

Free Flight

August 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.

WE ARE NOT A GLUM LOT!

Humor and Recovery Workshop

Abstaining OA Members will share how humor has helped in good times and bad. Come to this in-person workshop for Summer fun and wisdom.

**Sunday, August 13
1-3 pm**

Christian Science Church
4032 Whitsett Ave.
Studio City, CA 91604

LABOR DAY MARATHON PHONE MEETING

Topic: Faith Without Works is Dead—Doing the Footwork of Recovery Every Day

Monday, Sept. 4, 11 am—Tuesday, Sept 5, 3 am

Presented by OA Virtual Intergroup

Phone: 712-432-5200
Conference ID: 4285115#

To The Men: Men in OA, We Want Your Story

The Orange County Intergroup wants to expand its publication about men in OA.

They are asking for written submissions telling about your OA experience.

See Orange County Intergroup site, click Events tab for more information.

Submission deadline is September 15, 2023

Sponsorship Day Marathon Phone Meeting

Topic: How do You Carry the Message to Those Who Still Suffer?

Saturday, August 19, 11 am—Sunday, August 20, 3:00 am

Presented by OA Virtual Intergroup

Meetings every hour
Zoom ID: 813 2949 0352
Password: 121212

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](#)

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**

MEETINGS NEED- ING SUPPORT

Mondays and Tuesdays
 "Read, Write, and Recover"
 6:30 pm
 Literature and Writing
 Same Zoom ID and Password
 for both days
 Zoom ID: 816 0723 2889
 Password: 743666

Tuesday
 5:30 pm
 Virtual Book Study
 Zoom ID: 929 507 449
 Password: Southbay

Thursday
 6 pm
 Book Study
In Person
 Christ Lutheran Church
 6500 E. Sterns St.
 Long Beach
 Meets in the lounge

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)**

New Meeting

In Person
 Big Book Study
 Wednesday
 1-2 pm
 100 N. Hillcrest Ave., Rm 3
 Inglewood, Ca.

Need an OA book or pamphlet?



[Visit bookstore.oa.org](http://bookstore.oa.org)



OA HELPLINE CONTACTS

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

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

JUNE 2023						
DAY	TIME	LOCATION		MEETING#	DONATIONS	
Sunday	3:00 PM	VIRTUAL Women's	LONG BEACH	800368	\$5.00	
	5:00 PM	VIRTUAL	LONG BEACH	27906	\$4.00	
	5:00 PM	Long Beach IN PERSON	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	\$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	\$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	\$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	\$45.00	
	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	\$130.00	
				Intergroup	\$100.00	
				Workshops	\$0.00	
				GRAND TOTAL	\$304.00	
DATE	BEGIN BAL	DEPOSITS	INTEREST		CASHED CKS/DEBITS	END BAL
06/30/23	\$9,233.21	\$0.00	\$0.37		-\$342.40	\$8,891.18

Working With Others

Presented by A Design For Living Virtual IG

Saturday 12 August
2:30 pm PDT

Zoom ID: 200 540 624
No Password needed

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:
July 15
August 19

All are welcome!
Please share your opinion!

All Submissions for
September are due by
Friday, August 25

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

Minutes
South Bay Intergroup of Overeaters Anonymous
Representatives Meeting July 15, 2023
Next meeting will be on Saturday, August 19, 2023.

Board Members in Attendance:

Ken(Chair); Kathi (Secretary); Jeanne (Treasurer); Pauline (FF Editor); Jane (Meeting Liaison); Joe (Technology Chair); Michelle (R2 Rep/World Service Delegate; Bearto (R2 Rep/World Service Delegate)

Meeting Called to order @ 9:32 a.m. by Ken. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed (later in meeting, only 1/3 of meetings needed to be represented). Toni moved to approve April meeting minutes; Pauline seconded. Minutes passed

Officer Reports:
Vice Chair – absent

Chair – Keno

Gratitude to reps for signing up/being of service.

We are virtual as of October 2023. We will need to vote at that time whether or not to stay virtual or switch to in-person meeting.

Ken will be stepping down in October. Think about serving in this capacity (Chair).

He spoke at meetings, including R2 Convention.

R2 Convention’s use of hybrid was fantastic!

•Secretary – Kathi

Kathi went over the July rep report with the reps in attendance.

Treasurer – Jeanne

Jeanne did not have the June financial report. She will send it out when finished.

Parliamentarian – no report.

Free Flight Editor – Pauline

If your meeting needs support, please contact Pauline. Ken: correction: please contact Jane and she will contact Pauline and Claudia. Jane is the “front door” to all meeting changes. Contact Jane for any new meetings or meeting changes also.

Public Information –vacant

Meeting Liaison Chair: Jane

She still is figuring out new reps or meetings without reps.

She needs emails from reps and updated contacts for meetings.

Four meetings that need support at this time: 1) Monday 6:30 pm (virtual), 2) Tuesday 5:30 pm (virtual), 3) Tuesday 6:30 pm (virtual), and 4) Thursday 6 PM Long Beach (in person).

