

Free Flight

"Another kind of flight, a spiritual liberation."



www.oasouthbay.org

Upcoming Events:

TIME TO RESET & RECOMMIT

Saturday, March 24th, 2018
1 - 4pm

Church of Christ
26558 Marguerite Pkwy, Mission Viejo, CA
Contact: Heather C. (949) 300-1984
Suggested Donation: \$7

THE BIG BOOK COMES ALIVE

Friday, April 6th - Sunday, April 8th

Holiday Inn Express
350 E. Port Hueneme Rd, Port Hueneme, CA
Registration - \$50 (Until February 28th)
\$60 (After March 1st)
Contacts: Janine I. (206) 841-1965/
Amy W. (646) 373-6828
oacig.wordpress.com/meetings/retreat

WOMEN'S SWEET SURRENDER RETREAT

Friday, April 27th - Sunday, April 29th

Pathfinder Ranch
35510 Pathfinder Rd., Mountain Ctr, CA
Registration - \$180 (Until March 31st)
\$200 (After April 1st)
Contacts: Alice N. (714) 856-0902
sweetsurrender.retreat@oacii.org

BIG BOOK STEP STUDY

Mondays at 7:30 - 9pm

Mary & Joseph Retreat Center
5300 Crest Rd, Rancho Palos Verdes, CA
(3rd Driveway East of Crenshaw)
Contact: Maryann R. (310) 940-5352
maryannrusso@me.com

OA BIG BOOK STUDY

Tuesdays at 7:00 - 8:30 pm

Westchester United Methodist Church
8065 Emerson Ave., 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

WHAT I'VE LEARNED

I'M OKAY

When *Dignity of Choice* first became available, I ran to the back of the meeting room before the closing prayer to buy a copy. I was afraid they would sell out. Even though I had been in program for almost two years and maintained my weight at a size 6 or 8 for several months (I started the program at size 10 or 12), **I still wanted to find the magic food plan that would make it easy.**

Well, no such thing exists. But the pamphlet did give me validation for the way I already ate. For example, I like to drink warm milk before bed. My family never did this when I was small, no one told me to do it, and I don't remember how I got started. I just know it works for me. Some of the food plans in *Dignity of Choice* have a bedtime meal including one cup of milk or a substitute. When I read this, I felt reassured that what I do is okay.

This is the essence of OA for me: learning I am "okay" and can trust myself (with the guidance of God and a sponsor). The OA "Twelve and Twelve" says, "... a source of wisdom inside us ... becomes more powerful as we recover from compulsive eating and develop our relationship with our Higher Power ... As we work the steps ... intuition begins to function properly, helping us focus on God's will, both for our eating and for the living of our lives" (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 22).

Dignity of Choice confirmed what my intuition had told me, and for that I am grateful.

~ L.L.S., Naples, Florida USA
Lifeline, July 2012

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.

REPRESENTATIVE MEETING

Attendees: Andrea (Chair), Danny (Vice Chair, 07682), Nancy (Parliamentarian), Christina (Secretary, 31477, 07394), Michelle (Treasurer), Jane (Public Information), Vivian (Webmaster, 52590, 51287), Erica (Free Flight Editor, 19487), Bearto (Special Events), Eileen (WSO Delegate, 53893), Betsy H (Meeting Liaison, 40803), Sherry L. (48732), Michelle D. (54374), Val (53992), Diane C. (18913), Karen B (12163), Joyce C (04950), Susan R. (17667), Anita (27906)

Meeting called to order by Andrea, Chair, at 9:31 a.m. with the Serenity Prayer. Minutes were amended and approved. 14 Reps were present. Quorum was met.

COMMITTEE CHAIR AND DELEGATE REPORTS

Chair: Andrea circulated auto recurring donation forms for WSO and reported on work of WSO PI Committee.

Parliamentarian: SBI Representative Handbooks are printed and are also available on www.oasouthbay.org.

Treasurer: Michelle stated November contributions totaled 451.40, a little behind the average, but historically there are monthly fluctuations. Because of last fiscal year's net gain of \$561.61, MOTION by Michelle, after discussion and amendment: Make a one-time \$561.61 donation (25% to Region 2/75% to WSO), seconded and passed (15-2).

Betsy H. stated the \$800/month contributions needed to meet budget comes to \$28.50/month from each meeting. Discussion tabled.

Free Flight: Erica printed 400 Free Flights again this month, but is working on a printer to print 700 in the budget.

OA Birthday Party, 12 Step Workshop and updated meeting information is included. FF is available online at www.oasouthbay.org.

Public Information: Jane passed out House of Hope sign-up sheets and OA tear-off flyers to meeting reps.

