SOUTH BAY INTERGROUP OF OVEREATERS ANONYMOUS

Free Flight

August 2024

"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.

Share Your Experience With Others

Let others know about your OA journey through Free Flight

Send a 200 word submission to editor.oasbig@gmail.com



The spirituality of life cannot be explained by logic or science. Often I know something without knowing I know it. When I put logic aside, instinct shows me reality. Instinct cuts through arguments, clears away indecision and confusion.

For example, does the OA program try to reason me out of my compulsive behavior? No. It directs my attention, instead, to that jumble of instinct and emotion I call "gut level". There is little logic or reason there, yet this is the self to which the program speaks.

I pray to recognize the limitations of logic and reason; to entrust to God the problems for which I cannot figure out a solution.

— For Today, p. 163

Traditions Workshop on Zoom

Sponsored by the OA Virtual Intergroup

4:30—6:00 PT
August 2, 3, and 4

Meeting ID: 84790143147
Passcode: 164164

Body Image Workshop

"Create a New Body Image Through the 12 Steps

A Zoom Event presented by The San Diego Intergroup

Sunday August 11
1:00—3:00 pm
Meeting ID: 868 348 71890/No passcode

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

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.

MEETING NEEDING SUPPORT

Thursday
6 pm
Book Study
In Person
Christ Lutheran Church
6500 E. Sterns St.
Long Beach
Meets in the lounge

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

Want more info about OA Southbay Intergroup?

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

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.



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!*

MEETING TREASURERS

Suggested 7th Tradition Donation Diagram



Online Donations:
www.oasouthbay.org/donate

Mail to:
OA South Bay Intergroup
P.O. Box 918
Harbor City, CA 90710

Treasurer's Report

JUNE 2024

DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS
Sunday	3:00 PM	Long Beach	Zoom	800368	$3.00
	5:00 PM	Long Beach	In Person	57536	$0.00
	5:00 PM	Long Beach	Zoom	27906	$66.00
	6:00 AM	Long Beach	Zoom	53426	$0.00
Monday	9:30 AM	Manhattan Beach	In Person	89488	$0.00
	11:00 AM	Torrance	Zoom	19487	$0.00
	5:30 PM	Torrance	Zoom	48732	$0.00
Tuesday	6:00 PM	Virutal	Zoom	57213	$0.00
	6:30 PM	Long Beach	In Person	15224	$120.00
	7:30 PM	Torrance	In Person	15653	$0.00
	1:00 PM	Inglewood	In Person	57877	$0.00
Wednesday	7:00 PM	Torrance	Hybrid	56935	$60.00
	7:00 PM	San Pedro	Zoom	53992	$0.00
	6:00 AM	Long Beach	Zoom	56288	$0.00
Thursday	10:00 AM	Long Beach	In Person	57420	$220.00
	6:30 PM	Long Beach	In Person	51287	$0.00
	7:30 AM	Virtual	Zoom	89465	$0.00
Friday	9:30 AM	Manhattan Beach	Zoom	40803	$0.00
	8:00 AM	Seal Beach	Zoom	07394	$0.00
Saturday	8:30 AM	Torrance	Zoom	12163	$120.00
	9:00 AM	Long Beach	In Person	57678	$0.00
				Not Identified	$115.00
				Intergroup	$119.00
					$0.00
				GRAND TOTAL	$823.00

DATE	BEGIN BAL	DEPOSITS	INTEREST		CASHED CKS/DEBITS	END BAL
06/30/24	$9,374.80	$467.97	$0.39		-$564.80	$9,278.36

South Bay Intergroup
Service Opportunities

Special Events Chair*

Go to oasouthbay.org for details.

No experience necessary



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:
August 17
September 21

All are welcome!
Please share your opinion!

