

Free Flight

April 2023



“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.

The Tiniest Crack

A couple of months ago, I had an evening when I was feeling so much frustration, irritation, resentment, and disconnection from myself and those around me. I texted my sponsor and said, “I don’t know how to allow a Higher Power to help me. I just have too much resistance. I know that the Power of love in the world exists and could help, but I feel too resistant and shut down. I feel hard and shut like a closed door, and I don’t know how to make an opening that can let any of that healing power in.”

She texted me back with a message that I’ve remembered ever since, “Of course you feel that way; it is what resentment does to us. So even though you don’t feel like it and don’t think it will help, go ahead and ask the Power of love to come in. It only takes the tiniest of cracks.”

That last sentence is what really struck a chord and has helped ever since: it only takes the tiniest of cracks. I imagine a dark room with a small beam of light coming through a crack in the door frame and how that little bit of light can actually be enough to see by. Now when I feel totally shut down or overwhelmed by emotion, I try to remember that inside me is still a tiny crack where love can enter, where a Higher Power can reach through and soften the pain. Even the smallest sliver of willingness is enough to allow it in.
— D.S.

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)



The Orange County Intergroup of Overeaters Anonymous Inc. Presents



38th Women's
SWEET SURRENDER RETREAT
"Let Go & Let God"
Back by popular demand –
an in-person weekend of speakers, workshops, yoga, meditation,
and meaningful fellowship with other women who are walking the path of happy destiny!
April 21-23, 2023
Patriotic Ranch (near Idyllwild)
oasouthbay.org
Registration: \$250
Information: Alice N. (949) 793-3332 E-mail: albnat@oasouthbay.org

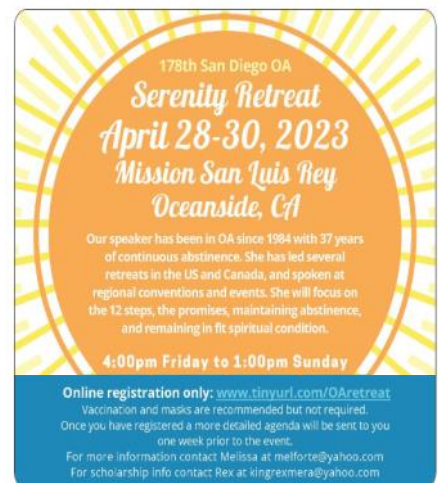
Save the Date!

Recovery:
Putting the Pieces Together



OA Region 2 Convention
Orange County, CA July 7-9, 2023

- * In Person or Hybrid (en español tambien)
- * Fun, Fellowship, Recovery
- * Invite your friends

178th San Diego OA
Serenity Retreat
April 28-30, 2023
Mission San Luis Rey
Oceanside, CA
Our speaker has been in OA since 1994 with 37 years of continuous abstinence. She has led several retreats in the US and Canada, and spoken at regional conventions and events. She will focus on the 12 steps, the promises, maintaining abstinence, and remaining in fit spiritual condition.
4:00pm Friday to 1:00pm Sunday
Online registration only: www.tinyurl.com/OAretreat
Vaccination and masks are recommended but not required. Once you have registered a more detailed agenda will be sent to you one week prior to the event.
For more information contact Melissa at melforte@yahoo.com
For scholarship info contact Rex at kingxmera@yahoo.com



South Bay Intergroup of Overeaters Anonymous Representatives Meeting February 18, 2023 Minutes

Board Members in Attendance:

Ken (Chair); Carolyn (Vice Chair); Vicky (Parliamentarian); Claudia (Webmaster); Jane (Meeting Liaison); Joe (Technology); Michelle (R2/World Service Delegate); Diane (R2/World Service Delegate)

Meeting called to order by Ken S @ 9:31 a.m. with the Serenity Prayer. Quorum confirmed by Jane, Meeting Liason. Vicky moved to approve January meeting minutes with edit. Jane seconded. Minutes approved unanimously.

Officer Reports:

Chair – Ken S; Welcome to Joe, our new Technology Chair! Thanked people who filled in last month. Welcomed new reps to our meeting. Ken spoke at the Torrance 8:30 AM hybrid meeting and promoted service opportunities.

Vice Chair – Carolyn; No report.

Secretary – Kathi; Absent.

