

May 2019

# Free Flight


**OVEREATERS  
ANONYMOUS®**

www.oasouthbay.org

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

## ◀ EVENTS ▶

### MEDITATION WORKSHOP

**Saturday, May 18<sup>th</sup> @ 2 - 5pm**

First Lutheran Church  
905 Atlantic Avenue  
(In Basement)  
Long Beach, CA 90813

Suggested Donation - \$5\*\*

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

### MAINTAIN ABSTINENCE

**Saturday, May 18<sup>th</sup> @ 10am - 12pm**

SGVIE OA Meeting Room  
1157 East Arrow Highway, Suite 4  
Glendora, CA 91740

Suggested Donation - \$15\*\*

Contact: Andie G. 909-706-9180

### WILLINGNESS, HONESTY & ACCEPTANCE

**Saturday, May 18<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

### 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\*\*

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

\*\* No one turned away for lack of funds

**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.

## SHOWING UP IMPERFECT

I remember when I first started coming to OA meetings. I felt like people were looking at me differently, like they knew I was new and ignorant of their “OA ways.” I felt like an outsider. They spoke in a different way and had so much self-awareness. I only knew how to talk about the food, not emotions or the spiritual side of things. I felt really self-conscious after every time I shared, wondering if what I’d said offended people.

During my first year in OA, I wasn’t working the Steps or using the Tools — I truly was not willing to do the work. But eventually, I found the gift of desperation during a two-week binge, when I rapidly gained 15 pounds. As the number on the scale climbed, I descended to a scary place, physically and mentally. This desperation pushed me out of my complacency and into action: I found a sponsor, and we started doing Step work. It was only after I started doing work that I realized just how wrong I’d been about the people in OA.

That whole first year when I had shown up imperfectly, they’d shown love and understanding, not judgement. When I barely showed up, they’d still let me share for the allotted three minutes. Even

though I wasn’t doing the work at all and it wasn’t even clear to me that I wasn’t sharing any recovery, they still engaged with me. They listened and made eye contact. I’ve realized since that, even when I was barely there, I still belonged in OA.

**Now that I’m working the Steps, I not only know I belong in OA, I also know that sometimes the things I share in meetings can help another person feel less alone, or offer a new perspective on their struggles. It’s a service to put my behind in a seat at a meeting. It’s a service to share recovery, and it’s a service to listen with love and without judgement.**

“The only requirement for OA membership is a desire to stop eating compulsively,” not an *ability* — but it’s good if you got that too! I’m grateful that I finally “identity in” and can share both the struggle and the recovery. For the first time in my life, I finally feel as though I belong somewhere, and it feels so good to provide that feeling of belonging to others as well.

Debbie, Washington DC

**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 March 16, 2018

### REPRESENTATIVE MEETING

**Attendees:** Andrea (Chair/WS Delegate 1), Ken (Vice Chair), Christina (Secretary), Myrrh (Parliamentarian), Jane (Public Information), Betsy (Meeting Liaison), Erica (Free Flight Editor), Vivian (Webmaster), and 11 meeting representatives.

Meeting called to order by Andrea, Chair, with the Serenity Prayer and OA Responsibility Pledge at 9:32am. Quorum met and Rep Meeting minutes read and approved.

### BOARD & COMMITTEE CHAIR REPORTS

**Chair:** Andrea pointed out the Intergroup Report sheet is available for reps. She asked whether a representative permanently assigned to two meetings gets 1 or 2 votes. Myrrh will check the bylaws. Andrea raised the possibility of mailing Free Flights to unrepresented meetings. They are available to print from the website. She asked for people to bring back possible plans next month.

**Vice-Chair:** Ken announced a last call for additions to the SBI Speaker List. Thanks to the Webmaster for creating online sign-up capability. Using "Technology for Recovery" seminar is tentatively planned at Alpert JCC in June to walk OA'ers through electronic recovery tools (Zoom meeting apps, e-books, podcasts, internet sites, & Facebook meetings). He will be absent at the next meeting. (The Chair and Secretary will also be absent.)

