

January 2018

# Free Flight



www.oasouthbay.org

## Upcoming Events:

### BIG BOOK STEP STUDY

**Mondays, starting January 8th, 2018**  
7:30 - 9pm

Mary & Joseph Retreat Center  
5300 Crest Road  
(3rd Driveway East of Crenshaw)  
Rancho Palos Verdes, CA 90275

Contact: Maryann R. (310) 940-5352  
maryannrusso@me.com



### OA'S 58TH BIRTHDAY PARTY CELEBRATION WEEKEND

**Friday, January 12th -**  
**Sunday, January 14th, 2018**

LAX Hilton  
5711 West Century Boulevard  
Los Angeles, CA 90048

Registration - \$55 (Until Friday, January 12th  
online only)  
\$65 (On-Site)

www.oalaig.org/oa-birthday-party/

### OA BIG BOOK STUDY

**Tuesdays, starting January 16, 2018**  
7:00 - 8:30 pm

Westchester United Methodist Church  
8065 Emerson Avenue  
Westchester, CA 90045

Contact: Ellie G.: 818-207-5214 or  
Fred V.: 323-569-6230

**O**vereaters 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

## UNITY

### Always Rewarded

Unity plays a role for me in going to any length to recover. My sponsor told me to attend OA events, and not only was it good for my program, but also it was a service to support all the OA members who organized the event and all the others who attended.

So often I need to make attendance a priority – to let go of doing something else on a Saturday or Sunday afternoon. I may need to drive pretty far to attend an event, but none has ever really let me down. I've always been rewarded with at least one thing I can use to enhance my recovery.

By attending OA events, I started to meet people from other meetings. This prompted me to consider doing service beyond the group level. Once that began, the entire concept of OA unity really became manifest to me.

Whether doing service at the intergroup, region, or World Service Business Conference level, I began to understand in new ways the reality of OA as a "we" program.

There are many paths to recovery in our Twelve Step program and, amazingly, always more than one way to solve a problem or accomplish a task for the good of OA.

I'm grateful every day for the willingness to go to any length to grow in recovery.

~ Gail V. B., Virginia USA  
Lifeline, February 2017

### 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/](http://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](mailto:editor@oasouthbay.org).

## MINUTES: OA South Bay Intergroup Representatives Meeting November 18, 2017

### SBI SERVICE BOARD MEETING

**Attendees:** Andrea, Danny, Nancy, Michelle, Jane, Erica, Eileen D., and one guest

**Meeting called to order by Andrea, Chair at 9:01 a.m. with the Serenity Prayer.**

**Nancy:** Parliamentarian, acting as Secretary, read the minutes, they were accepted as corrected.

### OFFICER REPORTS

**Andrea., Chair:** Welcomed everyone to the first Board meeting of the 2017-2018 Year. She said she was excited and was looking forward to a great year with the new Board.

**Danny W., Vice-Chair:** Announced that he had met with Michelle, the new Treasurer and that they had worked on the new 2017-2018 Budget. In addition he had participated in an ongoing Outreach call.

**Erica, Free Flight editor:** Announced that, because of budget concerns, she had only printed 400 copies for the December Free Flight. There was a brief discussion and it was agreed that the situation would be discussed when the budget was presented to the Representatives.

**Nancy, Parliamentarian:** No Report.

**Michelle, Treasurer:** Reported that she had finalized the 2017 Year End report and previewed the 2017-2018 Budget that would be presented at the Representatives Meeting. In addition to meeting with Danny, she noted she had received input from Nancy. She stated she was concerned with the current large bank balances.

**Jane, Public Information:** Announced that she had received a lot of information and materials from Jeanie, the outgoing PI. She is working to assure that we have individuals to serve on our OA Panel we sponsor at the House of Hope in San Pedro. It appears we are covered for November. Because it's Christmas, there won't be a December meeting. She will make sure that announcements will be circulated in December to fill the open positions in 2018.

**The meeting adjourned with the Serenity Prayer at 9:30 AM**

### REPRESENTATIVE MEETING

**Attendees:** Andrea (Chair), Danny (Vice Chair), Nancy (Parliamentarian, Sub Meeting Liaison), Christina (Secretary, 31477, 07394), Michelle (Treasurer), Jane (Public Information), Vivian (Webmaster, 51287), Erica (Free Flight Editor, 19487), Bearto (Special Events), Eileen (WSO Delegate, 53893), Betsy H (40803, 51470, 15653, 18913), Alyssa C (15224), Debbie W (48494, 52168), Michelle D (54374), Karen B (12163), Joyce C (04950), Wendy S (07682), Anita (27906)

**Meeting called to order by Andrea, Chair, at 9:32 a.m. with the Serenity Prayer.**

Minutes were read, amended and approved. 12 Reps were present. Quorum was met. Bearto clarified that he has a vote as Special Events. Andrea said yes.