Check the website and FF to ensure that your meeting information is correct.

Webmaster – Claudia

Took the group on a “tour” of the website.

Young People’s – Vacant

Technology Chair – Joe

If you are a Zoom host for a meeting and need help, please contact Joe in plenty of time before your meeting for assistance.

Public Information Chair: Vacant

Region 2/World Service – Michelle/Bearto

Bearto cannot organize the LB Pride this year. Bearto mentioned that there may be better ways to make contact with future OAs.

Old Business – Vacant Positions

Ken announced vacancies for Public Information Chair, Special Events Chair, and Young People’s Chair. No one volunteered to be considered.

Meeting adjourned with Serenity Prayer and the OA Promise at 10:31.

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.	michellemcdupton@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		

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.

JULY 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	MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
SUNDAY							
3:00 PM	Women's Virtual Meeting	Long Beach (800668)	875 022 6655	228840		Jasika R. (530) 906-3530	WS
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	820 124 9 5893	Southbay		Helen T. (562) 704-3463	1, P
5:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (57536)	---	---	Christ Lutheran Church: 6500 E. Stearns St. LB, CA 90815 (lounge)	Bob 562-924-4970	1, P
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (93426)	140 007 349	Southbay		Kristin (562) 208-2363	1, BB, Wg, WS
9:00 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (57577)	---	---	MB Community Church: 302 S. Peck Ave Manhattan Beach, CA 90266	Christina B (888) 405-7209	
6:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89483)	816 0723 2889	743666		Gwen P. (310) 420-0480	1, Book, P, Wg
7:00 PM	Long Beach Virtual Meeting	Long Beach (52590)	281 847 366	Southbay		Margie M. (562) 676-5497	
TUESDAY							
11:00 AM	Torrance Virtual Meeting	Torrance	853 9238 7019	357182		Wendy (310) 977-0537	
5:30 PM	Torrance Virtual Book Study	Torrance	929 507 449	610573		Betsy E. (310) 326-1527	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual	812 781 54 282	Southbay		Sharon M. (562) 245-5742	A/B, Book
6:30 PM	Long Beach Speaker Meeting (IN PERSON)	Long Beach (15224)	---	---	(St. Thomas of Canterbury) 5306 E. Arbar Rd., Long Beach, CA 90808	Margie M. (562) 676-5497	C/C, P, SS, WCL
6:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89483)	816 0723 2889	743666		Gwen P. (310) 420-0480	1, Book, P, Wg
7:30 PM	Torrance Live Big Book Meeting	Torrance (15653)	---	---	First Christian Church of Torrance 2930 El Dorado St., Room 9	Jennifer S. (310) 529-5708	Book, C/C, P, WCL
WEDNESDAY							
1:00 PM	Big Book Study	Inglewood	---	---	1400 N. Hillcrest Blvd., Rm 3, Inglewood,	Bernice A. (323) 799-7610	BB
6:00 PM	Long Beach For Today Meeting	Long Beach (54517)	---	---	Intercity Fellowship Hall, 5021 Cherry Ave., Long Beach, CA 90805	Sandy W. (562) 593-9927	1, C/C, FT, P, WCL
7:00 PM	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541 320 3317	Text mtg contact	First Christian Church 2930 El Dorado St. Torrance Room 9	Bill A. (310) 622-5688	1, C/C, M, WF
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (59932)	323 719 0049	apple	First Presbyterian Church Rm. 3	Nails. (310) 514-3025	1, 2/12 SS Wg WCL
THURSDAY							
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	511 211 302	Southbay		Jacque 562-252-5977	BB, WS, 11th Step, 12&12
10:00 AM	Big Book in the Park (IN PERSON)	Long Beach	---	---	4300 Federation Way, Long Beach	Angie M. 562-522-1573	1, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (51287)	---	---	Christ Lutheran Church: 6500 E. Stearns St. LB, CA 90815 (lounge)	Berta (562) 849-2764	Step Study, WCL
FRIDAY							
7:30 AM	Women's Virtual Meeting	Virtual (89465)	763 262 800	Southbay		Lourneve E. (714) 795-7985	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	828 764 1846	Southbay		April W. (310) 738-8920	Wg, P, Spl, 1
7:30 PM	Long Beach Virtual Speaker Meeting	Long Beach (31477)	803 462 733	Southbay		Tom F. (562) 464-7550	1, C/C, P, Spl, WCL
SATURDAY							
8:30 AM	AA 12&12 Virtual Step Study	Seal Beach (07394)	822 764 8784	---		Deborah (562) 832-2000	OCIG, SS, WCL
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12163)	235 940 1649	9461	First Christian Church 2930 El Dorado St., Room 9 HYBRID		

MEETING CODES

Code	Meaning	Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	OA	Overeaters Anonymous ("Brown Book")	SS4	Step Study 4th Week of the Month
I	One Hour Meeting	CC	Child Care Available	OCIG	Orange County Intergroup	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 Step
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