

June 2020

# Free Flight



www.oasouthbay.org

“Another kind of flight, a spiritual liberation.”

## ◀ EVENTS ▶

### OA R2 CONVENTION

Friday, July 17<sup>th</sup> - Sunday, July 19<sup>th</sup>

Hilton Oakland Airport  
One Helgenberger Road  
Oakland, CA 94621

Contact: [convention@oar2.org](mailto:convention@oar2.org)

### THE POWER OF FORGIVENESS RETREAT

Friday, July 17<sup>th</sup> - Sunday July 19<sup>th</sup>

Mary & Joseph Retreat Center  
5300 Create Road  
Rancho Palos Verde, CA 90275

Registration - \$125 - \$395

Contact: Cynthia (702) 545-5853

### 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 - 3 years

Share your OA Birthday with us!

Email your first name, birthday month, and number of years to [editor.oasbig@gmail.com](mailto:editor.oasbig@gmail.com)

#### 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/)

**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.

## SPIRITUAL PATH CHOOSING TO STAY

How do we choose to stay in recovery? For me it was making the decision that I wanted and needed to recover. Staying hasn't been easy, but it sure has been worth it. I find that the food is always a struggle because of what my mind tells me and because of the medication I am on. I know abstinence is very important to me. But that doesn't change the fact that I couldn't think of my life without OA.

I have had such growth in my spiritual life. It is a promise fulfilled for me. My mental state changes day by day, but I can deal with it most days, especially when I have wonderful sponsors and others in program whom I trust to help me through the rough times. This is a threefold illness. I need to work on all three

areas at the same time. How can I work on a Step if I am not relying on my HP, whom I call God? How can I stay abstinent if I'm not willing to rely on my HP? Last but not least, I must depend on HP for the health on my mind.

I guess what I am trying to say is that we all have a chance for recovery if we are willing to make a decision to want it. For me just going to meetings is not enough. I rely on others in the program for direction and guidance. Doing service is not enough. I need to do all these things day by day. I love this program and want to continue to grow as much as my God will let me and when he sees fit.

Today newsletter

June 2007



World Service Organization (WSO) is focusing on growing OA unity worldwide this year. Go to <https://oa.org>

## MINUTES : OA South Bay Intergroup Representatives Meeting April 18, 2020

### REPRESENTATIVE MEETING

**Attendees:** Ken (Chair); Margie (Vice Chair); Vicky (Parliamentarian); Michelle (Treasurer); Erica (*Free Flight* editor); Betsy (Meeting Liaison); Vivian (Webmaster); Janice (Special Events); Eileen C.D. (World Service Rep), plus 16 representatives. Quorum established.

### BOARD & COMMITTEE CHAIR REPORTS

**Chair:** Ken noted that the *Free Flight* will only be distributed digitally for May, and will continue to be digital-only until in-person meetings can resume. He also noted that his *Message from the Chair*, which appears on page 1 of the May *Free Flight*, delineates how and in what ways the Intergroup has adapted to the Stay-at-Home orders spurred by the pandemic, such as the conversion from in-person to Zoom-platform meetings. Special thanks go to Vivian, Carolyn B., and Betsy H for their work in getting the intergroup Zoom meeting platform up and running. Also, in the *Free Flight* is treasurer Michelle's 7<sup>th</sup> *Tradition Suggested Guidelines* that can be considered during the period of Zoom-only meetings. Ken reported that the LA Intergroup of OA has gifted our intergroup with a six-month paid subscription to Zoom (IG Zoom 1) so that any individual meeting that requested an Intergroup Zoom meeting could have one. The Board, which held a Zoom meeting in March, also voted to purchase a second six-month Zoom account (IG Zoom 2) to accommodate overlapping meetings. The JCC Center, where we hold our monthly Intergroup Meeting, was scheduled to re-open on May 3, but the state's stay-at-home orders have been extended until May 15, and potentially beyond. Ken will keep in touch with the center about its reopening.

**Vice Chair:** Margie reported that she is trying to connect with Public Info Chair Eunice so that she can take over the OA phone hotline. Eileen will try to locate the how-to's and email them to Margie.

