

Free Flight

"Another kind of flight, a spiritual liberation." *



www.oasouthbay.org

Upcoming Events:

THE BIG BOOK COMES ALIVE

Friday, April 6th - Sunday, April 8th

Holiday Inn Express
350 E. Port Hueneme Road
Port Hueneme, CA

Registration - \$60

Contacts: Janine I. (206) 841-1965/
Amy W. (646) 373-6828

oaciig.wordpress.com/meetings/retreat

URBAN RETREAT

Practicing the Principals
in all your affairs

Friday, April 13th - 7 - 9pm
Saturday, April 14th - 9am - 5pm

San Diego Baha'i Center
6545 Alcala Knolls Drive
San Diego, CA

Contact: Regina E. (619) 952-3903 - Text Only
regina.eldred@gmail.com
Suggested Donation: \$15

WOMEN'S SWEET SURRENDER RETREAT

Friday, April 27th - Sunday, April 29th

Pathfinder Ranch
35510 Pathfinder Road
Mountain Center, CA

Registration - \$180 (Until March 31st)
\$200 (After April 1st)

Contacts: Alice N. (714) 856-0902
sweetsurrender.retreat@oaoi.org

OA BIG BOOK STUDY

Tuesdays at 7:00 - 8:30 pm

Westchester United Methodist Church
8065 Emerson Avenue
Westchester, CA

Contact: Ellie G.: 818-207-5214 or
Fred V.: 323-569-6230

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.

LIVING TRADITIONS

Anonymity, Not Celebrity

One of the first things I heard in OA was people sharing from the their hearts, souls and guts. I'd never heard that before, anywhere. I also heard, "we eat over what is eating us." I understood that what was said in OA rooms or to another OA member was a confidence to be kept. This gave me the freedom to share what was in my heart and gut — what was eating me up. Anonymity still gives me that freedom, whether at a meeting or on the telephone.

I learned it is wise to be discerning about where and to whom I reveal personal information because we are all at different stages of recovery, and some individuals, especially newcomers, may not fully understand the deep commitment required for anonymity.

The Tradition of anonymity makes us all equals. OA has no stars. I must not put anyone on a pedestal, because we are all

Human beings with flaws. There is good in the worst of us and bad in the best. If I put OA members on pedestals, when they reveal their flaws, I could become devastated because our star has been tarnished. I must learn to accept that human failings are normal in program and in life. No one is perfect. Sooner or later we each display our clay feet. I don't expect perfection from anyone, not even myself!

~ Ellen C., Boynton Beach, FL USA

Lifeline, December 2009

Did you know?...

South Bay Intergroup of Overeaters Anonymous is part of Region 2

R2 Mission Statement

Region 2 exists to support individuals in need of recovery from compulsive eating (e.g., overeating, bulimia, anorexia) through empowering all groups within the region.

Learn more at www.oar2.org/

World Service Organization (WSO) is focusing on growing OA unity worldwide this year. Go to <https://oa.org>

Free Flight is FREE! OA South Bay Intergroup — Your rep picks up copies at the monthly intergroup meetings (3rd Saturday) so you can get them at your meeting. For extra issues, contact the Editor at editor@oasouthbay.org.

* *Alcoholics Anonymous*, p. 55
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MINUTES: OA South Bay Intergroup Representatives Meeting February 17, 2018

REPRESENTATIVE MEETING

Attendees: Andrea (Chair), Danny W. (Vice Chair), Nancy M. (Parliamentarian), Michelle D. (Treasurer), Erica G. (Free Flight Editor), Jane A. (Public Info), Ken (Outreach Chair, 27906), Vivian (Webmaster, 51287), Bearto (Special Events, 04950), Diana F. (Young People's Chair, 56102), Betsy H. (Meetings Liaison), Val (53992), Eileen C.D. (56288), Sherry L. (48732), April (40803), Anita (15224), Marv (52590), Patricia M (19497), Jeanette (54374), Jerome (48494), Debbie W. (54517), & Dez K. (31477).

Meeting was called to order by Chair Andrea at 9:31 AM w/ Serenity Prayer. Mins from January 20th meeting were read & approved w/ corrections (to wit: that the Special Events Chair, Bearto, is responsible for compiling a Speaker Seekers list, not Ken, the Outreach Chair). Sixteen reps were present; quorum was achieved.

