

Free Flight

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



www.oasouthbay.org

Upcoming Events:

WRITING YOUR STORY

Saturday, June 23rd at 1- 4pm

West Lakewood Baptist Church
5121 Hayter Avenue
Lakewood, CA 90712

Contact: Bearto M. (562) 843-2764
events@oasouthbay.org

Or

Eileen C.D. (562) 212-9265
ecpopcomgirl@gmail.com

Suggested Donation: \$10
(No one turned away for lack of funds)

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.

FINDING A SIMPLE SOLUTION

When I first arrived at OA, I had my own definition of abstinence: not eating. Within my first few meetings, however, I heard a confusing bunch of rules about what abstinence was. I heard it was no refined sugar, no white flour, no fats, no desserts and pastries, or some combination of these restrictions. All I could hear was that I would never have a cookie again, and I wouldn't be able to follow this set of rules at all, much less – as my conditioning demanded – perfectly! As I look back, it's no wonder I gained ten pounds before I became willing to accept the program instead of the rules.

One day I picked up a meeting schedule that included Rozanne S.'s definition of abstinence. There I read something I could do: I could stop eating between breakfast and lunch, between lunch and dinner, and between dinner and breakfast. At least, I told myself, I could do that for one day – so I did. And I kept to that plan and maintained that abstinence for nearly a year, during which time I lost thirty-nine pounds.

In fact, except for a couple of notable slips, I've been able to maintain that plan. When I lose my

abstinence, I gain ten pounds. Today, I know that "three meals a day with nothing in between" is a good food plan for me. Without it, I'd have no physical recovery. But I also know that adherence to a food plan is not freedom from compulsive overeating. When I confused the two, I open the door to dishonesty, rationalization, and the loss of my program.

The days I feel abstinent are gifts from my Higher Power, those glorious days when I realize I have only eaten enough to satisfy my body's needs. Somehow, I don't notice this when it's happening, which is the greatest gift of all: to be able to go through a period of time without even thinking of food. I pray daily for the willingness to let that kind of abstinence – true freedom from compulsive overeating – happen in my life.

Fair Oaks, California

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/



Together
WE CAN



OA REGION 2 CONVENTION In Sacramento

Friday, June 29th -
Sunday, July 1st, 2018

Crown Plaza Northeast
5321 Data Avenue
Sacramento, CA 95841

Registration: \$65

www.oar2.org/convention/upcoming

SOBER EATING

Sunday, July 22nd at 10am - Noon

Temple Israel
269 Loma Avenue
Long Beach, CA 90803

Contact: Bearto M. (562) 843-2764
events@oasouthbay.org

Or

Eileen C.D. (562) 212-9265
ecpopcomgirl@gmail.com

Suggested Donation: \$5
(No one turned away for lack of funds)

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.

* *Alcoholics Anonymous*, p. 55 / Reprinted with permission of AA World Services, Inc.

REPRESENTATIVE MEETING

Attendees: Danny (Vice Chair), Michelle (Treasurer), Nancy (Parliamentarian), Ken (Outreach), Bearto (Special Events), Diana (Young People Chair/W/S Delegate 3), Eileen (WSO Delegate 2), Betsy (Meeting Liaison), & Vivian (Webmaster).

Danny, vice chair acting chair, opened the board meeting at 9:02 am with the Serenity Prayer.

Eileen read meeting minutes from representative meeting April 21, 2018.

World Service is combining the public information and outreach service positions at that level. We may want to do that for our intergroup, discuss and then have someone bring a motion. Have two people partner together on events. Read and review descriptions. Public Information committees act as intermediaries sharing information with professionals. Outreach committee focus is to community of potential OA members.

Parliamentarian: No report. Making folders for new representatives.

Treasurer: Behind on income. Good amount of expenses this month paying for events and deposits for locations for upcoming events. Good indication that we are doing the work of sharing our recovery.

Vice Chair: Picked up June's Edition of Free Flights on Wednesday.

Public Information: Attended LBGP Festival.

Outreach: Zero phone calls this month.

Special Events: All events planned for year on schedule. Vivian posted on web site. Thanks, Eileen for printing flyers.

