

June 2019

# Free Flight



www.oasouthbay.org

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

## ◀ EVENTS ▶

### FUN IN THE OA SUN GAME NIGHT “FUN” RAISER

Saturday, June 1<sup>st</sup> @ 4 - 6pm

OA Office  
20121 Ventura Blvd., Suite 315  
Woodland Hills, CA

**Suggested Donation - \$10**  
(\$12 at the Door)

Information: oasfvalley.org

### TECHNOLOGY IN RECOVERY

Saturday, June 15<sup>th</sup> @ 11:15am - 12:45pm

Alpert Jewish Community Center  
3801 E. Willow Street, Room 27  
Long Beach, CA 90813

**Suggested Donation - \$10**  
No one turned away for lack of funds

Contact: Eileen C.D. 562-212-9265  
events.oasbig@gmail.com

### NAVIGATE RESENTMENTS

Saturday, June 15<sup>th</sup> @ 1:30 - 3:30pm

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

Contact: Ayawnda 619-674-9941

### TOOLS TO A SPIRITUAL PATH OA WOMEN'S RETREAT

Friday, Sept 13<sup>th</sup> - Sunday, Sept 15<sup>th</sup>

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

**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.

## THE MYTH OF MODERATION

My problem with food is that once I developed cravings, it's impossible for me to moderate my eating. When cravings set in, I only get more and more extreme in my obsession with food. My body has an allergy to sugar, flour, alcohol, and highly processed foods; these trigger the mental illness of my addiction, which in turn makes me more compulsive about food as my life becomes harder and more unmanageable.

Possible solutions that might've worked for me before I became full-blown compulsive overeater would all have included some kind of moderation. I would never have considered fully setting aside specific foods. Today, I can say that I truly believe I'm no longer able to hold off my disease through moderation. My best chance at a sane and moderate life - one not consumed by my addictions - is to accept inflexibility with majority of my eating plan.

The bright line of my weighed -and-measured plan of eating shows me when the disease is gaining ground and directs me back toward the solution of the Twelve Steps. These are the actions I can take right now: be abstinent, be honest, and be thorough about following directions, and work the Steps. I'm grateful to have a program that allows me to replace the myth of moderation with abstinence and self-respect.

Sarah K.  
Bellevue, Washington

### 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.oasbig@gmail.com](mailto:editor.oasbig@gmail.com)

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

**REPRESENTATIVE MEETING**

Meeting called to order by Andrea, Chair, with the Serenity Prayer and OA Responsibility Pledge. Quorum met and Rep Meeting minutes read and approved.

**BOARD & COMMITTEE CHAIR REPORTS**

Low turnout. The chair thanks those who accommodated the day change. Quorum achieved.

WSO is asking for three collections to generate extra funds. An appeal letter will be sent out via the meeting liaison to read at the meetings.

The speaker list is now on the OASB website. Volunteers who signed up previously are requested to verify their information on the e-list. Others can sign up for the speaker list on the website. Access to the website is screened by the Vice Chair and/or webmaster.

The Technology in Recovery workshop is Saturday, June 15<sup>th</sup> at 11:15am at the Alpert JCC, right after the IG meeting. Only 30 spots are available, reserve on the website. Tech savvy volunteers are needed.

Janis volunteered to be the back-up webmaster.

Volunteers are needed to man the Long Beach Pride festival. Please contact Jane for details.

SB IG will participate in the Meeting of the Minds for mental health professionals on May 15<sup>th</sup> in Orange County.

Volunteers are needed for the meditation workshop 2-5 pm May 18<sup>th</sup>. Call Eileen C-D directly to volunteer.

Janis has volunteered to help the treasurer with completing the PayPal verification.

WSO is asking for meetings to take a group conscience or hold a business meeting regarding including verbiage about an increased \$5 contribution in the meeting script. All formats on the website have been updated to include this.

There was a motion to make a professional packet available to members for free. A suggestion was made to make an electronic packet available via a code on the Free Flight. A suggestion was also made to create a SBIG app. The motion was tabled.

