

Free Flight



www.oasouthbay.org

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

◀ EVENTS ▶

WHAT DOES THE DOCTOR OPINION MEAN FOR OA

Saturday, October 27th at 10am - 4pm

Brentwood Presbyterian Church
12000 San Vicente Blvd.
Los Angeles, CA 90049

Registration - \$10 (Online only until
Friday, October 26th)
- \$12 (On-Site)

www.workshop.oalaig.org

Contact: Courtney - workshops@oalaig.org

FALL ASSEMBLY

Friday, November 2nd - Sunday, November 4th

Sheraton Fairplex Hotel & Conference Center
601 West McKinley Avenue
Pomona, CA 91768

Registration - \$60 (Online &/or On-Site)

Contact: publications@oar2.org

SOBER EATING WORKSHOP

Saturday, November 3rd at 9am - 12pm

Celebration Church
555 Memory Lane
Santa Ana, CA 92706

Suggested Donation: \$10**

Contact: Heather (949) 300-1874 or
Frank P. (949) 842-3454

THANKSGIVING DAY MARATHON

Thursday, November 22nd at 9am - 6pm

Christ Lutheran Church - Social Hall
6500 East Streams Street
Long Beach, CA 90815

Suggested Donation: 7th tradition will be
observed every hour

Contact: Bearto M. (562) 843-2764 or
Eileen C.D. (562) 212-9265

** No one turned away for lack of funds

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.

THE ABC'S OF ABSTINENCE WORKSHOP

The room was big and the chairs were padded. The microphones worked well as they were passed around back and forth with all the questions and answers.

Cheri was the presenter and I enjoyed her story of how she finally joined OA. Really interesting. She convinced me that I'll never graduate from OA.

The attendees honest interactions were moving. Men and women shared easily.

I made new friends. Every time the South Bay Intergroup host this workshop I go to it.

Isolation is deadly for me . . . it calls just like the food. So . . . let's have more workshops!

Thank you, Bearto!!

In service and fellowship,
Val S., San Pedro

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.oasbig@gmail.com

REPRESENTATIVE MEETING

Attendees: Andrea (Chair/WVS Delegate 1), Danny (Vice Chair), Christina (Secretary), Nancy (Parliamentarian), Michelle (Treasurer), Ken (Outreach), Jane (Public Information), Betsy (Meeting Liaison), Diana (Young People Chair/WVS Delegate 3), Bearto (Special Events), Vivian, (Webmaster), and 17 meeting representatives.

Meeting called to order by Andrea, Chair, at 9:33 a.m. with the Serenity Prayer and OA Responsibility Pledge. Rep Meeting Minutes read and approved. Quorum met.

COMMITTEE CHAIR AND COMMITTEE CHAIR REPORTS

Treasurer: Expenses have exceeded income by about \$1,300 YTD. Special donations by meetings or individual members would be appreciated. Final donations for fiscal year need to be received by 10/15. Submit reimbursement requests ASAP. YTD income of about \$7,600 vs budgeted \$11,300. We need about \$3,000.

Free Flight Editor: Continue to send Erica birthdays to be published.

Outreach: There were 2 calls to the hotline. Ken emailed one person the flyer for the Sober Eating Workshop in Orange County on 11/3. Ken will see if LA has a speaker list. Danny found a 12-step speaker list and Vivian will call out the OA speakers.

Meeting Liaison: Thursday, Hermosa Beach meeting time changed to 6:05 pm. Thursday 6:00 am had a question regarding open vs. closed meetings. "Closed" doesn't mean it no longer exists, but rather that the meeting is open to compulsive overeaters and those with a desire to stop eating compulsively. If a meeting is not designated "Closed," it's considered open.

Webmaster: Website hits 8/13-9/10 were 650/week. Vivian updated the Special Events tab with links to flyers. Changes to the website coming soon (such as from portrait to landscape). A donation button is coming soon via PayPal. There will be a charge by PayPal of 2.2% and 30 cents/transaction. If donating for a meeting, please note the meeting number in the transaction. Vivian went over the new plan options for the website as compared to the current service that needs to be changed. The Chair told Vivian she had the authority to choose the plan.

Special Events: Recent events results, Fun & Games (8 attendees, \$24 donation), ABCs of Abstinence (27 attendees, \$361 donation). Sober Eating Workshop will be planned for next year. There's a Sober Eating Workshop in Orange County on 11/3, 9am-12pm, at the Celebration Church in Santa Ana.

The 12th Step Within event has moved to Christ Lutheran Church on Stearns in Long Beach. Unity Day will be a "Fun in the Park" event from 11am - 4pm with a short meeting & games. Diversity event being planned. Contact Bearto with venue options for events.

Parliamentarian:

1 - Nancy is waiting for Bylaws revisions and will print packets for new reps.