### COMMITTEE CHAIR & DELEGATE REPORTS

**Vice Chair:** Danny met with Treasurer to work on new budget. The OA Information line received a

phone call from a newcomer and he is working with her.

**Secretary:** Christina had no report.

**Parliamentarian:** Nancy will print SBI Representative Handbooks for next month. It is also available on [www.oasouthbay.org](http://www.oasouthbay.org).

**Treasurer:** Michelle presented latest financial statement for 2016-2017: Starting balance of \$6,555.28, \$9,156 in donations, \$10,366.04 in expenses, ending balance of \$7,116.44 plus CD with a balance of \$5,073.92. Michelle moved to approve the budget for 2017-2018 with total expenses of \$11,000, seconded. Discussion: Bearto clarified that he is giving the net proceeds from the Thanksgiving Marathon to SBI.

Andrea noted the budget is reduced \$500 to Special Events. Michelle said last year's budget for Special Events was inflated but not used. Andrea clarified that Special Events' purpose is spreading the message within and not raising money and anything 10% or more over budget needs to be approved by Board. The \$2,500 deficit in last year's budget was due to budget being increased to spend the extra money SBI had. As a 501(c)(3) we cannot have too much money sitting in the account. Nancy proposed amendment to the budget that the Free Flight budget be increased by 300 to \$2,500 to reflect true printing costs (accepted). Christina asked why the budget is \$11,300 when the expected income is \$9,600. Michelle clarified that last year's actual expenses are similar to this year's budget, but last year's budget was inflated. We have plenty of money in the account to cover. Budget was approved (16-0).

**Free Flight:** Erica said she printed 400 this month, but will print 700 again starting December. FF is available online at [www.oasouthbay.org](http://www.oasouthbay.org).

**Public Information:** Jane reported House of Hope will continue. Please call Jane if you would like to volunteer for the panel.

**Outreach:** Not present.

**7th Tradition was taken.**

**Webmaster:** Vivian reported local meeting list is online and please email her with any meeting changes.

**Young Person's:** Not present. A rep noted the young person's meeting has a new location, United Methodist Church, 540 Main St., El Segundo, 90245. Enter off Mariposa. It still needs support from young and not-so-young people. If you see young people in your meetings, please refer them.

**Special Events:** Bearto asked what type of special events would stimulate the intergroup? The Thanksgiving Marathon this year will have a call-in number to join in (747)707-2484, PIN 45907.

**Delegates:** Andrea went to the Fall Assembly in Sacramento.

**Meeting Liaison:** Nancy asked for volunteers to take Free Flights to nonrepresented meetings. Betsy volunteered to take the Meeting Liaison position. The requirements were voted to be waived and Betsy was voted in (16,0).

### NEW BUSINESS:

A representative asked for clarification about waiving abstinence requirements for Board positions. Is there

## 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 St., 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.

**Bearto December 8 Years**  
**Bob October 7 years**

If you have an abstinent birthday, please send me an email at [editor@oasouthbay.org](mailto: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 St., San Pedro, CA 90731

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

any checking in after a period of time to see if they are abstinent? Nancy stated the waiver is for the duration of the term. At the next election another waiver would be needed if necessary.

*The meeting was adjourned at 10:35 a.m.*

**Next Meeting: Sat., Dec. 16th**

## 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	<a href="mailto:evangdeni@aol.com">evangdeni@aol.com</a>	Laraine A.	(310) 547-0479	Anytime	
Eda S.	(310) 833-3756	9am - 8pm	<a href="mailto:eda46@cox.net">eda46@cox.net</a>	Sabrina	(562) 743-7796		
Johanna	(562) 461-7636	Anytime		Tom F.	(562) 464-7550	6am - 9:30pm	<a href="mailto:tjfirpo@verizon.net">tjfirpo@verizon.net</a>

*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](mailto: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](http://www.oar2.org/convention/upcoming)

# Thank YOU!

Bearto would like to thank all who participated in making the Thanksgiving Marathon a success and he looks forward to future events.

7th Tradition - \$164..51

### DONATIONS

Day	Location	Time	Meeting #	November
Sunday	Torrance	11:00 AM	7682	\$71.11
Monday	Long Beach	7:00 PM	52590	\$60.00
Tuesday	Lakewood	6:30 PM	15224	\$90.00
Wednesday	Long Beach (IC)	6:00 PM	54517	\$60.00
	San Pedro	7:00 PM	53992	\$60.00
Saturday	SBIG	9:30 AM	N/A	\$50.00
	Torrance	8:30 AM	12163	\$60.00
Other	Interest			\$0.29

**TOTAL \$451.40**

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	Ending Balance
Aug-17	\$6,265.88	\$2,079.65	\$0.29	\$473.70	\$0.00	\$7,872.12
Sep-17	\$7,872.12	\$735.05	\$0.32	\$687.50	\$0.00	\$7,919.99
Oct-17	\$7,919.99	\$1,610.45	\$0.32	\$2,414.32	\$0.00	\$7,116.44
Nov-17	\$7,116.44	\$451.11	\$0.29	\$352.97	\$0.00	\$7,214.87