**Parliamentarian:** Nothing to report.

**Treasurer:** Michelle reported that the Intergroup budget is healthy, and has enough money to resume normal operations when the stay-at-home orders are lifted. Michelle also reported that we will reimburse the rep \$149 for registration for World Service Business Conference. Eileen, a WSO rep, said travel expenses will be avoided, as the conference will be in Zoom format. Michelle also spoke of her 7<sup>th</sup> *Tradition Suggested Guidelines* document (in times of Zoom meetings), which can be found in the May *Free Flight* and which was emailed to the reps to discuss at their individual meetings. Essentially, each individual OA meeting is autonomous and self-supporting and can decide on its own how to fulfill 7<sup>th</sup> Tradition commitments, such as the upkeep of the meeting (rent, literature, prudent reserve); donations to the Intergroup; and donations to R2 and WSO. Michelle said that contributions to the Intergroup made by PayPal on [www.oasouthbay.org](http://www.oasouthbay.org) can be attributed to individual meetings, but that these donations are for the use of the Intergroup and will not be credited back to the individual meetings.

**Free Flight:** Erica reported that the May *Free Flight* is digital only and can be accessed on the website. The *Free Flight* will continue its digital-only format for as long as in-person meetings are suspended. Savings on printing costs are substantial. When we do resume paper copies, we should discuss reducing the number from 700 down to 600, or even 500, to save costs. Deadline for submissions to the June *Free Flight* is by May 10.

**Meeting Liaison:** Betsy requested that all reps present at the meeting should email her at [meetings.oasbig@gmail.com](mailto:meetings.oasbig@gmail.com) with their name, phone number, email address, and meeting (day, time, location) so that she can keep the attendance logs and make current the rep email distribution list. She also mentioned that the creator of the 24/7 "Food Room" Zoom meeting, which is affiliated with the LA Intergroup, has requested posting on our website. After

discussion, group conscience approved such a posting. Betsy will email the webmaster the posting details and the flyer.

**Webmaster:** Meeting views are up 140%, most likely due to people searching for Zoom meetings on the website, then exploring its pages. The Young People's page is up 500%.

**Special Events:** The in-person "Three-Legged Stool" workshop on emotional, physical, and spiritual recovery, scheduled for May 2 from 2:00-4:00 PM, has been switched to Zoom format; see intergroup website for flyer. Also, please email Janice with any ideas you have for Zoom platform workshops.

**NEW BUSINESS:** 1) The Board position of Secretary is vacant and needs to be filled asap. 2) World Service Business Conference Status: Eileen, our WSO rep, reported that the conference is now meeting via Zoom, with the dissemination of a 251-page document. On the docket: voting for trustees, discussing new literature, and addressing proposals.

**Meeting closed with the Serenity prayer at 10:34 AM.**

### 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

### 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**

## ◀ MEETING SPOTLIGHT ▶

### Lakewood Speaker Meeting

Saturdays @ 10:30 AM - West Lakewood Baptist Church

Please join us for our 90-minute meeting every Saturday morning in Lakewood. Most weeks we have awesome speakers from throughout the Los Angeles and Orange County areas. One week of the month we read and discuss a Step or Tradition. This year we are covering the Traditions.

Our meeting has all ranges and depths of abstinence, from the newcomer to the old-timer with more than thirty years. There is much warmth and wisdom in our room. Everyone is welcome. We celebrate with chips and birthdays.

Many of our participants have great experience, strength, and hope to share, which will help anyone struggling with accepting his or her imperfect humanity, while learning to embrace and live the miracles of the 12 Steps.

Our stories are unique, but we resonate with our shared OA struggles and successes.

Also, there is always ample parking in the church parking lot. We hope to see you there soon!

## ◀ DONATIONS ▶

Day	Location	Time	#	April
Tuesday	Torrance	7:30 PM	15653	\$30.00
Thursday	Hermosa Beach	6:05 PM	56466	\$25.00
Saturday	Seal Beach	8:00 AM	7394	\$5.00
	Lakewood	10:30 AM	4950	\$30.00
Other	Individual			\$270.00
	PayPal Fee			-\$11.94
	Interest			\$0.42
<b>TOTAL</b>				<b>\$348.48</b>

Note: \$67 was received (in May) for 3 Legged Stool event

Month	Beginning Balance	Deposits	Interest	Cashed Checks	End Balance
Apr-20	\$10,160.27	\$348.06	\$0.42	-\$59.98	\$10,448.77