COMMITTEE CHAIR AND DELEGATE REPORTS

Chair (Andrea): Reporting from a 2010 OA Membership Survey, Andrea noted that the top 40% of membership was comprised of retired/semi-retired professionals. Since only 2% of the membership consists of Young People (YP)/Full-time Students, we should put our support behind YP outreach efforts, the El Segundo YP's Meeting on Tues nights, & YP's Chair, Diana.

Vice Chair (Danny): Present/no report.

Secretary (Kristina): Absent/no report.

Parliamentarian (Nancy): She distributed one SBIG Delegate Handbook & will bring more to the next Board Meeting.

Treasurer (Michelle): Bank Statement Results: End -of-January balance = \$7,075.15. We incurred \$5 in fees, which may be website-related rather than bank fees; Michelle will research this. A check for \$282.11 went to the *Free Flight* editor for printing costs. Meetings Donations to SBIG: Michelle noted that donations to SBIG from individual meetings in Jan totaled \$716.11 (including \$.28 interest) & \$702.85 to date in Feb. The bank treats checks deposited on Jan 31 as Feb transactions, so the real total contribution in Jan is higher in actuality. Michelle mailed SBIG's contribution to WSO, & will mail the R2 contribution shortly (total contributions = \$561.61). Andrea suggested that intergroup reps announce at their meetings that giving contributions to SBIG, R2, & WSO on a monthly basis helps with budgeting the monthly expenses of these three service bodies. This suggestion is noted on the South Bay Intergroup Report Form.

Free Flight Editor (Erica): Able to print 700 copies of the March edition. She negotiated per pg printing

costs at Office Depot from the usual \$.60 to around \$.30. She also added the 2nd OA helpline to the newsletter & made all changes to the meeting list, as requested by the Meetings Liaison (Betsy).

Public Information (Jane): Reminded Intergroup Reps to solicit panelists for House of Hope Mon & to use the sign-up sheets. She will check whether there will be a House of Hope panel needed for Memorial Day. We have enough panelists through April. She also showed us the flyer "Put an End to Yo-Yo Dieting," which has pull-off contact info tabs. Interest was expressed by several intergroup reps, so Jane will order a stack to give out at the next meeting; reps can then give them to their individual meeting participants to take to doctors' offices & to place on bulletin boards.

Outreach (Ken): He determined that we do indeed have 2 OA helplines: a 562 # & a 310 #. These phone #'s are owned by TAB Answering Service. He tested the efficacy of the numbers by googling each, & will continue his discovery on this issue. He also reported that he received two phone messages via the OA helpline, both requests for meeting information; he will get back to these callers.

Webmaster (Vivian): Vivian has updated the meeting listing on the SBIG website, per changes requested by the Meetings Liaison. She has also coordinated with the *Free Flight* editor that the web & newsletter listings match. Andrea asked if the officer/committee chair SBIG emails are forwarded directly to each officer's personal email; Vivian confirmed that this is so.

Young People's Chair (Diana): She is coordinating with the San Diego and Los Angeles Intergroups to start a Skype meeting for young people, which would include the Region 2 area. The goal is to get as many YP in a single meeting as possible, but to encourage face-to-face interaction at workshops & events. Diana will reach out to the Public Information & Outreach Chairs to discuss pooling budgets on certain ideas.

Special Events (Bearto): The ABC's of Abstinence Workshop is now scheduled for September 15, 2018, venue TBD. A Writing Your Story workshop is scheduled for May 19, venue TBD. A Sober Eating Workshop will likely be scheduled for June or July, & August may see a Sponsorship Training Workshop, based on OA's Sponsorship Packet. A movie night may also be in the cards. Bearto needs volunteers for the day of the events, but also to help register people well beforehand, to secure dates and venues, & to serve on his committee. Bearto is also working on a Speaker Seekers list; he will reach out through the *Free Flight* to solicit speakers.

Delegates (Andrea, Diana, Eileen): Eileen will be going to the R2 Convention in Sacramento.

Meetings Liaison (Betsy): She has coordinated with the webmaster and newsletter editor to update all meeting listings. She will now update the meeting

lists on the R2 and OA.org websites.

Old Business: Vice Chair Danny mentioned that WSO is phasing out Spanish literature, and that remaining inventory can be had for only the cost of shipping.