2 - Elections are next month. Open positions are Vice Chair, Treasurer, Free Flight Editor and Outreach. Treasurer is amenable to continuing. Requirements: Present at the SBI Representative Meeting for the vote in October, 1 year in OA, 3 months' service above the meeting level, 6 months' current abstinence, and completion of 4th and 5th steps. Requirements may be waived.

3 - Nancy passed out a handout regarding the Bylaws and possible revisions. Regarding Outreach Chair and PI Chair, the options are, 1, do nothing; 2, combine Public Information & Outreach; 3, only modify Outreach to, A, Telephone/Communications Chair or, B, Increase the scope to include 12th Step within duties.

4 - Nancy suggests moving the Committee Chair positions and descriptions out of the Bylaws which allows for more adaptable roles for Committee Chairs. Committee Chairs do not have a vote. The Intergroup Reps are the governing body and the Board is at their service.

The meeting was adjourned with the

OA Promise at 10:35 a.m.

Next Meeting:

Saturday, October 20th

VOLUNTEERS NEEDED!

Please contact Bearto, Special Events Chair, events@oasouthbay.org

if you would like to be one of the

Thanksgiving Marathon speakers

or help organize the SBOAIG events.

ABSTINENT BIRTHDAY



Abstinence in OA is defined as refraining from compulsive eating and food behaviors while working toward or maintaining a healthy body weight.

Kathy R. - September 9th - 17 Years
Patricia - April 18th - 1 Year

If you have an abstinent birthday, please send information to the editor.

HELP FOR YOUNG PEOPLE!

Need to be with people your own age?

The SBI Young Person's meeting serves young people 18 - 35.

Tuesday's @ 7pm

United Methodist Church
540 Main Street
El Segundo, CA 90245

Contact: Diana (310) 404-8330

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 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** ▶

**12th STEP WITHIN:
RECOVERY FROM RELAPSE**

Wednesday, December 12th at 6:30 - 8:30pm

Christ Lutheran Church - Social Hall
6500 East Streams Street, Long Beach, CA 90815

Suggested Donation: \$5

Contact: Bearto M. (562) 843-2764 or Eileen C.D. (562) 212-9265

OA'S BIRTHDAY PARTY CELEBRATION

Friday, January 18th - Sunday, January 20th

LAX Hilton
5711 West Century Boulevard, Los Angeles, CA 90045

Registration - \$45 (Online until Sunday, November 25th)

www.oalaig.org/oa-birthday-party/

◀ **DONATIONS** ▶

Day	Location	Time	#	September
Monday	Long Beach	7:00 PM	52590	\$47.40
Tuesday	Lakewood	6:30 PM	15224	\$155.31
Tuesday	El Segundo	7:00 PM	56102	\$17.21
Tuesday	Torrance	7:30 PM	15653	\$37.00
Thursday	Long Beach	6:00 AM	56288	\$30.00
Thursday	Long Beach	6:30 PM	51287	\$66.00
Friday	Long Beach	7:30 PM	31477	\$27.00
Saturday	Lakewood	4:00 PM	48494	\$42.00
Saturday	SBIG	9:30 AM	N/A	\$90.00
Other	ABCs of Abstinence			\$361.00
Other	Individual			\$122.00

TOTAL \$994.92

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

South Bay Intergroup Service Board

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

Representatives/Delegates and Committee Chairs

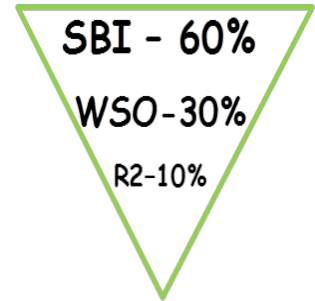
R2 Rep/WSD #1	Andrea F.	andreafr8711@gmail.com	(562) 822-7882
R2 Rep/WSD #2	Eileen C.D.	ecdpopcorngirl@gmail.com	(562) 493-2920
R2 Rep/WSD #3	Diana F.	diana9289@gmail.com	(310) 404-8330
Special Events	Bearto	events.oasbig@gmail.com	(562) 424-0831
Meeting Liaison	Betsy H.	meetings.oasbig@gmail.com	(310) 850-4110
Webmaster	Vivian	webmaster.oasbig@gmail.com	
Young People's	Diana F.	yp.oasbig@gmail.com	(310) 404-8330

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:

November 17th
December 15th
January 19th

*All are welcome!
Please share your opinion!*



◀ **N O V E M B E R 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, 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, 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
Wednesday	7:00 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
	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
Thursday	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
	7:00-9:00 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
Friday	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
Saturday	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	Gary (310) 372-9374	#, 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
Sunday	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, Spl, 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
Monday	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, Spl, WC
	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Shelly M. (714) 308-3015	P, Sp, WC
Tuesday	7:00-9:00 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, ‡
	7:00-9:00 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	VR	Voices of Recovery Book
I	One Hour Meeting	CC	Child Care Available	WC	Wheelchair - Full Access
I 1th 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. **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****