SOUTH BAY INTERGROUP OF OVEREATERS ANONYMOUS

Free Flight

"Another kind of flight, a spiritual liberation!"

March 2024

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



If you eat too much you're a glutton. If you weigh too much you won't be popular with the boys (or girls). Heaping new guilt upon old, I tried to reform myself. I dieted, lost weight. There, now I looked terrific. But for how long? And did I like myself any better on the inside?

Of all the remedies I tried, only in OA did I feel accepted for what I was, not for what I might become. Only in OA did I feel my problem was nothing to be ashamed of. Only in OA was I able to lose the weight and keep it off. Without guilt, without shame, without self-hate.

I let no one—including myself—try to shame me into changing something about myself I wish were different. I pray to be relieved of guilt and self-hate, and to accept and like myself exactly as I am. That is where I can begin to change.

— For Today, p. 19

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 Bearto at publicinfo.oasbig@gmail.com

Would you like to share the message of OA to Young people who suffer from compulsive eating?

Consider joining the Young People's Committee

For information contact Jeff L. at yp.oasbig@gmail.com

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.

MEETINGS NEEDING SUPPORT

Monday

"Read. Write, and Recover"
4:30 pm
Literature and Writing
Zoom ID: 816 0723 2889
Password: 743666

Tuesday

5:30 pm
Virtual Book Study
Zoom ID: 929 507 449
Password: Southbay

Wednesday

6:00 pm
In person
5881 Cherry Ave,
Long Beach

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

IN PERSON MEETINGS

Sunday
5:00pm Long Beach **(P)**

Monday
9:00am Manhattan Beach **(P)**

Tuesday
6:30pm Long Beach **(P)**
7:30pm Torrance **(P)**

Wednesday
6:00pm Long Beach **(P)**
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

Want more info about OA Southbay Intergroup?

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

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

DECEMBER 2023

DAY	TIME	LOCATION		MEETING#	DONATIONS
Sunday	3:00 PM	VIRTUAL Women's	LONG BEACH	800368	$5.00
	5:00 PM	VIRTUAL	LONG BEACH	57536	$102.00
	5:00 PM	Long Beach IN PERSON	LONG BEACH	27906	$24.00
	6:00 AM	Long Beach		53426	$196.80
Monday	6:30 PM	Virtual		89488	$0.00
	7:00 PM	Long Beach		52590	$0.00
	11:00 AM	Torrance			$0.00
	5:30 PM	Torrance			$0.00
Tuesday	6:00 PM	Virutal		Anorexia/Bulimia 57213	$0.00
	6:30 PM	Long Beach		15224	$0.00
	6:30 PM	Virutal/Hibernation		89489	$0.00
	7:30 PM	Torrance		15653	$0.00
	6:00 AM	Long Beach		54517	$20.00
Wednesday	6:30 PM	Torrance		56935	$0.00
	7:00 PM	Inglewood		32469	$0.00
	7:00 PM	San Pedro		53992	$40.00
	6:00 AM	Long Beach		56288	$0.00
Thursday	10:00 AM	Long Beach		57420	$60.00
	6:30 PM	Long Beach		51287	$0.00
	8:00 AM	Virtual		89465	$0.00
Friday	9:30 AM	Manhattan Beach		40803	$0.00
	10:30 AM	Lakewood		399	$0.00
	7:30 PM	Long Beach		31477	$0.00
	8:00 AM	Seal Beach		07394	$0.00
Saturday	8:30 AM	Torrance		12163	$0.00
	10:30 AM	Lakewood		04950	$0.00
				Not Identified	$125.00
				Intergroup	$116.00
				Thanksgiving Marathon	$0.00
				GRAND TOTAL	$688.80

DATE	BEGIN BAL	DEPOSITS	INTEREST		CASHED CKS/DEBITS	END BAL
12/31/23	$10,141.55	$679.13	$0.43		-$251.09	$10,570.02

South Bay Intergroup Service Opportunities

Special Events Chair*
R2/World Service Representative

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:
February 17
March 16

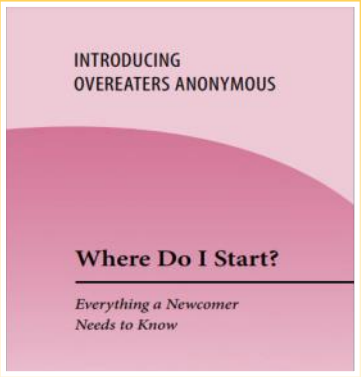
All are welcome!
Please share your opinion!

