

# Free Flight

December 2023



www.oasouthbay.org

*“Another kind of flight, a spiritual liberation!”*

**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.

Abstinence brings such peace and freedom to my life. It brings the simplicity of being able to wear everything in my closet, of not wanting to lie when I have to list my weight on my driver’s license. The years of insomnia and nightmares are over because abstinence gives me the courage to be a person I respect and like, the integrity to align my actions with my values.

So when the seas of my life get stormy, I remember the phrase ‘Abstinence is a lifeboat. Stay in the lifeboat’. My disease used to tempt me into thinking being abstinent ‘made me’ feel the pain. Today, I understand that the more uncomfortable my feelings, the greater the freedom I’ll experience by walking through the situation abstinely. Now the time and energy I spent running is available for experiencing joy. For today, I treasure my abstinence.

—Voices of Recovery, p. 118



## The 64th OA Birthday Party

**“Together We Get Better”**

Friday, January 12, 2024—Sunday, January 14, 2024

LAX Hilton—5711 W. Century Blvd., Los Angeles, CA

Registration Required

See Los Angeles County Intergroup website for more info and to register.

**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](#)

Do you want to carry the message to the compulsive over-eater who still suffers?

Region 2 holds workshops to brainstorm and collaborate on ways to attract new members.

Every 3rd Tuesday at 6 pm.

Meeting ID: 818 7596 5303  
Passcode: Serenity I!

For more information contact Curt B.: Public-Information-Chair@OAR2.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 [oa.org/find-a-meeting](http://oa.org/find-a-meeting).

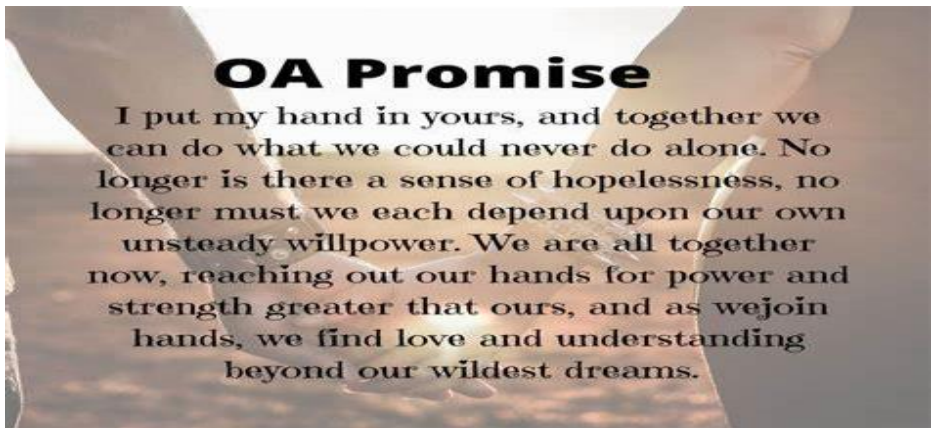
**Step 4—Inventories With Compassion and Love**

Presented by Southern California Inland Empire Intergroup

Jan 6, 2024 | 1 pm PST

Meeting ID: 854 1241 2873  
Passcode: 178432

For more info contact: Amy 951-237-6820  
or Renee 714-227-5799



**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	<a href="mailto:tjfirpo@verizon.net">tjfirpo@verizon.net</a>
Jennifer S.	(310) 529-5708	9am-7pm	<a href="mailto:jen.steffen777@gmail.com">jen.steffen777@gmail.com</a>				

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](http://www.oasouthbay.org/donate)

Mail to:

OA South Bay Intergroup

**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!

### NOVEMBER 2023

DAY	TIME	LOCATION	MEETING#	DONATIONS
Sunday	3:00 PM	VIRTUAL Women's	800368	\$0.00
	5:00 PM	VIRTUAL	57536	\$0.00
	5:00 PM	Long Beach IN PERSON	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	Virutal	Anorexia/Bulimia 57213	\$0.00
	6:30 PM	Long Beach	15224	\$168.00
	6:30 PM	Virutal/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	\$70.40
	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
	9:00 AM	Long Beach	57678	\$113.70
		Not Identified		\$125.00
		Intergroup		\$120.00
		Thanksgiving Marathon		\$165.00
		<b>GRAND TOTAL</b>		<b>\$762.10</b>

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
11/30/23	\$10,182.33	\$571.84	\$0.44	-\$40.00	\$10,714.61

### 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:  
December 16  
January 20, 2024

All are welcome!  
Please share your opinion!

