

# Free Flight

February 2024



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.

## Who Can Fix Me?

“Surely something, someone can fix me. A little this, a little that, a new combination, a new person or place, a new goal. Can you fix me? The question, in a thousand different guises, is still asked. The wise person answers, ‘I would if I could, my friend, but — as it is for me — the problem is within.’ It is not the weather, the dog, the neighbors, my house, my spouse or lack of spouse, my job or lack of one; it is within me. Nothing on the outside changes that. When I am feeling bad about myself, I can put the blame on anything and everything. When I am feeling good about myself, I accept all things that make up my life on the outside.”

— For Today, p. 277-

## OA Virtual Region 2024 Convention

March 1-3, 2024

“There is a Solution”

“The Joy of Our Diverse Membership United in Recovery”

See OA Virtual Region Website for upcoming information

Would you like to spread the message of OA to those who still suffer?

Consider joining the South Bay Intergroup’s Public Information Committee

For information contact Bearto at [publicinfo.oasbig@gmail.com](mailto:publicinfo.oasbig@gmail.com)

Would you like to share the message of OA to Young people who suffer from compulsive eating?

Consider joining the Young People’s Committee

For information contact Jeff L. at [yp.oasbig@gmail.com](mailto:yp.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](#)

### New Meeting

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

## MEETINGS NEED- ING SUPPORT

**Monday**  
 "Read, Write, and Recover"  
 4:30 pm  
 Literature and Writing  
 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)

### Special Focus Meetings

Fellow OAers who share simi-  
lar 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).

### Need an OA book or pamphlet?



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

DECEMBER 2023

DAY	TIME	LOCATION	MEETING#	DONATIONS
Sunday	3:00 PM	VIRTUAL Women's	800368	\$5.00
	5:00 PM	VIRTUAL	57536	\$102.00
	5:00 PM	Long Beach IN PERSON	27906	\$24.00
Monday	6:00 AM	Long Beach	53426	\$196.80
	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	54517	\$20.00
	6:30 PM	Torrance	56935	\$0.00
	7:00 PM	Inglewood	32469	\$0.00
Thursday	7:00 PM	San Pedro	53992	\$40.00
	6:00 AM	Long Beach	56288	\$0.00
	10:00 AM	Long Beach	57420	\$60.00
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
	8:30 AM	Torrance	12163	\$0.00
		Lakewood	04950	\$0.00
		Not Identified		\$125.00
		Intergroup		\$116.00
		Thanksgiving Marathon		\$0.00
		<b>GRAND TOTAL</b>		<b>\$688.80</b>

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
12/31/23	\$10,141.55	\$679.13	\$0.43	-\$251.09	\$10,570.02

## South Bay Intergroup Service Opportunities

Special Events Chair\*  
R2/World Service Representative

Go to [oasouthbay.org](http://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:  
February 17  
March 16

All are welcome!  
Please share your opinion!

All Submissions for  
March are due by  
Friday, February 9, 2024

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 December 20, 2023

**Board Members in Attendance:** Michelle (Chair); Larry (Secretary); Jeanne (Treasurer); Jane (Meeting Liaison); Pauline (Free Flight Editor); Jeff (Young People's Chair); Bearto (Public Information Chair); Michelle (Region 2/World Service Rep)

**Meeting Called to order @ 9:33 a.m. by Michelle. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for November.**

### Officer Reports:

**Chair** – Thanks for Thanksgiving marathon service. Suggested some hours be hybrid next year.

**Vice Chair** – regrets

**Secretary** – Discussed December rep report

**Treasurer** – donation summary; discussed 2022-2023 budget and proposed 2023-2024 budget

**Parliamentarian** – vacant

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

**Public Information Chair:** no report

**Meeting Liaison Chair** - no report; requests reps to send info for new reps

**Webmaster** – regrets

**Special Events - Vacant**

**Young People's** – looking into posters; Young People's committee meeting Jan 6; looking for volunteers to put posters up

**Technology Chair** – regrets

**Region 2/World Service** – no report

### Old Business –

- 2024 Intergroup budget
- Distributions – motion passed to contribute 25%, \$564, to Region 2 and 75%, \$1692, to World Service
- Elections – vacant positions:
  - o Parliamentarian: no nominations.
  - o Special Events: no nominations.
  - o Region 2 Representative/World Service Delegate 2 & 3: no nominations.

