

Free Flight

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



www.oasouthbay.org

Upcoming Events:

SOLITARY JOURNEY

Saturday, August 4th at 10am - Noon

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

Contact: Sandy (626) 272-7708
Or (626) 335-3355

Suggested Donation: \$10

31st OA MEN'S RETREAT

Friday, August 10th - Sunday, August 12th

Old Mission San Luis Rey Retreat Center
4050 Mission Ave.
Oceanside, CA 92057 - 6402

Donation: Single \$275
Double \$250

Contact: Dave B. (619) 787-2937 or
Gene K. (760) 859-7400

www.Oasandiego.org/dwnld/OA_2018_Mens_Retreat.pdf

FUN & GAMES

Sunday, August 18th at 3:30 - 5:30pm

Leisure World Club House 3, Room 9*
13533 Seal Beach Blvd.
Seal Beach, CA 90740

Contact: Eileen C.D. (562) 212-9265
ecpopcomgirl@gmail.com

Suggested Donation: 7th tradition will be observed

ABC'S OF ABSTINENCE

Saturday, September 15th at 9am - 4pm

St. Peter's Episcopal Church
1648 W. 9th St.
San Pedro, CA 90732

Contact: Eileen C.D. (562) 212-9265 or
Val (310) 514-3025

Suggested Donation: \$15
(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.

STEP TWO, HOPE BYE--BYE, SECONDS

I have been an OA member for over 15 years. God blessed me with the gift of abstinence at the beginning of my wonderful journey in OA. Over the years, with God doing for me what I can't do for myself, I've almost always had a comfortable abstinence. Although I never ate between meals or binged, sugar became an issue at times, and I made poor food choices. Gradually, I began to gain weight.

Thanks to a dear sponsee who chose the topic of hope when she led our meeting, I realized I had become comfortable being overweight and had no hope that I would ever lose weight. That night God, through this blessed messenger, gave me hope again, along with true freedom from compulsive eating and the willingness to give up desserts and second helpings one day at a time.

I can't begin to tell you how much better I feel physically, emotionally and spiritually. I've experienced a significant weight loss, but more important, abstinence is again the most important thing in my life without exception. God is back to being number one in my life, right where he belongs.

It pays to attend OA meetings regularly. You never know what you might hear that can change your life, or what you might say that could change someone else's.

Keep coming back. It works!

M.C.P., Palms, CA USA

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 / Reprinted with permission of AA World Services, Inc.

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

REPRESENTATIVE MEETING

Attendees: Andrea (Chair/WS Delegate 1), Danny (Vice Chair), Christina (Secretary), Michelle (Treasurer), Ken (Outreach), Betsy (Meeting Liaison), Diana (Young People Chair/WS Delegate 3), Bearto (Special Events), (Vivian, Webmaster), Eileen (WSO Delegate 2), and 18 meeting representatives.

Meeting called to order by Andrea, Chair, at 9:31 a.m. with the Serenity Prayer and reading from Voices of Recovery.

Noted that Minutes in current Free Flight were the Board Minutes. Rep Meeting Minutes approved. Chair directed Minutes to be read in 2 minutes in the future. Quorum was met.

COMMITTEE CHAIR & COMMITTEE CHAIR REPORTS

Chair: Andrea distributed New Representative packets from Nancy. They are on the website.

Treasurer: Michelle reported we started May with about \$6,000 and ended with \$5,256. The YTD expenses, almost \$8,000; YTD income, almost \$5,200. May income, \$513. We are a little behind in income for fiscal year's budget of \$8,450.

PI/Outreach: Ken reported Long Beach Gay Pride booth had OA literature, Free Flights, and 3 shifts daily of volunteers. Attendees took literature for family/friends. Seeds were successfully planted. Plan to join AA booth in conducting meetings during the festival next year. One phone call to the hotline last month for a meeting referral. Ken will research adding a text-able phone line.

Meeting Liaison: Betsy announced a new 1-hr meeting as of 7/5: Thursday 6 pm Hermosa Beach at St. Cross Episcopal Church with a literature/writing focus. Monday 6 am Long Beach meeting will now be women's stag. Betsy will get information to Webmaster.

Special Events: Bearto is looking for ideas for 12-step workshops, & volunteers with one year abstinence to lead them. He needs volunteers for 7th Tradition collection at Sober Eating Workshop and a venue for 10/6 and 12/12 workshops. He encouraged people in Manhattan Beach/Torrance area to offer location options. Chair suggested uploading the venue form to the website. Webmaster stated the site's focus is outreach to newcomers. The issue was put on the agenda next month.

