

Free Flight

November 2023



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.

I wanted to Get Well

I came to OA because I wanted to get well more than I wanted to eat. That is the steady purpose that directs my life today. I place freedom from compulsive overeating before everything else because I do not want to return to the life I had without it. Before OA, the only tranquility I knew was to anesthetize myself with food., an indulgence for which I paid dearly the rest of the time. Nothing could save me from the mental and emotional anguish and confusion of being fat, feeling guilty and hating myself for lack of control.

Today I'm not confused about who I am and what I'm doing. I am a compulsive overeater, relieved by the grace of God from the obsession, and recovering in this place I call home.

Staying aware of my purpose in living by the OA program is my true source of peace of mind. Therefore it is my number one priority, and nothing — no food, no circumstance, no person — can tempt me to give it up.

— For Today, p. 305

Thanksgiving Marathon



Thursday November 23, 2023
Back-to-Back Meetings
8 :00 am to 2:00 pm
A new meeting every hour
Last Meeting starts at 1:00 pm



Zoom meeting ID: 810 5741 7654; Passcode: Gratitude

To Join by phone dial (669) 444-9171, Meeting ID 810 5741 7654 Passcode 481540306

UPCOMING EVENTS

Local OA Intergroups

[Los Angeles Intergroup](#)
[San Fernando Valley Intergroup](#)
[Foothill \(Pasadena Area\) Intergroup](#)
[Orange County Intergroup](#)
[San Gabriel Valley Intergroup](#)
[Channel Islands Intergroup
\(Santa Barbara & Ventura\)](#)
[Inland Empire Intergroup
\(Riverside, San Bernardino areas\)](#)
[San Diego County Intergroup](#)

64th Annual OA Birthday Party

Friday January 12—14, 2024

See oalacig.com for more info

Stepping Out of Relapse A Region 2 Workshop

December 9, 2023
1-4 pm pst

3 Keynote Speakers in English and Spanish Translation.

There will also be time for Q&A and sharing.

Zoom meeting ID: 853 5109
8250 PASSCODE: 546777

Visit oar2.org/12th-step-within for more info

Want more info about OA Southbay Intergroup?

Call (310) 802-2001
Or
(562) 493-9030

OA is for Anorexics and Bulimics, too!

Zoom meeting
Tuesday 6 p.m.

Meeting ID: 81278154382
Password : Southbay

Also check LA Intergroup
For more meetings

IN PERSON MEETINGS

Sunday
5:00pm Long Beach (P)

Monday
9:00am Manhattan Beach (P)

Tuesday
6:30pm Long Beach (P)
7:30pm Torrance (P)

Wednesday
6:00pm Long Beach (P)
7:00pm Torrance (H)

Thursday
10:00am Long Beach (P)
6:00pm Long Beach (P)

Saturday
8:30am Torrance (H)
9:00am Long Beach (P)

*IN PERSON(P) *HYBRID (H)

Special Focus Meetings

Fellow OAers who share similar experiences

Anorexics & Bulimics

100 Pounders

Young People

LGBTQ+

Men Only

More Special Focus Meetings can be found at oa.org/find-a-meeting.

Need an OA book or pamphlet?



Visit bookstore.oa.org

OA HELPLINE CONTACTS

Name	Phone	Best Times	Email	Name	Phone	Best Times	Email
Eileen	(562) 212-9265	10am-6pm		Tom F.	(562) 464-7550	8am - 9:30pm	tjfirpo@verizon.net
Jennifer S.	(310) 529-5708	9am-7pm	jen.steffen777@gmail.com				

Helpline Volunteers are here to answer to your questions and remind you that YOU ARE NOT ALONE.

7th Tradition Donations

In keeping with the 7th Tradition, we are self supporting through our own contributions, declining outside contributions.



MEETING TREASURERS

Suggested 7th Tradition Donation Diagram



Online Donations:
www.oasouthbay.org/donate

Mail to:
OA South Bay Intergroup
P.O. Box 918
Harbor City, CA 90710

Your individual donation covers the costs incurred in carrying the OA message of recovery to those who still suffer...inside and outside of the rooms. Those costs include rent, Zoom subscriptions, website and phone expenses, insurance, outreach to the public, literature expenses and regular donations to Region 2 and World Service Organization. Thank you for your continued support!