Treasurer – Jeanne; Presented February financial report. The 2022-2023 Annual Budget was presented for a vote. Jeanne moved to approve; Vicky seconded. Budget passed.

Parliamentarian – Vicky; no report.

Free Flight Editor – Vacant; Free

Flight requires Word Publisher program, which only runs on a PC. Laura indicated interest in the position and she may have the program; she will check on it.

Committee Reports:

Webmaster – Claudia presented a virtual tour of the website for reps. We are considering merging the Free Flight with the website; more on this at a later date. The “Zoom Help” link on the Local Meeting page is being deleted. There is now a meeting list in printable form under Local Meetings. (one-pager)

Meeting Liaison Chair – Jane announced that the 7 PM Monday Virtual Long Beach meeting may disband. The Thursday 6 PM Literature Study in Long Beach will be in-person as of 3/2/23.

Young People’s – Vacant

Public Information – Vacant Region 2/World Service Reps – Michelle and Diane

Michelle: Her term as R2 rep is finishing in October 2023. Spring Assembly is March 23-24, 2023 in San Francisco. Anyone can attend, but not vote. It is a business meeting.

Diane: R2 representative requirements: at least one year of continuous abstinence. World Service and R2 are the same position. The R2 Convention in July

is similar to the OA Birthday Party.

Old Business:

Ken announced vacancies for Free Flight Editor, Public Information Chair, Special Events Chair, Young People’s Chair, Region 2/World Service Rep #3. Bearto expressed interest in World Service/R2 representative #3. Michelle moved to elect him, Vicky seconded. Unanimously approved. Ken introduced the group Joe C., who was approved by the Board to serve as our new Technology Chair. Welcome Joe!

New Business: Maylynn was introduced: She is the Vice Chair for the R2 Convention Planning Committee. Her phone number is 714-225-4424. Please call her if you want to get involved. Planning Committee meets on Zoom on the 2nd Monday of the month at 6:30. Register at oaoci.org. Carolyn reported that there is still a problem with people logging on as Zoom Host with a new device because it requires a 2-factor authorization. Solution in progress.

Meeting adjourned with Serenity Prayer and the OA Promise at 10:30.

**Next meeting
Saturday, April 15, 2023**

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:
February 18th
March 18th

*All are welcome!
Please share your opinion!*



OA SOUTHBAY INFO

(310) 802-2001
OR
(562) 493-9030



South Bay Intergroup Service Opportunities

Free Flight Editor*
Young Peoples’ Chair*
Public Information Chair*
Special Events Chair*
**R2/World Service
Representative**

Go to oasouthbay.org for details.

***No experience necessary**

OA HELPLINE CONTACTS

| Name | Phone | Best Times | Email | Name | Phone | Best Times | Email |
|-------------|----------------|------------|--|--------|----------------|--------------|--|
| Eileen | (562) 212-9265 | 10am-6pm | | Tom F. | (562) 464-7550 | 6am - 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.



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!

ABSTINENT BIRTHDAY



Your Name Here

Share your OA Birthday with us!
Email your first name, birthday month, and number of years to editor.oasbig@gmail.com

The Program Works!

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

| FEBRUARY 2023 | | | | | |
|---------------|------------------|---------------------|------------------------|--------------------------|-----------------|
| DAY | TIME | LOCATION | MEETING# | DONATIONS | |
| Sunday | 3:00 PM | Long Beach | 800368 | | \$0.00 |
| | 5:00 PM | Long Beach | 27906 | | \$0.00 |
| Monday | 6:00 AM | Long Beach | 53426 | | \$0.00 |
| | 6:30 PM | Virtual | 89488 | | \$0.00 |
| | 7:00 PM | Long Beach | 52590 | | \$20.00 |
| Tuesday | 11:00 AM | Torrance | | | \$0.00 |
| | 5:30 PM | Torrance | | | \$35.00 |
| | 6:00 PM | Virtual | Anorexia/Bulimia 57213 | | \$10.00 |
| | 6:30 PM | Long Beach | 15224 | | \$0.00 |
| | 6:30 PM | Virtual/Hibernation | 89489 | | \$0.00 |
| Wednesday | 7:30 PM | Torrance | 15653 | | \$0.00 |
| | 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 | | \$20.00 |
| | 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 | | \$35.00 |
| | 9:30 AM | Manhattan Beach | 40803 | | \$0.00 |
| | 10:30 AM | Lakewood | 399 | | \$0.00 |
| Saturday | 7:30 PM | Long Beach | 31477 | | \$0.00 |
| | 8:00 AM | Seal Beach | 07394 | | \$0.00 |
| | 8:30 AM | Torrance | 12163 | | \$0.00 |
| | 10:30 AM | Lakewood | 04950 | | \$20.00 |
| | | | Not Identified | | \$105.00 |
| | | | Intergroup | | \$125.00 |
| | | | Workshops | | \$0.00 |
| | | | GRAND TOTAL | | \$370.00 |
| DATE | BEGIN BAL | DEPOSITS | INTEREST | CASHED CKS/DEBITS | END BAL |
| 02/28/23 | \$7,580.16 | \$330.76 | \$0.29 | -\$40.00 | \$7,871.21 |

