SOUTH BAY INTERGROUP OF OVEREATERS ANONYMOUS

Free Flight

October 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.

OA Men's Retreat

October 31—November 1, 2025

Mission San Luis Rey Retreat Center
4050 Millson Ave.
Oceanside, CA 92057
For complete description of the event see www.sanluisrey.org

For further Information contact:
Debe B. at (619) 787-2937 or davebirgw66@gmail.com
Gene K. (760) 859-7400 or Genekogan1@gmail.com

`Foundations of Abstinence

A workshop hosted by OA San Diego Intergroup

September 28, 2025

11 a.m.—1 p.m.
Zoom link: https://tinyurl.com/SDAbstinence2025
Meeting ID: 813 3148 0613
Passcode: 558466

Questions: workshops@oasandiego.org

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.

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)**

Want more info about OA Southbay Intergroup?

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

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

OA South Bay Financials **AUGUST**

DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS
Sunday	5:00 PM	Long Beach	In Person	57536	$0.00
	5:00 PM	Long Beach	Zoom	27906	$0.00
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
	9:30 AM	Long Beach	In Person	57420	$60.00
	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	$10.00
	9:00 AM	Long Beach	In Person	57678	$0.00
				Not Identified	$165.00
				Intergroup	$115.00
					$0.00
				GRAND TOTAL	**$350.00**

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
06/30/25	$11,074.70	$296.95	$0.47	-$152.00	$11,220.12

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:
October 18
November 15

All are welcome!
Please share your opinion!

All Submissions for

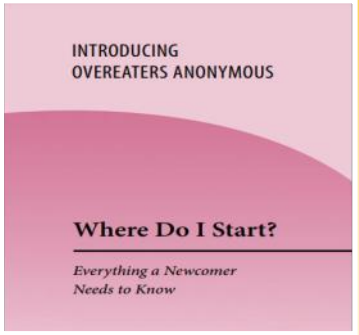
November are due by

Friday, October 24, 2025

Email info to:

editor.oasbig@gmail.com

FREE PDF



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
Minutes August 16, 2025

Board Members in Attendance: Michelle (Chair/World Service Delegate); Larry (Secretary); Nancy (Treasurer); Catherine (Parliamentarian); Hayley (Meeting Liaison); Jeff (Young People's); Jesse (Tech)

Meeting Called to order @ 9:33 a.m. by Michelle. Meeting Liaison Hayley counted meeting reps in attendance. Quorum was confirmed. Minutes approved for July.

Officer Reports:

Chair – talked about sponsorship as a tool of the program; we will be putting together changes to the Policies & Procedures and By-laws to be voted on

Vice Chair – vacant

Secretary – no report

Treasurer – the insurance document is on the SecureZone of the website; two meetings need to be added to the list and email will be sent to insurance rep; discussed July Treasurer Report; we are in good shape

Parliamentarian – sent to Board proposed changes to Policies & Procedures and By-laws – gave examples of changes due to having intergroup meeting done virtually; Chair discussed Board/Committee composition options

Free Flight Editor – regrets

Public Information Chair: regrets

Meeting Liaison Chair – one meeting changed their meeting ID number

Webmaster – vacant

Special Events - Vacant

Young People's – Fall semester outreach planned at colleges

Technology Chair – provided contact info in chat

Region 2 – regrets

World Service – no report

Old Business – none

New Business – none

Announcements and Open Discussion – none

Meeting adjourned with the OA Promise at 10:25am.

Next meeting will be on Saturday, September 20, 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		



OCTOBER 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)	830 5201 7694	977891		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