SOUTH BAY INTERGROUP OF OVEREATERS ANONYMOUS

Free Flight

February 2026

"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 San Diego presents a

Valentine's Day Dance!

Saturday, February 14, 2026

5:00—5:30 PM : Speaker
5:30—7:30 PM : Dance

Mission Hills United Methodist Church
4070 Jackdaw St., San Diego, CA

For more information: workshops@oasandiego.org

OA Men's Retreat

May 15, 2026, 6:00 PM –May 17, 2026, 10 PM

450 Mission Ave.
Oceanside , CA 92057

Retreat leaders who have worked all 12 Steps and want to help your recovery.

See the Los Angeles Intergroup website for details.

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 **DECEMBER 2025**

DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS	2025 Year to Date
Sunday	5:00 PM	Long Beach	In Person	57536	$0.00	$230.00
	5:00 PM	Long Beach	Zoom	27906 [closed]	$0.00	$102.00
	6:00 AM	Long Beach	Zoom	801752	$0.00	$521.00
Monday	9:30 AM	Manhattan Beach	In Person	57577	$0.00	$70.00
	11:00 AM	Torrance	Zoom	801907	$0.00	$0.00
Tuesday	6:00 PM	Virutal	Zoom	57213	$50.00	$85.00
	6:30 PM	Long Beach	In Person	15224	$100.00	$400.00
	7:30 PM	Torrance	In Person	15653	$0.00	$361.80
Wednesday	7:00 PM	San Pedro	Zoom	53992	$48.00	$143.00
	6:00 AM	Long Beach	Zoom	801753	$0.00	$186.00
Thursday	9:30 AM	Long Beach	In Person	57420	$78.00	$138.00
	6:00 PM	Long Beach	In Person	51287	$12.00	$72.00
	7:30 PM	Rolling Hills	Hybrid	56935	$0.00	$36.00
	7:30 AM	Virtual	Zoom	89465	$0.00	$15.00
Friday	9:30 AM	Manhattan Beach	Zoom	40803	$75.00	$465.20
	8:00 AM	Seal Beach	Zoom	07394	$0.00	$0.00
Saturday	8:30 AM	Torrance	Hybrid	12163	$0.00	$430.00
	9:00 AM	Long Beach	In Person	57678	$131.28	$524.63
				Not Identified	$115.00	$2,109.80
				Intergroup	$68.00	$899.00
				Special Events	$52.00	$104.00
				GRAND TOTAL	$729.28	$6,892.43

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
11/30/25	$9,606.79	$886.74	$0.43	-$152.00	$10,341.96

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:
February 21
March 21

All are welcome!
Please share your opinion!

All Submissions for

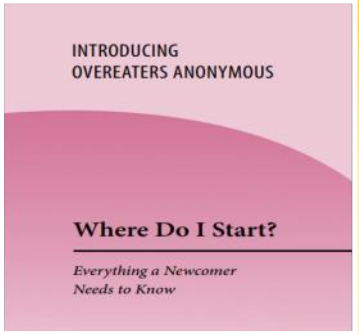
March 2026 are due by

Friday, February 13, 2026

Email info to:

editor.oasbig@gmail.com

FREE PDF



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous
Intergroup Meeting
Minutes December 20, 2025,

Board Members in Attendance: Michelle (Chair/WS Delegate); Maegan (Secretary), Nancy (Treasurer), Meeting Liaison, Hayley, Larry (Webmaster); Catherine (Parliamentarian) ; Jesse (Tech); Jeff (Young People's); Theresa (R2 Rep), Pauline, (Free Flight)

Board Members Absent- Bearto (Special Events/R2 Rep); Pauline, (Free Flight) left at 10:01am

Meeting Called to order @ 9: 32 a.m. by Michelle.

Jesse and Karen seconded the minutes from November

Officer Reports:

Chair, Michelle – Talked about Birthday Party and her Region 2 convention attendance. If elected WS Trustee in April, she will resign. She discussed Chair role and requested IG members to her to discuss further.

Vice Chair – vacant

Secretary – no report

Treasurer, Nancy- Stated taxes are in progress. Showed Year To Date column added financial report. And will starts tracking per fiscal year, not just calendar year.

Parliamentarian, Catherine, No report.

Technology Chair , Jesse, reminded IG members to send zoom questions to him.

Webmaster, Larry – **no report**

Meeting Liaison Chair, Hayley – suggested meeting moved January 24th, 2025. We voted and moved to 24th due to OA birthday party. Also, reminded reps who will be changing in their meeting, please share my contact info with the new reps so she can include them on next month's reminder emails.

Free Flight Editor, Pauline-two new items added. Men's Retreat and OA birthday party

Public Information Chair: Vacant –Pattie self-nominated and added in the office.

