

Free Flight

March 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

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 Alcalá Knolls Dr.
San Diego, CA 92111



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



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.



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 dona-

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

JANUARY 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	\$40.00
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
Wednesday	7:00 PM	Torrance	Hybrid	56935	\$0.00
	7:00 PM	San Pedro	Zoom	53992	\$0.00
	6:00 AM	Long Beach	Zoom	56288	\$69.00
Thursday	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	\$15.00
	9:30 AM	Manhattan Beach	Zoom	40803	\$120.20
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	\$777.80
				Intergroup	\$115.00
				Thanksgiving Marathon	\$0.00
				GRAND TOTAL	\$1,137.00
DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
01/31/25	\$8,952.13	\$672.80	\$0.39	-\$65.00	\$9,560.32

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:
March 15
April 19

All are welcome!
Please share your opinion!

All Submissions for

March are due by

Friday, March 7, 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 January 25, 2025

Board Members in Attendance: Michelle (Chair/World Service Delegate); Larry (Secretary); Nancy (Treasurer); Catherine (Parliamentarian); Pauline (Free Flight); Bearto (PI/PO); Hayley (Meeting Liaison); Claudia (Webmaster); Jeff (Young People's); Joe (Tech Chair)

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

Officer Reports:

Chair – picked up mail at the Post Office and filled out application for a new key to PO Box

Vice Chair – vacant

Secretary – discussed use of Rep Report

Treasurer – learning role; discussed December report; discussed options to make donations; discussed change of suggestion donation split; Claudia updated the form on the website

Parliamentarian – no report

Free Flight Editor – updated Trusted Servants info and donation percentages

Public Information Chair: has 4 goals for the year; World Service Unity Day is Feb 23 - wants to meet in the park to hold hands

Meeting Liaison Chair –no report

Webmaster – gave a tour of the website; discussed Spanish page

Special Events - Vacant

Young People's – trying to find an outreach event at El Camino College

Technology Chair – offered assistance; requesting replacement due to end of term

Region 2 – vacant

World Service – Bearto is stepping down; need to elect delegate for World Service Conference in May

Old Business – none

New Business – none

Announcements and Open Discussion – none

Meeting adjourned with the OA Promise at 10:40am.

Next meeting will be on Saturday, February 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		



MARCH 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)	820.1249.5583	Southbay		Helen T. (562) 714-1463 I, P	
6:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (57556)			Christ Lutheran Church: 6500 E. Starns St. LB. CA 90815 (lounge)	Bob 562-924-4970 1, P	
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (53476)	140.0171.149	Southbay		Krista (562) 208-2363 1, BB, Wtg, WS	
9:30 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (57577)			MB Community Church: 303 S. Peck Ave Manhattan Beach, CA 90266	Christina B (858) 405-7289	
TUESDAY							
11:00 AM	Torrance Virtual Meeting	Torrance	853-9238-7019	357182		Cathy C 424-791-1483	
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		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. Atbor 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	Feed Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541-920-3317	Text mtg contact: apple	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)	849-4698-8992			Val S. (310) 514-3025 12/12 SS Wtg 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 L.B., CA 90803	Angie M. 562-322-7573 1, BB	
6:00 PM	Long Beach Live Big Book Study	Long Beach (51287)			Christ Lutheran Church: 6500 E. Starns St. LB. CA 90815 (lounge)	Berto (562) 843-2764 Step Study, WC	
FRIDAY							
7:30 AM	Women's Virtual Meeting	Virtual (8446)	763-262-8002	Southbay		Courtney E. (714) 795-7965 Women's Meeting	
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40802)	828-7641-8646	Southbay		April W. (310) 738-5820 Wtg, P, Spl	
SATURDAY							
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	815-5699-1756	355823		Deborah (562) 833-2000 OCIG, SS, WC	
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12163)	233-040-1648	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 (57678)			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	Spl	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