Young People: Diana took the World Service YP Co-chair position and will take part in a conference call committee meeting regarding Young People next week.

Delegates: Andrea (WS delegate) took PI Committee Chair for WS. She read the Bariatric Surgery Statement from WS and played an audio clip on the subject. She asked that the reps play the same clip in their meetings and possibly discuss it. Betsy will circulate email the link. Discussion followed.

UNFINISHED BUSINESS:

The Chair believes the Committee Chairs should be at the Board Meetings to deal with Board business. She will bring it back next month.

Possibly combining Outreach and Public Information Chairs was tabled to next month.

NEW BUSINESS:

Ken suggested, if website is focused on outreach to newcomers, investigating a share point or online repository like Google Docs or Dropbox for OA SBI members to receive documents like the Event Venue worksheet. MOTION by Ken to discuss next month was unanimously passed.

The meeting was adjourned with the OA Promise at 10:30 a.m.

Next Meeting: Saturday, July 21st

HELP FOR YOUNG PEOPLE!

Need to be with people your own age?

The SBI Young Person's meeting serves young people 18 - 35.

Tuesday @ 7:30pm

United Methodist Church
540 Main Street
El Segundo, CA 90245

Contact: Diana (310) 404-8330

Please pass the word!

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@oasouthbay.com

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	tjfirpo@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**175th SERENITY RETREAT**

Friday, September 21st - Sunday, September 23rd, 2018

Old Mission San Luis Rey Retreat Center

4050 Mission Avenue

Oceanside, CA 92057-6402

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

NEW FREEDOM RETREAT

Friday, November 9th - Sunday, November 11th, 2018

Holy Spirit Retreat Center

4316 Lanai Road

Encino, CA 91436

Contact: Jennifer P. (310) 214-4933 ~ jennifer.pogue8@gmail.com

Or Loni G. (562) 431-7275 ~ lonig.woman@sbcgblanet

- DONATIONS -

Day	Location	Time	#	Jun
Sunday	Torrance Del Amo	11:00 AM	7682	\$77.20
Sunday	Long Beach	5:00 PM	27906	\$90.00
Monday	Manhattan Beach	5:45 PM	51470	\$60.00
Thursday	Long Beach	6:00 AM	56288	\$27.00
Thursday	Torrance	7:30 PM	18913	\$60.00
Saturday	SBIG	9:30 AM	N/A	\$58.00
Saturday	Lakewood	4:00 PM	48494	\$30.00
Other	Interest			\$0.21
Other	Movie Night			\$25.00

TOTAL \$427.41**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

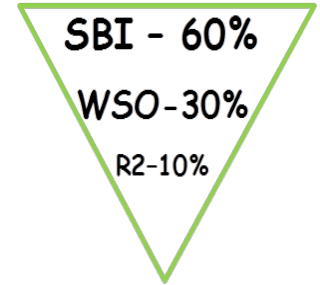
R2 Rep/WSD #1	Andrea F.	andreafr8711@gmail.com	(562) 822-7882
R2 Rep/WSD #2	Eileen C.D.	ecdpopcorngirl@gmail.com	(562) 493-2920
R2 Rep/WSD #3	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Bearto	events@oasouthbay.org	(562) 424-0831
Meeting Liaison	Betsy H.	meetings@oasouthbay.com	(310) 850-4110
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:

August 18th
 September 15th
 October 20th

All are welcome!
Please share your opinion!



AUGUST 2018

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)	Lori (562) 243-7939	I, FT
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, 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, 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, Wrg, 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	6:30 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
	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
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, Spl, Book, 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	6:00 AM	San Pedro (53992)	St. Peters Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church)	Val S. (310) 514-3025	I2&12, SS, Wrg, 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
	6:00 PM	Hermosa Bch (56466)	St. Cross Episcopal Church, 1818 Monterey Blvd., Bck Bldg, 2nd Fl, Rm 9	Betsy H. (310) 850-4110	I, Book, Wrg, C/C
Saturday	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
	7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Rm	Gary (310) 372-9374	#, I2&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
Sunday	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, Spl, Wrg, WC
	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, Spl, WC
Monday	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, Spl, WC
	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Shelly M. (714) 308-3015	P, Sp, WC
Tuesday	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, ‡
	7:00 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
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****