

April 2019

Free Flight


OVEREATERS ANONYMOUS®

www.oasouthbay.org

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

◀ EVENTS ▶

SERENITY RETREAT SAN DIEGO

Friday, March 29th - Sunday, March 31st

Mission San Luis Rey
4050 Mission Avenue
Oceanside, CA 92057

Registration - Ranges from \$65 - \$270

Contact: Regina E. 619-952-3903
regina.eldred@gmail.com

SPRING INTO RECOVERY

Saturday, March 30th @ 1- 5pm

Grand Terrace Library
22795 Barton Road
Grand Terrace, CA 92313

Suggested Donation - \$10**

Contact: Bob 909-825-7543

SPRING CLEANING

Saturday, April 20th @ 10am - 12pm

SGVIE OA Meeting Room
1157 East Arrow Highway, Suite #4
Glendora, CA 91740

Suggested Donation - \$15**

Contact: Andie 909-706-9180

MEDITATION WORKSHOP

Saturday, May 18th @ 2 - 5pm

First Lutheran Church
946 Linden Avenue
Long Beach, CA 90813

Suggested Donation - \$5**

Contact: Andie Eileen C.D. 562-212-9265
events.oasbig@gmail.com

** No one turned away for lack of funds

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.

AM I THE ONLY ONE? BALANCED PRESCRIPTION

My first OA meeting was in 1980. I was a college student, sick from bouts of anorexia and bulimia, and afraid I would not be “as sick” as others in the rooms.

Sure enough, my first impressions were that I was different; I was the thinnest and youngest in the room; and maybe I didn’t belong there. During the meeting break, a newcomer approached me, looked me up and down, and said, “What are you doing here?” I thought, “See! I don’t need this.”

I am thankful I noticed a few other things at that first meeting. I saw many smiling, accepting people of all shapes and sizes. I heard the speaker share about her powerful physical, emotional, and spiritual transformations. I was grateful when a woman asked if I needed a sponsor. The sanity I found at my first meeting was enough to keep me coming back for the last twenty-eight years.

It’s ironic that my path to abstinence was full of the same

struggle between being unique and being common. I tried numerous food plans and heard, “If you want what I have, do what I did.” My interpretation was “eat only what and when I do.” It took several years to find a food plan that honored my unique metabolism and lifestyle and didn’t feed into anorexic or bulimic behaviors. Food addiction has a variety of symptoms, as all illnesses do, but the “medicine” is a plan of eating prescribed for the individual.

After many years of continuous abstinence, I realized my impulsive, negative reaction to my first OA meeting was just another symptom of the disease. The warmth and camaraderie at that meeting were ways Higher Power was reaching out to me. By listening to that healthy, intuitive, HP-inspired voice, I live a life that balances humility with independence.

St. Louis Bi-State Intergroup

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.oasbig@gmail.com

* *Alcoholics Anonymous*, p. 55 / Reprinted with permission of AA World Services, Inc.

MINUTES: OA South Bay Intergroup Representatives Meeting February 16, 2018

REPRESENTATIVE MEETING

Attendees: Andrea (Chair/WS Delegate 1), Ken (Vice Chair), Christina (Secretary), Myrrh (Parliamentarian), Michelle (Treasurer), Eileen (Outreach/R2 Rep/Special Events), Jane (Public Information), Betsy (Meeting Liaison), Erica (Free Flight Editor), Vivian (Webmaster), and 16 meeting representatives.

Meeting called to order by Andrea, Chair, with the Serenity Prayer and OA Responsibility Pledge at 9:30am. Quorum met and Rep Meeting minutes read and approved.

BOARD & COMMITTEE CHAIR REPORTS

Chair: No report.

Vice-Chair: Ken is working on the SBI Speaker List, but is not able to create online signups yet. Reps, please print the sign-up sheet, get volunteers from your meeting, and return to Ken via e-mail, fax, or at next Rep meeting. Technology seminar is being planned to walk fellows through electronic recovery tools (Zoom meeting apps, e-books, apps, podcasts, internet sites). Christina will contact Ken with Facebook meeting information. He is working on a date and location and we'll be able to attend via Zoom as well. Ken will add a tutorial on donating to SBI via the PayPal button.

Parliamentarian: Myrrh completed moving the Committee Chairs titles from Bylaws to Policies and Procedures. Intergroup can now make changes to Committee Chairs with a majority vote.

Treasurer: Michelle completed the Federal tax statement and will work on getting online bank access. Once logged in, she will note the PayPal donations. The phone line was paid for the whole year. Internet rent was paid. The website fee (\$29.99/mo) has back payments due in February. Andrea noted that, by a previous intergroup vote, SBI suggests adding a suggested donation of \$3 to meeting formats. Each group is autonomous.

