

February 2023

Free Flight

“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)

Saturday

8:30am Torrance (H)

9:00am Long Beach (P)

*IN PERSON(P) *HYBRID (H)

You are invited to join us at...

Bayshore Women’s Literature Meeting

A new, in-person Overeaters Anonymous Meeting in Long Beach, CA

Come read OA approved literature and be amongst a fellowship of compulsive overeaters!

Every Saturday 9:00-10:00am (starting Feb 4)
Bay Shore Community Church
5100 E The Toledo, Long Beach, CA 90803

Questions? Contact Hayley G. 818-726-3604



Save the Date!

Recovery:
Putting the Pieces Together



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

**South Bay Intergroup of Overeaters Anonymous
Representatives Meeting
December 17, 2022 Minutes**



Board Members in Attendance:
Ken S. (Chair); Kathi (Secretary);
Vicky (Parliamentarian); Jane
(Meeting Liaison); Michelle (R2
Rep/World Service Delegate.
Quorum established.

Meeting called to order - 9:32 a.m.
November minutes reviewed and
approved

Officer Reports:

Chair – Ken S Thanked
Carolyn for covering last
month’s meeting.
Thanked Michelle and Sharon
for organizing Thanksgiving
Day Marathon. It was well-
attended!
Today is the last day for
Intergroup reps. Some may
leave, some may serve again.
Thanked the reps for serving
above the meeting level and
reminded them they can be
considered for a Board position.
Apologized for the abrupt
ending to last month’s meeting,
technical error!
Kathi D. is not resigning after
all! We still have key positions
we need to fill in order to stay
afloat.
Vice Chair – Carolyn; Absent.
Secretary – Kathi: shared the

November rep report.
Treasurer – Jeanne; Absent.
Parliamentarian – Vicky; no
report.
Free Flight Editor – Absent

Committee Reports:

Webmaster – Claudia; no
report.
Meeting Liaison Chair – Jane
New reps start in January 2023.
Commitment is January – June.
Thank you to those who chose to
continue as reps!
Announced Newcomers Packet
is available free of charge.
Explained how to get to Speaker
List:
Go to OASB website. Scroll
down to Secure Zone. (lower
left) Password is Service.
The speaker list is not vetted.
Ken: some people need to be
removed due to no longer in
program or some people have
passed away.
Kathi will put instructions for
accessing the speaker list on the
rep report from now on.
Young People’s – Vacant
Public Information – Vacant
Region 2/World Service Reps –
Michelle: no report
Diane – Absent.

Region 2/World Service: 3rd
position is vacant.

Old Business:

Ken announced ongoing
vacancies for Free Flight Editor,
Tech Chair, Public Information
Chair, and Region 2/ World
Special Rep. No volunteers.

New Business: None

Announcements:

Ken: I hope we see everyone at
the OA Birthday Party! January
13 – 15 at the Hilton LAX.
Please consider attending! Great
opportunity for fellowship.

Recruiting people into service:
We (the Board) are willing to
speak at meetings re:service OR
is you are asponsor, ask your
sponsee to be of service.
Abstinence requirements: in
some cases, we have been able
towaive abstinence requirements
for certain board positions.

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

Next meeting
Saturday, January 21, 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

TREASURER REPORT

DECEMBER 2022					
DAY	TIME	LOCATION	MEETING#	DONATIONS	
Sunday	3:00 PM	Long Beach	800368	\$0.00	
	5:00 PM	Long Beach	27906	\$1.00	
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	\$20.00	
	6:30 PM	Long Beach	15224	\$0.00	
	6:30 PM	Virtual/Hibernation	89489	\$0.00	
Wednesday	7:30 PM	Torrance	15653	\$75.00	
	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	\$120.00	
Friday	6:30 PM	Long Beach	51287	\$0.00	
	8:00 AM	Virtual	89465	\$0.00	
	9:30 AM	Manhattan Beach	40803	\$0.00	
	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	\$150.00	
	10:30 AM	Lakewood	04950	\$43.00	
		Not Identified		\$295.00	
		Intergroup		\$0.00	
		Workshops		\$0.00	
		GRAND TOTAL		\$704.00	
DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
12/31/22	\$4,996.52	\$934.80	\$0.24	-\$40.00	\$5,891.56