Treasurer's Report

OCTOBER 2023					
DAY	TIME	LOCATION		MEETING#	DONATIONS
Sunday	3:00 PM	VIRTUAL Women's	LONG BEACH	800368	\$3.00
	5:00 PM	VIRTUAL	LONG BEACH	57536	\$0.00
	5:00 PM	Long Beach IN PERSON	LONG BEACH	27906	\$36.00
Monday	6:00 AM	Long Beach		53426	\$209.40
	6:30 PM	Virtual		89488	\$0.00
	7:00 PM	Long Beach		52590	\$0.00
Tuesday	11:00 AM	Torrance			\$0.00
	5:30 PM	Torrance			\$0.00
	6:00 PM	Virtual		Anorexia/Bulimia 57213	\$0.00
	6:30 PM	Long Beach		15224	\$120.00
	6:30 PM	Virtual/Hibernation		89489	\$0.00
Wednesday	7:30 PM	Torrance		15653	\$180.00
	6:00 AM	Long Beach			\$0.00
	6:30 PM	Torrance		56935	\$0.00
	7:00 PM	Inglewood		32469	\$0.00
Thursday	7:00 PM	San Pedro		53992	\$0.00
	6:00 AM	Long Beach		56288	\$0.00
	10:00 AM	Long Beach		57420	\$0.00
Friday	6:30 PM	Long Beach		51287	\$0.00
	8:00 AM	Virtual		89465	\$0.00
	9:30 AM	Manhattan Beach		40803	\$0.00
Saturday	10:30 AM	Lakewood		399	\$0.00
	7:30 PM	Long Beach		31477	\$0.00
	8:00 AM	Seal Beach		07394	\$0.00
Not identified	8:30 AM	Torrance		12163	\$120.00
	10:30 AM	Lakewood		04950	\$0.00
					\$123.00
				Intergroup	\$109.00
				Workshops	\$0.00
				GRAND TOTAL	\$900.40
DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
10/31/23	\$10,182.33	\$571.84	\$0.44	-\$40.00	\$10,714.61

South Bay Intergroup Service Opportunities

Young Peoples' Chair*
Public Information Chair*
Special Events Chair*
R2/World Service Representative

Go to oasouthbay.org for details.

***No experience necessary**



South Bay Intergroup Rep & Board Meetings

3rd Saturday of the month

Board Meeting 9-9:30 am
Rep Meeting 9:30-10:30 am

Upcoming Meetings:
November 18
December 16

All are welcome!
Please share your opinion!

All Submissions for
November are due by
Friday, November 24

Email info to:
editor.oasbig@gmail.com

FREE PDF

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

Everything a Newcomer
Needs to Know

Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous Representatives Meeting Meeting October 21, 2023

Board Members in Attendance: Ken Ken (Chair), Kathi (Secretary), Vicky (Parliamentarian), Jane (Meeting Liaison), Joe (Technology Chair), Michelle (Region 2/World Service Rep), Bearto (Region 2/World Service Rep)

Meeting Called to order @ 9:34 a.m. by Ken. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for September.

Officer Reports:

Chair – Ken

Shared flyers for upcoming events, o This is his last meeting as Chair. New Chair will take over in November.

Ken

thanked everyone he worked with over the years; worked with 80 + people as reps and board members.

o Grateful to Claudia and Pauline for our website and Free Flight.

o Honored Vivian and Jerry for getting him started on his OA journey.

Vice Chair – absent

Secretary – Kathi went over the rep report for October. Ken: Add the Thanksgiving Day Marathon on November 23 rd and reps, announce it at your meetings

Treasurer – Jeanne

Shared the financial report for October. Jesse: needed clarification re: donations.

Parliamentarian – no report

Free Flight Editor – no report

Public Information Chair: Vacant

Webmaster – absent

Meeting Liaison Chair - no report

Special Events - Vacant

Young People's – Vacant

Technology Chair – no report

Region 2/World Service –

Michelle/Bearto Bearto: R2 Public Information Chair has left the Lifeline in a shambles. Michelle: Diversity and Inclusion Workshop is on November 18 th . She provided details.

Old Business – none

New Business –

Elections:

Chair: Kathi nominated Michelle.

