

Free Flight



www.oasouthbay.org

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

◀ EVENTS ▶

OA BIG BOOK STUDY

Tuesdays @ 7:00 pm

Westchester United Methodist Church
8065 Emerson Avenue
Westchester, CA 90045

Contact: Fred V. 323-569-6230

CANDLELIGHT PROMISES

Saturday, March 2nd @ 7:00pm

Christ Lutheran Church
6500 East Stearns Street - Social Hall
Long Beach, CA 90815
(Call for Key Code to access security gate at church)

Suggested Donation - \$5
No one turned away for lack of funds

Contact: Eileen C.D. 562-212-9265

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

SERENITY RETREAT SANTA CRUZ

Friday, April 26th - Sunday, April 28th

Villa Maria Del Mar Retreat Center
21918 East Cliff Drive
Santa Cruz, CA 95062

Registration - \$340
(Online until Sunday, February 24th)

www.oaserenityretreat.org

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.

FIRST WILLING, THEN ABLE AVAILABLE TOOLS

I was working outdoors the other day and noticed several branches in my trees needed pruning. I went to my garage, selected a handsaw and lopping shears, and headed into the yard.

The work was going well, but I found a couple of large limbs that needed to come down. I stretched way up and started sawing with the handsaw. The cutting was hard work because my saw wasn't sharp and I couldn't reach the limb very well. But I continued, with sawdust falling into my eyes and my arms getting fatigued.

And then it hit me: Here I was using the handsaw, and all the while I had a perfectly good chainsaw in the garage. Not only that, but I also had a nice ladder. I had two tools that were designed and sold for this kind of project sitting unused in my garage!

I tried to justify myself by saying I was getting a good workout by using the hand tools, but the truth is, I was just plain lazy. It hit me again: My recovery can be a lot like this. I have wonderful Tools that work perfectly in my recovery — among them sponsorship, meetings, telephone, and literature — but sometimes I'm too lazy to pick them up and use them.

I finished my tree trimming with the hand tools, but I decided Higher Power was showing me how silly I can be at times. I am recommitting to using the OA Tools that are sitting there, waiting for me to pick them up.

Mark C.
Winston - Salem, N. Carolina



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 December 15, 2018

REPRESENTATIVE MEETING

Attendees: Andrea (Chair/WS Delegate I), Ken (Vice Chair), Betsy (Meeting Liaison), Eileen (Outreach/R2 Rep), Myrrh (Parliamentarian), Jane (Public Information) Michelle (Treasurer), Diana (Young People), Vivian (Webmaster), and 8 meeting representatives.

Meeting called to order by Andrea, Chair, with the Serenity Prayer and OA Responsibility Pledge. Quorum met, minutes approved & Free Flights distributed.

BOARD & COMMITTEE CHAIR REPORTS

Chair: Andrea announced special events resignation. Although Bearto was not present, he was thanked and the representatives gave him a round of applause.

Vice-Chair: Ken continuing to work on the speakers list. Needs to change the email address. Then he will put the information in the Free Flight.

Parliamentarian: Myrrh will investigate the lengths of service terms for appointed positions. Will contact WSO regarding abstinence requirement for speakers. Myrrh met with previous parliamentarian, Nancy, to transfer duties.

Treasurer: Michelle gave financial report. Margie M. asked about reporting to her meeting that the Intergroup is in dire need. Treasure said we are no longer in dire need. There was discussion in past months that we would not meet our budget. Due to the generosity of OA members, we were able to meet our budget. Treasurer adjusted the budget for next year to match income received this past year.

Free Flight Editor: Erica not present.

Eileen C. D. picked up Free Flights for December. Sara will pick up the Free Flights for January.

Outreach Chair: Volunteers will be answering the OA information line. There are enough volunteers to cover every day of week. Thanks to all.

Public Information: Jane is working on the new 2019 House of Hope speaker list. Also, suggested having a booth at "Meeting of the Minds"

Webmaster: New website launched 11/26/18. Unique visits (1st timers): From 11-26 - 12-15 = 633 visits.

of page views = 1800

Vivian was thanked for a job well done. Website looks awesome.

Meeting Liaison: Betsy announced meetings that were dark on Christmas and New Year's.

Young Person's Chair: New flyer for Young Peoples Phone meeting is available.

Special Events: Position Open

R2 Rep: Eileen gave the Fall Assembly report.

Unfinished Business: April asked about the Speaker List because she is the speaker-seeker and needs speakers. Ken will correct, then email the sign-up sheet to reps.

New Business: Special Events Chair needed. No one volunteered. Vivian suggested writing a short article for the Free Flight highlighting a meeting. April and Diana spoke about creating a form with questions to assist someone who wants to write an article.

The meeting was adjourned at with the OA Promise.

Next Meeting:
Saturday, January 26th

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!!*

Christina - December - 7 Years
Jennifer - October - 21 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 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 ▶

SPEAKERS & SEEKERS GROUP West Lakewood Baptist Church Tuesday's @ 6:30 - 8pm

This lively meeting, cheekily dubbed "The Best OA in the South Bay" (*everybody's home group is the best, right?*), has a weekly speaker who shares experience, strength and hope for 20 to 30 minutes. Following the speaker are three-minute pitches from the group, usually on a topic chosen by the speaker. We are typically 25-35 strong and the chairs are arranged in a large circle.

The last Tuesday of the month becomes the "Seekers" aspect of the meeting, at which the group reads the step of the month in the *Overeaters Anonymous Twelve Steps and Twelve Traditions* (2nd Edition). Following the reading, the leader will share for 10 to 15 minutes regarding his/her experience on the step. Finally, the meeting is open for sharing from the group using the step as a topic for discussion.

◀ DONATIONS ▶

Day	Location	Time	#	Dec
Sunday	Torrance Del Amo	11:00 AM	7682	\$60.00
Monday	Long Beach	6:00 AM	53426	\$60.00
Tuesday	Torrance	7:00 PM	15653	\$29.00
Saturday	SBIG	9:30 AM	N/A	\$60.00
Other	Thanksgiving Event			\$175.00
Other	Twelfth Step Within			\$60.00
Other	Adobe Refund			\$104.78
Other	Individual			\$100.00
Other	Interest			\$0.30

TOTAL \$649.08

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

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) 493-2920
Public Information	Jane A.	publicinfo.oasbig@gmail.com	(714) 356-7352
Free Flight Editor	Erica	editor.oasbig@gmail.com	(424) 702-6671

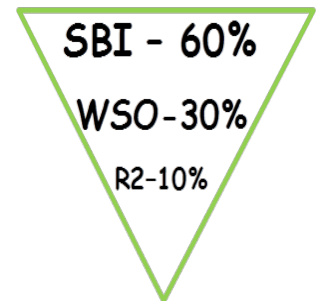
Representatives/Delegates and Committee Chairs

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	TBD	events.oasbig@gmail.com	TBD
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:

February 16th
March 16th
April 20th

All are welcome! Please share your opinion!



◀ F E B R U A R Y 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	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
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
	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
Tuesday	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
	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
Wednesday	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, Spl, 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, S4
	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
Thursday	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 & 12
	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) 429-6161	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	1, 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, Sp, I, Wtg, 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	I, C/C, P, Spl, WC
	8:00 AM	Seal Beach (07394)	Grace Community Church, 138 8th St. (At Central Ave.), 90740	Christina (562) 481-5126	OCIG, SS, WC
Saturday	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
	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, ‡
	7:40 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	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	Spl	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 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