I don't mean we had people sincerely committing to the program on the spot. Maybe I should say it was very "seed-full"...because we definitely sowed some seeds of interest in our fellowship. That is really all you can do with attraction, not promotion, as a principle. Just sow seeds.

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

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

Yrlfhv#i#
Uhfryhu|#
+Iurp #khKN$,#
#
Vdwxugd|v#
SVW#3=63044=63dp #
#
P hhwlqj#G=#49#364#:77#
Sdvvfrgh=#659<9#

Khuh#v#lqn=#
https:llus02web.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 Or-*

Treasurer's Report

APR 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	$12.00
Monday	6:00 AM	Long Beach	Zoom	53426	$0.00
	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	Virutal	Zoom	57213	$0.00
	6:30 PM	Long Beach	In Person	15224	$60.00
	7:30 PM	Torrance	In Person	15653	$80.00
Wednesday	7:00 PM	San Pedro	Zoom	53992	$90.00
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	$5.00
Saturday	8:00 AM	Seal Beach	Zoom	07394	$0.00
	8:30 AM	Torrance	Zoom	12163	$90.00
	9:00 AM	Long Beach	In Person	57678	$0.00
				Not Identified	$125.00
				Intergroup	$3.00
					$0.00
				GRAND TOTAL	**$465.00**

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
04/30/25	$9,638.71	$735.37	$0.42	-$147.50	$10,227.00

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!

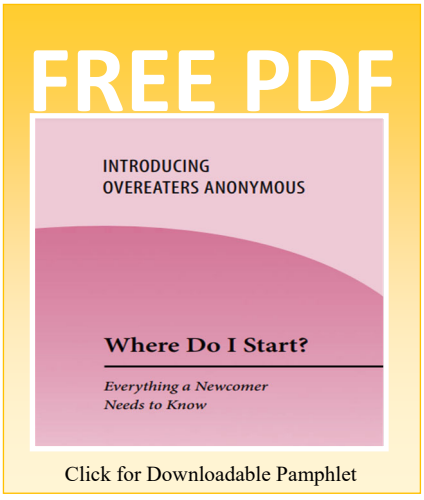
All Submissions for

June are due by

Friday, May 23, 2025

Email info to:

editor.oasbig@gmail.com



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
Minutes April 19, 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 @ 9:35 a.m. by Michelle. Meeting Liaison Hayley counted meeting reps in attendance. Quorum was confirmed. Minutes approved for March.

Officer Reports:

Chair – Went to R2 assembly and there is a survey they are doing (Fellowship Forward Survey), R2 Convention coming up as well (combining with assembly time and convention together). Starting to get literature sales for Spanish literature through the R2 website. We can get a Canva account through the region to use for artwork. Went through our OA table from Cal State Dominguez Hills fair, invited to the mental health fair at Harbor City College in May.

Vice Chair – vacant

Secretary – regrets not here, Hayley filled in in April 19, Catherine will be filling in for May 17 intergroup meeting.

Treasurer – discussed Treasurer Report, also reported in May Free Flight correctly;

Parliamentarian – R2 help a meeting discussing how to update by-laws and Catherine received all the information from meeting, looking for volunteers to help update the by-laws for review and feedback

Free Flight Editor – sends regrets, updated Free Flight and was sent out

Public Information Chair: sends regrets, may be gone in May, but has started posting flyers to the Long Beach retirement center and 3 different local libraries. Chair reviewed how to update our customizable poster advertising OA to put up in various locations

Meeting Liaison Chair – Alizon (backup Meagan) to cover meeting liaison for May 17
Thursday 5:30pm meeting (number 88765) which was using SBI zoom account but not on our meeting list is officially using a new zoom link. Friday 7:30 am meeting (number 89465) has moved to the OA Virtual Footsteps Intergroup and is using their zoom link so they have been removed from our meeting list on google sheets and is in works to be removed from the website. Our Tuesday 5:30pm Meeting (Torrance Virtual Book Study, Torrance (48732)) needs support, please share meeting with your home groups.

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

Special Events - Vacant

Young People's – Past week went to El Camino. Events coming up: El Camino College events in April 30th 11 am – 2 pm, May 20th 1-3:30pm and Harbor City College on May 14th 10:15 am – 2 pm

Technology Chair – regrets

Region 2 – Bearto traveling this month, Michelle attending world service

World Service – no report

Old Business – none

New Business – Service traditions and concepts workshop that R2 can host for us (would be a 9-12pm meeting on one of our third Saturday meetings): maybe August/September- after transition in July for new intergroup reps to join and setlle in

Announcements and Open Discussion – none

Meeting adjourned with the OA Promise at 10:17am.

Next meeting will be on Saturday, May 17, 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 (53426)	140 017 149	Southbay		Kristin (562) 208-2363	1, BB, Wtg, WS
9:00 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	
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)	323 719 0049	apple		Val S. (310) 514-3025	12/12 SS Wtg
					First Presbyterian Church Rm. 3		**No wheelchair access**
THURSDAY							
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	511 211 302	Southbay		Jacque 562-252-5977	BB, WS, 11th Step, 12&12
9:30 AM	Big Book in the Park (IN PERSON)	Long Beach	----	----	4900 Federation Way, Long Beach	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/Torrance**	**541 920 3317**	**Text meeting contact**	**Rolling Hills United Methodist Church 264328 Crenshaw, RHE 90274**	**Bill A. (310) 622-5568**	**1 C/C,M WF**
FRIDAY							
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	828 7641 8646	Southbay		April W. (310) 738-5820	Wtg, P, Spl, 1
SATURDAY							1 1/2
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	822 7364 8784			Debborah (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		
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
Code	Meaning	Code	Meaning		Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given		Overeaters Anonymous ("Brown Book")	SS4	Step Study 4th Week of the Month
1	One Hour Meeting	CC	Child Care Available		Orange County Intergroup	VR	Voices of Recovery Book
11th Step	Meditation	FT	For Today Book		Pitch	WC	Wheelchair - Full Access
12&12	OA's 12/12	HOW	Honest, Openminded, Willingness		Speaker Meeting	WCL	Wheelchair - Access May Be Limited, Please Call
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup		Speaker Meeting 1st Week of the Month	WS	Women's Stag
BB	Big Book of AA	M	Men's Meeting		AA 12x12 Step Study	Wtg	Writing
Book	Study Various Books	NC	Newcomers		Step Study 1st Week of the Month	YP	Young People
			For more information about OA Southbay Intergroup, visit oasouthbay.org				

◄ 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