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	VACANT		
Jane A.	Meeting Liaison	meetings.oasbig@gmail.com	(714) 356-7352
Webmaster	Claudia	webmaster.oasbig@gmail.com	(310) 944-4602
Special Events	VACANT		
Young People's	VACANT		



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

March Deadline: Friday, February 17

Email info to:
editor.oasbig@gmail.com

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

Everything a Newcomer
Needs to Know



Click for Free Downloadable brochure



Check Out the
OA Bookstore

For more events, check
out these
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)



OA is for
Anorexics &
Bulimics,
Too!

**AB Meetings
List Here**

Compiled by San Diego Intergroup

**BACK-TO-BASICS WORKSHOP:
Steps One, Two and Three**

OR
Came, Came to, Came to believe
OR
I can't, God can, I think I'll let God

Saturday, February 11, 2-4 pm
(following the Intergroup meeting 12:30pm-1:30pm)

Three speakers for 15-20 minutes each followed by sharing and/or
questions.

The three speakers have a total of 128 years in recovery
and 125 years of abstinence.

From COMPUTER: [Click Here](#) Password: Recovery (case sensitive)

From PHONE:

1. Dial 1-253-216-8762 (Long Distance)
2. Enter the meeting ID and press #
3. When prompted for a participant ID, just press #
4. When prompted for a password, enter 408811, then press #
5. To make yourself "mute" 0. You will be told that you have been muted and that to unmute yourself you have to press "0".

Sponsored by Las Vegas Overeaters Anonymous Intergroup

178th San Diego OA

Serenity Retreat
April 28-30, 2023
Mission San Luis Rey
Oceanside, CA

Our speaker has been in OA since 1984 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

SATURDAY ONLY	3 DAYS 0 NIGHTS	3 DAYS 2 NIGHTS	3 DAYS 2 NIGHTS
NO ROOM	NO ROOM	SHARED DOUBLE ROOM	PRIVATE SINGLE ROOM
3 meals	4 meals	6 meals	6 meals
\$70	\$155	\$220	\$290

*Prices above do not include EventBrite Fees

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 melisarte@yahoo.com

For scholarship info contact: Rex at kimgreenera@yahoo.com

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.



Sweet Surrender Retreat 2023

📅 Fri Apr 21, 2023 3:30 PM - Sun Apr 23, 2023 11:30 AM PDT

📍 Pathfinder Ranch, 35510 Pathfinder Road, Mountain Center, CA

The Orange County Intergroup of Overeaters Anonymous Inc. presents the

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!

FEBRUARY 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 (27906)	<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>140-817-149</u>	Southbay		Kristh (562) 208-2363 1, BB, Wig, WS	
8:00 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (87677)	*****	*****	MB Community Church: 303 S. Peak Ave Manhattan Beach, CA 90288	Christina B (868) 406-7208	
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, Wig	
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>855-9288-7019</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. (868) 876-5468 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, Wig	
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>541-820-3812</u>	exit mly contact	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>	#0018		Val S. (310) 514-3025 12/12 SS Wig WC	
THURSDAY							
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	<u>811-211-322</u>	Southbay		Jacque 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. 562-522-7673 1, BB	
6:00 PM	Long Beach Virtual Big Book Study	Long Beach (51287)	<u>851-0215-0162</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) 795-739 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 Wig, 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>	9461		Deborah (562) 833-2004 OCIG, SS, WC	
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12183)	<u>235-940-1649</u>	*****	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 \$100 E The Toledo, Long Beach 90803	Hayley G. 312-728-2804 1, P, Book, WC	
10:30 AM	Lakewood Virtual Literature Study	Lakewood (04500)	<u>503-579-082</u>	Southbay		Ariza (562) 972-1270	

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 Intergruop	VR	Voices of Recovery Book
I 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