

# Free Flight



www.oasouthbay.org

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

## ◀ EVENTS ▶

### TECHNOLOGY IN RECOVERY

Saturday, Nov 2<sup>nd</sup> @ 10:30am - 12pm

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

**Suggested Donation - \$10**  
No one turned away for lack of funds

Contact: Andie G. 909-706-9180/oasgvie.org

### NEW FREEDOM RETREAT

Friday, Nov 8<sup>th</sup> - Sunday, Nov 10<sup>th</sup>

Holy Spirit Retreat Center  
4316 Lanai Road  
Encino, CA 90813

**Registration: Double \$220/person**

Contact: Jennifer P. (424) 224-7135  
Or Loni G. (562) 431-7275

### THANKSGIVING DAY MARATHON

Thursday, November 28<sup>th</sup> @ 8am - 1pm

Last meeting at Noon

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

7th tradition will be observed every hour

Contact: Bearto M. (562) 843-2764



### OA'S BIRTHDAY PARTY

Friday, January 17<sup>th</sup> - Sunday, January 19<sup>th</sup>

LAX Hilton  
5711 West Century Blvd, LA, CA 90045

**Registration - \$50**  
Online until Sunday, December 1<sup>st</sup>

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

**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.

## A TOOL FOR EVERY OCCASION - SERVICE CALL -

The telephone is the hardest Tool for me to use. I have stubbornly resisted this Tool during all my ten years in program. Even in my teenage years, I did not like answering calls from my girlfriends. Whoever heard of a teenage girl who doesn't like to talk with friends on the phone?

My disease causes me to feel inadequate, so I am sometimes at a loss for words during conversations. I am afraid of being a bore. My disease says, "You're not an interesting conversationalist. Don't bother calling anyone." And as a compulsive overeater, I often lapse into a desire for isolation. I find myself retreating into my head.

A commitment to making phone calls ensures I rejoin the world and connect with other compulsive overeaters.

I remember something helpful a speaker once said: "I make calls not because it helps me, but because it is a service to the person I'm calling." Phone calls may always be a challenge for me, but my recovery has taught me I must do the thing I do not want to do.

- Kathy

Long Island, New York

### 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/](http://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.

## MINUTES : OA South Bay Intergroup Representatives Meeting August 17, 2019

### REPRESENTATIVE MEETING

**Attendees:** Andrea (Chair), Ken (Vice Chair), Myrrh (Parliamentarian); Jane (Public Information), Betsy (Meeting Liaison), Eileen (Special Events/WS-R1 Delegate), Vivian (Webmaster), Diana (Young Peoples/WS-R2 Delegate) and 15 meeting representatives.

July 20th Rep Meeting Minutes read and approved. Quorum met.

### BOARD & COMMITTEE CHAIR REPORTS

**Chair:** Dianne will pick up Free Flights.  
**Vice Chair:** Attended new Food Dude Meeting. Wednesday's at 6:30pm. Close to getting permanent location in the Torrance area. This meeting can use Men's support. Attended (as a speaker) Young People's Meeting, El Segundo, Tuesday nights. 7 people attended. (50% under 30) Can use support.

During the report a motion was made to allocate \$100 to the Food Dudes meeting for purpose of purchasing literature. 2nd motion passed.

Motion to allocate \$100 for the Thursday 6:05pm Hermosa Beach meeting to purchase literature. 2nd motion passed.

**Parliamentarian:** Working on By Laws. Missing Policy and Procedures. Checking with Tom F. File may not exist. (may have been missing since 2015)

**Treasurer:** Sent regrets. Chair Andrea provided commentary. Report this month only shows income. Expenses not included. Income is approximately \$8K YTD. Need \$10K. Trending OK. Brief discussion on possibly printing YTD meeting contributions in Free Flight. Chair commented that space limitations prevent this. Primary purpose of Free Flight is to carry the message.

**Public Information:** Need support for House of Hope for September & October. Gave an overview of what commitment is. 1 hour meeting, 2 - 3 people speak for 10 - 15 minutes each followed by open pitches. Men and women are welcome to do service. Recommendation to change the de-

scription of the service from panel to leader led speaker meeting is more friendly.

**Meeting Liaison:** OA Birthday Party is January 17th - 19th at LAX Hilton. \$45 registration. Hotel is \$139 per night. Go to OALAIG.org for more information. Will be on Website and in Free Flight.

Food Dudes Men's Meeting is an official meeting.

**Special Events:** Will be stepping down in October. Thanksgiving Marathon is all set up. Bearto will run it.

**Webmaster:** No changes this month. Just a few fixes to the site. Will post flyer for Thanksgiving Marathon on the site. Kudos to Betsy for creating a nice flier. Marathon will only be from 8 - 1pm this year. Last meeting will begin at noon. Average 1,600 unique visits to the website last month.

**Young People's Chair:** School year is beginning. Will be doing outreach at health fairs. Asking for volunteers to help do service. She will put together a schedule so people can sign up. Young People's meeting is healthy.

