

Free Flight



www.oasouthbay.org

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

Overeaters 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.

OBSESSED WITH OA

Some people say I'm obsessed with the OA program. I am! I'm obsessed with carrying the message of OA to those willing to do anything to recover from this terrible disease.

I came into the rooms at 233 pounds (106 kg). I was taking six pills a day for my diabetes, and my doctor said I would have to start taking injections. I could go blind and lose my toes, feet or legs to this horrible disease.

Thank you, OA brothers and sisters, for making me aware of my obsession with OA. Given the choice, I choose to carry this message until I die. I hope the last words on my lips are "God . . . OA . . . Keep coming back," and "Go into recovery with half the zeal you put toward food, and you will know the true joy life has to give."

God bless all who carry the message of recovery. I'm 100 pounds (45 kg) lighter, but I've lost 10,000 pounds/kg of guilt from my soul!

S., Western
Massachusetts 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/

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.

Upcoming Events:

WOMEN'S SWEET SURRENDER RETREAT

Friday, April 27th - Sunday, April 29th

Pathfinder Ranch
35510 Pathfinder Road
Mountain Center, CA

Registration - \$200

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

CINCO DE MAYO GAME NIGHT! Saturday, May 5th at 5 - 7pm

OASV Office
20121 Ventura Boulevard, #315
Woodland Hills, CA 91364

Contact: Miriam H. (805) 791-4659
Suggested Donation: \$10

WORKING PROGRAM THROUGH CHANGE: Life on Life Terms

Saturday, May 19th at 2 - 4pm

Veteran's Memorial Center
4117 Overland Blvd., Rotunda Rm
Culver City, CA 93013

Contact: Courtney - workshops@oalaig.org
Suggested Donation: 7th Tradition

OA MOVIE NIGHT: BILL W. THE CREATIVE FORCE BEHIND ALCOHOLICS ANONYMOUS

Sunday, May 20th at 6:30 - 9pm

Christ Lutheran Church Social Hall
6500 E. Stearns St.
Long Beach, CA 90815

Contact: Eileen C.D. (562) 212-9265
(Will provide key code to open gate at church)
Suggested Donation: 7th Tradition

REPRESENTATIVE MEETING

Attendees: Andrea (Chair/WS Delegate I), Danny W. (Vice Chair), Christina (Secretary), Michelle D. (Treasurer), Jane A. (Public Info), Ken (Outreach Chair, 27906), Vivian (Webmaster, 51287), Bear-to (Special Events, 04950), Diana F. (Young People's Chair, 56102), Betsy H. (Meetings Liaison), Eileen C.D. (56288), and 15 meeting representatives. Meeting was called to order by Chair Andrea at 9:31AM w/ Serenity Prayer. Minutes were approve and Quorum was met.

COMMITTEE CHAIR AND DELEGATE REPORTS

Chair: Andrea reported Free Flight Editor (Erica) tentatively resigned. She needs help with finding events and picking up Free Flights from the printer. Andrea will call previous FF Editor.

Secretary: Christina updated the sign-in sheets.

Treasurer: Michelle stated Free Flight budget is \$2,500 and has been averaging \$252/mo in costs (budget is \$208/mo). Andrea stated folding costs of about \$21/ months could be saved if OA members folded them, but 700 copies monthly is in by laws.

Andrea said we need about \$900/month contributions to meet overall budget.

Public Information: Jane said SBI will have a booth at MHA's Meeting of the Minds for mental health professionals on 5/30/18, no volunteers needed. Christina will bring OC Communiques to Jane next month. 5/19-20, Gay Pride booth, 11 am-10 pm, shifts TBD, need volunteers. Jane will check with Amy Lynn and Jamie regarding night shift. Ken will assist. Jane needs 501(c) letter to get booth. Jane brought Spanish literature for reps to take back to their meetings.

Outreach: Ken reported motion was passed to cancel the (310) hotline. Free Flight and Webmaster will remove it from Free Flight and website. Ken will call TAB answering service. He reported 1 person called hotline twice last month.

Webmaster: Vivian reported the site is up and running.

Young People's Chair: Tues 7:30 pm Young People's meeting in El Segundo is a lively meeting that needs support.

Meeting Liaison: Betsy H. reported all meeting lists are updated and consistent.

Delegate: Eileen reported there's a new census and she's ordered 20 copies. MOTION by Andrea to extend the meeting 10 minutes was passed unanimously.

NEW BUSINESS:

Free Flight Editor (Erica) tentatively resigned, needs help. Christina will gather event information from neighboring intergroups. Val will pick up Free Flights from printer and bring to Intergroup meeting. Andrea asked for any leads for printers. Various solutions for cutting Free Flight costs were discussed, including reducing copies, 1 page, bimonthly printing, a smartphone app, and having a uniform color of paper. Andrea noted bimonthly printing and reducing copy number would need 2/3 majority to change bylaws.

