

Free Flight

April 2025

"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.

Service Opportunity

Do you like to talk on the phone?
Do you love connecting with
newcomers?

Are you looking for a service opportunity?

South Bay Intergroup is looking for an OA fellow to answer voicemails left at our hotline.

Provide callers with general OA information and South Bay meeting specifics.

Contact: Michelle D.
Chair.oasbig@gmail.com
+1 (310) 529-3796

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 davebirge66@gmail.com

Check us out....

Tuesday Torrance Meeting

At 11:00 am on Zoom
Meeting ID: 853 9238 7019
Passcode: 357182

We read from For Today & Voices of Recovery
And share gratitude, support, and joy
weekly
Newcomers welcome.

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](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	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.



South Bay Intergroup Young Adult Outreach at **El Camino College**

Student Health Center Circle
16007 Crenshaw Blvd
Torrance, CA 90506

Visitor parking in Lot C parking structure ([map](#))

Four Spring Semester 2025 Events:

Monday, March 10th 12:30 pm - 2:30 pm PDT

Wednesday, April 2nd, 11 am - 1 pm PDT

Wednesday, April 30th, 1 pm - 3:30 pm PDT

Tuesday, May 20th, 1-3:30 pm PDT

Contact: Jeff L yp.oasbig@gmail.com or +1 (310) 528-2797 or
Michelle D chair.oasbig@gmail.com or +1 (310) 529-3796

**Suggested donation of \$5 amount
(No one turned away for lack of funds)**

Use yellow "Donate" button at
www.oasouthbay.org



**OVEREATERS
ANONYMOUS®**
South Bay Intergroup, California - Region 2



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

FEBRUARY 2025					
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	\$55.00
Monday	6:00 AM	Long Beach	Zoom	53426	\$0.00
	9:30 AM	Manhattan Beach	In Person	89488	\$20.00
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
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
Saturday	9:30 AM	Manhattan Beach	Zoom	40803	\$60.00
	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	\$80.00
				Intergroup	\$55.00
					\$0.00
				GRAND TOTAL	\$270.00
DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
02/28/25	\$9,560.32	\$0.00	\$0.36	-\$645.50	\$8,915.18

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

South Bay Intergroup Service Opportunities

Vice Chair
Special Events Chair*
Region 2 World Service Delegate

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:
April 19
May 17

All are welcome!
Please share your opinion!

All Submissions for

May are due by

Friday, April 11, 2025

Email info to:

editor.oasbig@gmail.com

FREE

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

Everything a Newcomer
Needs to Know

Click for Downloadable Pamphlet

**South Bay IG Board Minutes
February 15, 2025**

BOARD: Michelle (Chair/World Service Delegate); Larry (Secretary); Nancy (Treasurer); Catherine (Parliamentarian); Pauline (Free Flight); Bearto (PI/PO); Hayley (Meeting Liaison); Jeff (Young People's)

Meeting was called to order by Michelle at 9:02am and started with the "We Version" of the Serenity Prayer. Larry moved to approve January minutes; Hayley seconded. Minutes approved unanimously.

Chair – Joe and Claudia ready to be replaced; the person answering the phone line's year is up; plea to invite people likely to be of service

Vice Chair – vacant

Secretary – no report

Treasurer – plans to meet w/Jeanne, go to the bank and post office; work on taxes

Parliamentarian – Trusted Servants in Secure Zone on website does not have Catherine's name; needs to change numbers for 2 meetings – need to email various intergroup members

Free Flight – no report

Public Information Chair – no report

Meeting Liaison Chair – removed 2 meetings from OA.org; updated contact info for a couple meetings

Webmaster – regrets

Special Events Chair - vacant

Young People's Chair – set up 4 dates coming in the Spring – will share in Rep meeting

Tech Chair – regrets

Region 2 - vacant

World Service – Michelle registered to be World Service Delegate

Old Business: none

New Business: Hayley reached out to Seal Beach meeting and found out they want to be affiliated with us, rather than OC Intergroup

Announcements and Open Discussion: Michelle will present World Service Business Conference questions to Reps in Rep meeting – will need 20 minutes

Meeting adjourned at 9:28am with the "We Version" of the Serenity Prayer.

Next Meeting: Saturday, March 15, 2025

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		



APRIL 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.

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)	920 1249 5588	Southbay		Helen T. (562) 714-1463	I, P
6:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (57556)	-----	-----	Christ Lutheran Church: 6900 E. Stems St. LB, CA 90815 (lounge)	Bob 562-924-4970	I, P
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (52476)	140 007 149	Southbay		Kristin (562) 208-2963	I, BB, Wtg, WS
9:30 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (52517)	-----	-----	MB Community Church: 303 S. Peck Ave. Manhattan Beach, CA 90266	Christina B (858) 405-7209	
TUESDAY							
11:00 AM	Torrance Virtual Meeting	Torrance	863 9238 7019	357182		Cathy C-424-791-1483	
5:30 PM	Torrance Virtual Book Study	Torrance	886-2370 1017	698326		Sherry L. 310 940-1190	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting:	Virtual	812-7913-4382	Southbay		Sharon M. (562) 343-5742	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) 529-5708	Book, C/C, P, WC
WEDNESDAY							
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (53927)	849-4659 8992	apple		Val S. (310) 514-3075	12/12, SS, Wtm WC
THURSDAY							
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
9:30 AM	Big Book in the Park (IN PERSON)	Long Beach (57420)	-----	-----	Gloria Dei Lutheran Church: 5872 Naples Plaza LB., CA 90803	Angie M. 562-522-7573	I, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (51287)	-----	-----	Christ Lutheran Church: 6900 E. Stems St. LB, CA 90815 (lounge)	Bernie (562) 848-2764	Step Study, WC
7:30 PM	Feed Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541 920 3417	Text mtg contact	Rolling Hills United Methodist Church 264328 Chrenshaw Bl. R.H.E 90274	Bill A. (310) 622-5568	I, C/C, M WF
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 7641 8646	Southbay		April W. (310) 738-5820	Wtg, P, Sp1
SATURDAY							
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	815 5689 1756	355823		Deborah (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	Val S. (310) 514-3025	
9:00 AM	Bayshore Women's Literature Meeting (IN PERSON)	Long Beach (57578)	-----	-----	Bayshore Community Church 5100 E The Toledo, Long Beach 90803	Hayley G. 818-726-3604	I, 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 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	SSI	Step Study 1st Week of the Month	YP	Young People