### OA Information (562) 493-9030

#### South Bay Intergroup Service Board

Chair	Andrea	<a href="mailto:chair@oasouthbay.org">chair@oasouthbay.org</a>	(562) 822-7882
Vice Chair	Danny W.	<a href="mailto:vicechair@oasouthbay.org">vicechair@oasouthbay.org</a>	(310) 527-1267
Secretary	Christina	<a href="mailto:secretary@oasouthbay.org">secretary@oasouthbay.org</a>	(562) 481-5126
Treasurer	Michelle	<a href="mailto:treasurer@oasouthbay.org">treasurer@oasouthbay.org</a>	(310) 529-3796
Parliamentarian	Nancy	<a href="mailto:parliamentarian@oasouthbay.org">parliamentarian@oasouthbay.org</a>	(562) 706-3824
Outreach	Ken	<a href="mailto:outreach@oasouthbay.org">outreach@oasouthbay.org</a>	(562) 881-0710
Public Information	Jane A.	<a href="mailto:publicinfo@oasouthbay.org">publicinfo@oasouthbay.org</a>	(714) 356-7352
Free Flight Editor	Erica	<a href="mailto:editor@oasouthbay.org">editor@oasouthbay.org</a>	(424) 702-6671

#### Representatives/Delegates and Committee Chairs

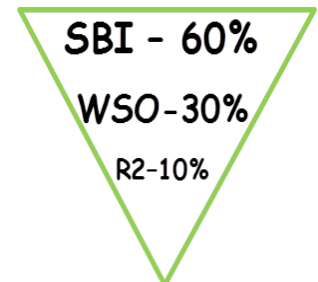
R2 Rep/WSD #1	Andrea F.	<a href="mailto:andreafr8711@gmail.com">andreafr8711@gmail.com</a>	(562) 822-7882
R2 Rep/WSD #2	Eileen C.D.	<a href="mailto:ecdpopcorngirl@gmail.com">ecdpopcorngirl@gmail.com</a>	(562) 493-2920
R2 Rep/WSD #3	Diana F.	<a href="mailto:diana9289@gmail.com">diana9289@gmail.com</a>	(310) 404-8330
Special Events	Bearto	<a href="mailto:events@oasouthbay.org">events@oasouthbay.org</a>	(562) 424-0831
Meeting Liaison	Betsy H.	<a href="mailto:meetings@oasouthbay.com">meetings@oasouthbay.com</a>	(310) 850-4110
Webmaster	Vivian	<a href="mailto:webmaster@oasouthbay.org">webmaster@oasouthbay.org</a>	
Young People's	Diana F.	<a href="mailto:diana9289@gmail.com">diana9289@gmail.com</a>	(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.  
Long Beach, CA 90815  
(562) 426-7601

Next meetings:

January 20th  
February 17th  
March 17th

*All are welcome!*  
*Please share your opinion!*

# J A N 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
<b>Sunday</b>	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	Val S. (310) 514-3025	I
<b>Monday</b>	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
	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	FT, WC
<b>Tuesday</b>	11:00 AM	Torrance (19487)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 7	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	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 Street, El Segundo, CA 90245 (Enter through Mariposa Side)	Diana F. (310) 404-8330	YP, I, Book, P, SPI, WC
<b>Wednesday</b>	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, 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 Floor, Rm 1	Bernice A. (323) 759-7610	LAIG, P, Sp, S54
<b>Thursday</b>	7:00 PM	San Pedro (53992)	St. Peters Episcopal Church, 1648 W. 9th St., 90732 (Park behind church)	Val S. (310) 514-3025	12&12, SS, Wtg, WC
	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
	7:00 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Room (Effective 1/1/18)	Gary (310) 372-9374	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
<b>Friday</b>	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
	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
<b>Saturday</b>	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: 7	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, ‡
	11:00 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 -

‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	OCIG	Orange County Intergroup	VR	Voices of Recovery Book
I	One Hour Meeting	CC	Child Care Available	P	Pitch	WC	Wheelchair - Full Access
I 11th Step	Meditation	FT	For Today Book	Sp	Speaker Meeting	WCL	Wheelchair - Access May Be Limited, Please Call
I 2&12	OA's 12/12	HOW	Honest, Openminded, Willingness	SpI	Speaker Meeting 1st Week of the Month	WS	Women's Stag
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	SS	AA 12x12 Step Study	Wtg	Writing
BB	Big Book of AA	NC	Newcomers	SSI	Step Study 1st Week of the Month	YP	Young People
Book	Study Various Books	OA	Overeaters Anonymous ("Brown Book")	S54	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](mailto: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\*\***