The meeting was adjourned with the Serenity Prayer at 10:38 a.m.

Next Meeting: Sat. April 21st

VOLUNTEERS NEEDED!

Please contact Bearto, Special Events Chair, at

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.

Loni G.	February	32 years
April W.	February	37 years

If you have an abstinent birthday, please send me an email at 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

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	evangdeni@aol.com	Laraine A.	(310) 547-0479	Anytime	
Eda S.	(310) 833-3756	9am - 8pm	eda46@cox.net	Sabrina	(562) 743-7796		
Jennifer S.			jen.steffen777@gmail.com	Tom F.	(562) 464-7550	6am - 9:30pm	tjfirpo@verizon.net
Johanna	(562) 461-7636	Anytime	-	Valerie S.	(310) 514-3025	9am - 9pm	pallev_12000@sbcglobal.net

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.**



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

www.oar2.org/convention/upcoming

- DONATIONS -

Day	Location	Time	#	Mar
Sunday	Torrance Del Amo	11:00 AM	7682	\$197.11
	Long Beach	5:00 PM	27906	\$90.00
Monday	Manhattan Beach	5:45 PM	51470	\$96.00
Tuesday	Torrance	5:30 PM	48732	\$66.00
	Lakewood	6:30 PM	15224	\$60.00
	Torrance	7:30 PM	15653	\$60.00
Wednesday	Inglewood	7:00 PM	32469	\$5.00
	San Pedro	7:00 PM	53992	\$60.00
Thursday	Long Beach	6:00 AM	56288	\$12.00
	Long Beach	6:30 PM	51287	\$30.00
Friday	Manhattan Beach	9:00 AM	40803	\$120.00
	Long Beach	7:30 PM	31477	\$28.00
Saturday	SBIG	9:30 AM	N/A	\$112.00
	Seal Beach	8:00 AM	7394	\$120.00
	Lakewood	10:30 AM	4950	\$96.00
	San Pedro	10:30 AM	17667	\$60.00
TOTAL				\$1,212.11

OA Information (310) 802-2001 / (562) 493-9030

South Bay Intergroup Service Board

Chair	Andrea	chair@oasouthbay.org	(562) 822-7882
Vice Chair	Danny W.	vicechair@oasouthbay.org	(310) 527-1267
Secretary	Christina	secretary@oasouthbay.org	(562) 481-5126
Treasurer	Michelle	treasurer@oasouthbay.org	(310) 529-3796
Parliamentarian	Nancy	parliamentarian@oasouthbay.org	(562) 706-3824
Outreach	Ken	outreach@oasouthbay.org	(562) 881-0710
Public Information	Jane A.	publicinfo@oasouthbay.org	(714) 356-7352
Free Flight Editor	Erica	editor@oasouthbay.org	(424) 702-6671

Representatives/Delegates and Committee Chairs

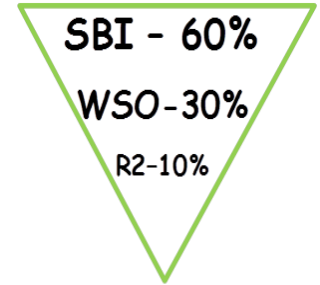
R2 Rep/WSD #1	Andrea F.	andreafr18711@gmail.com	(562) 822-7882
R2 Rep/WSD #2	Eileen C.D.	ecdpopcorngirl@gmail.com	(562) 493-2920
R2 Rep/WSD #3	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Bearto	events@oasouthbay.org	(562) 424-0831
Meeting Liaison	Betsy H.	meetings@oasouthbay.com	(310) 850-4110
Webmaster	Vivian	webmaster@oasouthbay.org	
Young People's	Diana F.	diana9289@gmail.com	(310) 404-8330

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!!

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:

May 19th
June 16th
July 21st

All are welcome!
Please share your opinion!



M A Y 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
Sunday	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
Monday	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
Tuesday	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
	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
Wednesday	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
Thursday	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 (56288)	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
	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
Friday	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
	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
Saturday	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, ‡
	11:00 AM	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	OCIG	Orange County Intergroup
I	One Hour Meeting	CC	Child Care Available	P	Pitch
11th Step	Meditation	FT	For Today Book	Sp	Speaker Meeting
12&12	OA's 12/12	HOW	Honest, Openminded, Willingness	SpI	Speaker Meeting 1st Week of the Month
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	SS	AA 12x12 Step Study
BB	Big Book of AA	NC	Newcomers	SSI	Step Study 1st Week of the Month
Book	Study Various Books	OA	Overaters Anonymous ("Brown Book")	SS4	Step Study 4th Week of the Month

To add or update your local meeting on this list, please contact the Editor at 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****