

Free Flight



www.oasouthbay.org

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

◀ EVENTS ▶

OA BIG BOOK STUDY

Tuesdays, starting January 14th
7:00 - 8:30 pm

Westchester United Methodist Church
8065 Emerson Avenue
Westchester, CA 90045

7th tradition will be observed

Contact: connieanon2@gmail.com

SERENITY RETREAT

Friday, April 3rd - Sunday, April 5th

Mission San Luis Rey
4050 Mission Avenue
Oceanside, CA 92057

Registration - Ranges \$65 - \$270

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

JOSHUA TREE RETREAT

Friday, May 8th - Sunday, May 10th

Joshua Tree Retreat Center
59700 29 Palms Highway
Joshua Tree, CA 92252

Early Bird Registration: Single \$280/person
Double \$240/person

Price increases Friday, February 28th

Contact: Julie (510) 406-3195/
alvarado.julie@sbcglobal.net
Or Jane G. (760) 219-0060

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! www.oar2.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.

LIVING TRADITIONS LISTENING TO THE GROUP

I have long known how important the Twelve Traditions are for OA groups and OA as a whole. However, I attended a recent retreat on "Living the Traditions" where we learned how to apply the Traditions to all our relationships, whether with family, friends, co-workers or others. We were asked to write about the Traditions as they applied to other relationships, and I wrote the following about Tradition Two:

"I don't want a consensus or group conscience because I know I am right. My goal is to get others to agree with me. I have heard being right means agreeing with oneself. The problem occurs when I try to get everyone else to agree

with me. Even when I give in, it is often with sarcasm, resentment and internal dialog that says, "I will just go along with them until they fail, and they will see I am right after all."

Living Tradition Two in all my relations would require my willingness to accept a consensus or majority opinion as the will of my loving God and not try to force all decisions to my point of view. This would give me much more peace, fewer resentments and better relationships. Try it yourself. Consider how each Tradition could and should apply to all your relationships.

- Frank, Santa Clara, CA



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.

REPRESENTATIVE MEETING

Attendees: Ken (Chair), Margi (Vice Chair), Mary (Secretary), Michelle (Treasurer), Janice (Special Events), Vivian (Webmaster), and 17 meeting representatives. Quorum reached.

November 16th Rep Meeting Minutes read and approved.

BOARD & COMMITTEE CHAIR REPORTS

Chair: Ken reported there is an error in this month's **Free Flight**. On page 3, the date for the OA Region 2 Convention is July 17-19 NOT January. Ken also conveyed that Erica queried the OA-WSO regarding eligibility requirements for WSO Conference Delegates. She reports that the WSO has stringent requirements for delegate eligibility as laid out in the organization's By-Laws and Delegate Registration materials. (see below)

"Qualifications for selection of world service delegates/alternates shall be set by each intergroup, region (in the case of region delegates), or service board provided that each delegate/alternate shall have at least one year of current abstinence and at least two years of service beyond the group level. (Permission for any exception in qualifications for valid reasons, if deemed credible by the trustees, may be received by application to the World Service Office.)"

Vice Chair: No Report

Treasurer: No Report
Webmaster: Vivian needs submissions for the "Meeting Spotlights" column in the Free Flight. She also reported that activity on the website is down 18% but that is typical for this time of year and should pick up in January. Also, the front page of the website has several new items:

Audio clip: This 5-minute collection of interviews depicts the journeys of several OA members from despair to recovery and serenity. Helpful for newcomers, returning members and long-timers alike.

A Tool for Recovery: Simple ideas to help you stay abstinent.

Meeting Spotlight: This month's spotlight is on Food Dudes, the South Bay Intergroup's newest meeting and the only one with a men's special focus.

NEW/CONTINUED BUSINESS

Special Events: Janice has obtained the information binders for the position and is now putting together a calendar for next year. The budget for the year is \$1000.

Public Information: The group discussed the need to fill this vacancy and the scope of work and duties. After the discussion, Eunice stepped forward to volunteer. She was nominated, elected and then requested volunteers.

The meeting was adjourned at 10:30 a.m.

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!!*

Cathy C. - January - 10 year

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: 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 ▶

Young People's Meeting

Tuesdays, 7:00-8:00 PM - El Segundo United Methodist Church

Please join us for our one-hour meeting every Tuesday night in El Segundo. We are a young people's focus meeting, but all are welcome to join us. We're less than a mile from the I05 Freeway, and there's ample parking at the church and on the street.

We have a speaker on the first Tuesday of each month, who brings his or her message of experience, strength, and hope. On subsequent weeks our leader selects a topic and readings from *Voices of Recovery* and/or *For Today*, and we read, write, and share.

