

January 2019

Free Flight



www.oasouthbay.org

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

◀ EVENTS ▶

OA BIG BOOK STUDY

Tuesdays, starting January 15th
7:00 - 8:30 pm

Westchester United Methodist Church
8065 Emerson Avenue
Westchester, CA 90045

Contact: 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 compulsively.

SOUTH BAY INTERGROUP NEW WEBSITE

The Overeaters Anonymous South Bay Intergroup (SBI) *NEW* website has launched! Go to oasouthbay.org to see the site. (For continuity, the site has been patterned after the Region 2 website.)

New website features:

Donation Button

Meeting treasurers and/or individual OA members may now be able to make 7th Tradition donations for the SBI directly through the website. On the left side of the home page, there is a “Donate” button, where donations can be made via PayPal or credit card.

Please include meeting number, location, day of the week and time (e.g., Meeting 12345, Lakewood, Tuesday 6:30 PM) when making online donations. This information can be entered in the “Special Instructions” section below the dollar amount. Correct meeting information is necessary to ensure meetings are accurately accounted in monthly budget reporting.

Individual OA members who choose to make annual or recurring monthly contributions, in gratitude for the length of abstinence or time in program, may also utilize the “Donate” button and check the recurring contribution box.

All contributions are appreciated and be assured all funds are used to carry the message of recovery to the still suffering compulsive overeater.

Secure Zone

There is also a password-protected “Secure Zone,” which will be accessible to all OA members. The password will be made available to the group representatives and may be freely shared with all OA members.

Meeting Listing

Furthermore, meetings are also listed in a new format.

The website will be updated and improved on an ongoing basis. Your input is welcome and may be submitted using the “Contact” button at the top right side of the home page.

We hope you all enjoy the new website and that it becomes a useful tool in your recovery.

Yours in service,
Vivian M.
Webmaster
South Bay Intergroup

Did you know?...

South Bay Intergroup of Overeaters Anonymous is part of Region 2



OA'S BIRTHDAY PARTY

Friday, January 18th - Sunday, January 20th

LAX Hilton
5711 West Century Boulevard
Los Angeles, CA 90045

Registration - \$55

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

SERENITY RETREAT

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

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

MINUTES: OA South Bay Intergroup Representatives Meeting November 17, 2018

REPRESENTATIVE MEETING

Attendees: Andrea (Chair/WS Delegate I), Ken (Vice Chair), Christina (Secretary), Michelle (Treasurer), Eileen (Outreach/R2 Rep), Betsy (Meeting Liaison), Diana (Young People), Vivian (Webmaster), and 15 meeting representatives.

Meeting called to order by Andrea, Chair, with the Serenity Prayer and OA Responsibility Pledge at 9:31AM. Quorum was met & October minutes were read and approved.

BOARD & COMMITTEE CHAIR REPORTS

Chair: Volunteers needed for Free Flight and post office box pickup. Eileen volunteered for December. There was a misprint on the Free Flight. The street name for the Thanksgiving Marathon & 12th Step Within Workshop should be "Stearns." Motion to move the January intergroup meeting to January 26th to avoid conflict with the OA birthday party was unanimously passed.

Vice-Chair: No calls on hotline last month. Turned outreach commitments to Eileen. Will check with WS regarding abstinence requirement for speakers. Passed out speaker list sign-up sheets.

Treasurer: Explained financial report. Last fiscal year: Income, \$10,123.80; Expenses, \$10,707.73. The new budget matches last year's actual expenses. Special Events generated \$5 for every \$3 spent. Insurance costs decreased. 23-28% of the budget is for WS & R2 reps. Free Flight is \$195/mo. Website costs increased. Large meeting donations in October helped to get closer to meeting year-end budget. Thank you! Motion to pass new budget passed unanimously.

Outreach Chair: Need volunteers to check hotline (one person per day on a weekly basis). Will coordinate with Jane to put up posters with hotline number in the area. Reps/meeting contacts noted they are receiving calls. Eileen attended the R2 Assembly.