Hope to see you at the movies tomorrow night. Deposits for locations are entire rental fee. Request treasurer to send donation in lieu of venue fee to West Lake-wood Baptist Church, \$50. Forecast attendance for ABCs of Abstinence. Do we give speaker gratuity? Travel expenses? Bearto will check with Val.

Delegates: No report. World Service report during representative meeting.

New Business: World Service sent email regarding policy on bariatric surgery, considering the 3rd, 9th and 10th traditions. OA is open to anyone who wants to stop overeating compulsively, including those who have had bariatric surgery and who are considering the surgery. Madam chairperson sent email to board members and asked that we discuss at an upcoming meeting. Tabled to next month (Diana/Bearto).

Webmaster: Received notice from Mary Higgins R2 webmaster, we are losing our platform in 2020.

Meeting Liaison: Thursday Torrance now starts at 7:30 pm. Requested changes on IG website, some incorporated, some not and resubmitted to be made in the next week.

Motion to adjourn 9:24 am (Ken/Nancy).

Next Meeting: Saturday, June 16th

VOLUNTEERS NEEDED!

Please contact Bearto, Special Events Chair, at

events@oasouthbay.org

if you would like to help organize 2018 South Bay OA intergroup events.

HELP FOR YOUNG PEOPLE!

Need to be with people your own age?

The SBI Young Person's meeting serves young people 18 - 35.

Tuesday @ 7:30pm

United Methodist Church
540 Main Street
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.

Loni G. February 32 years
April W. February 37 years

If you have an abstinent birthday, please send me an email at editor@oasouthbay.org.

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@oasouthbay.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 D.	(310) 430-8873	Anytime	evangdeni@aol.com	Laraine A.	(310) 547-0479	Anytime	
Eda S.	(310) 833-3756	9am - 8pm	eda46@cox.net	Sabrina	(562) 743-7796		
Jennifer S.			jen.steffen777@gmail.com	Tom F.	(562) 464-7550	6am - 9:30pm	tjfirpo@verizon.net
Johanna	(562) 461-7636	Anytime	-	Valerie S.	(310) 514-3025	9am - 9pm	palley_12000@sbcglobal.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@oasouthbay.org.

SAVE - THE - DATE**175th Serenity Retreat**

Friday, September 21st - Sunday, September 23rd, 2018

Old Mission San Luis Rey Retreat Center
4050 Mission Avenue
Oceanside, CA 92057-6402

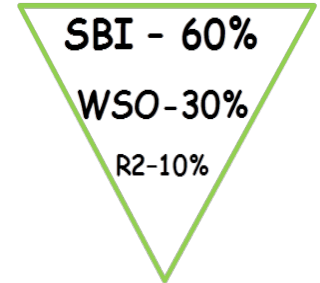
Contact: Regina E. (619) 952-3903
regina.eldred@gmail.com

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!!

- DONATIONS -

Day	Location	Time	#	May
Monday	Long Beach	7:00 PM	52590	\$78.00
Tuesday	Torrance	11:00 AM	19487	\$90.00
Wednesday	Long Beach (IC)	6:00 PM	54517	\$54.00
Thursday	Long Beach	6:00 AM	56288	\$24.00
Thursday	Long Beach	6:30 PM	51287	\$30.00
Saturday	SBIG	9:30 AM	N/A	\$55.00
Saturday	Torrance	8:30 AM	12163	\$90.00
Other	Interest			\$0.22
Other	Donation to WSO			\$48.00
Other	Movie Night			\$44.00

TOTAL \$513.22

OA Information (310) 802-2001 / (562) 493-9030**South Bay Intergroup Service Board**

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

Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Andrea F.	andreafr18711@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	Bearto	events@oasouthbay.org	(562) 424-0831
Meeting Liaison	Betsy H.	meetings@oasouthbay.com	(310) 850-4110
Webmaster	Vivian	webmaster@oasouthbay.org	
Young People's	Diana F.	diana9289@gmail.com	(310) 404-8330

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 21st
August 18th
September 15th

All are welcome!
Please share your opinion!



J U L 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
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, 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	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
	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
	7:30 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
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, Sp I, 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
	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
	6:30 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	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, 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	C/C, P, SSI, 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, 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, ‡
	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
11th Step	Meditation	FT	For Today Book	WCL	Wheelchair - Access May Be Limited, Please Call
12&12	OA's 12/12	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 Editor at 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