TREASURER REPORT

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 | VACANT | editor.oasbig@gmail.com | |

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 | | |

All Free Flight submissions are due to the editor by the 3rd Friday of each month.

May Deadline: Friday, May 19

Email info to:
editor.oasbig@gmail.com



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

FREE PDF

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

*Everything a Newcomer
Needs to Know*

Click for Downloadable Pamphlet

I put my hand
in yours . . .

. . . and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.



Need an OA book or pamphlet?



Visit bookstore.aa.org

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
aa.org/find-a-meeting.

APRIL 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 | ZOOM MEETING ID | PA88WORD | LOCATION | MEETING CONTACT | MEETING CODE |
|------------------|--|-------------------------|----------------------|----------------|---|---|--------------|
| SUNDAY | | | | | | | |
| 3:00 PM | Women's Virtual Meeting | Long Beach (800368) | 875-0221-8655 | 228340 | | Jessica R. (530) 906-3053 WS | |
| 5:00 PM | 5pm For Today Virtual Meeting | Long Beach (279061) | <u>833-1144-5833</u> | Southbay | | Helen T. (562) 714-1463 1, P | |
| 8:00 PM | Long Beach 8pm Meeting (IN PERSON) | Long Beach (87888) | | | Christ Lutheran Church: 8600 E. Stearns St, CA 90816 (lounge) | Bob 562-924-4870 1, P | |
| MONDAY | | | | | | | |
| 6:00 AM | Long Beach Virtual Morning Meeting | Long Beach (5426) | <u>140-517-142</u> | Southbay | | Kristin (562) 208-2363 1, BB, Wg, WS | |
| 8:00 AM | Manhattan Beach Morning Meeting (IN PERSON) | Manhattan Beach (87677) | | | MB Community Church: 303 S. Peck Ave Manhattan Beach, CA 90288 | Christina B (866) 406-7209 | |
| 6:30 PM | Read, Write & Recover Virtual Meeting | Virtual (89488) | <u>816-0723-2882</u> | 7-35666 | | Green P. (310) 420-0480 1, Book, P, Wg | |
| 7:00 PM | Long Beach Virtual Meeting | Long Beach (52890) | <u>281-847-366</u> | Southbay | | Margie M. (562) 876-5497 | |
| TUESDAY | | | | | | | |
| 11:00 AM | Torrance Virtual Meeting | Torrance | <u>555-9288-7019</u> | 357182 | | Wendy (310) 977-0537 | |
| 5:30 PM | Torrance Virtual Book Study | Torrance | <u>929-507-449</u> | 610573 | | Betsy E. (310) 326-1527 | |
| 6:00 PM | Anorexia/Bulimia Focus Virtual Meeting | Virtual | <u>812-7813-4382</u> | Southbay | | Sharon M. (562) 243-0744 A/B, Book | |
| 8:30 PM | Long Beach Speaker Meeting (IN PERSON) | Long Beach (16224) | | | (St. Thomas of Canterbury) 15306 E. Arbor Rd., Long Beach, CA 90808 | Margie M. (866) 876-5497 C/C, P, 881, WCL | |
| 6:30 PM | Read, Write & Recover Virtual Meeting | Virtual (89489) | <u>816-0723-2882</u> | 7-35666 | | Green P. (310) 420-0480 1, Book, P, Wg | |
| 7:30 PM | Torrance Live Big Book Meeting | Torrance (16863) | | | First Christian Church of Torrance 2930 El Dorado St, Room 9 | Jennifer S. (310) 528-571 Book, C/C, P, WC | |
| WEDNESDAY | | | | | | | |
| 6:00 PM | Long Beach For Today Virtual Meeting | Long Beach (54517) | | | Innately Fellowship Hall, 5831 Chasty Ave, 90805 | Sandy W. (562) 533-3987 1, C/C, FT, P, WC | |
