

June 2018

# Free Flight

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



www.oasouthbay.org

## Upcoming Events:

### RESENTMENT & STEP 10

Saturday, June 2nd at 12:30 pm - 4:30pm

Neighborhood Church  
301 N. Orange Grove Blvd.  
Pasadena, CA 91103

Contact: Korie Beth (626) 840-0117  
koriebethbrown@gmail.com

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

**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 compulsively.

### A STATE OF GRACE

Abstinence is a state of grace by which I am balanced physically, emotionally, and spiritually. It's about food, but it's much more. It's a way of living that incorporates the principles of the twelve steps and gives meaning to my life.

I've developed a routine that places God first in my life, and this has led to success with abstinence. When I awake in the morning, I first say hello to my Higher Power then mentally take the first three steps. I admit I am powerless over food and that, try as I might, I can't control my life. I remind myself that H.P. is restoring sanity to me. The final part of my morning ritual begins with the Third-Step Prayer from the Big Book. I conclude it by saying: "If it be Thy will, today I will follow my food plan and avoid binge foods. I will do something nice for someone today, and I will be happy. Thy will not mine be done."

This surrender to H.P. and my daily commitment to abstinence have added an emotional balance to my life. Without the negative feelings caused by bingeing on sugar, I am able to sail through the day on calm waters. If old feelings of irritability, discontentment, and restlessness

pop up or when food thoughts surface, I repeat program phrases to myself over and over. "Easy does it." "Just for today." Usually this does the trick, but if my distraction stays with me I write about what I'm feeling. Then I share what I have written with a sponsor and follow through with any other steps that need to be taken.

Abstinence has added a spiritual dimension to my life. My mind and heart thank H.P. throughout the day with affirmations such as, "Thank you for the gift of abstinence."

Abstinence is a gift from my H.P. To keep my abstinence alive, I have to be constantly aware of it. I have to work my program continuously. I study the Big Book and OA materials, and I live in an "attitude of gratitude" for the miracle of Overeaters Anonymous.

Louisiana USA

### 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>



### OA Region 2 Convention In Sacramento

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

Crown Plaza Northeast  
5321 Data Avenue  
Sacramento, CA 95841

Early Registration Special  
\$55 until  
Sunday, June 10th, 2018

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

### 31st Annual Men's Retreat

Friday, August 10th - Sunday, August 12th

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

Registration: \$250/man - Double Occupancy  
\$275/man - Single Occupancy  
\$120 Weekend Meal Plan

Contact: Dave B. (619) 787-2937  
davebirge66@gmail.com  
Or  
Gene K. (760) 859-7400  
genekogan1@gmail.com

**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).

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

# MINUTES: OA South Bay Intergroup Representatives Meeting April 21, 2018

## REPRESENTATIVE MEETING

**Attendees:** Andrea (Chair/WS Delegate 1), Danny (Vice Chair), Christina (Secretary), Michelle (Treasurer), Jane (Public Information), Ken (Outreach), Diana (Young People Chair/WS Delegate 3), Bearto (Special Events), Eileen (WSO Delegate 2), and 13 meeting representatives. Meeting called to order by Andrea, Chair, at 9:32 a.m. with the Serenity Prayer. Minutes were approved. Quorum was met.

**Chair:** Andrea reported a new Free Flight printer was found for lower cost (\$194) and passed out OA Birthday Party Recordings forms.

**Vice Chair:** Danny reported he picked up the Free Flights.

**Secretary:** Christina will call Jane to get her Communiques for Meeting of the Minds event. She is collecting events in surrounding areas to convey to Erica (FF Editor).

**Treasurer:** Michelle explained the Treasurer's Report. Pg 1, balance of \$6,914.46 + CD of \$5,073.92. Pg 2, March donations, \$1,212.30. We are a little behind budget YTD. SBI needs each meeting to contribute \$37.16/month to meet budget. Pg 3, Budget, Expenses, and Remaining Budget by category and month. Rent paid through end of 2018. Phone paid through end of year + 1 month.

**Public Information:** Jane reported she needs at least 8 more volunteers for the Long Beach LGBT Pride Festival Booth, 5/19-20, 10a-12:30p, 12:30-3p, and 3-5:30p. Admission and parking included. Ken shared he learned of OA at Pride.