Vicky seconded. Michelle is elected as our new Chair!

Secretary: No nominations. Ken: To maintain our 501C-3 non-profit status, we must elect a Secretary. We can go 30 days without one. Hopefully someone will step up at our next meeting for this mandatory position.

Parliamentarian: No nominations.

P.I. Chair (organizes Gay Pride, Mental Health, etc.) Bearto self-nominated. Pauline

seconded. Bearto is elected!

Special Events (organizes TDay

Marathon, workshops, etc.) No nominations.

Young People's Chair: Nominated Jeff L. We waived the abstinence requirement for him. Jeff L is the new Young People's Chair as per: the board. Thanks, Jeff!

R2 Rep/World Service Delegate Elections: Michelle has served 3 years and would like to serve for an additional year, ending in 2024. Vicky moved/Bearto seconded. Michelle elected!

Announcements and Open Discussion:

Thanksgiving Marathon: It's been a South Bay tradition to hold a marathon every year on Thanksgiving Day, which is November 23 rd this year. Michelle has stepped up to organize this! She is looking for volunteers to lead meetings and serve as Zoom hosts. Ken: please announce this at your meetings and let any OA members who would like to participate to contact Michelle. Her email address is available on our website and in the Free Flight: michellemcdunton@gmail.com .

Meeting adjourned with Serenity Prayer and the OA Promise at 10:41.

Next meeting will be on Saturday, November 18, 2023.

South Bay Intergroup Service Board

Chair	Ken	chair.oasbig@gmail.com	(562) 881-0710
Vice Chair	Carolyn	vicechair.oasbig@gmail.com	(562) 896-1393
Secretary	Katherine D.	secretary.oasbig@gmail.com	(562) 234-5473
Treasurer	Jeanne	treasurer.oasbig@gmail.com	(714) 493-3175
Parliamentarian	Vicky R.	parliamentarian.oasbig@gmail.com	(562) 397-2148
Public Information	VACANT	publicinfo.oasbig@gmail.com	
Free Flight Editor	Pauline	editor.oasbig@gmail.com	(310) 294-2112

Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Michelle D.	michellemcdunton@gmail.com	(310) 529-3796
R2 Rep/WSD #2	Diane C.	diadog@att.net	(951) 347-5267
R2 Rep/WSD #3	Bearto	FlightBear562@yahoo.com	(562) 843-2764
Jane A.	Meeting Liaison	meetings.oasbig@gmail.com	(714) 356-7352
Webmaster	Claudia	webmaster.oasbig@gmail.com	(310) 944-4602
Technology Chair	Joe C	Tech.oasbig@gmail.com	(562) 243-2300
Young People's	VACANT		
Special Events	VACANT		



OCTOBER 2023 SOUTHBAY MEETING DIRECTORY

Most meetings have remained virtual. Meetings indicated in bold are meeting in person.
Check with Meeting Contacts or oasouthbay.org for updated meeting status.

