

# Free Flight

February 2025

*“Another kind of flight, a spiritual liberation!”*

[www.oasouthbay.org](http://www.oasouthbay.org)

**O**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.

## The Power Within

Spiritual Strength for Lasting Recovery

Saturday, February 22nd

1:00—3:00 pm

Zoom ID: 837 1918 2954

Password: 909312

Presented by OA San Diego Intergroup

For information: work-  
shops@oasandiego.org

## OA Men's Retreat

Friday Saturday and Sunday

April 4-6, 2025

Old Mission San Luis Rey Retreat Center

Oceanside, CA 90257

For information contact:

Dave B. (619) 787-2937 or davebir-  
ge66@gmail.com

Gene K. (760) 859-7400 or  
Genekogan1@gmail.com

## San Diego OA Women's Retreat

“Restoring the Heart: Love and Connection in Recovery”

Saturday March 15, 2025

10:00 am—6:00 pm

San Diego Baha'i Center

6546 Alcala Knolls Dr.

San Diego, CA 92111

## 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](http://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](http://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
Eileen	(562) 212-9265	10am-6pm	
Jennifer S.	(310) 529-5708	9am-7pm	<a href="mailto:jen.steffen777@gmail.com">jen.steffen777@gmail.com</a>
Tom F.	(562) 464-7550	8am - 9:30pm	<a href="mailto:tjfirpo@verizon.net">tjfirpo@verizon.net</a>

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.



**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

DECEMBER 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	\$70.00
	5:00 PM	Long Beach	Zoom	27906	\$15.00
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	Virtual	Zoom	57213	\$0.00
	6:30 PM	Long Beach	In Person	15224	\$0.00
	7:30 PM	Torrance	In Person	15653	\$0.00
Wednesday	1:00 PM	Inglewood	In Person	57877	\$0.00
	7:00 PM	Torrance	Hybrid	56935	\$0.00
	7:00 PM	San Pedro	Zoom	53992	\$0.00
Thursday	6:00 AM	Long Beach	Zoom	56288	\$0.00
	10:00 AM	Long Beach	In Person	57420	\$0.00
	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	\$0.00
	9:00 AM	Long Beach	In Person	57678	\$84.00
				Not Identified	\$95.00
				Intergroup	\$139.00
				Thanksgiving Marathon	\$0.00
				<b>GRAND TOTAL</b>	<b>\$403.00</b>
DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
12/31/24	\$8,549.27	\$442.50	\$0.36	-\$40.00	\$8,952.13

### 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 15  
March 15

*All are welcome!  
Please share your opinion!*

All Submissions for

March are due by

**Friday, February 7, 2025**

Email info to:

[editor.oasbig@gmail.com](mailto:editor.oasbig@gmail.com)

## Meeting Treasurers

Suggested 7th Tradition  
Donation Breakdown

SBI — 50%  
World Service Office — 40%  
Region 2 — 10%

Online Donations:  
[www.oasouthbay.org/donate](http://www.oasouthbay.org/donate)

By mail:  
OA South Bay Intergroup  
P.O. Box 918  
Harbor City, CA 90710

## South Bay Intergroup Service Opportuni- ties

Vice Chair  
Special Events Chair\*  
Region 2 World Service Delegate

Go to [oasouthbay.org](http://oasouthbay.org) for details.

**\*No experience necessary**

## 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 December 21, 2024

**Board Members in Attendance:** Michelle (Chair/World Service Delegate); Larry (Secretary); Catherine (Parliamentarian); Hayley (Meeting Liaison); Claudia (Webmaster); Bearto (World Service Delegate)

**Meeting Called to order @ 9:34 a.m. by Michelle. Meeting Liaison Hayley counted meeting reps in attendance. No quorum initially, but was later confirmed with an additional voting member in attendance. Minutes approved for November.**

**Officer Reports:**

**Chair** – Went to Thanksgiving Marathon and worked with Claudia; requested interest in filling Vice Chair position

**Vice Chair** – vacant

**Secretary** – no report

**Treasurer** – regrets

**Parliamentarian** – no report

**Free Flight Editor** – regrets

**Public Information Chair:** no report

**Meeting Liaison Chair** –no report

**Webmaster** – reported the the Free Flight has incorrect Trusted Servants, but correct info is on website; working on Spanish page and flyer; went to a Spanish-speaking AA Intergroup meeting in Long Beach – their Intergroup meets once per week

**Special Events - Vacant**

**Young People’s** – regrets

**Technology Chair** – regrets

**Region 2** – vacant

**World Service** – Michelle: working on “Tough Questions” workshop; Bearto: Thanksgiving Marathon was successful, except 11am meeting was empty

**Old Business** – none

**New Business** – next meeting conflicts with OA Birthday Party – motion passed to move to Jan 25.

**Announcements and Open Discussion** – None

**Meeting adjourned with the OA Promise at 10:29am.**

**Next meeting will be on Saturday, January 25, 2025.**

## South Bay Intergroup Service Board

Chair	Michelle D	<a href="mailto:chair.oasbig@gmail.com">chair.oasbig@gmail.com</a>	(310) 529-3796
Vice Chair	VACANT	<a href="mailto:vicechair.oasbig@gmail.com">vicechair.oasbig@gmail.com</a>	
Secretary	Larry C	<a href="mailto:secretary.oasbig@gmail.com">secretary.oasbig@gmail.com</a>	
Treasurer	Nancy M.	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	
Parliamentarian	Catherine	<a href="mailto:parliamentarian.oasbig@gmail.com">parliamentarian.oasbig@gmail.com</a>	
Public Information	Bearto	<a href="mailto:publicinfo.oasbig@gmail.com">publicinfo.oasbig@gmail.com</a>	
Free Flight Editor	Pauline	<a href="mailto:editor.oasbig@gmail.com">editor.oasbig@gmail.com</a>	(

## Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Michelle D.	<a href="mailto:michellemcdunton@gmail.com">michellemcdunton@gmail.com</a>	(310) 529-3796
R2 Rep/WSD #2	Bearto	<a href="mailto:FlightBear562@yahoo.com">FlightBear562@yahoo.com</a>	
R2 Rep/WSD #3	VACANT		
Meeting Liaison	Hayley G.	<a href="mailto:meetings.oasbig@gmail.com">meetings.oasbig@gmail.com</a>	
Webmaster	Claudia A.	<a href="mailto:webmaster.oasbig@gmail.com">webmaster.oasbig@gmail.com</a>	
Technology Chair	Joe C	<a href="mailto:Tech.oasbig@gmail.com">Tech.oasbig@gmail.com</a>	(562) 243-2300
Young People's	Jeff L	<a href="mailto:Yp.oasbig@gmail.com">Yp.oasbig@gmail.com</a>	
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
<b>OA Southbay Meeting Schedule</b>							
<b>SUNDAY</b>							
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	820.1249.5583	Southbay		Helen T. (562) 714-1463	I, 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
<b>MONDAY</b>							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (53476)	140.017.149	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	
<b>TUESDAY</b>							
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	812.7815.4382	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
<b>WEDNESDAY</b>							
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	Billa. (310) 622-5588	I, 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
<b>THURSDAY</b>							
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	511.211.302	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	I, 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
<b>FRIDAY</b>							
7:30 AM	Women's Virtual Meeting	Virtual (09465)	763.282.800	Southbay		Courtney E. (714) 795-7965	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	828.7564.8646	Southbay		April W. (310) 738-5820	Wtg, P, Sp 1
<b>SATURDAY</b>							
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	815.5689.1756	355823		Deborah (562) 835-2000	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	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