New Business: Webmaster Vivian said that House of Hope has no literature, except for a copy of the OA 12 & 12 obtained by Jane (Public Info Chair). Jane will order pamphlets for House of Hope; Ken (Outreach Chair) suggested that we make sure we bring copies of the *Free Flight* regularly. Eileen will draft a motion for next meeting to allot money for House of Hope literature. Michelle (Treasurer) said that House of Hope needs an Anorexia/Bulimia packet.

The meeting was adjourned with the OA Promise ("I Put My Hand in Yours") at 10:32 AM.

Next Meeting, Saturday, March 17th.



ABSTINENT BIRTHDAYS

Abstinence in OA is defined as refraining from compulsive eating and food behaviors while working toward or maintaining a healthy body weight.

Loni G.	February	32 years
April W.	February	37 years

If you have an abstinent birthday, please send me an email at editor@oasouthbay.org.

VOLUNTEERS NEEDED!

Please contact Bearto, Special Events Chair, at

events@oasouthbay.org

if you would like to help organize 2018 South Bay OA intergroup events.

OA Helpline Contacts

(minimum abstinence six months; these individuals are available to help via phone or email)

Name	Phone	Best Times	Email	Name	Phone	Best Times	Email
Denise D.	(310) 430-8873	Anytime	evangdeni@aol.com	Laraine A.	(310) 547-0479	Anytime	
Eda S.	(310) 833-3756	9am - 8pm	eda46@cox.net	Sabrina	(562) 743-7796		
Jennifer S.			jen.steffen777@gmail.com	Tom F.	(562) 464-7550	6am - 9:30pm	tjirpo@verizon.net
Johanna	(562) 461-7636	Anytime	-	Valerie S.	(310) 514-3025	9am - 9pm	pallev_12000@sbcglobal.net

Helpline volunteers can make the difference for other compulsive eaters in and out of the program. If you have a minimum of six months of continuous abstinence in OA, you qualify to share your experience, strength & hope with someone in need of recovery. Please help carry the message! **Contact:** editor@oasouthbay.org.



SAVE - THE - DATE

OA Region 2 Convention In Sacramento
Friday, June 29th - Sunday, July 1st, 2018

Crown Plaza Northeast
5321 Data Avenue
Sacramento, CA 95841

Early Bird Registration Special
\$45 until Sunday, April 15th, 2018

www.oar2.org/convention/upcoming

- DONATIONS -

Day	Location	Time	#	Nov	Dec	Jan	Feb	Mar	Total YTD
Sunday	Torrance Del Amo	11:00 AM	7682	\$71.11		\$86.25	\$159.00	\$85.80	\$402.16
Sunday	Long Beach	5:00 PM	27906		\$174.00			\$90.00	\$264.00
Monday	Long Beach	6:00 AM	53426			\$48.00			\$48.00
Monday	Manhattan Beach	5:45 PM	51470				\$128.85		\$128.85
Monday	Long Beach	7:00 PM	52590	\$60.00	\$36.00		\$78.00		\$174.00
Tuesday	Torrance	11:00 AM	19487				\$120.00		\$120.00
Tuesday	Torrance	5:30 PM	48732			\$138.00			\$138.00
Tuesday	Lakewood	6:30 PM	15224	\$90.00	\$90.00			\$60.00	\$240.00
Wednesday	Long Beach	6:00 AM	52168				\$40.00		\$40.00
Wednesday	Long Beach (IC)	6:00 PM	54517	\$60.00					\$60.00
Wednesday	Manhattan Beach	6:00 PM	54374				\$111.00		\$111.00
Wednesday	San Pedro	7:00 PM	53992	\$60.00				\$60.00	\$120.00
Thursday	Long Beach	6:00 AM	56288				\$6.00	\$6.00	\$12.00
Thursday	Long Beach	6:30 PM	51287			\$120.00		\$30.00	\$150.00
Friday	Manhattan Beach	9:00 AM	40803			\$167.58			\$167.58
Friday	Long Beach	7:30 PM	31477		\$35.00				\$35.00
Saturday	SBIG	9:30 AM	N/A	\$50.00	\$57.00	\$56.00		\$61.00	\$224.00
Saturday	Seal Beach	8:00 AM	7394			\$100.00			\$100.00
Saturday	Torrance	8:30 AM	12163	\$60.00			\$60.00		\$120.00
Saturday	Lakewood	10:30 AM	4950		\$60.00				\$60.00
Saturday	Lakewood	4:00 PM	48494		\$48.00				\$48.00
Other	Interest			\$0.29	\$0.28	\$0.28	\$0.27		\$1.12
Other	Thanksgiving event				\$173.36				\$173.36
TOTAL				\$451.40	\$673.64	\$716.11	\$703.12	\$392.80	\$2,937.07

