

July 2019

Free Flight



www.oasouthbay.org

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

◀ EVENTS ▶

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.

ANGER MANAGEMENT

The hardest character defect for me to accept was anger. After years of depression and stuffing down my feelings, I actually believed that anger was an asset because it energized me. But when a valued friend told me my anger made me unbearable to be around, I cried (crying is the first step in surrender for me), and I realized I had to change even more.

I have done a lot of Step work around anger and its sidekicks: sarcasm and irritability. Writing is the beginning of the process. I write in gory detail what these defects do

for me, to me, and to those around me. Then I share what I uncover. I do a lot of daily Sixth and Seventh Step work and prayer to help me release these ugly behaviors. Only then can I replace them with healthy behaviors, like speaking up for what I really want and need. I have learned I must address my anger when it is small because I still have the capacity to be explosive.

I need my daily medicine if I hope to be my higher self.

- Anonymous

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/

WOMEN'S SPIRITUAL RETREAT

Friday, Sept 13th - Sunday, Sept 15th

Holy Spirit Retreat Center
4316 Lanai Road
Encino, CA 90813

Registration Fee: \$200/person

Contact: Michelle (818) 687-5038
Or Cindy (818) 521-7112
Or Chris (818) 577-6290

FOOD SOBRIETY WORKSHOP

Saturday, Oct 12th @ 1:30 - 3:30pm

OAsis
Large Meeting Room
8825 Aero Drive, Suite 310
San Diego, CA 92123

Contact: Ayawnda 619-674-9941

MEN IN RECOVERY RETREAT

Friday, Oct 25th - Sunday, Oct 27th

Villa Maria Del Mar
21918 E. Cliff Drive
Santa Cruz, CA

Registration Fee: \$265.00/person

Contact: Don (415) 246-3086
or Bob (510) 825-6959

NEW FREEDOM RETREAT

Friday, Nov 8th - Sunday, Nov 10th

Holy Spirit Retreat Center
4316 Lanai Road
Encino, CA 90813

**Registration Fee: \$220/person
with double occupancy**

Contact: Jennifer P. (424) 224-7135
Or Loni G. (562) 431-7275



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 May 18, 2018

REPRESENTATIVE MEETING

Attendees: Ken (Vice Chair), Christina (Secretary), Myrrh (Parliamentarian), Michelle (Treasurer), Jane (Public Information), Betsy (Meeting Liaison), Vivian (Webmaster), and 16 meeting representatives.

Meeting called to order by Ken (Vice Chair), at 9:30 a.m. Rep Meeting Minutes read and approved. Quorum met.

BOARD & COMMITTEE CHAIR REPORTS

Vice Chair: Ken thanked all who volunteered at the Pride Festival booth. The speaker list can be requested on the SBI website as well as online signup. "Using Technology in Recovery" will take place 6/15 after the intergroup meeting. Call or email Ken with questions. The majority of reps have read the World Service annual appeal for donation at their meetings. To clarify, it was asked to be read three times, a group conscience taken after the third reading, and the collection taken once. Betsy sent the email out to reps again yesterday. A few reps have announced at their meetings that WSO has suggested a \$5/ meeting donation after group conscience.

Parliamentarian: Myrrh reported the Bylaws Review Committee needs volunteers to review the Bylaws and Policies and Procedures. Contact Myrrh.

Treasurer: Michelle distributed the report. LAIG sent a donation of \$1,500 to SBI. They appreciate SBI fellows' support of the OA Birthday Party. Christina will send a thank you note to LAIG. Email Michelle with meeting donation questions. Include the meeting number on the memo line or

Paypal note line. The expenses are in line with the yearly budget.

Public Information: Jane reported the Meeting of the Minds event was successful with literature distributed to mental health professionals. She stocked up on literature for the Pride Festival. The booth is set up for the Pride Festival starting today.

Meeting Liaison: Betsy reported the Friday Manhattan Beach meeting changed its start time to 9:15 am. She advised all sites of the change.

Webmaster: Vivian reported a new page was added to the website for the SBI Speaker List (currently 18 speakers). Go to the Secure Zone at the bottom left of the page. Names can also be added. She will keep it current. Email her for a copy if unable to access the Secure Zone..

Young People: (Diana absent.) Betsy reported there's a Young People's phone meeting Thursdays at 7:00 p.m. PST: (605) 472-5395 ID No. 378978. The Using Technology workshop will cover how to access phone meetings.

