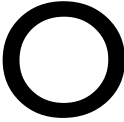


Free Flight

January 2025

“Another kind of flight, a spiritual liberation!”

www.oasouthbay.org

 vereaters 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.

COME CELEBRATE OA!

65th OA Birthday Party

Friday, January 17—Sunday, January 19, 2025

LAX Hilton
5711 W. Century Blvd.
Los Angeles, CA 90045

For further information contact
bdp@oalaig.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](#)

MEETINGS NEEDING SUPPORT

Tuesday
 11 am
 Virtual
 ID: 85392387019
 Password: 357182

Thursday
 6 pm
 In Person
 Christ Lutheran Church
 6500 E. Sterns St.
 Long Beach

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.

7th Tradition Donations

In keeping with the 7th Tradition, we are self supporting through our own contributions, declining outside contributions.



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

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!

Treasurer's Report

NOVEMBER 2024					
DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS
Sunday	3:00 PM	Long Beach	Zoom	800368	\$0.00
	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
Wednesday	7:30 PM	Torrance	In Person	15653	\$0.00
	1:00 PM	Inglewood	In Person	57877	\$0.00
	7:00 PM	Torrance	Hybrid	56935	\$0.00
Thursday	7:00 PM	San Pedro	Zoom	53992	\$0.00
	6:00 AM	Long Beach	Zoom	56288	\$0.00
	10:00 AM	Long Beach	In Person	57420	\$0.00
Friday	6:30 PM	Long Beach	In Person	51287	\$0.00
	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					\$246.40
Intergroup					\$160.00
Thanksgiving Marathon					\$58.00
GRAND TOTAL					\$464.40
DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
11/01/24	\$9,314.88	\$731.97	\$0.35	-\$1,497.93	\$8,549.27

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:
January 18
February 15

All are welcome!
Please share your opinion!

All Submissions for

January are due by

Friday, January 10, 2025

Email info to:

editor.oasbig@gmail.com

FREE PDF

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

Everything a Newcomer
Needs to Know

Click for Downloadable Pamphlet

**South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
Minutes November 16, 2024**

Board Members in Attendance: Larry (Chair); Jeanne (Secretary/Treasurer); Pauline (Free Flight); Bearto (PI/PO & World Service Rep #2); Jane (Meeting Liaison); Young People's (Jeff)

Meeting Called to order @ 9:31 a.m. by Larry. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for October.

Officer Reports:

Chair – Insurance policy has been updated and posted in the secure area of our site. Spanish flyer in progress to be posted. Thanksgiving marathon hosts needed for virtual hours.

Vice Chair – vacant

Secretary – Events- Thanksgiving, convention, recovery convention, OA Birthday party in January. Catherine and MJ asked about helping with Thanksgiving.

Treasurer – Monthly contributions reviewed. Budget: Jeanne proposed budget, Catherine 2nd and 11 passed. Jeanne proposed to send \$450 to Region 2 and \$1350 to WS, MJ 2nd and 11 passed.

Parliamentarian – vacant

Free Flight Editor – The FF has been posted with events listed.

Public Information Chair: wants to get business cards out in different sizes to attract people to meetings

Meeting Liaison Chair –no report

Webmaster – regrets

Special Events - Vacant

Young People's – Jeff and Michelle went to El Camino college to do outreach and they will be going again in Dec. MJ asked for details.

Technology Chair – regrets

Region 2/World Service – no report

Old Business –

ELECTIONS: Meeting Liaison – Jane gave a description. Hayley volunteered, she was appointed.

Parliamentarian: Catherine volunteered, MJ second, 10-passed.

Vice Chair: no interest

Special Events Chair: no interest

Thanksgiving Marathon: flyer was sent via email, Bearto is the contact.

New Business – none

Announcements and Open Discussion – None

Meeting adjourned with the OA Promise at 10:20am.

Next meeting will be on Saturday, December 21, 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	Nancy JM	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	
Haley G.	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		



SEPTEMBER 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.

TIME	MEETING FOCUS	CITY	ZOOM MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
OA Southbay Meeting Schedule							
SUNDAY							
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	<u>820.1249.5583</u>	Southbay		Helen T. (562) 714-1463	L, P
5:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (67506)	*****	*****	Christ Lutheran Church: 6500 E. Sterns St. LB, CA 90815 (lounge)	Bob 562-924-4870	1, P
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (53476)	<u>140.017.149</u>	Southbay		Kristin (562) 208-2363	1, BB, Wtg, WS
9:30 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (67577)	*****	*****	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	895 2370 1017	698326		Sherry L. 310 940-1130	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual	<u>812.7815.4382</u>	Southbay		Sharna 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, SSI, 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) 599-5708	Book, C/C, P, WC
WEDNESDAY							
7:00 PM	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	<u>541.920.3317</u>	Text mtg contact	First Christian Church 2930 El Dorado St Torrance Room 9	Billa. (310) 622-5588	L, C/C, M, WF
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (53992)	849 4698 8992	apple		Val S. (310) 514-3025	12/12 SS Wtg, WC
THURSDAY							
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	<u>511.211.302</u>	Southbay		Eileen C. D. (562) 212-9265	BB, WS, 11th Step, 12&12
10:00 AM	Big Book in the Park (IN PERSON)	Long Beach (67420)	*****	*****	4900 Federation Way, Long Beach	Angie M. 562-522-7573	L, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (61287)	*****	*****	Christ Lutheran Church: 6500 E. Sterns St. LB, CA 90815 (lounge)	Bertie (562) 843-2764	Step Study, WC
FRIDAY							
7:30 AM	Women's Virtual Meeting	Virtual (09465)	<u>763.282.800</u>	Southbay		Courtney E. (714) 795-7965	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	<u>828.75641.8646</u>	Southbay		April W. (310) 738-5820	Wtg, P, Sp 1
SATURDAY							
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	<u>815.5689.1756</u>	355823		Deborah (562) 835-2000	OCIG, SS, WC
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12163)	<u>235.040.1649</u>	9461	First Christian Church 2930 El Dorado St. Room 9 HYBRID	Val S. (310) 514-3025	
9:00 AM	Bayshore Women's Literature Meeting (IN PERSON)	Long Beach (67578)	*****	*****	Bayshore Community Church 5100 E. The Toledo, Long Beach 90803	Hayley G. 818-726-3604	1, WS, Book, P

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
I	One Hour Meeting	CC	Child Care Available	OCIG	Orange County Intergruop	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 Intergruop	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	SSI	Step Study 1st Week of the Month	YP	Young People