

# Free Flight



www.oasouthbay.org

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

## Upcoming Events:

### TIME TO RESET & RECOMMIT

Saturday, March 24th, 2018

1 - 4pm

Church of Christ  
26558 Marguerite Parkway  
Mission Viejo, CA

Contact: Heather C. (949) 300-1984  
Suggested Donation: \$7

### THE BIG BOOK COMES ALIVE

Friday, April 6th - Sunday, April 8th

Holiday Inn Express  
350 E. Port Hueneme Road  
Port Hueneme, CA

Registration - \$50 (Until February 28th)  
\$60 (After March 1st)

Contacts: Janine I. (206) 841-1965/  
Amy W. (646) 373-6828  
oaciig.wordpress.com/meetings/retreat

### WOMEN'S SWEET SURRENDER RETREAT

Friday, April 27th - Sunday, April 29th

Pathfinder Ranch  
35510 Pathfinder Road  
Mountain Center, CA

Registration - \$180 (Until March 31st)  
\$200 (After April 1st)

Contacts: Alice N. (714) 856-0902  
sweetsurrender.retreat@oaci.org

### OA BIG BOOK STUDY

Tuesdays at 7:00 - 8:30 pm

Westchester United Methodist Church  
8065 Emerson Avenue  
Westchester, CA

Contact: Ellie G.: 818-207-5214 or  
Fred V.: 323-569-6230

**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.

### STANDING UP TO COMPULSIONS IN HARD TIMES

#### JUST FOOD

Food is not my best friend, my confidante or my lover. Food does not fix broken promises, broken hearts or broken dishwashers. It doesn't clean my house, organize my life or organize my mind. Food won't hold my hand and walk me through the dark when I am afraid or whisper good advice in my ear when I am about to screw up. Food does not carry a tissue in its back pocket to wipe away tears, nor does food have a shoulder to lean on when I just can't go another step. It does not fix any of my problems.

Food is not my advocate when I am treated unfairly or my spokesperson when I can't speak for myself. Food does not make right old wrongs, does not erase childhood trauma or make past abuse finally okay. It does not eliminate long-standing grudges, old mistakes or pain.

Food does not make the disappointment go away or play games with me when boredom sets in. Food does not help me deal with a job I hate, a person I hate or my own self-hate. Food does not give me things, will not make me prettier or smarter or thinner (especially not thinner).

Food will cover up the truth, food will distort reality, and food will pretend to do all the things that food really can't do.

Food, I am learning my friends, is just that. It's just food.

~ Bianca W., Georgia USA

*Lifeline, November 2012*

#### 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@oasouthbay.org](mailto:editor@oasouthbay.org).

\* *Alcoholics Anonymous*, p. 55  
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**REPRESENTATIVE MEETING**

**Attendees:** Danny W. (VC), Nancy M. (Parliamentarian), Michelle D. (Treasurer), Erica G. (Free Flight Editor, 19487), Jane A. (Public Info), Ken (Outreach C), Vivian (Webmaster, 51287), Bearto (Special Events, 04950), Diana F. (YPC, 56102), Betsy H. (Meetings Liaison, 18913, 40803), Val (53992), Pattie (12163), Anita (15224), Marv (52590), Patricia M (48732), Jeanette (54374), Icen (27906), Sharon C (07682), Jerome (48494), Debbie W. (54517), & Dez K. (31477), guests Wendy & Karen

Meeting was called to order by VC Danny at 9:32AM w/ the Serenity Prayer. Mins from the Dec 16, 2017 meeting were read & approved. Nineteen reps were present; quorum was achieved.

**COMMITTEE CHAIR AND DELEGATE REPORTS**

**Chair (Andrea):** Absent/no report.  
**Vice Chair (Danny):** Conducted the meeting. No report.  
**Secretary (Kristina):** Absent/no report.  
**Parliamentarian (Nancy):** Distributed SBIG Delegate Handbooks to six reps.  
**Treasurer (Michelle):** Dec contributions from meetings totaled \$673.64. The Thank-giving Marathon brought in \$173.36. To meet the 2018 annual budget, each meeting should donate \$31.85 monthly on average to SBIG, for a total monthly income of \$941.87. Checkbook balance at end of Dec.: \$6,646.16, not including prudent reserve. She has written & will send the checks for the SBIG donations to Region 2 and WSO, which will total \$561.61 (25% to R2; 75% to WSO).  
**Free Flight Editor (Erica):** Able to print 700 copies of the Feb edition. Several OA-related events are listed on the cover. Since it was pointed out that the Mon (PV) Big Book Step Studies are not strictly OA, this listing will be removed from next month's *Free Flight*. Val asked that directions to the Intergroup Reps' meeting be listed in the *Free*