Webmaster: Vivian clarified meeting changes go to Betsy H. (Meeting Liaison). She will look into Danny's suggestion of adding surrounding intergroup links to the site.

Special Events: Bearto suggested having a link on the website for our Special Events to attend virtually. Congratulations were given to Bearto on the postcards and call-in number for the Thanksgiving Marathon.

Meeting Liaison: Betsy H. will be updating the meeting list.

Delegate: Eileen said R2 Intergroup Outreach is contacting intergroups that don't send delegates to the assembly for possible financial help.

The meeting was adjourned with the Serenity Prayer at 10:25 a.m.

Next Meeting: Saturday, January 20th



HELP FOR YOUNG PEOPLE!

Need to be with people your own age?

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

Tuesdays @ 7:30 pm

United Methodist Church
540 Main Street
El Segundo, CA 90245

Contact: Diana (310) 404-8330

Please pass the word!

ABSTINENT BIRTHDAYS



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

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

SHARE YOUR RECOVERY!

Ongoing Service Opportunity
Speakers share for 15 minutes to a small group.

**4th Monday of the month
7:00 pm**

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

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

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 | palley_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

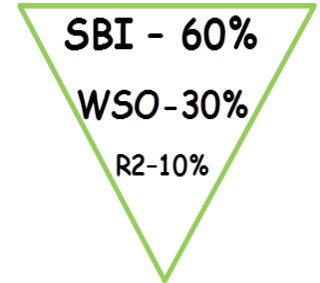
www.oar2.org/convention/upcoming

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!!

DONATIONS

| Day | Location | Time | Meeting # | December |
|----------|--------------------|----------|-----------|-----------------|
| Sunday | Long Beach | 5:00 PM | 27906 | \$174.00 |
| Monday | Long Beach | 7:00 PM | 52590 | \$36.00 |
| Tuesday | Lakewood | 6:30 PM | 15224 | \$90.00 |
| Friday | Long Beach | 7:30 PM | 31477 | \$35.00 |
| Saturday | SBIG | 9:30 AM | N/A | \$57.00 |
| | Lakewood | 10:30 AM | 4950 | \$60.00 |
| | Lakewood | 4:00 PM | 48494 | \$48.00 |
| Other | Interest | | | \$0.28 |
| Other | Thanksgiving event | | | \$173.36 |
| TOTAL | | | | <u>\$673.64</u> |

OA Information (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. | 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 |

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.
Long Beach, CA 90815
(562) 426-7601

Next meetings:

February 17th
March 17th
April 21st

All are welcome!
Please share your opinion!



F E B R U A R Y 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, YR, WC |
| | 7:00 PM | Long Beach (40410) | Gloria Dei Lutheran Church, 5872 E. Naples Plaza, 90803 | Val S. (310) 514-3025 | I |
| Monday | 6:00 AM | Long Beach (53426) | Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge | Kristin (562) 208-2363 | I, YR, 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 | BB, 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, YR, 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 | 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, WC |
| | 6:00 PM | Manhattan Bch (54374) | Manhattan Beach Community Church, 303 S. Peck Ave., 90266, Back building, 2nd Fl. | Amber (310) 406-6808 | WS, I, OA, 12&12, P, WC |
| | 7:00 PM | Inglewood (32469) | First Presbyterian Church (Day Care), 521 E. Queen St., 90301 (Use parking lot), 1st Fl, Rm 1 | Bernice A. (323) 759-7610 | LAIG, P, Sp, S54 |
| Friday | 7:00 PM | San Pedro (53992) | St. Peter's Episcopal Church, 1648 W. 9th St., 90732 (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 | ‡, 1, 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 | Tom F. (562) 464-7550 | C/C, P, SSI, WC |
| | 7:30 PM | Whittier (48095) | St. Mathias Church, 7056 Washington Ave., 90602 | Rita (626) 347-9999 | OCIG, BB, 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, Sp I, 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. Peter's Episcopal Church, 1648 W. 9th St., 90732 (Park behind church) | Kathy (310) 547-5669 | FT, YR, P, SSI, WC, ‡ |
| | 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 | OCIG | Orange County Intergroup |
| I | One Hour Meeting | CC | Child Care Available | P | Pitch |
| 11th Step | Meditation | FT | For Today Book | Sp | Speaker Meeting |
| 12&12 | OA's 12/12 | HOW | Honest, Openminded, Willingness | SpI | Speaker Meeting 1st Week of the Month |
| A/B | Anorexic/Bulimic Focus | LAIG | Los Angeles Intergroup | SS | AA 12x12 Step Study |
| BB | Big Book of AA | NC | Newcomers | SSI | Step Study 1st Week of the Month |
| Book | Study Various Books | OA | Overaters Anonymous ("Brown Book") | SS4 | Step Study 4th Week of the Month |

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****