SOUTH BAY INTERGROUP OF OVEREATERS ANONYMOUS

Free Flight

July 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
Loew's Hollywood Hotel
1755 Highland Ave., Los Angeles CA 90028

Registration now open

See OA Foothill Intergroup website for registration information

OA Serenity Retreat
Presented by OA San Diego

July 25-27, 2025

Mission San Luis Rey
4050 Mission Avenue
Oceanside, CA 92057

Registration opens May 1, 2025
Register at: www.tinyurl.com/OARetreat2025

For questions contact: Retreats@OASanDiego.org
For more information and room rates see the San Diego Intergroup website

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

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 Or-*

Treasurer's Report

MAY 2025

DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS
Sunday	5:00 PM	Long Beach	In Person	57536	$100.00
	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	$0.00
	7:30 PM	Torrance	In Person	15653	$0.00
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	$0.00
Saturday	8:00 AM	Seal Beach	Zoom	07394	$0.00
	8:30 AM	Torrance	Zoom	12163	$0.00
	9:00 AM	Long Beach	In Person	57678	$0.00
				Not Identified	$140.00
				Intergroup	$103.00
					$0.00
				GRAND TOTAL	**$355.00**

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
05/31/25	$10,227.00	$374.07	$0.44	-$45.00	$10,556.51

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:
June 21
July 19

All are welcome!
Please share your opinion!

All Submissions for

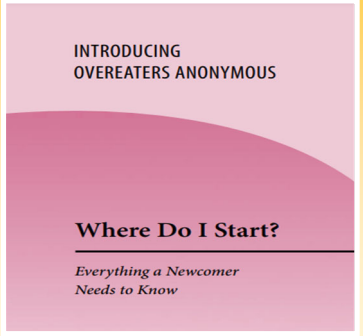
June are due by

Friday, June 23, 2025

Email info to:

editor.oasbig@gmail.com

FREE PDF



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
Minutes May 17, 2025

Members in Attendance: Michelle (Chair/World Service Delegate); Catherine (Parliamentarian); Pauline (Free Flight); Joe C.; Theresa; Marjorie D.; Pattie M.; Alizon; Jesse S.; Maegan

Meeting Called to order @ 9:32 a.m. by Michelle with the '"We Version" of the Serenity Prayer and the OA Promise.
Meeting Liaison Sub, Maegan, counted meeting reps in attendance.
We did not have a Quorum to approved the April minutes.

Officer Reports:

Chair – Michelle said we are in need of service positions. Joe has been tech support for 4 years, so he needs a replacement. It is a very light role in terms of responsibility. Maximum time commitment is about an hour and a half to two hours a month. It is primarily supporting getting people into meetings. Also looking for a webmaster. Claudia has done it for about 5 years and needs to be replaced. We are looking for someone who has some tech skills to support. It is also a maximum of a couple of hours a month in terms of a commitment.

It is important to realize how a service commitment is beneficial to our recovery programs.

Jesse S volunteered to take over Joe C.

Vice Chair – Vacant.

Secretary – Catherine filled in as secretary for the May 17th intergroup meeting. No issues from the group with the April minutes. The group was unable to officially approve the minutes without a quorum.

Treasurer – Michelle reviewed the Treasurer's Report which will be reported in the upcoming Free Flight

Parliamentarian –Catherine has not moved forward in updating the by-laws, but is looking for volunteers who could help update the by-laws. If anyone has recommendations for things that should be changed and/or updated, please contact Catherine.

Free Flight Editor – The Free Flight distributed to the reps has a glitch that will be changed prior to issuing in the overall Free Flight published online.

Public Information Chair:

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		



Meeting Liaison Chair – Maegan filled in for Hayley taking roll call.

Webmaster – No report.

Special Events – Vacant.

Young People's – Michelle shared a picture of an outreach event at Dominguez Hills where 2 people asked for a follow up call. At El Camino College, the volunteers spoke with 16 people, of which 7 wanted a follow up call. There is also an additional outreach event on May 20th at El Camino College if someone wants to join Michelle there.

Technology Chair – Joe will get his responsibilities transferred over to Jesse L. over the next couple of weeks. Both Joe L. and Jesse S. put their numbers in the chat if anyone needs any tech support.

Region 2 – Marjorie is the Region 2 publications Rep. July 11, 12 & 13 is the R2 convention. It will be in Hollywood with a theme of Spotlight on the Basics. The speakers have been approved. There are also tips on how to take public transportation there. The winter assembly will be January 31st on Zoom and the convention will be Friday night, January 31st to Sunday, February 2nd.

We now have a California OA literature resource. The minimum purchase is 4 books of a kind, if being purchased for meetings. Region 2 will take care of the tax issues now.Bookstore@oabookstore.org. Must buy in groups of 4.
For buying one book, still purchase through the bookstore.oa.org website that ships from New Mexico.
There is also a new link for obtaining OA literature in Spanish.

World Service – No report.

Old Business – None.

New Business – We have an opportunity to send up to 2 reps to Assembly working with people from all over the state. Michelle also attended a World Service meeting on Zoom on promoting program to others.

There will be a World Service meeting in Florida in August.

Michelle displayed a QR Code to donate to OA Southbay Intergroup.

Alizon summarized the several meeting changes that occurred over the last few weeks.
Michelle said we have been talking about where to take flyers in our area. Michelle shared a list of the locations that were recommended. We got these from the LA County Mental Health Coordinator for the Southbay area in addition to our group's suggestions.

Announcements and Open Discussion-
A Service, Traditions and Concepts meeting from Region 2 will be scheduled.
There will be an R2 convention in Hollywood in July and a World Service Convention in Florida in August.
The Fellowship Forward survey is closing June 1st.
Need to add Jesse to Board invite meeting as Tech Chair.

After a moment of silence for those still suffering, the meeting was adjourned with the OA Promise at 10:13am.

Next meeting will be on Saturday, June 21, 2025.

JULY 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	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 (801907)	853 9238 7019	357182		Cathy C. (424) 731-1483	
5:30 PM	Torrance Virtual Book Study	Torrance	929 507 449	610573		Sherry (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)	323 719 0049	apple		Val S. (310) 514-3025	12/12 SS Wtg WC
					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							
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, 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