Free Flight: Erica is looking for additional information for meeting spotlights and birthdays. Her email is noted on Page 3 of the Free Flight under Free Flight Editor.

Outreach: The hotline is fully staffed.

Public Information: Jane needs 2 more speakers for the 2/25 House of Hope panel, which is held the 4th Monday of each month, 7-8 pm, in San Pedro. Each speaker shares 10-15 minutes. Contact Jane to sign up.

Special Events: Eileen shared upcoming special events: Sunday, 2/24, at 11:30 am PST, one minute of silent prayer for compulsive overeaters; March SBI Promises meeting; May Meditation workshop; August Sponsorship workshop; November Thanksgiving Marathon; and a possible December Twelfth Step Within workshop. There are no SBI plans for November IDEA Day. SBI has a 501(c) and insurance policy to provide to potential venues.

Webmaster: A password-protected secure zone has been added to the website and includes the insurance policy, Policies and Procedures, Bylaws, Quick Guide to Robert's Rules of Order. Under Intergroup Resources there are electronic AA Big Book and AA 12&12, "12 Stepping a Problem" worksheet, "12 Steps in 12 Weeks - OA Big Book Study Workshop," "From Slip or Relapse to Recovery" & "Been Slipping and Sliding?" If the Board Committee Chairs change their email addresses, please notify Vivian.

Meeting Liaison: Betsy reported the Friday 10:30 am Lakewood meeting has closed. **MOTION** to extend the meeting by 10 minutes if necessary: Seconded and carried by 23-1 vote.

NEW BUSINESS:

MOTION for Outreach Chair to be absorbed into the Public Information Chair position: Seconded, discussed and carried by unanimous vote.

The meeting was adjourned at with the OA Promise at 10:31am.

Next Meeting: Saturday, March 16th



ABSTINENT BIRTHDAY



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

Kathleen F. - April - 9 Years
April H.W. - February - 38 Years

Share your OA Birthday with us!
Email your first name, birthday month, and number of years to editor.oasbig@gmail.com

HELP FOR YOUNG PEOPLE!

Need to be with people your own age?

OA Young Person's Phone Meeting serves young people 18 - 30.

Thursday's @ 7pm PST
Phone #: (605) 472-5395
ID #: 378978

World Service Meeting # 55551
Contact: Chelsea (914) 325-6948

SHARE YOUR RECOVERY!

Ongoing Service Opportunity

Speakers share for 15 minutes to a small group.

4th Monday of the month at 7:00pm

House of Hope
Women's Recovery House
235 W. 9th Street
San Pedro, CA 90731

Contact: Jane A. (714) 356-7352
publicinfo.oasbig@gmail.com

OA INFORMATION

(310) 802-2001

OR

(562) 493-9030

OA Helpline Contacts

Whether you are struggling in the middle of the night, living in a remote location or just need a program boost, volunteers from our Helpline will remind you that you are not alone.

Name	Phone	Best Times	Email	Name	Phone	Best Times	Email
Denise Z.	(310) 430-8873	Anytime	evangdeni@aol.com	Jennifer S.	(310) 529-5708	9am - 7pm	jen.steffen777@gmail.com
Eda S.	(310) 833-3756	9am - 8pm	eda46@cox.net	Tom F.	(562) 464-7550	6am - 9:30pm	tjfirpo@verizon.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.oasbig@gmail.com**

◀ MEETING SPOTLIGHT ▶

LITERATURE MEETING

Christ Lutheran Church
Monday's @ 7 - 8pm

This literature meeting assembles in a small, cozy room, which has a comfy sofa and a club chair as well as an actual padded church pew. The intimate setting is conducive to open, honest sharing and a genuine feeling of fellowship and camaraderie.

This year the meeting is focusing on *Voices of Recovery*, one of OA's daily readers. The format calls for the leader to read the page of the day, which is then used as the topic for discussion. Typically, there are approximately 10 to 12 members present, and generally all who attend have the opportunity to share. Pitches are timed at three minutes with one minute remaining to wrap up.

This meeting is a great way to start off the week abstinently. Join us!