All Submissions for

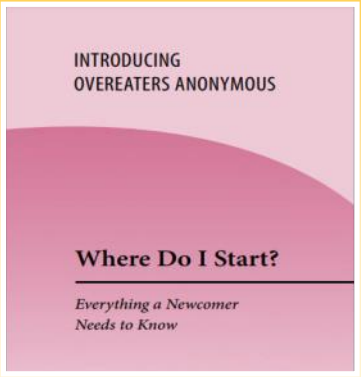
July are due by

Friday, September 6, 2024

Email info to:

editor.oasbig@gmail.com

FREE PDF



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
Minutes June 15, 2024

Board Members in Attendance: Michelle (Chair); Larry (Secretary); Nancy (Parliamentarian); Bearto (Public Information Chair Region 2/World Service Rep #2); Jane (Meeting Liaison); Claudia (Webmaster); Jeff (Young People's); Joe (Tech Chair)

Meeting Called to order @ 9:35 a.m. by Michelle. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for May.

Officer Reports:

Chair – good experience at El Camino College; appreciates coverage last month; will be absent next month, along with Carolyn – Nancy will cover

Vice Chair – regrets

Secretary – discussed Rep report

Treasurer – regrets; contribution amounts provided by Michelle

Parliamentarian – discussed responsibilities of Reps as guide for new Reps to be elected

Free Flight Editor – regrets; seeks personal recovery story submissions sent to editor – Michelle encourages Reps to ask meetings for submissions

Public Information Chair: World Services is looking for stories of Mental Health; on campus with Michelle and Jeff; trying to develop flyers – requests help to advertise meetings; will attempt to have PIPO committee meet 2nd Saturday each month

Meeting Liaison Chair – Sunday 3pm Zoom meeting closed – now 19 meetings; Rep elections coming up – let Jane know new Rep info via meeting liaison email

Webmaster – posted website links in chat for various pages; requests for events to be provided to Claudia; demo of Secure Area; discussed changes to Secure Area (addition of phone numbers)

Special Events - Vacant

Young People's –event at El Camino College May 29 - positivity

Technology Chair – helps people with logins; prefers contact by text

Region 2/World Service – Michelle: amazing experience at World Service Conference; Unity with Diversity Committee is encouraging meetings with underrepresented people; encourages development of Spanish speaking meetings; Bearto wants to retain new members in other Regions; will be looking for a new Treasurer in October

Old Business –
- Elections – vacant positions:
  - Special Events (appointed): no nominations.
  - Region 2 Representative/World Service Delegate 3: no nominations; R2 Reps meet in October

New Business – R2 Convention July 12-14 in Sacramento

Announcements and Open Discussion – Board voted to move phone numbers to Secure Zone

Meeting adjourned with the OA Promise at 10:28am.

Next meeting will be on Saturday, July 20, 2024.

South Bay Intergroup Service Board

Chair	Michelle D	chair.oasbig@gmail.com	(310) 529-3796
Vice Chair	Carolyn	vicechair.oasbig@gmail.com	(562) 896-1393
Secretary	Larry C	secretary.oasbig@gmail.com	
Treasurer	Jeanne	treasurer.oasbig@gmail.com	
Parliamentarian	VACANT	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	Diane C.	diadog@att.net	
R2 Rep/WSD #3	Bearto	FlightBear562@yahoo.com	
Jane A.	Meeting Liaison	meetings.oasbig@gmail.com	
Webmaster	Claudia	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		



JULY 2024 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	
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 (15553)			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	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541 920 3317	Text mtg contact	First Christian Church 2930 El Dorado St Torrance Room 9	Bill A. (310) 622-5568	1, C/C, M, WF
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
10:00 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) 343-2764	Step Study, WC

◄ 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

FEBRUARY 2024 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
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 (90803)	828 764 18646	Southbay		April W. (310) 738-5820	Wtg, P, Sp1, 1
SATURDAY							1 1/2
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07384)	822 7364 8784			Debborah (562) 833-2000	OCIG, SS, WC
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12165)	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				

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11th Step	Meditation	**FT**	For Today Book	**P**	Pitch	**WC**	Wheelchair - Full Access
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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