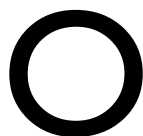


Free Flight



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.

MESSAGE FROM THE CHAIR

OA Fellows of the South Bay Intergroup:

I hope this message finds you, and those you love, safe and healthy.

It is incomprehensible to think that only a few short weeks ago an urgent meeting of the South Bay Intergroup Service Board was called to discuss the topics of the day:

- ◆ How do we respond to the COVID-19 situation as an Intergroup?
- ◆ Do we close meetings?
- ◆ How do we guide our members and newcomers?
- ◆ Most importantly: How do we stay connected with one another?

There was much discussion that took into consideration balancing doing the right thing for the fellowship with Tradition 4 ("Each group should be autonomous except in matters affecting other groups or OA as a whole"). With the help of our collective Higher Powers, a generous donation from the Los Angeles Intergroup, input from World Service, and a deep level of commitment by your Board to be fiscally sound and meet our members' needs, we made several decisions. We found our path and we are clearly living it.

Here are some of the highlights of those decisions:

MEETINGS

In light of Stay-At-Home Orders across LA County, our individual in-person meetings have taken one of the following paths:

1. Temporarily suspended
2. Moved to "private" ZOOM meeting
3. Moved to ZOOM meeting via Intergroup ZOOM account that is open to all and listed on our website www.oasouthbay.org

I would be remiss if we didn't give a HUGE shout-out to the LA Intergroup for generously donating a six-month subscription for a paid ZOOM account as a way of saying "thank you" for our support of the OA Birthday Party. There are many benefits to a paid ZOOM subscription over a free ZOOM account. Too many to name here...call me for details. The demand to accommodate all meetings that requested an Intergroup ZOOM meeting warranted Board approval to fund a second paid ZOOM account for six months.

FREE FLIGHT

- ◆ *Free Flight* will be published electronically and will be available to all on our website.
- ◆ The savings realized from not printing paper copies will be significant. As an example, we are fully funding our second Intergroup ZOOM account for six months from just 25% of one month of printing.

I want to express my deepest gratitude to Vivian, Betsy, and Carolyn B, who worked many hours diligently to organize, communicate, and execute our ZOOM Meeting structure so quickly. They continue to support the effort today. I am also grateful for the dynamic leadership of our entire Service Board.

It's truly an honor and privilege to be of service. I look forward to the day when we can HUG again soon!

Till then, KEEP COMING BACK...Virtually!

Ken

Chair, South Bay Intergroup of OA

Due to COVID-19 Stay-At-Home guidelines, the March Board and Intergroup Rep meetings were canceled. Minutes from February are the most recent.

REPRESENTATIVE MEETING

Attendees: Ken (Chair), Margie (Vice Chair), Michelle (Treasurer), Vicky (Parliamentarian), Janice (Special Events), Eileen (WSO/R2 Rep #1), Betsy (Meeting Liaison), Vivian (Webmaster) and 15 representatives. Quorum established.

Representative Meeting called to order at 9:37 am by Chair, with Serenity Prayer & OA Responsibility Pledge. The Treasurer, volunteered to record minutes as substitute secretary. Sign in sheets were circulated and roll called.

After one minute allowed for reading minutes, motion passed to approve minutes as corrected (Margie is correct spelling of Vice Chair’s name). (Eileen/ Margie)

Meeting Liaison noted volunteers to take Free Flights to meetings not represented. Betsy will contact the 2 remaining meetings not represented.

BOARD & COMMITTEE CHAIR REPORTS

Chair: OA Men’s Retreat Oceanside, October 2 - 4. New Representative IG Report format – in the future we will only include events hosted by our SBIG, R2 and WSO, and events in our area hosted by other IGs. Add to other announcements web site section “events outside our area”. Webmaster, Vivian volunteered to update IG report events as needed. August Orlando WSO convention Public Info, Eunice sends regrets Chair will follow up with Free Flights editor Erica.

Treasurer: Income this month totaled \$1507.81 overpassing the ~\$1000 per month we require to meet budget. \$134 was collected at the Thanksgiving Marathon.

Meeting Liaison: Email changes for meeting information to Betsy immediately

Correct phone number for Saturday 10:30 am Lakewood meeting contact Anita is 5629721270. Meeting liaison, Betsy will follow up with Young People’s, Diana
Webmaster: 450 unique visits to website this month (about usual traffic).

Special Events: Sharon is putting together a Recovering from Anorexia and Bulimia workshop August 15th, 1-4:30 pm at JCC. Vivian is putting together a flyer to be available on the website soon. Betsy will send flyer to the IG reps
Janice is putting together a Mental, Spiritual and Emotional Recovery workshop for March or April TBD. 2 speakers are coming from OC.

NEW BUSINESS:

At future meetings we will allow 2 timed minutes to read minutes at meeting prior to approval vote. There was a question: Do the minutes have to be read in the meeting? OA Inc. is changing policies to go along with technology. We are meeting criteria to publish, review, amend/correct as required and approve as amended/ corrected.

WSO/R2 Rep #1: 11 WSO business conference April 20-25 agenda proposals were voted on.

