

August 2019

Free Flight


OVEREATERS ANONYMOUS®

www.oasouthbay.org

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

◀ EVENTS ▶

WOMEN'S SPIRITUAL RETREAT

Friday, Sept 13th - Sunday, Sept 15th

Holy Spirit Retreat Center
4316 Lanai Road
Encino, CA 90813

Registration Fee: \$200/person

Contact: Michelle (818) 687-5038
Or Cindy (818) 521-7112
Or Chris (818) 577-6290

FOOD SOBRIETY WORKSHOP

Saturday, Oct 12th @ 1:30 - 3:30pm

OAsis
Large Meeting Room
8825 Aero Drive, Suite 310
San Diego, CA 92123

Contact: Ayawnda 619-674-9941

MEN IN RECOVERY RETREAT

Friday, Oct 25th - Sunday, Oct 27th

Villa Maria Del Mar
21918 E. Cliff Drive
Santa Cruz, CA

Registration Fee: \$265.00/person

Contact: Don (415) 246-3086
or Bob (510) 825-6959

NEW FREEDOM RETREAT

Friday, Nov 8th - Sunday, Nov 10th

Holy Spirit Retreat Center
4316 Lanai Road
Encino, CA 90813

**Registration Fee: \$220/person
with double occupancy**

Contact: Jennifer P. (424) 224-7135
Or Loni G. (562) 431-7275

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.

PRAYERS ANSWERED

I always start the story of my first sponsor by saying it was totally a “God thing.” I was living in Heidelberg, the only German city at the time with an English-speaking OA meeting. Being new, I needed a sponsor, so I used the Sponsor by Mail program, which was pages and pages of names and mailing addresses of people from all over who were willing to sponsor. I thought, “How do I find **the one** from this list?”

Well, first I prayed. Then I read the list all the way through to see if anything jumped out at me. I narrowed it down to three names and decided to pray about them.

In the next few days, one name came up three times in totally unrelated and remote ways. Bingo. HP was saying this is the one. I called and asked if she'd be willing to sponsor me. She replied, “Let me think and pray about it for a week, and you can call me then.”

We enjoyed five years of a wonderful sponsorship relation via email and phone, doing Step and Tradition work. To this day we've never met, but that doesn't matter. Her voice is still in my head, and her recovery has now been passed on to my sponsees.

She was the first proof to me that HP answers my prayers in ways beyond my imaginings! She was the first person who knew all about me and still loved me anyway!

- Chris, Alabama, 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.oasbig@gmail.com

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

MINUTES : OA South Bay Intergroup Representatives Meeting June 15, 2018

REPRESENTATIVE MEETING

Attendees: Ken (Vice Chair), Christina (Secretary), Myrrh (Parliamentarian), Michelle (Treasurer), Jane (Public Information), Diana (Young People/WS/R2), Vivian (Webmaster), and 18 meeting representatives.

Meeting called to order by Ken (Vice Chair), at 9:32 a.m. Rep Meeting Minutes read and approved. Quorum met.

BOARD & COMMITTEE CHAIR REPORTS

Vice Chair: Ken asked for prayers for Chair's speedy recovery. The Technology in Recovery seminar taking place at 11:15 today. Space still available. Thanks to Anita and Myrrh for their help.

Parliamentarian: Myrrh passed "Proposed Amended Changes to By-laws and Policies and Procedures." She presented proposed changes including to the webmaster position, term length/term limits for the committee chairs, and clarifications in the Bylaws for board members. She clarified that committee chairs are appointed, not elected. Voting on proposed changes will take place at July intergroup meeting.

MOTION (AS AMENDED): Place in the Policies and Procedures terms of 2 years for the committee chairs with appointments as follows: Special Events and Webmaster in October of odd years and Meeting Liaison and Young People's in October of even years. Motion was seconded. After friendly amendment and discussion, motion passed with 1 nay.

Treasurer: Michelle distributed the report. She stated the intergroup meeting rent is \$50/month and the 7th tradition taken is not always covering that. The June Paypal donations did not transfer; she will check into it.

Webmaster: Vivian reported the PayPal section was reworked and donation button moved. Last month there were 1,408 unique visits (down 8%), 4,368 page views (up 4%), 3.1 pages per unique visit (up 9%).

NEW BUSINESS:

* Mary passed out flyer "Celebrate an OA Milestone," regarding supporting the South Bay Intergroup in honor of one's own or another's recovery. Make a PayPal donation and get a receipt. The certificate button is below the PayPal button on the SBI site. The certificate states "A donation has been made in your honor to South Bay Intergroup." The PDF may be printed and filled out by hand. Diana will try to create a fill-in PDF with instructions. Group conscience was made to add the certificate to the website. Coming soon!

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



ABSTINENT BIRTHDAY

★ **HAPPY** ★
BIRTHDAY!

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

Jeanne M. - 7 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**

◀ DONATIONS ▶

Day	Location	Time	#	June
Sunday	Torrance Del Amo	11:00 AM	7682	\$96.75
Sunday	Long Beach	5:00 PM	27906	\$60.00
Tuesday	Lakewood	6:30 PM	15224	\$60.00
Wednesday	Long Beach (IC)	6:00 PM	54517	\$60.00
Wednesday	Manhattan Beach	6:00 PM	54374	\$90.00
Thursday	Long Beach	6:30 PM	51287	\$60.00
Saturday	Torrance	8:30 AM	12163	\$132.00
Saturday	SBIG	9:30 AM	N/A	\$56.00
Other	Meditation Workshop			\$125.00
Other	Individual			\$60.00
Other	PayPal Fee			-4.14
Other	Interest			\$0.35

TOTAL \$795.96

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	End Balance
Jun-19	\$8,189.64	\$795.61	\$0.35	-\$350.65	\$0.00	\$8,634.95



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
Public Information	Jane A.	publicinfo.oasbig@gmail.com	(714) 356-7352
Free Flight Editor	Erica	editor.oasbig@gmail.com	

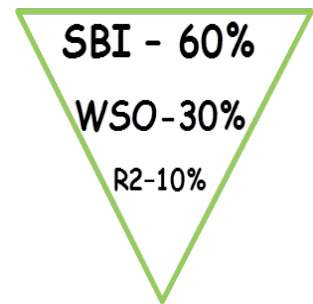
Representatives/Delegates and Committee Chairs

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 TREASURERS

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

August 17th
September 21st
October 19th

All are welcome! Please share your opinion!

◀ JULY 2019 ▶
 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	Kelsey R. (408) 613-7427	I, Book, WS, WC
Tuesday	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
	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 R. (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.	Nancy (908) 400-4883	I, SpI, 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, SS4
Thursday	7:00 PM	San Pedro (53992)	St. Peter's Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church)	Val S. (310) 514-3025	I2&I2, 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&I2, 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
	9:15 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, Sp, I, 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. Peter's 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 11th Step	Meditation	FT	For Today Book	WCL	Wheelchair - Access May Be Limited, Please Call
I2&I2	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**