*Flight*. Erica will try to do this if there is room.  
**Public Information (Jane):** Reminded Intergroup Reps to solicit panelists for House of Hope Mon & to use the sign-up sheets that she disseminated at the last Board Meeting. Jane will be taking old *Free Flights* to some meetings for attendees to leave at doctors' offices & to post on bulletin boards.  
**Outreach (Ken):** He received & responded to 3 calls to the OA Helpline. Discussion ensued as to where the Helpline # is listed. Ken will investigate & call service providers (Frontier, AT&T, etc.). Danny mentioned that the City of Redondo Bch called him a while back for a listing of meetings for their community outreach pamphlet; he said he believes Eileen (absent) will be calling other municipalities. Ken will also work on compiling a Speaker Seekers list, which could be posted on the website.  
**Webmaster (Vivian):** As requested at the last Board Meeting, she has put links to other intergroups, R2, WSO, and *Lifeline* on the SBIG website under "Resources." She reminded everyone that three-part donation forms (to SBIG, R2, and WSO) can be found on the website under "Intergroup Resources."  
**Young People's Chair (Diana):** A second wave of literature about the Tues night YP's meeting in ES has gone out to area colleges & HS's. Diana will meet w/ the YPC of LA & SD intergroups to brainstorm YP's meeting ideas.  
**Special Events (Bearto):** He is working on getting at least four events together for 2018, including, possibly, Sober Eating, ABCs of Abstinence, Meditation, & movie night. Individuals who wish to serve on the SE Committee or help with events should contact Bearto.  
**The meeting was adjourned with the Serenity Prayer at 10:30 AM.**  
**Next Meeting: Sat., February 20th**

**HELP FOR YOUNG PEOPLE!**

*Need to be with people your own age?*  
 The SBI Young Person's meeting serves young people 18 - 35.  
**Tuesdays @ 7:30 pm**  
 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.  
 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**  
**7:00 pm**  
 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:pallev_12000@sbcglobal.net">pallev_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

OA Region 2 Convention In Sacramento  
Friday, June 29th - Sunday, July 1st, 2018

Crown Plaza Northeast  
5321 Data Avenue  
Sacramento, CA 95841

Early Bird Registration Special  
\$45 until Sunday, April 15th, 2018

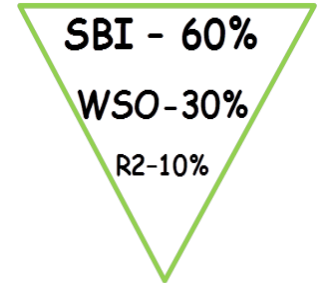
[www.oar2.org/convention/upcoming](http://www.oar2.org/convention/upcoming)

### 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!!*

### B U D G E T

Approved November 18, 2017

Insurance	\$1,265.00
World Service Reps	\$1,800.00
Region II Reps	\$1,400.00
Phone	\$525.00
Free Flight Editor	\$2,500.00
SBIG Rent	\$500.00
US Post Office	\$250.00
Treasurer	\$200.00
Outreach	\$300.00
Public Information	\$800.00
Special Events	\$1,000.00
Secretary	\$100.00
Parliamentarian	\$100.00
Chair	\$200.00
Young Person	\$210.00
Website	\$150.00

**TOTAL \$11,300.00**

To meet the 2018 annual budget, on average each meeting group needs to donate **\$31.85** per month to OASBIG.

### 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:

March 17th  
April 21st  
May 19th

*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



**M A R C H 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)	Val S. (310) 514-3025	I, HOW
<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
	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
<b>Wednesday</b>	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
	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, OA, 12&12, P, WC
<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, 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	12&12, SS, Wtg, WC
	6:00 AM	Long Beach	Christ Lutheran Church, 6500 E. Stearns St., 90815	Eileen C.D. (562) 212-9265	BB, WS, 11th Step, 12 & 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>Friday</b>	±7:00 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Rm	Gary (310) 372-9374	±, 1, 12&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
	10:30 AM	Lakewood (00399)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Virginia C. (562) 424-4405	Book, C/C, P, WC
<b>Saturday</b>	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
	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
<b>Book</b>	±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 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\*\***