- Definition of Abstinence to only be changed in years ending in zeros. 13 Yes, 3 No, 1 Abstain
- Create Hybrid meeting (phone and face to face) 14 Y, 0 N, 5 A
- Add July 3rd Service Day 19 Y, 1 N, 1 A
- New tool PAUSE: pray and use spiritual energy, pray and use step eleven 17 Y, 3 N, 1 A
- Virtual attendance 21 Y, 0 N, 1 A
- New tool Spiritual Plan 5 Y, 12 N, 4 A
- Literature committee to include diverse populations 20 N, 0 N, 2 A
- Include whole spectrum of disease “fellowship recovering from compulsive overeating” ... add “under-eating, anorexia, bulimia, binge-eating, over-exercising” 17 Y, 2 N, 2N

- Restructure nomination of trustees, rotation, reduce numbers 4 Y, 2 N, 16 A
- WSO vote without undo influence 17 Y, 1 N, 2A
- Rotation 8 years, not 8 consecutive years 16 Y, 1 N, 4 A

Meeting closed with OA Promise at 10:23 a.m.

EVENTS

RECOVERY IN THE TIME OF CORONAVIRIS - ZOOM WEBINAR -

Saturday, April 18th @ 3pm
(Arrive 10 minutes early)

Suggested Donation - \$10
Payable via PayPal on oafoothill.org

Zoom Meeting ID#: 446499373
Password: 032605

Contact: Melinda (626) 278-5539

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	evangdeni@aol.com	Jennifer S.	(310) 529-5708	9am - 7pm	jen.steffen777@gmail.com
Eda S.	(310) 833-3756	9am - 8pm	eda46@cox.net	Tom F.	(562) 464-7550	6am - 9:30pm	tjfirpo@verizon.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.oasbig@gmail.com**

To all South Bay OA fellows:

If your meeting is convening on the ZOOM platform, you can still make 7th Tradition contributions.

The first option is for individual OA fellows to put aside cash to contribute in person when meetings resume. The meeting's first priority will be its own expenses: rent, literature, and prudent reserve.

Beyond that, individuals may continue to contribute to the South Bay Intergroup, World Service, and R2, in the following order:

- ◆ **To South Bay Intergroup:** Individual OA fellows may donate through PayPal or credit card to the OA South Bay Intergroup at the oasouthbay.org website. On the home page, locate and click on the yellow "Donate" button (scroll down on the left). Put in the dollar amount you wish to contribute. Use the "Add a Note" field to designate your meeting by day, time, city, and meeting number. (This information can be found on the meeting list of the digital *Free Flight* or on the website itself.) While these donations are attributed to individual meetings, they are for the use of the South Bay Intergroup, rather than the meetings themselves. PayPal collects a smaller than 3% processing fee.
- ◆ **To World Service Organization (WSO):** Individual OA fellows may donate to OA World Service at oa.org. Use the "7th Tradition Contribution" link.
- ◆ **To Region 2 (R2):** Individual OA fellows may donate to OA Region 2 at oar2.org. Choose "Donate" on the left of the home page.

It is up to the meeting group conscience to determine specific instructions to those who attend.

Typically, meeting treasurers pay rent and other expenses (e.g., literature), secure a prudent reserve, and periodically distribute proceeds above that reserve to the Intergroup, World Service and the region (R2) at the recommended percentages of 60%, 30% and 10% respectively. At the end of each year, South Bay Intergroup also distributes proceeds above annual expenses to World Service and Region 2.

Thank you for your generosity.

Michelle
South Bay Intergroup Treasurer

Day	Location	Time	#	March
Sunday	Long Beach	5:00 PM	27906	\$150.00
Tuesday	Lakewood	6:30 PM	15224	\$120.00
Wednesday	Long Beach (IC)	6:00 PM	54517	\$60.00
Wednesday	Manhattan Beach	6:00 PM	54374	\$56.40
Wednesday	San Pedro	7:00 PM	53992	\$60.00
Thursday	Long Beach	6:30 PM	51287	\$60.00
Friday	Long Beach	7:30 PM	31477	\$208.63
Saturday	Torrance	8:30 AM	12163	\$60.00
Saturday	Lakewood	10:30 AM	4950	\$88.00
Other	PayPal Fee			-\$8.38
Other	Interest			\$0.40
TOTAL				\$855.05

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	End Balance
Feb-20	\$9,068.73	\$521.01	\$0.37	-\$224.91	\$9,365.20
Mar-20	\$9,365.20	\$854.65	\$0.40	-\$59.98	\$10,160.27

South Bay Intergroup Service Board

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

Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Eileen C.D.	ecdpopcorn@gmail.com	(562) 212-9265
R2 Rep/WSD #2	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Janice W.	events.oasbig@gmail.com	(562) 706-0307
Meeting Liaison	Betsy H.	meetings.oasbig@gmail.com	(310) 850-4110
Webmaster	Vivian	webmaster.oasbig@gmail.com	
Young People's	Diana F.	yp.oasbig@gmail.com	(310) 404-8330

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 16th
June 20th
July 18th

All are welcome! Please share your opinion!

◀ **M A Y 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 for login 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	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
Monday	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
Tuesday	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	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
Wednesday	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
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. 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
Friday	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
	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
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	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 11th 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. **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