Webmaster: All SBI emails are currently active. As soon as the new website is live, only the gmail addresses will be active (not the oasouthbay.org addresses). The OASBI site receives 600 hits/week on average. Vivian hopes to have the new website activity report including PayPal donation within the next month.

Young Person's Chair: Diana has volunteers for the YP committee. Will be coordinating to attend college Spring/Fall events/fairs.

Unfinished Business/Election Results: Parliamentary Election - Myrrh self-nominated for the position. 6-month abstinence requirement was waived. Parliamentary responsibilities were read. Myrrh was unanimously voted in as parliamentarian.

New Business/By-Law Changes: Motion to move the Committee Chair positions from the SBI Bylaws to a separate document was unanimously passed. Myrrh will complete the task and meet with Nancy for transfer of duties. Diana asked for a status update on service term lengths for each position currently (how long is left for each position). Myrrh will check.

The meeting was adjourned at 10:25AM with the OA Promise.

Next Meeting:
Saturday, December 15th



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.

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

If you have an abstinent birthday, please send information to the editor.

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 # 5555 I

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

(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 Z.	(310) 430-8873	Anytime	evangdeni@aol.com	Laraine A.	(310) 547-0479	Anytime	
Eda S.	(310) 833-3756	9am - 8pm	eda46@cox.net	Tom F.	(562) 464-7550	6am - 9:30pm	tjirpo@verizon.net
Jennifer S.	(310) 529-5708	9am - 7pm	jen.steffen777@gmail.com				

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**

◀ SAVE - THE - DATE ▶

2019 OA REGION 2 CONVENTION

Friday, June 28th - Sunday, June 30th

Sheraton Fairplex
Hotel & Conference Center
601 West McKinley Avenue
Pomona, CA 91768

www.oar2.org/convention/upcoming



MEETING TRESURERS

World Service Office (WSO)
new mailing address:

World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727

Please use new mailing address for all WSO donations, correspondence and Lifeline magazine submissions.

SBI - 60%

WSO - 30%

R2 - 10%

Also, please see diagram for suggested 7th Tradition Donations.

South Bay Intergroup donations may be made through oasouthbay.org donation button (located on the left side of the home page) or mailed 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.
(By Lakewood Blvd.)
Long Beach, CA 90815
(562) 426-7601

Next meetings:

December 15th
January 26th*
February 16th

* Meeting date change to the 4th Saturday of the month, to allow intergroup reps to attend OA Birthday Party scheduled weekend of January 18th - 20th.

All are welcome! Please share your opinion!

◀ DONATIONS ▶

Day	Location	Time	#	Nov
Monday	Long Beach	7:00 PM	52590	\$34.80
Wednesday	Manhattan Beach	6:00 PM	54374	\$385.40
Wednesday	San Pedro	7:00 PM	53992	\$46.86
Thursday	Long Beach	6:00 AM	56288	\$60.00
Thursday	Long Beach	6:30 PM	51287	\$60.00
Saturday	Torrance	8:30 AM	12163	\$144.00
Saturday	SBIG	9:30 AM	N/A	\$55.85
Other	Interest			\$0.28

TOTAL \$787.19

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	End Balance
Nov-18	\$6,727.42	\$786.91	\$0.28	-\$488.59	\$0.00	\$7,026.02

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

◀ J A N 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
	7:00 PM	Long Beach (40410)	Gloria Dei Lutheran Church, 5872 E. Naples Plaza, 90803, Parish Hall (South Side of Church)	Lori (562) 243-7939	I, FT
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: 303	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, BB, P, 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, 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
Wednesday	7:00 PM	El Segundo (56102)	United Methodist Church, 540 Main St., El Segundo, CA 90245 (Enter through Mariposa)	Diana F. (310) 404-8330	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
	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, 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
	7:00-9:00 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
Friday	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
	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
Saturday	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	Gary (310) 372-9374	#, I, I2&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
Sunday	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, Spl, 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
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, Spl, 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. 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	VR	Voices of Recovery Book
I	One Hour Meeting	CC	Child Care Available	WC	Wheelchair - Full Access
I 1th Step	Meditation	FT	For Today Book	WCL	Wheelchair - Access May Be Limited, Please Call
I2&12	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****