**Outreach:** Ken reported the (310) 802-2001 hotline does belong to SBI contrary to last month's report. Several agencies publish this number.

**MOTION** by Ken to keep the (310) hotline number instead of canceling per last month's motion. Passed unanimously. Ken also reported 1 phone call to the hotline last month.

**Special Events:** Bearto reported on upcoming planned events: 5/20 6:30-9p, Movie Night (Bill W.'s story) (Christ Lutheran, LB); 6/23 1-4p, Writing Workshop (West Lakewood Baptist); 7/22 10a-12p, Sober Eating Workshop (Temple Israel, LB); 9/15 9a-5p, ABC's of Abstinence (St. Peters, San Pedro). He thanked Eileen for planning help and Betsy for editing support. Eileen passed out a form to reps for potential event locations.

**Delegates:** Eileen reported she attended the R2 Spring Assembly in Sacramento. The Fall Assembly is in Pomona 11/2-4. Register early as it helps with the cost of meeting rooms. Free speaker meetings on Fri and Sat eve with a Sat luncheon speaker for a cost.

The R2 Convention is in Sacramento 6/29-7/1. Register at oar2.org. Diana reported Young People are on the agenda for upcoming World Service Conference. She is hoping to organize a virtual Young People's meeting.

**The meeting was adjourned at 10:26 a.m.**

**Next Meeting: Sat. May 19th**

## VOLUNTEERS NEEDED!

Please contact Bearto,  
Special Events Chair, at

[events@oasouthbay.org](mailto: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.

<b>Loni G.</b>	<b>February</b>	<b>32 years</b>
<b>April W.</b>	<b>February</b>	<b>37 years</b>

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 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](mailto: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	<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		
Jennifer S.			<a href="mailto:jen.steffen777@gmail.com">jen.steffen777@gmail.com</a>	Tom F.	(562) 464-7550	6am - 9:30pm	<a href="mailto:tjfirpo@verizon.net">tjfirpo@verizon.net</a>
Johanna	(562) 461-7636	Anytime	-	Valerie S.	(310) 514-3025	9am - 9pm	<a href="mailto:palley_12000@sbcglobal.net">palley_12000@sbcglobal.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****175th Serenity Retreat**

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

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

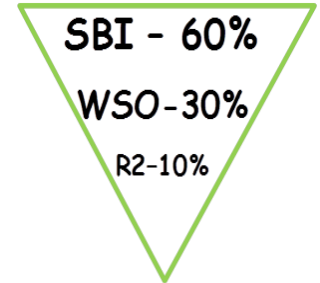
Contact: Regina E. (619) 952-3903  
regina.eldred@gmail.com

**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	#	Apr
Sunday	Torrance Del Amo	11:00 AM	7682	\$79.21
Sunday	Long Beach	5:00 PM	27906	\$120.00
Tuesday	El Segundo	7:30 PM	56102	\$36.00
Wednesday	Manhattan Beach	6:00 PM	54374	\$88.00
Thursday	Long Beach	6:00 AM	56288	\$6.00
Friday	Manhattan Beach	9:00 AM	40803	\$96.00
Saturday	SBIG	9:30 AM	N/A	\$47.00
Saturday	Seal Beach	8:00 AM	7394	\$92.60
Saturday	Lakewood	10:30 AM	4950	\$300.00
Saturday	Lakewood	4:00 PM	48494	\$48.00
Other	Interest			\$0.26

**TOTAL \$913.07**

**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:

June 16th  
July 21st  
August 18th

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

**OA Information (310) 802-2001 / (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

J U N E 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, Parish Hall (South Side of Church)	Lori (562) 243-7939	I, FT
<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	I, BB, P, WC
<b>Tuesday</b>	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
<b>Wednesday</b>	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
	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
<b>Thursday</b>	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 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
<b>Friday</b>	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 & 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
<b>Saturday</b>	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
	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
<b>Sunday</b>	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
	8:00 AM	Seal Beach (07394)	Grace Community Church, 138 8th St. (At Central Ave.), 90740	Christina (562) 481-5126	OCIG, SS, WC
<b>Monday</b>	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, ‡
<b>Tuesday</b>	7:30 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](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\*\***