All Submissions for March are due by Friday, February 9, 2024

Email info to:

editor.oasbig@gmail.com

FREE PDF



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
Meeting January 20, 2024

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

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

Officer Reports:

Chair – Working with Jeffl time to pay for Region 2 Assembly

Vice Chair – regrets

Secretary – Discussed January rep report

Treasurer – regrets

Parliamentarian – vacant

Free Flight Editor – Public Information and Young People's chairs' email on Free Flight

Public Information Chair: Requests PI webpage for nurses; requests volunteers for events

Meeting Liaison Chair – Monday 4:30 virtual meeting cancelled due to low attendance; now 22 meetings total

Webmaster – provided tour of OA Southbay website

Special Events - Vacant

Young People's – shared business card image

Technology Chair – offers help with Zoom and non-website tech

Region 2/World Service – Michelle will attend Region 2 Assembly in March

Old Business –
- Elections – vacant positions:
  - Parliamentarian: no nominations.
  - Special Events: no nominations.
  - Region 2 Representative/World Service Delegate 2 & 3: no nominations.

New Business – discussed list of possible events

Announcements and Open Discussion – virtual intergroup convention Feb 1-3

Meeting adjourned with the OA Promise at 10:23am.

Next meeting will be on Saturday, February 17, 2024.

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	(714) 757-3059
Treasurer	Jeanne	treasurer.oasbig@gmail.com	(714) 493-3175
Parliamentarian	VACANT	parliamentarian.oasbig@gmail.com	
Public Information	Bearto	publicinfo.oasbig@gmail.com	(562) 043-2764
Free Flight Editor	Pauline	editor.oasbig@gmail.com	(310) 294-2112

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	(951) 347-5267
R2 Rep/WSD #3	Bearto	FlightBear562@yahoo.com	(562) 843-2764
Jane A.	Meeting Liaison	meetings.oasbig@gmail.com	(714) 356-7352
Webmaster	Claudia	webmaster.oasbig@gmail.com	(310) 944-4602
Technology Chair	Joe C	Tech.oasbig@gmail.com	(562) 243-2300
Young People's	Jeff L	Yp.oasbig@gmail.com	(310) 528-3059
Special Events	VACANT		



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
SUNDAY							
3:00 PM	Women's Virtual Meeting	Long Beach (800368)	875 0221 6655	228340		Jessica R. (530) 906-3550	WS
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. Stems 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	
4:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89488)	816 0723 2889	743666		Gwen P. (310) 420-0480	1, Book, P, Wtg
7:00 PM	Long Beach Virtual Meeting	Long Beach (52590)	281 847 366	Southbay		Margie M. (562) 676-5497	
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 (15653)			First Christian Church of Torrance 2930 El Dorado St. Room 9	Jennifer S. (310) 529-5708	Book, C/C, P, WC
WEDNESDAY							
1:00 PM	Big Book Study	Inglewood			100 N. Hillcrest Blvd., Rm 3, Inglewood,	Bernice A. (323) 799-7610	BB
6:00 PM	Long Beach For Today Meeting	Long Beach (54517)	----	----	Intercity Fellowship Hall, 5881 Cherry Ave., Long Beach, *-+90805	Sandy W. (562) 533-3987	1, C/C, FT, P, WC
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) 843-2764	Step Study, WC
6:00 PM	Manhattan Beach	Manhattan Beach			MB Community Church: 5303 S. Peck Ave, Bacl Building, 2nd floor		1 Sp1, Book, P, WF

◄ 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

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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)	828 764 18646	Southbay		April W. (310) 738-5820	Wtg, P, Sp1, 1
7:30 PM	Long Beach Virtual Speaker Meeting	Long Beach (31477)	803 542 733	Southbay		Tom F. (562) 464-7550	1, C/C, P, Sp1, WC
SATURDAY							1 1/2
7:30 AM			815 5689 1756	355823			
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	822 7364 8784			Debbarah (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
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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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