OA Information (310) 802-2001 / (562) 493-9030

South Bay Intergroup Service Board

Chair	Andrea	chair@oasouthbay.org	(562) 822-7882
Vice Chair	Danny W.	vicechair@oasouthbay.org	(310) 527-1267
Secretary	Christina	secretary@oasouthbay.org	(562) 481-5126
Treasurer	Michelle	treasurer@oasouthbay.org	(310) 529-3796
Parliamentarian	Nancy	parliamentarian@oasouthbay.org	(562) 706-3824
Outreach	Ken	outreach@oasouthbay.org	(562) 881-0710
Public Information	Jane A.	publicinfo@oasouthbay.org	(714) 356-7352
Free Flight Editor	Erica	editor@oasouthbay.org	(424) 702-6671

Representatives/Delegates and Committee Chairs

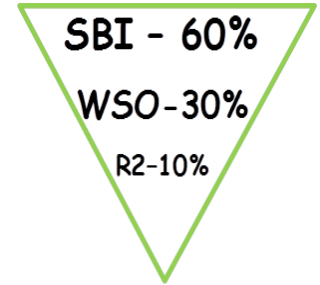
R2 Rep/WSD #1	Andrea F.	andreafr18711@gmail.com	(562) 822-7882
R2 Rep/WSD #2	Eileen C.D.	ecdpopcorn@gmail.com	(562) 493-2920
R2 Rep/WSD #3	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Bearto	events@oasouthbay.org	(562) 424-0831
Meeting Liaison	Betsy H.	meetings@oasouthbay.com	(310) 850-4110
Webmaster	Vivian	webmaster@oasouthbay.org	
Young People's	Diana F.	diana9289@gmail.com	(310) 404-8330

Meeting Treasurers

Please see diagram for suggested 7th Tradition Donations. Send Intergroup donations to:

South Bay Intergroup of OA
P. O. Box 918,
Harbor City, CA 90710

Please note meeting # on your check.



Thank you for your service!!

South Bay Intergroup Rep & Board Meetings

3rd Saturday of the month

Board Meeting 9 - 9:30 am
Rep Meeting 9:30 - 10:30 am

Location:

Alpert Jewish Community Center
3801 E. Willow St.
(By Lakewood Blvd.)
Long Beach, CA 90815
(562) 426-7601

Next meetings:

April 21st
May 19th
June 16th

All are welcome!
Please share your opinion!



A P R I L 2 0 1 8

DIRECTORY of South Bay Intergroup OA MEETINGS (Please call contact person listed to verify meeting information).