OLD BUSINESS:

1. New meeting formats with amended scripts are available on WSO site.

NEW BUSINESS:

1. Mary (IG rep) suggested a special donation via Paypal in honor of milestones (e.g., sponsor's birthday, can donate in his/her honor and put receipt in a birthday card.) Mary will write something up and send to Betsy for editing for inclusion on website and Free Flight. It was noted that donations are tax deductible.

The meeting was adjourned with the OA Promise at 10:20 a.m.

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. *Congratulation!!*

Patricia - April - 2 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 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

FOR TODAY MEETING

Christ Lutheran Church
Sunday's @ 5 - 6pm

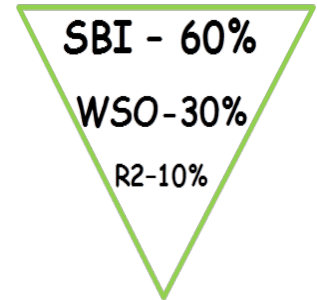
Have a good start of your week (or end your weekend) with this meeting. Leaders read their choice of topic from *For Today*, one of OA's daily readers, which is then used as the focus of discussion. The meeting has a strong following, as the group's strength is gleaned from how relevant the pitches are to the subject being discussed.

This meeting also has faithful support from two devoted members, who have self-appointed themselves as in-house "set-up crew." Arriving up to an hour early, to arrange the chairs in a circle, so participants can face each other. Members of the fellowship in the Long Beach/Lakewood area owe a sincere debt of gratitude to these members who make the secretary's job so much easier – not just for this meeting, but for a few others as well. Thank you, Bob and Laura.

MEETING TRESURERS

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

July 20th
August 17th
September 21st

All are welcome! Please share your opinion!



DONATIONS

Day	Location	Time	#	May
Sunday	Torrance Del Amo	11:00 AM	7682	\$194.25
Sunday	Long Beach	5:00 PM	27906	\$90.00
Monday	Manhattan Beach	5:45 PM	51470	\$111.60
Monday	Long Beach	7:00 PM	52590	\$90.32
Tuesday	Torrance	11:00 AM	19487	\$90.00
Tuesday	Lakewood	6:30 PM	15224	\$60.00
Tuesday	Torrance	7:00 PM	15653	\$240.00
Wednesday	Manhattan Beach	6:00 PM	54374	\$60.00
Wednesday	San Pedro	7:00 PM	53992	\$60.00
Thursday	Long Beach	6:00 AM	56288	\$120.00
Friday	Manhattan Beach	9:00 AM	40803	\$120.00
Saturday	Seal Beach	8:00 AM	7394	\$89.10
Saturday	Torrance	8:30 AM	12163	\$90.00
Saturday	Lakewood	10:30 AM	4950	\$165.06
Saturday	San Pedro	10:30 AM	17667	\$60.00
Saturday	Lakewood	4:00 PM	48494	\$34.80
Saturday	SBIG	9:30 AM	N/A	\$78.00
Other	LAIG			\$1,500.00
Other	Donation to WSO			\$23.00
Other	Individual			\$133.00
Other	PayPal Fee			-13.32
Other	Interest			\$0.27

TOTAL \$3,396.08

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	End Balance
May-19	\$6,034.26	\$3,395.81	\$0.27	-\$1,240.70	\$0.00	\$8,189.64

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

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) 212-9265
R2 Rep/WSD #3	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Eileen C.D.	events.oasbig@gmail.com	(562) 212-9265
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

◀ JULY 2019 ▶
 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
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	Kelsey R. (408) 613-7427	I, Book, WS, WC
Tuesday	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
	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
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
	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, SpI, 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, SS4
Thursday	7:00 PM	San Pedro (53992)	St. Peter's Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church)	Val S. (310) 514-3025	I2&I2, 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
	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	±, I, I2&I2, 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, Sp, I, Wtg, 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, SpI, WC
Saturday	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, SpI, 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. Peter's Episcopal Church, 1648 W. 9th St., 90732 (Park behind church)	Kathy (310) 547-5669	FT, VR, P, SSI, WC, ±
	±4:00 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 11th Step	Meditation	FT	For Today Book	WCL	Wheelchair - Access May Be Limited, Please Call
I2&I2	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**