**Next Meeting: Saturday, May 18<sup>th</sup>**

**ABSTINENT 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	<a href="mailto:evangdeni@aol.com">evangdeni@aol.com</a>	Jennifer S.	(310) 529-5708	9am - 7pm	<a href="mailto:jen.steffen777@gmail.com">jen.steffen777@gmail.com</a>
Eda S.	(310) 833-3756	9am - 8pm	<a href="mailto:eda46@cox.net">eda46@cox.net</a>	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.oasbig@gmail.com**

# ◀ SAVE - THE - DATE ▶

## MEN IN RECOVERY RETREAT

Friday, October 25th - Sunday, October 27th

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

Registration Fee: \$265.00/person

Contact: Don (415) 246-3086 / don@donsdonuts.com  
or Bob (510) 825-6959 / brosa98@comcast.net

# ◀ DONATIONS ▶

Day	Location	Time	#	March	April
Sunday	Torrance Del Amo	11:00 AM	7682	\$71.22	\$146.25
Sunday	Long Beach	5:00 PM	27906		\$90.00
Monday	Long Beach	6:00 AM	53426	\$30.00	
Wednesday	Manhattan Beach	6:00 PM	54374		\$60.00
Wednesday	San Pedro	7:00 PM	53992		\$60.00
Thursday	Long Beach	6:30 PM	51287	\$60.00	
Friday	Long Beach	7:30 PM	31477	\$60.00	
Saturday	Seal Beach	8:00 AM	7394		\$89.10
Saturday	Torrance	8:30 AM	12163		\$90.00
Saturday	Lakewood	10:30 AM	4950	\$93.81	
Saturday	San Pedro	10:30 AM	17667		\$60.00
Saturday	SBIG	9:30 AM	N/A	\$34.00	\$40.00
Other	12th Step Within			\$118.00	
Other	LAIG				\$1,500.00
Other	Individual				\$133.00
Other	Interest			\$0.26	\$0.26
<b>TOTAL</b>				<b>\$467.29</b>	<b>\$2,268.61</b>

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	End Balance
Apr-19	\$6,593.57	\$0.00	\$0.26	-\$559.57	\$0.00	\$6,034.26

### South Bay Intergroup Service Board

Chair	Andrea	<a href="mailto:chair.oasbig@gmail.com">chair.oasbig@gmail.com</a>	(562) 822-7882
Vice Chair	Ken	<a href="mailto:vicechair.oasbig@gmail.com">vicechair.oasbig@gmail.com</a>	(562) 881-0710
Secretary	Christina	<a href="mailto:secretary.oasbig@gmail.com">secretary.oasbig@gmail.com</a>	(562) 481-5126
Treasurer	Michelle	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	(310) 529-3796
Parliamentarian	Myrrh	<a href="mailto:parliamentarian.oasbig@gmail.com">parliamentarian.oasbig@gmail.com</a>	(562) 221-5487
Public Information	Jane A.	<a href="mailto:publicinfo.oasbig@gmail.com">publicinfo.oasbig@gmail.com</a>	(714) 356-7352
Free Flight Editor	Erica	<a href="mailto:editor.oasbig@gmail.com">editor.oasbig@gmail.com</a>	

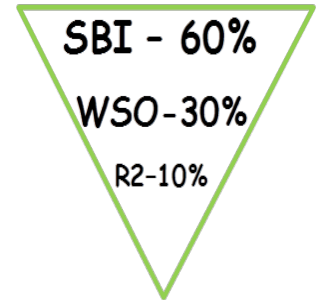
### Representatives/Delegates and Committee Chairs

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) 212-9265
R2 Rep/WSD #3	Diana F.	<a href="mailto:diana9289@gmail.com">diana9289@gmail.com</a>	(310) 404-8330
Special Events	Eileen C.D.	<a href="mailto:events.oasbig@gmail.com">events.oasbig@gmail.com</a>	(562) 212-9265
Meeting Liaison	Betsy H.	<a href="mailto:meetings.oasbig@gmail.com">meetings.oasbig@gmail.com</a>	(310) 850-4110
Webmaster	Vivian	<a href="mailto:webmaster.oasbig@gmail.com">webmaster.oasbig@gmail.com</a>	
Young People's	Diana F.	<a href="mailto:yp.oasbig@gmail.com">yp.oasbig@gmail.com</a>	(310) 404-8330

### MEETING TRESURERS

South Bay Intergroup donations may be made through the [oasouthbay.org](http://oasouthbay.org) website donation button. The button is on the left side of the home page. Please also include meeting #, day of the week and time in the Special Instructions section below the dollar amount.

### Suggested 7th Tradition Donation Diagram



The [oasouthbay.org](http://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:

June 15<sup>th</sup>  
July 20<sup>th</sup>  
August 17<sup>th</sup>

*All are welcome! Please share your opinion!*



◀ JUNE 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
<b>Sunday</b>	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
<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, BB, Wtg, WC, WS
	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, P, VR, 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
	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
<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
	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, S54
<b>Thursday</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 & 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&12, WC
<b>Friday</b>	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, SpI, 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, Sp I, 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: 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, ‡
	‡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
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 Meeting Liaison at [meetings.oasbig@gmail.com](mailto: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\*\*