**Parliamentarian:** Myrrh completed moving the Committee Chairs titles from Bylaws to Policies and Procedures and e-mailed them. There is lack of clarity in some of the Bylaws and clarification is needed. She will be assembling a Bylaws Committee.

**Treasurer:** Chair provided update. Paypal donations are not noted on the Treasurer's Report because Treasurer need to provide some documentation to Paypal to have access. Andrea noted the Intergroup needs approximately \$1,000/month in donations to meet budget. The Treasurer is also having challenges with online bank access. Report shows a bank account balance is \$6,351 and \$284 in donations.

**Free Flight:** Email Erica for meeting spotlights and birthdays. Men's retreat in Santa Cruz in October and the San Diego young people's meeting are reflected on the Free Flight.

**Public Information:** Jane reported SBI will have a booth at the Long Beach Pride Festival May 18 - 19th. There are three 2-hr shifts available each day. Please email her to sign up. She will check if she has enough in her budget to cover volunteer admissions and, if not, will contact the Board. She will order 100 Newcomer Packets. It was noted SBI has an insurance policy in place with proof available on the secure section of the website for any meeting or event venues that require it.

**Webmaster:** Vivian reported that a Meditation workshop will be held on May 18th. She will email the flyer to the Meeting Liaison for distribution to reps. There is a Speaker List page. The form on the left is to sign up as a speaker. The form on the right is to request a copy of the Speaker List.

\*Erica will provide OA mail to Treasurer.

**Meeting Liaison:** Betsy reported there were 2 changes in meeting contact information.

### OLD BUSINESS:

1. The Bylaws Committee will meet after the Intergroup Rep meeting next month. Mary and Vivian volunteered to join.
2. Please give any old Free Flights to Public Information (Jane).

**The meeting was adjourned at with the OA Promise at 10:26am.**

**Next Meeting: Saturday, April 27<sup>th</sup>**

### VOLUNTEERS NEEDED!

South Bay OA Intergroup will have a booth at the

**Long Beach Pride Festival  
May 18 - 19th**

Volunteers are needed for 2-hr shifts. Please contact Jane, Public Information Chair, [publicinfo.oasbig@gmail.com](mailto:publicinfo.oasbig@gmail.com)



### 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!!*

**Kathleen F. - April - 9 Years**  
**April H.W. - February - 38 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)

### 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](mailto: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
Sunday	Torrance Del Amo	11:00 AM	7682	\$71.22
	Long Beach	5:00 PM	27906	\$152.00
	Long Beach	7:00 PM	40410	\$60.00
Monday	Long Beach	6:00 AM	53426	\$30.00
	Manhattan Beach	5:45 PM	51470	\$60.00
	Long Beach	7:00 PM	52590	\$93.81
	SBIG	9:30 AM	N/A	\$34.00
Other	Twelfth Step Within			\$118.00
	Interest			\$0.26

**TOTAL** \$619.29

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	End Balance
Mar-19	\$6,351.58	\$466.63	\$0.26	-\$224.90	\$0.00	\$6,593.57

**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>	

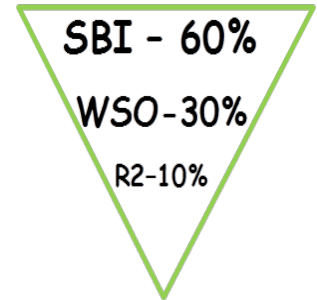
**Representatives/Delegates and Committee Chairs**

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:

May 18<sup>th</sup>  
June 15<sup>th</sup>  
July 20<sup>th</sup>

*All are welcome! Please share your opinion!*



◀ **M A Y 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	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
	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, 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
	9:00 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, 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	OCIG	Orange County Intergroup
I	One Hour Meeting	CC	Child Care Available	P	Pitch
I 11th Step	Meditation	FT	For Today Book	Sp	Speaker Meeting
I2&12	OA's I2/I2	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 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](http://OA.org).

**\*\*SUBMISSIONS TO THE FREE FLIGHT SUBMITTED AFTER THE FIRST WEEK OF THE MONTH WILL BE POSTED THE FOLLOWING MONTH\*\***