

March 2019

# Free Flight



www.oasouthbay.org

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

## ◀ EVENTS ▶

### OA BIG BOOK STUDY

Tuesdays @ 7:00 pm

Westchester United Methodist Church  
8065 Emerson Avenue  
Westchester, CA 90045

Contact: Fred V. 323-569-6230

### CANDLELIGHT PROMISES

Saturday, March 2<sup>nd</sup> @ 7:00pm

Christ Lutheran Church  
6500 East Stearns Street - Social Hall  
Long Beach, CA 90815  
(Call for Key Code to access security gate at church)

Suggested Donation - \$5

No one turned away for lack of funds

Contact: Eileen C.D. 562-212-9265

### SERENITY RETREAT SAN DIEGO

Friday, March 29<sup>th</sup> - Sunday, March 31<sup>st</sup>

Mission San Luis Rey  
4050 Mission Avenue  
Oceanside, CA 92057

Registration - Ranges from \$65 - \$270

Contact: Regina E. 619-952-3903

regina.eldred@gmail.com

### SERENITY RETREAT SANTA CRUZ

Friday, April 26<sup>th</sup> - Sunday, April 28<sup>th</sup>

Villa Maria Del Mar Retreat Center  
21918 East Cliff Drive  
Santa Cruz, CA 95062

Registration - \$340

(Online until Sunday, February 24<sup>th</sup>)

www.oaserenityretreat.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.

## ATTAINABLE ACTIONS PREP TIME

I recently attended an OA workshop about working an action plan. The leader shared many examples of how she uses this Tool in her recovery, while other members asked questions and shared their experience as well. I felt inspired in this room full of recovery, but I also felt a nagging worry about such plans. After all, my self-will has created mega-plans before, and then run me ragged trying to execute them. Sometimes “plan” is a four-letter word for me.

As I continued to listed and write notes in my journal (as I do OA meetings), it dawned on me: things go better with preparation. My workshop went better because someone prepared the event, someone prepared the space, and the leader prepared what she shared. Maybe planning is simply preparing? That’s when HP inspired this word game:

**P - Prepare for**  
**L - Life**  
**A - Ahead of Time**  
**N - Now**

In recovery, I’m learning to accept what life is planning for me, to be

prepared for the way things might go.

I’m used to carrying an umbrella in case it rains or charging my phone before it dies completely. Now I arrange my food ahead of time, choose an outfit the night before, and go to meetings even if I don’t feel that I need to. This is preparing. This is acceptance.

Program has helped me to prepare for **life ahead of time now so I don’t feel like a victim of life’s plans**. This insight is vitally important because when I feel like a victim, I’m prone to turn to food for solace. **Preparing ahead of time is surrendering to a lifestyle guided by a Higher Power**. I don’t have to exhaust myself in headstrong self-will. When I use a little bit of my energy today to prepare for what’s ahead tomorrow, I find a much happier road of happy destiny.

Thank you, program. Thank you, HP. And thank you, my new favorite Tool, action plan!

Mary L.  
Seattle, Washington USA

**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.

# MINUTES: OA South Bay Intergroup Representatives Meeting January 26, 2018

## REPRESENTATIVE MEETING

**Attendees:** Andrea (Chair/WS Delegate 1), Ken (Vice Chair), Betsy (Meeting Liaison), Eileen (Special Events/Outreach/R2 Rep), Myrrh (Parliamentarian), Jane (Public Information) Michelle (Treasurer), Vivian (Webmaster), and 17 meeting representatives.

Meeting called to order by Andrea, Chair, with the Serenity Prayer and OA Responsibility Pledge. Quorum met, minutes approved & Free Flights distributed.

## BOARD & COMMITTEE CHAIR REPORTS

**Chair:** Agenda includes length of abstinence requirement for Speaker List, combining Outreach & Public Information, adding a 12th Step Within position & election for Special Events. Erica and Diana send regrets.

**Vice-Chair:** Regarding possible abstinence requirement for SBI Speaker List, Bylaws are silent and R2 says it's group conscience. **MOTION:** Add a 6 months' abstinence suggestion to the Speaker List. Discussion included: LAIG has 1-year abstinence requirement because the Speaker List is being disseminated by the Intergroup, but meetings make their own choices; because of possible redefinition of abstinence, meetings could miss out on long timers w/ recovery; suggestion to put a range of abstinence on the list. Vote of 15 - 4. Motion carried. Ken will add an abstinence date column to the Speaker List. Ken suggested a "Using Technology to Recover" event to teach fellows about technological options for OA.

**Parliamentarian:** Myrrh clarified R2 says the term for committee chairs is no more than 2 consecutive years. She clarified the Board consists of Chair, Vice Chair, Secretary, Parliamentarian, Treasurer, Free Flight, Outreach, and Public Information and Committee Chairs are Special Events, Young People's, Webmaster, Meeting Liaison, and R2/WS Reps. She also clarified the motion carried previously was to move Committee Chairs from "Bylaws" to "Policies and Procedures."

**Treasurer:** Michelle noted the simplified Donations section on the Free Flight and explained the Time-Phased Budgeted Projected Expenses and Actual Expenses.