### New Business – none

### Announcements and Open Discussion –

Pauline asked people to review Free Flight for meetings needing support and updates

**Meeting adjourned with the OA Promise at 10:34am.**

**Next meeting will be on Saturday, January 20, 2024.**

## South Bay Intergroup Service Board

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	Bearto	<a href="mailto:publicinfo.oasbig@gmail.com">publicinfo.oasbig@gmail.com</a>	(562) 043-2764
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	Diane C.	<a href="mailto:diadog@att.net">diadog@att.net</a>	(951) 347-5267
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	<a href="mailto:Yp.oasbig@gmail.com">Yp.oasbig@gmail.com</a>	(310) 528-3059
Special Events	VACANT		



# FEBRUARY 2024 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	MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
<b>SUNDAY</b>								
3:00 PM	Women's Virtual Meeting	Long Beach (8005868)		875-0221-6655	228940		Jessica R. (530) 906-3530	WS
5:00 PM	Spm For Today Virtual Meeting	Long Beach (27906)		820-2249-5583	Southbay		Heleen T. (562) 714-1463	J, P
5:00 PM	Long Beach Spm Meeting (IN PERSON)	Long Beach (57536)		---	---	Christ Lutheran Church, 6500 E. Stearns St. LB, CA 90815 (lounge)	Bob 562-924-4970	J, P
<b>MONDAY</b>								
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (55426)		140-017-149	Southbay		Kristin (562) 208-2363	J, BB, Wtg, WS
9:00 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (57577)		---	---	MB Community Church, 303 S. Peck Ave. Manhattan Beach, CA 90266	Christina B (858) 405-7209	
4:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89488)		816-0723-2889	743666		Gwen P. (310) 420-0480	J, Book, P, Wtg
7:00 PM	Long Beach Virtual Meeting	Long Beach (52590)		281-847-366	Southbay		Margie M. (562) 575-5497	
<b>TUESDAY</b>								
11:00 AM	Torrance Virtual Meeting	Torrance		859-9238-7019	357282		Cathy C. (424) 733-1483	
5:30 PM	Torrance Virtual Book Study	Torrance		929-907-449	610573		Sherry (310) 940-1130	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual		812-78154382	Southbay		Sharon M. (562) 243-5742	J, B, Book,
5:30 PM	Long Beach Speaker Meeting (IN PERSON)	Long Beach (35224)		---	---	(St. Thomas of Canterbury) 5506 E. Arbor Rd., Long Beach, CA 90808	Margie M. (562) 575-5497	C, C, P, SSJ, WCL
7:30 PM	Torrance Live Big Book Meeting	Torrance (15523)		---	---	First Christian Church of Torrance, 2930 El Dorado St., Room 9	Jennifer S. (310) 529-5708	Book, C, C, P, WC
<b>WEDNESDAY</b>								
1:00 PM	Big Book Study	Inglewood		---	---	100 N. Hillcrest Blvd., Rm 3, Inglewood,	Bernice A. (323) 799-7610	BB
6:00 PM	Long Beach For Today Meeting	Long Beach (54517)		---	---	Integrity Fellowship Hall, 5821 Cherry Ave., Long Beach, CA 90805	Sandy W. (562) 533-3937	J, C, FT, P, WC
7:00 PM	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance		541-900-3317	Tea mtg contact	First Christian Church 2930 El Dorado St Torrance Room 9	Bill A. (310) 624-5688	J, C, C, M, WF
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (5392)		323-719-0049	apple	First Presbyterian Church Rm 3	Val S. (310) 514-3025	12/12 SS Wtg WC
<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, 12/2, 12
10:00 AM	Big Book in the Park (IN PERSON)	Long Beach		---	---	4900 Federation Hwy, Long Beach	Angie M. 562-522-7573	J, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (51227)		---	---	Christ Lutheran Church, 6500 E. Stearns St. LB, CA 90815 (lounge)	Bert 562 343-2764	Step Study, WC
6:00 PM	Manhattan Beach	Manhattan Beach		---	---	MB Community Church, 5303 S. Peck Ave, Bard Building, 2nd floor		15p1, Book, P, WF

## 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 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