DAY	TIME	CITY	LOCATION	CONTACT PERSON	MEETING CODE
Sunday	11:00 AM	Torrance (07682)	Del Amo Hospital Conference Room, 23700 Camino Del Sol, 90505	Toni T. (310) 376-8029	P, Sp, WC
	5:00 PM	Long Beach (27906)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Social Hall	Helen T. (562) 714-1463	I, VR, WC
	7:00 PM	Long Beach (40410)	Gloria Dei Lutheran Church, 5872 E. Naples Plaza, 90803, Parish Hall (South Side of Church)	Val S. (310) 514-3025	I, HOW
Monday	6:00 AM	Long Beach (53426)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Kristin (562) 208-2363	I, VR, 11th Step, WC
	5:45 PM	Manhattan Bch (51470)	Journey of Faith Christian Church, Harbor Bldg., 1243 Artesia Blvd., 90266, Rm: 301	Christina B. (424) 254-9880	I, Book, WS, WC
	7:00 PM	Long Beach (52590)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Margie M. (562) 676-5497	I, BB, P, WC
Tuesday	11:00 AM	Torrance (19487)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Wendy (310) 977-0537	I, FT, VR, WC
	5:30 PM	Torrance (48732)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Betsy E. (310) 326-1527	I, Book, WS, Wtg, WC
	6:30 PM	Lakewood (15224)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Margie M. (562) 676-5497	C/C, P, SSI, WCL
Wednesday	7:30 PM	Torrance (15653)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Jennifer S. (310) 529-5708	Book, C/C, P, WC
	7:30 PM	El Segundo (56102)	United Methodist Church, 540 Main St., El Segundo, CA, 90245 (Enter through Mariposa)	Diana F. (310) 404-8330	YP, I, Book, P, SPI, WC
	6:00 AM	Long Beach (52168)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Jon L. (562) 505-6380	I, 11th Step, WC
Thursday	6:00 PM	Long Beach (54517)	Intercity Fellowship Hall, 5881 Cherry Ave., 90805	Sandy W. (562) 533-3987	I, C/C, FT, P, WC
	6:00 PM	Manhattan Bch (54374)	Manhattan Beach Community Church, 303 S. Peck Ave., 90266, Back building, 2nd Fl.	Amber (310) 406-6808	I, OA, 12&12, P, WC
	7:00 PM	Inglewood (32469)	1st Presbyterian Ch (Day Care - 1st Fl, Rm 1), 100 N. Hillcrest @ Queen St., 90301 (Use parking lot)	Bernice A. (323) 759-7610	LAIG, P, Sp, SS4
Friday	7:00 PM	San Pedro (53992)	St. Peters Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church)	Val S. (310) 514-3025	12&12, SS, Wtg, WC
	6:00 AM	Long Beach	Christ Lutheran Church, 6500 E. Stearns St., 90815	Eileen C.D. (562) 212-9265	BB, WS, 11th Step, 12 & 12
	6:30 PM	Long Beach (51287)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Social Hall	Vivian M. (562) 429-6161	Step Study, WC
Saturday	7:00 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Rm	Gary (310) 372-9374	12&12, WC
	6:00 AM	Long Beach (53893)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Gregor (562) 822-1584	I, 11th Step, WC
	9:00 AM	Manhattan Bch (40803)	Manhattan Beach Community Church, 303 S. Peck Ave., 90266, Back building, 2nd Fl.	April W. (310) 376-8760	I, Book, P, Wtg, WC
Sunday	10:30 AM	Lakewood (00399)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Virginia C. (562) 424-4405	Book, C/C, P, WC
	7:30 PM	Long Beach (31477)	Belmont Heights Methodist Church, 317 Termino Ave., 90814, Church basement	Tom F. (562) 464-7550	C/C, P, SSI, WC
	8:00 AM	Seal Beach (07394)	Grace Community Church, 138 8th St. (At Central Ave.), 90740	Christina (562) 481-5126	OCIG, SS, WC
Monday	8:30 AM	Torrance (12163)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Val S. (310) 514-3025	P, Sp, I, WC
	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Shelly M. (714) 308-3015	P, Sp, WC
	10:30 AM	San Pedro (17667)	St. Peters Episcopal Church, 1648 W. 9th St., 90732 (Park behind church)	Kathy (310) 547-5669	FT, VR, P, SSI, WC, ‡
Tuesday	10:30 AM	Lakewood (48494)	Christ Presbyterian Church, 5225 Hayter Ave., Rm 2 West	Debbie W. (714) 488-6673	I, Book, C/C, P, WC, ‡

- MEETING CODES -

Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	VR	Voices of Recovery Book
I	One Hour Meeting	CC	Child Care Available	WC	Wheelchair - Full Access
11th Step	Meditation	FT	For Today Book	WCL	Wheelchair - Access May Be Limited, Please Call
12&12	OA's 12/12	HOW	Honest, Openminded, Willingness	WS	Women's Stag
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	Wtg	Writing
BB	Big Book of AA	NC	Newcomers	YP	Young People
Book	Study Various Books	OA	Overaters Anonymous ("Brown Book")		

To add or update your local meeting on this list, please contact the Editor at editor@oasouthbay.org. Deadline: 1st Saturday of month. For meetings in other areas, visit OA.org.

SUBMISSIONS TO THE FREE FLIGHT SUBMITTED AFTER THE FIRST WEEK OF THE MONTH WILL BE POSTED THE FOLLOWING MONTH