### South Bay Intergroup Service Board

Chair	Ken	<a href="mailto:chair.oasbig@gmail.com">chair.oasbig@gmail.com</a>	(562) 881-0710
Vice Chair	Margie	<a href="mailto:vicechair.oasbig@gmail.com">vicechair.oasbig@gmail.com</a>	(562) 676-5497
Secretary		<a href="mailto:secretary.oasbig@gmail.com">secretary.oasbig@gmail.com</a>	
Treasurer	Michelle	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	(310) 529-3796
Parliamentarian	Vicky R.	<a href="mailto:parliamentarian.oasbig@gmail.com">parliamentarian.oasbig@gmail.com</a>	(562) 397-2148
Public Information	Eunice K.	<a href="mailto:publicinfo.oasbig@gmail.com">publicinfo.oasbig@gmail.com</a>	
Free Flight Editor	Erica	<a href="mailto:editor.oasbig@gmail.com">editor.oasbig@gmail.com</a>	

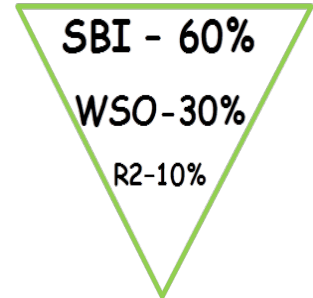
### Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Eileen C.D.	<a href="mailto:ecdpopcorn@gmail.com">ecdpopcorn@gmail.com</a>	(562) 212-9265
R2 Rep/WSD #2	Diana F.	<a href="mailto:diana9289@gmail.com">diana9289@gmail.com</a>	(310) 404-8330
Special Events	Janice W.	<a href="mailto:events.oasbig@gmail.com">events.oasbig@gmail.com</a>	(562) 706-0307
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 TREASURERS

South Bay Intergroup donations may be made through the [oasouthbay.org](http://oasouthbay.org) website. The donation 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](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

Next meetings:

May 16<sup>th</sup>  
June 20<sup>th</sup>  
July 18<sup>th</sup>

*All are welcome! Please share your opinion!*



◀ J U N E 2 0 2 0 ▶

DIRECTORY of South Bay Intergroup OA MEETINGS (Please call contact person listed to verify meeting information).

**All face to face meetings are CLOSED due to COVID-19. However, some meetings are available via Zoom Video Conferencing. Please go to [www.oasouthbay.org/local-meetings.html](http://www.oasouthbay.org/local-meetings.html) for login 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	El Segundo (51470)	United Methodist Church, 540 Main St., El Segundo, CA 90245 (Enter through Mariposa)	Kelsey R. (408) 613-7427	I, Book, 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	Lorian C. (253) 278-4168	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.	Nancy (908) 400-4883	I, Sp.I, Book, P, WC
	7:00 PM	Torrance (56935)	Food Dudes Men's Meeting, Torrance-Lomita Alano Club, 1645 Arlington Ave. Torrance, 90501	Andy (323) 620-6578	I, C/C, M
<b>Thursday</b>	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. S54
	7:00 PM	San Pedro (53992)	Good Shepherd Lutheran Church, 1350 W. 25th St., San Pedro, CA 90732	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, 12 & 12
	7:00 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
<b>Friday</b>	7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Rm (Enter through El Dorado)	Dan (424) 392-5361	‡, 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
	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, Spl, Wtg, WC
<b>Saturday</b>	10:30 AM	Lakewood (00399)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Don (323) 687-5614	Book, C/C, P
	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
	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
<b>Sunday</b>	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Anita (562) 972-1270	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, ‡

◀ MEETING CODES ▶

Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	SS4	Step Study 4th Week of the Month
I	One Hour Meeting	CC	Child Care Available	VR	Voices of Recovery Book
I 1th Step	Meditation	FT	For Today Book	WC	Wheelchair - Full Access
I2&12	OA's 12/12	HOW	Honest, Openminded, Willingness	WCL	Wheelchair - Access May Be Limited, Please Call
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	WS	Women's Stag
BB	Big Book of AA	M	Men's Meeting	Wtg	Writing
Book	Study Various Books	NC	Newcomers	YP	Young People

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**