**OLD BUSINESS:** Discussion on what R2 Delegate are. May elect 3 R2 Reps. Reps attend World Service (1 rep for every 10 meetings). Our IG could send 3 but elected to send 2 because of expenses.

(Approximately \$1,200 per attendee to cover transportation, meeting, room and board). R2 Assembly is in California. Delegate is a 2 year term with no limit but will rotate World Service Opportunity. No one attended World Service in March. Money is still in budget.

**NEW BUSINESS:** Elections will be in October for Chair, Secretary, Parliamentarian, Public Information with 2 year terms. Qualifications: Regularly attend meetings, 6 months of abstinence, 3 month service above meeting level, & 1 year in OA be serving or have served as rep/alternate.

**The meeting was adjourned with the OA Promise at 10:30 a.m.**

### 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!!*

**Sue B. - August - 19 years**  
**Lavaine - September - 19 years**  
**Michelle - September - 19 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	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**

## ◀ MEETING SPOTLIGHT ▶ THE OLD MEETING

West Lakewood Baptist Church - Friday's @ 10:30 A.M.

This spotlight draws attention to what may be (probably is) the oldest meeting in the South Bay Intergroup, if the three-digit meeting number of 00399 is any indication. I can personally attest to the fact that the meeting was in existence prior to January 1974, as it was one of my regular meetings at that time. In those early days, it was being held in the Icaboni Library on Clark Street, Lakewood, CA.

Earlier this year, this meeting fell off the South Bay Intergroup list of meetings either by misunderstanding or miscommunication. (This is why it's important to keep your meeting information, including contact person, up to date with the South Bay IG Meetings Liaison.) Now the meeting is back on schedule and really needs support. It is currently a very small, intimate group – perfect for letting out those secrets that lead to overeating.

## ◀ DONATIONS ▶

Day	Location	Time	#	September	October
Sunday	Torrance Del Amo	11:00 AM	7682	\$180.27	\$155.66
Sunday	Long Beach	5:00 PM	27906	\$200.00	\$150.00
Monday	Long Beach	7:00 PM	52590	\$120.00	
Tuesday	Torrance	11:00 AM	19487	\$105.00	
Tuesday	Lakewood	6:30 PM	15224	\$120.00	
Tuesday	El Segundo	7:00 PM	56102	\$84.00	
Wednesday	Long Beach (IC)	6:00 PM	54517	\$60.00	
Wednesday	Manhattan Beach	6:00 PM	54374	\$96.00	\$69.00
Wednesday	San Pedro	7:00 PM	53992	\$160.00	\$120.00
Thursday	Hermosa Beach	6:05 PM	56466	\$107.73	
Thursday	Long Beach	6:30 PM	51287	\$60.00	
Friday	Manhattan Beach	9:15 AM	40803	\$98.40	
Saturday	Seal Beach	8:00 AM	7394	\$102.00	
Saturday	Torrance	8:30 AM	12163	\$147.00	
Saturday	Lakewood	4:00 PM	48494	\$28.80	
Saturday	SBIG	9:30 AM	N/A	\$159.00	
Other	Individual			\$95.00	
Other	PayPal Fee			-26.68	-12.08
Other	Interest			\$0.41	
<b>TOTAL</b>				<b>\$1,896.93</b>	<b>\$482.58</b>

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	Estimated End Balance
Sep-19	\$9,002.04	\$1,896.52	\$0.41	-\$609.89	\$0.00	\$10,289.08

### 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
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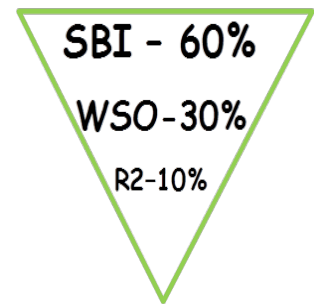
### Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Eileen C.D.	<a href="mailto:ecdpopcorn@gmail.com">ecdpopcorn@gmail.com</a>	(562) 212-9265
R2 Rep/WSD #2	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 TREASURERS

South Bay Intergroup donations may be made through the [oasouthbay.org](http://oasouthbay.org) website donation button. The button is located on the left side of the home page. Please include meeting #, day of the week and time in the Special Instructions section below 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:

November 16<sup>th</sup>  
December 21<sup>st</sup>  
January 18<sup>th</sup>

*All are welcome! Please share your opinion!*

◀ NOVEMBER 2019 ▶

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	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
	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
Monday	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, 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	Lorian C. (253) 278-4168	I, FT, VR, WC
Tuesday	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
Thursday	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
	6:00 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
	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, SS4
Friday	7:00 PM	San Pedro (53992)	St. Peter's 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) 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	±, 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	9:15 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, Sp I, Wtg, WC
	±10:30:00 AM	Lakewood (00399)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Don (323) 687-5614	Book, C/C, P
	7:30:00 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
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, Sp I, WC
	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Shelly M. (714) 308-3015	P, Sp, WC
Tuesday	±10:30 AM	San Pedro (17667)	St. Peter's 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, ±
	<b>CLOSING - LAST MEETING NOVEMBER 23RD</b>				

◀ 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](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\*\*\***