All Submissions for  
January 2024 are due by  
Friday, December 29

Email info to:  
[editor.oasbig@gmail.com](mailto: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 November 18, 2023

**Board Members in Attendance:** Michelle (Chair); Carolyn (Vice Chair); Kathi/Larry (Secretary); Jane (Meeting Liaison); Pauline (Free Flight Editor); Claudia (Webmaster); Joe (Technology Chair); Jeff (Young People's Chair); Bearto (Public Information Chair); Michelle (Region 2/World Service Rep)

**Meeting Called to order @ 9:32 a.m. by Michelle. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for October.**

### Officer Reports:

#### Chair – Michelle

Met with Ken to catch up. Treasurer paid insurance. We will have budget meeting 12/2 at 10am. Jeanne will have budget ready. Zoom link and draft budget will be sent out. Questions can be brought up and then attempt to approve at 12/16 SBI meeting. Saturday meeting is not on the contribution report. Will provide to Jeanne. We have a healthy checking acct balance.

#### Vice Chair – no report

**Secretary – Kathi** OA Birthday Party is coming up. Deadline is November 30 for reduced rate.

#### Treasurer – Vacant

#### Parliamentarian – no report

**Free Flight Editor – Free Flight** is up on the OA Southbay website.

#### Public Information Chair: Vacant

#### Webmaster – Claudia

Gave reminder of resources available on OA Southbay website: Donate button, Board info with link to SBI and Representatives meeting. Free Flight, Zoom training info, link to OA San Diego for Zoom help. Events list valuable to meeting secretaries, including Thanksgiving marathon and OA Birthday Party. If questions, using "contact us" will go to Webmaster and then will be routed to the correct person.

### Meeting Liaison Chair - no report

### Special Events - Vacant

#### Young People's – Jeff

New at position. Putting together flyer for colleges. Requested help of what flyer should look like. Invite people to contact Jeff to join Young People's committee. Vicky suggested to contact Gwen. Jeff needs contact info. Jane shared contact info with Jeff. Chair stated that there are many colleges in our area. If reps have a place in your heart, seek guidance from HP to spend time on campus with QR code to get info, suggest huge 6' sign with QR code to encourage Young persons. Bearto challenges everyone present to offer a poster design with QR code in alignment with PI/PO and even business cards.

#### Technology Chair – Joe

There are San Diego Intergroup resources for Zoom on the OA Southbay website. It's a good place to get Zoom questions answered. Joe has helped a few people get logged in.

#### Region 2/World Service – Michelle:

Participating in Diversity workshop. On Dec 9, there is a "Stepping Out of Relapse" event. Will find the flyer and put in meeting chat or get link to Claudia to put on the OA Southbay website.

#### Old Business –

Elections: Secretary, parliamentarian, Special Events, Region2 Rep/World Service Delegate 2 and 3:

- Secretary: Larry self-nominated and second by Vicky. Larry elected unanimously.
- Parliamentarian: no nominations. Vicky requested Reps to seek interest. Vicky will help new parliamentarian.
- Special Events: Vicky reminds that these positions are committee chairs who can get a committee and don't have to do all the work themselves.
- R2 Reps: Michelle clarifies that 1-year and 2-year terms are available. Claudia will circle back with Michelle for info.

### New Business –

Michelle: Thanksgiving Marathon is six 1hr meetings from 8am, ending at 2pm. We need 11am and 1pm Zoom host. Larry volunteers to Zoom host at 1pm. We need leader at 1pm and 12. Melody volunteers to be leader for 1pm. Michelle requests Reps to probe meetings for 11am Zoom host and noon leader.

Michelle: There will be a budget meeting on 12/2. Jeanne will release the budget and questions can be taken to budget meeting at 10am. Jeanne and Michelle will be there. The budget meeting is needed for tax reporting.

### Announcements and Open

#### Discussion:

Bearto: First challenge is to help Jeff with flyers. Suggests business cards.

Michelle: A good next action is to collect designs for business cards and posters. Then coordinate distribution at campuses.

Bearto: There are adult schools out there. Wants to find out how to bring book study into adult schools. Wants to work with doctors and nurses to come to our meetings to find out what meetings are about.

Michelle provided a link to 12/12 R2 event. Pauline/Claudia stated that info is also in Free Flight and on Website.

Michelle prompted for questions - no response.

Michelle reminds to coordinate meeting info changes with Jane.