Special Events, Bearto- Regrets is traveling – Michelle reported on the Thanksgiving Marathon. 35 people attended. $52 collected. Stay tuned to next event ideas.

Young People's, Jeff L – no report

Region 2, Beatro and Theresa –Theresa spoke about the 12 within committee Webinar. Let the members know that you can get updates pushed to their email, if you like. Also stated both reps were in attendance and others from Region 2.

World Service , Michelle 2026 rep, New Mexico attendance.

7th Tradition- we help space for donations.

Old Business -handled above

New Business –

- OA birthday party discount • _2 complimentary tickets • _Distinctive or meaningful format for pop up meetings leaders - Jesse will see if he can do it. Contact Nancy D. 310-384-3854
- Secular Day reader requested

Announcements and Open Discussion – n/a
Next meeting will be on Saturday, Jan 24th, 2025 at 9:30am

Meeting adjourned with the OA Promise at 10:11am

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		



DECEMBER 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 South Bay Meeting Schedule — 11/9/2025

TIME	MEETING FOCUS	CITY	ZOOM MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
SUNDAY							
5:00 PM	**Long Beach 5pm Meeting**	**Long Beach (57536)**	--------	--------	**Christ Lutheran Church: 6500 E. Stearns St. LB, CA**	**Bob 562-924-4970**	**1, P**
MONDAY						Jacquie T (562) 252-5911	
6:00 AM	Long Beach Virtual Mornin	Long Beach (801752)	140 017 149	Southbay		Kristin (562) 208-2363	1, BB, Wtg, WS
9:30 AM	**Manhattan Beach Mornin (IN PERSON)**	**Manhattan Beach (57577)**	--------	--------	**MB Community Church: 303 S. Peck Ave Manhatta**	**Christina B (858) 405-7209**	
TUESDAY							
11:00 AM	Torrance Virtual Meeting	Torrance (801907)	853 9238 7019	357182		Cathy C 424 731-1483	
6:00 PM	Anorexia/Bulimia Focus Vi	Virtual (57213)	812 7815 4382	Southbay		Sharon M. (562) 243-5742	A/B, Book,
6:30 PM	**Long Beach Speaker Mee**	**Long Beach (15224)**	--------	--------	**St. Thomas of Canterbury 5306 E. Arbor Rd., Long B**	**Margie M. (562) 676-5497**	**C/C, P, SS1, WCL**
7:30 PM	**Torrance Live Big Book M**	**Torrance (15653)**			**First Christian Church: 2930 El Dorado St. Room**	**Jennifer S. (310) 529-5708**	**Book, C/C, P, WC**
WEDNESDAY							
7:00 PM	San Pedro Step Study Virt	San Pedro (53992)	849 4698 8992	apple		Val S. (310) 514-3025	12/12 SS Wtg
THURSDAY							
6:00 AM	Long Beach Women's Virtu	Long Beach (801753)	511 211 302	Southbay		Eileen C.D. (562) 212-9265	BB, WS, 11th Step, 12&12
9:30 AM	**Book Study (IN PERSON)**	**Long Beach (57420)**	--------	--------	**Gloria Dei Lutheran Churc 5872 Naples Plaza, Long E**	Carolyn 562-896-1393 or Angie 563-522-7573	1, Book
6:00 PM	**Long Beach Live Big Boo**	**Long Beach (51287)**	--------	--------	**Christ Lutheran Church: 6500 E. Stearns St. LB, CA**	**Berto (562) 843-2764**	**Step Study, WC**
7:30 PM	**Food Dudes Men's Meeti**	**Rolling Hills (56935)**	541 920 3317	**Text contact**	**Rolling Hills United Methodist Church: 26438 Crenshaw Blvd, Rolling Hills Estates, CA 90274**	**Bill A. (310) 622-5568**	**1, C/C, M, WF**
FRIDAY							
9:30 AM	Manhattan Beach Fellowsh	Manhattan Beach (40803)	828 7641 8646	Southbay		April W. (310) 738-5820	Wtg, P, Sp1
SATURDAY							
8:00 AM	AA 12x12 Virtual Step Stud	Seal Beach (07394)	830 5201 7694	977891		Deborah (562) 833-2000	OCIG, SS, WC
8:30 AM	**Torrance Morning Meetin**	**Torrance (12163)**	235 040 1649	**9461**	**First Christian Church: 2930 El Dorado St Rm 9 H**	**Val S. (310) 514-3025**	
9:00 AM	**Bayshore Women's Liter (IN PERSON)**	**Long Beach (57678)**	--------	--------	**Bayshore Community Chu 5100 E The Toledo, Long E**	**Hayley G. 818-726-3604**	**1, WS, Book, P**

Code	Meaning	Code	Meaning		Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	CC	Chips and/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, Willingn	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 Mo	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

For more information about OA Southbay Intergroup, visit oasouthbay.org

◄ MEETING CODES ►

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‡	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