This is a comfortable, welcoming, and non-judgmental meeting at which we work toward achieving and maintaining a healthy body weight and image. We'll save you a seat!

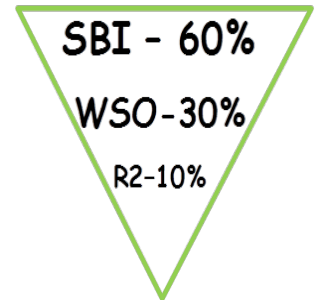
◀ DONATIONS ▶

Day	Location	Time	#	Nov	Dec	Jan	Total YTD
Sunday	Torrance Del Amo	11:00 AM	7682	\$84.60		\$99.00	\$183.60
Monday	El Segundo	5:45 PM	51470			\$70.00	\$70.00
	Long Beach	7:00 PM	52590	\$60.00		\$54.00	\$114.00
Tuesday	Torrance	5:30 PM	48732			\$60.00	\$60.00
	Torrance	7:30 PM	15653	\$120.00			\$120.00
Wednesday	Long Beach (IC)	6:00 PM	54517		\$120.00		\$120.00
	Manhattan Beach	6:00 PM	54374			\$85.80	\$85.80
	San Pedro	7:00 PM	53992	\$100.00		\$180.00	\$280.00
Thursday	Hermosa Beach	6:05 PM	56466			\$120.00	\$120.00
Saturday	Seal Beach	8:00 AM	7394	\$141.59			\$141.59
	Torrance	8:30 AM	12163	\$165.00			\$165.00
	San Pedro	10:30 AM	17667	\$50.00		\$60.00	\$110.00
	Lakewood	4:00 PM	48494		\$50.00		\$50.00
	SBIG	9:30 AM	N/A	\$75.00	\$61.00		\$136.00
Other	Foothill Intergroup					\$10.00	\$10.00
	Individual					\$30.00	\$30.00
	PayPal Fee			-14.03		-18.38	-32.41
	Interest			\$0.40	\$0.39		\$0.79
TOTAL				\$782.56	\$231.39	\$750.42	\$1,764.37

MEETING TREASURERS

South Bay Intergroup donations may be made through the oasouthbay.org website. The donation 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:

February 15th
March 21st
April 18th

All are welcome! Please share your opinion!

South Bay Intergroup Service Board

Chair	Ken	chair.oasbig@gmail.com	(562) 881-0710
Vice Chair	Margie	vicechair.oasbig@gmail.com	(562) 676-5497
Secretary	Mary F.	secretary.oasbig@gmail.com	(310) 944-2427
Treasurer	Michelle	treasurer.oasbig@gmail.com	(310) 529-3796
Parliamentarian	Vicky R.	parliamentarian.oasbig@gmail.com	(562) 397-2148
Public Information	Eunice K.	publicinfo.oasbig@gmail.com	
Free Flight Editor	Erica	editor.oasbig@gmail.com	

Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Eileen C.D.	ecdpopcorn@gmail.com	(562) 212-9265
R2 Rep/WSD #2	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Janice W.	events.oasbig@gmail.com	(562) 706-0307
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



◀ FEBRUARY 2020 ▶

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
	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
Monday	5:45 PM	El Segundo (51470)	United Methodist Church, 540 Main St., El Segundo, CA 90245 (Enter through Mariposa)	Kelsey R. (408) 613-7427	I, Book, 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	Lorian C. (253) 278-4168	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
	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.	Nancy (908) 400-4883	I, Sp I, Book, P, WC
	7:00 PM	Torrance (56935)	Food DuDes Men's Meeting, Torrance-Lomita Alano Club, 1645 Arlington Ave. Torrance, 90501	Andy (323) 620-6578	I, C/C, M
	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)	Good Shepherd Lutheran Church, 1350 W. 25th St., San Pedro, CA 90732	Val S. (310) 514-3025	12&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, 12 & 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) 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	1, 12&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
	9:15 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, Spl, Wtg, WC
	10:30 AM	Lakewood (00399)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Don (323) 687-5614	Book, C/C, P
Saturday	7:30:00 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
	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, ‡

◀ MEETING CODES ▶

Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	SS4	Step Study 4th Week of the Month
I	One Hour Meeting	CC	Child Care Available	VR	Voices of Recovery Book
11th Step	Meditation	FT	For Today Book	WC	Wheelchair - Full Access
12&12	OA's 12/12	HOW	Honest, Openminded, Willingness	WCL	Wheelchair - Access May Be Limited, Please Call
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	WS	Women's Stag
BB	Big Book of AA	M	Men's Meeting	Wtg	Writing
Book	Study Various Books	NC	Newcomers	YP	Young People

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****