◀ DONATIONS ▶

Day	Location	Time	#	February
Sunday	Torrance Del Amo	11:00 AM	7682	\$189.00
Wednesday	Manhattan Beach	6:00 PM	54374	\$40.00
Saturday	SBIG	9:30 AM	N/A	\$55.00
Other	Interest			\$0.26

TOTAL \$284.26

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	End Balance
18-Nov	\$6,532.51	\$786.91	\$0.28	(\$488.59)	\$0.00	\$6,831.11
18-Dec	\$6,831.11	\$648.78	\$0.30	(\$269.91)	\$0.00	\$7,210.28
19-Jan	\$7,210.28	\$614.02	\$0.30	(\$1,372.41)	\$0.00	\$6,452.19
19-Feb	\$6,452.19	\$284.00	\$0.26	(\$384.87)	\$0.00	\$6,351.58

South Bay Intergroup Service Board

Chair	Andrea	chair.oasbig@gmail.com	(562) 822-7882
Vice Chair	Ken	vicechair.oasbig@gmail.com	(562) 881-0710
Secretary	Christina	secretary.oasbig@gmail.com	(562) 481-5126
Treasurer	Michelle	treasurer.oasbig@gmail.com	(310) 529-3796
Parliamentarian	Myrrh	parliamentarian.oasbig@gmail.com	(562) 221-5487
Outreach	Eileen C.D.	outreach.oasbig@gmail.com	(562) 212-9265
Public Information	Jane A.	publicinfo.oasbig@gmail.com	(714) 356-7352
Free Flight Editor	Erica	editor.oasbig@gmail.com	

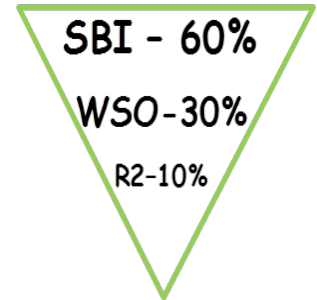
Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Andrea F.	andreafr8711@gmail.com	(562) 822-7882
R2 Rep/WSD #2	Eileen C.D.	ecdpopcorngirl@gmail.com	(562) 212-9265
R2 Rep/WSD #3	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Eileen C.D.	events.oasbig@gmail.com	(562) 212-9265
Meeting Liaison	Betsy H.	meetings.oasbig@gmail.com	(310) 850-4110
Webmaster	Vivian	webmaster.oasbig@gmail.com	
Young People's	Diana F.	yp.oasbig@gmail.com	(310) 404-8330

MEETING TRESURERS

South Bay Intergroup donations may be made through the oasouthbay.org website donation button. The button is on the left side of the home page. Please also include meeting #, day of the week and time in the Special Instructions section below the dollar amount.

Suggested 7th Tradition Donation Diagram



The oasouthbay.org website also includes instructions on how to complete online contributions for all 3 service bodies. The instructions are located on the **INTERGROUP Meeting Resource** tab on the top of the website.

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 20th
May 18th
June 15th

All are welcome! Please share your opinion!



◀ **A P R I L 2 0 1 9** ▶
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	Barbara (310) 738-8559	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
Monday	6:00 AM	Long Beach (53426)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Kristin (562) 208-2363	I, BB, Wtg, WC, WS
	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, P, VR, 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
	7:00 PM	El Segundo (56102)	United Methodist Church, 540 Main St., El Segundo, CA 90245 (Enter through Mariposa)	Kelsey O. (408) 613-7427	YP, I, Book, P, SPI, WC
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
	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
	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, Sp I, Book, P, WC
	±7:00:00 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, S54
Thursday	7:00 PM	San Pedro (53992)	St. Peters Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church)	Val S. (310) 514-3025	I2&12, SS, Wtg, WC
	6:00 AM	Long Beach (56288)	Christ Lutheran Church, 6500 E. Stearns St., 90815	Eileen C.D. (562) 212-9265	BB, WS, 11th Step, I2 & I2
	6:05 PM	Hermosa Bch (56466)	St. Cross Episcopal Church, 1818 Monterey Blvd., Bck Bldg. 2nd Fl, Rm 9	Betsy H. (310) 850-4110	I, Book, Wtg, C/C
	6:30 PM	Long Beach (51287)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Social Hall	Vivian M. (562) 606-6575	Step Study, WC
	±7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Rm (Enter through El Dorado)	Mary J. (213) 308-0147	±, I, I2&12, WC
Friday	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, SpI, Wtg, WC
	7:30 PM	Long Beach (31477)	Belmont Heights Methodist Church, 317 Termino Ave., 90814, Church basement	Tom F. (562) 464-7550	I, C/C, P, Sp I, WC
Saturday	8:00 AM	Seal Beach (07394)	Grace Community Church, 138 8th St. (At Central Ave.), 90740	Christina (562) 481-5126	OCIG, SS, WC
	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, ±
	±4:00 PM	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
I 1th Step	Meditation	FT	For Today Book	WCL	Wheelchair - Access May Be Limited, Please Call
I2&12	OA's I2/I2	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 Meeting Liaison at meetings.oasbig@gmail.com. **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****