**Outreach Chair:** Eileen reported the voicemail is being manned by 7 volunteers, each of whom check 1 day/week. Andrea noted oth-

er intergroups & WS combined Outreach and PI and created a 12th Step Within position. **Public Information:** Jane and another volunteer will be attending MHA's Meeting of the Minds for the 3rd year on 5/15/19 in Anaheim to spread the message to mental health professionals. House of Hope Panel Sign-Up Sheets will be distributed by Betsy via e-mail to reps. One of the reps found OA through House of Hope. Panel is 4th Monday of the month, 7 - 8 pm in San Pedro, 3 speakers share 10 min each followed by Q&A/sharing. Jane needs 2 speakers for Feb. Reps, please email or hand in sign-up sheets to Jane.

**Special Events:** Eileen nominated herself for the position. Myrrh noted Bylaws are silent about holding 2 positions. Eileen was unanimously elected. She passed flyers for Saturday, 3/2/19, Candlelight Meeting on the Promises, a sign-up sheet for speakers for the event, and a Special Events Location Suggestion form.

**Webmaster:** New website is up, now consistent with R2. Vivian noted new pages include Podcast Links and Young People's. The Bylaws are under the Intergroup Resources tab. There are instructions for how to make a donation online for SBI, R2, and WS. The "About OA" tab includes sound bites from "Voices of America" via WSO. Last 30 days: 1,874 unique visits (up 64%) and 4,325 page views (up 44%).

**Meeting Liaison:** Betsy updated the Rep List. Sun 7 PM Long Beach meeting is closed. Eileen noted the R2 Convention in Pomona was canceled due to lack of volunteers for the committee. WSO reformatted the Newcomer Packet into a pamphlet. There's a link on the website.

**The meeting was adjourned at with the OA Promise at 10:33am.**

**Next Meeting: Saturday, March 16<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!!*

**April H.W. - February - 38 Years**  
**Christina - December - 7 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**

# ◀ MEETING SPOTLIGHT ▶

## STEP STUDY Christ Lutheran Church Thursday's @ 6:30 - 8pm

This is a unique Step Study meeting. We use three books consecutively: *Overeaters Anonymous 12 Steps & 12 Traditions* (2<sup>nd</sup> Edition); *Alcoholics Anonymous 12 Steps & 12 Traditions*; and *Alcoholics Anonymous Big Book*. In the Big Book, the readings are limited to those pages or paragraphs specifically relating to each of the twelve steps. A step is discussed each week, with the exceptions of steps six/seven and eight/nine, which are combined because they are closely related and the readings are brief.

Currently, the meeting is in its 13<sup>th</sup> round of completing all these books. Each round the attendees are given a syllabus showing the progression through the books. We have several members of the group who have been attending since the day the meeting began and have found that repeating the study of the steps is beneficial to their program. **You are heartily encouraged to join us to further your recovery through an intensive step study.**

## ◀ DONATIONS ▶

Day	Location	Time	#	January
Sunday	Torrance Del Amo	11:00 AM	7682	\$84.00
Sunday	Long Beach	5:00 PM	27906	\$120.00
Monday	Manhattan Beach	5:45 PM	51470	\$132.00
Monday	Long Beach	7:00 PM	52590	\$25.20
Saturday	Seal Beach	8:00 AM	7394	\$194.82
Saturday	SBIG	9:30 AM	N/A	\$58.00

**TOTAL \$614.02**

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	End Balance
Nov-18	\$6,532.51	\$786.91	\$0.28	-\$488.59	\$0.00	\$6,831.11
Dec-18	\$6,831.11	\$648.78	\$0.30	-\$269.91	\$0.00	\$7,210.28
Jan-19	\$7,210.28	\$614.02	\$0.00	-\$1,402.40	\$0.00	\$6,421.90

### 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
Outreach	Eileen C.D.	<a href="mailto:outreach.oasbig@gmail.com">outreach.oasbig@gmail.com</a>	(562) 493-2920
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>	

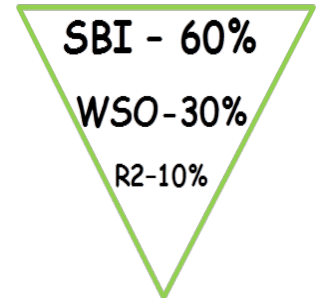
### Representatives/Delegates and Committee Chairs

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) 493-2920
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) 493-2920
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:

March 16<sup>th</sup>  
April 20<sup>th</sup>  
May 18<sup>th</sup>

*All are welcome! Please share your opinion!*



◀ M A R C H 2 0 1 9 ▶

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
<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
	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
<b>Tuesday</b>	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
	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>	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, Spl, 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, S4
	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
<b>Thursday</b>	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) 429-6161	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	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
<b>Friday</b>	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, Sp, I, 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	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
<b>Saturday</b>	8:30 AM	Torrance (12163)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Val S. (310) 514-3025	P, Spl, 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
I 11th Step	Meditation	FT	For Today Book	WCL	Wheelchair - Access May Be Limited, Please Call
I2&12	OA's I2/I2	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\*\*