TIME	MEETING FOCUS	CITY	OA Southbay Meeting Schedule	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
			ZOOM MEETING ID				
UNDAY	3:00 PM	Women's Virtual Meeting	875-0224-6655	228940		Jessica R. (930) 906-3530	WS
	5:00 PM	5pm For Today Virtual Meeting	830-1249-5488	Southbay		Helien T. (562) 714-1468	1, P
	5:00 PM	Long Beach 5pm Meeting (IN PERSON)	---	---	Christ Lutheran Church: 6500 E. Stearns St., LB, CA 90815 (ounge)	Bob 562-924-4970	1, P
MONDAY	6:00 AM	Long Beach Virtual Morning Meeting	140-017-349	Southbay		Kristin (562) 208-2869	1, BB, Wtg, WS
	9:00 AM	Manhattan Beach Morning Meeting (IN PERSON)	---	---	MB Community Church: 303 S. Peck Ave Manhattan Beach, CA 90266	Christina B (858) 405-7209	1, C/C, P, M, WF
	6:30 PM	Read, Write & Recover Virtual Meeting	916-0723-2889	743666		Swan P. (310) 420-0480	1, Book, P, Wtg
	7:00 PM	Long Beach Virtual Meeting	281-847-366	Southbay		Margie M. (562) 676-5497	
TUESDAY	11:00 AM	Torrance Virtual Meeting	959-9238-7019	357282		Gary C. (424) 731-1483	
	5:30 PM	Torrance Virtual Book Study	929-907-449	610573		Sherly (310) 940-1130	
	6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	812-7815-4382	Southbay		Sharon M. (562) 243-5742	A/B, Book
	6:30 PM	Long Beach Speaker Meeting (IN PERSON)	---	---	St. Thomas of Canterbury 5306 E. Arbor Rd., Long Beach, CA 90808	Margie M. (562) 676-5497	C/C, P, SS1, WCL
WEDNESDAY	7:30 PM	Torrance Live Big Book Meeting	186593		First Christian Church of Torrance 2930 El Dorado St., Room 9	Jennifer S. (310) 529-5708	Book, C/C, P, WCL
	1:00 PM	Big Book Study	---	---	100 N. Hillcrest Blvd., Rm 3, Inglewood	Bernice A. (323) 799-7610	BB
	6:00 PM	Long Beach For Today Meeting	541-930-3317	Text msg contact	Intercity Fellowship Hall, 5831 Cherry Ave., Long Beach, CA 90805	Sandy W. (562) 533-9987	1, C/C, FT, P, WCL
	7:00 PM	Food Dudes Men's Meeting (HYBRID)	328-719-0049	apple	First Christian Church 2930 El Dorado St., Torrance, Room 9	Bill A. (310) 632-5688	1, C/C, M, WF
THURSDAY	6:00 PM	Long Beach Live Big Book Study	---	---	First Presbyterian Church Rm. 3	Valis. (310) 514-3025	1, 2/42, SS Wtg, WCL
	6:00 PM	Manhattan Beach	---	---			No wheelchair access
	8:00 AM	Long Beach Women's Virtual Meeting	511-211-302	Southbay	4900 Federation Way, Long Beach	Jacque 562-282-5977	BB, WS, 14th Step, 12&12
	6:00 PM	Long Beach	---	---	Christ Lutheran Church: 6500 E. Stearns St., LB, CA 90815 (ounge)	Annie M. 562-522-7573	1, BB
FRIDAY	7:30 AM	Women's Virtual Meeting	763-262-800	Southbay		Countrey E. (714) 795-7985	Women's Meeting
	9:30 AM	Manhattan Beach Fellowship Virtual Meeting	328-784-1846	Southbay		April W. (800) 798-5920	Wtg, P, Sp1, 1
	7:30 PM	Long Beach Virtual Speaker Meeting	803-542-733	Southbay		Tom F. (562) 461-7550	1, C/C, P, Sp1, WCL
	7:30 AM	AA 12&12 Virtual Step Study	815-5689-1756	35-5823		Deborah (562) 839-2000	O/CIG, SS, WCL
SATURDAY	8:00 AM	AA 12&12 Virtual Step Study	822-7864-8284				
	8:30 AM	Torrance Morning Meeting (HYBRID)	235-040-1649	9461	First Christian Church 2930 El Dorado St., Room 9 HYBRID		
	9:00 AM	Bayshore Women's Literature Meeting (IN PERSON)	---	---	Bayshore Community Church 5100 E. The Palms, Long Beach 90803	Haley G. 318-726-3604	1, WS, Book, P
ode	Meaning	Code	Meaning	Code	Meaning	Code	Meaning
1th Step	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	OA	Overaters Anonymous ("Brown Book")	SS4	Step Study 4th Week of the Month
2&12	One Hour Meeting	CC	Child Care Available	OCIG	Orange County Intergruop	VR	Voices of Recovery Book
A/B	Meditation	FT	For Today Book	P	Pitch	WC	Wheelchair - Full Access
BB	OA's 12/12	HOW	Honest, Openminded, Willingness	Sp	Speaker Meeting	WCL	Wheelchair - Access May Be Limited, Please Call
Book	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	Sp1	Speaker Meeting 1st Week of the Month	WS	Women's Stag
	Big Book of AA	M	Men's Meeting	SS	AA 12x12 Step Study	Wtg	Writing
	Study Various books	NC	Newcomers	SSI	Step Study 1st Week of the Month	YP	Young People

For more information about AA Southbay, please visit oasouthbay.org