| 7:00 PM | Food Dudes Men's Meeting (HYBRID) | Hybrid/Torrance | <u>541-920-3812</u> | eat mly online | First Christian Church 2880 El Dorado St Torrance Room 8 | Bill A. (310) 822-6688 1, C/C, M, WF | |
| 7:00 PM | San Pedro Women's Step Study Virtual Meeting | San Pedro (53992) | <u>323-719-0549</u> | #0016 | | Val S. (310) 514-3025 12/12 SS Wg WC | |
| THURSDAY | | | | | | | |
| 6:00 AM | Long Beach Women's Virtual Meeting | Long Beach (56288) | <u>811-211-322</u> | Southbay | | Jacquie 562-252-5977 BB, WS, 11th Step, 12&12 | |
| 10:00 AM | Big Book in the Park (IN PERSON) | Long Beach | | | 4900 Federation Way, Long Beach | Angie M. 562-522-7573 1, BB | |
| 6:00 PM | Long Beach Virtual Big Book Study | Long Beach (51287) | <u>581-0215-0162</u> | Southbay | | Beno (562) 843-2764 Step Study, WC | |
| FRIDAY | | | | | | | |
| 7:30 AM | Women's Virtual Meeting | Virtual (89465) | <u>253-255-820</u> | Southbay | | Courtney E. (714) 795-779 Women's Meeting | |
| 9:30 AM | Manhattan Beach Fellowship Virtual Meeting | Manhattan Beach (40803) | <u>323-7541-8546</u> | Southbay | | April W. (310) 739-5820 Wg, P, Spl, 1 | |
| 7:30 PM | Long Beach Virtual Speaker Meeting | Long Beach (31477) | <u>803-543-733</u> | Southbay | | Tom F. (562) 464-7550 1, C/C, P, Spl, WC | |
| SATURDAY | | | | | | | |
| 8:00 AM | AA 12x12 Virtual Step Study | Seal Beach (07384) | <u>822-7364-8784</u> | | | Deborah (562) 833-2004 OCIG, SS, WC | |
| 8:30 AM | Torrance Morning Meeting (HYBRID) | Torrance (12183) | <u>255-940-1649</u> | 9461 | First Christian Church 2930 El Dorado St, Room 9 HYBRID | Hayley G. 312-728-2804 1, W8, Book, P | |
| 8:00 AM | Bayshore Women's Literature Meeting (IN PERSON) | Long Beach (87872) | | | Bayshore Community Church 5100 E The Toledo, Long Beach 90803 | Hayley G. 312-728-2804 1, P, Book, WC | |
| 10:30 AM | Lakewood Virtual Literature Study | Lakewood (04900) | <u>503-579-082</u> | Southbay | | Ariza (562) 972-1270 1, P, Book, WC | |

MEETING CODES

| Code | Meaning | Code | Meaning | Code | Meaning | Code | Meaning |
|-----------|---------------------------------|------|---------------------------------|------|---------------------------------------|------|---|
| ‡ | Meeting Needs Support/Attendees | C/C | Chips &/or Candles Given | OA | Overaters Anonymous ("Brown Book") | SS4 | Step Study 4th Week of the Month |
| I | One Hour Meeting | CC | Child Care Available | OCIG | Orange County Intergruop | VR | Voices of Recovery Book |
| 11th Step | Meditation | FT | For Today Book | P | Pitch | WC | Wheelchair - Full Access |
| 12&12 | OA's 12/12 | HOW | Honest, Openminded, Willingness | Sp | Speaker Meeting | WCL | Wheelchair - Access May Be Limited, Please Call |
| A/B | Anorexic/Bulimic Focus | LAIG | Los Angeles Intergroup | Spl | Speaker Meeting 1st Week of the Month | WS | Women's Stag |
| BB | Big Book of AA | M | Men's Meeting | SS | AA 12x12 Step Study | Wtg | Writing |
| Book | Study Various Books | NC | Newcomers | SSI | Step Study 1st Week of the Month | YP | Young People |