**Meeting adjourned with the OA Promise at 10:29.**

**Next meeting will be on Saturday, December 16, 2023.**

Chair	Michelle D	<a href="mailto:chair.oasbig@gmail.com">chair.oasbig@gmail.com</a>	(310) 529-3796
Vice Chair	Carolyn	<a href="mailto:vicechair.oasbig@gmail.com">vicechair.oasbig@gmail.com</a>	(562) 896-1393
Secretary	Larry C	<a href="mailto:secretary.oasbig@gmail.com">secretary.oasbig@gmail.com</a>	(714) 757-3059
Treasurer	Jeanne	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	(714) 493-3175
Parliamentarian	VACANT	<a href="mailto:parliamentarian.oasbig@gmail.com">parliamentarian.oasbig@gmail.com</a>	
Public Information	VACANT	<a href="mailto:publicinfo.oasbig@gmail.com">publicinfo.oasbig@gmail.com</a>	
Free Flight Editor	Pauline	<a href="mailto:editor.oasbig@gmail.com">editor.oasbig@gmail.com</a>	(310) 294-2112

## Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Michelle D.	<a href="mailto:michellemcdunton@gmail.com">michellemcdunton@gmail.com</a>	(310) 529-3796
R2 Rep/WSD #2	VACANT		
R2 Rep/WSD #3	Bearto	<a href="mailto:FlightBear562@yahoo.com">FlightBear562@yahoo.com</a>	(562) 843-2764
Jane A.	Meeting Liaison	<a href="mailto:meetings.oasbig@gmail.com">meetings.oasbig@gmail.com</a>	(714) 356-7352
Webmaster	Claudia	<a href="mailto:webmaster.oasbig@gmail.com">webmaster.oasbig@gmail.com</a>	(310) 944-4602
Technology Chair	Joe C	<a href="mailto:Tech.oasbig@gmail.com">Tech.oasbig@gmail.com</a>	(562) 243-2300
Young People's	Jeff L.		(310) 528-2797
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	LOCATION	MEETING CONTACT	MEETING CODE
			ZOOM MEETING ID	PASSWORD		
<b>SUNDAY</b>						
3:00 PM	Women's Virtual Meeting	Long Beach (800368)	875 0221 6655	228340	Jessica R. (530) 906-3530	WS
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	820 1249 5583	Southbay	Helen T. (562) 714-1463	L, P
5:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (57536)	.....	.....	Bob 562-924-4970	L, P
<b>MONDAY</b>						
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (53426)	140 017 149	Southbay	Kristin (562) 208-2363	L, BB, Wtg, WS
9:00 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (57577)	.....	.....	Christina B. (858) 405-7209	
4:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89488)	816 0723 2889	743666	Gwen P. (310) 420-0480	L, Book, P, Wtg
7:00 PM	Long Beach Virtual Meeting	Long Beach (52590)	281 847 366	Southbay	Margie M. (562) 676-5497	
<b>TUESDAY</b>						
11:00 AM	Torrance Virtual Meeting	Torrance	863 9238 7019	357182	Cathy C. (424) 731-1483	
5:30 PM	Torrance Virtual Book Study	Torrance	929 507 449	610573	Sherry (310) 940-1130	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual	812 7815 4382	Southbay	Sharon M. (562) 243-5742	A/B, Book
6:30 PM	Long Beach Speaker Meeting (IN PERSON)	Long Beach (15224)	.....	.....	Margie M. (562) 676-5497	L, C/C, P, SS1, WCL
7:30 PM	Torrance Live Big Book Meeting	Torrance (15653)	.....	.....	Jennifer S. (310) 529-5708	Book, C/C, P, WC
<b>WEDNESDAY</b>						
1:00 PM	Big Book Study	Inglewood	.....	.....	Berike A. (323) 759-7610	BB
6:00 PM	Long Beach For Today Meeting	Long Beach (54517)	.....	.....	Sandy W. (562) 533-3987	L, C/C, FT, P, WC
7:00 PM	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541 920 3317	Text mtg contact	Bill A. (310) 622-5568	L, C/C, M, WF
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (53992)	323 719 0049	apple	Val S. (310) 514-3025	12/12 SS Wtg, WC
						No wheelchair access
<b>THURSDAY</b>						
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	.....	.....	Angie M. 562-522-7573	L, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (51287)	.....	.....	Berto (562) 843-2764	Step Study, WC
6:00 PM	Manhattan Beach	Manhattan Beach	.....	.....		1 Sp L, Book, P, WF

## 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
11th Step	Meditation	FT	For Today Book	WC	Wheelchair - Full Access
12&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

