

# Free Flight

July 2023



“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.

## Taking Responsibility

It seems that all my life had been a series of reactions from fear, anger, or resentment toward others and situations, or from my own negativity or shame. To deal with my despair and inner turmoil I had to stop blaming life and find a new way of thinking.

With help from the OA program and my Higher Power, I learned that I can accept others as they are. I learned that I am not a victim of life. I can care for and be responsible for myself and my thinking. I can consciously choose positive thoughts and decisions that enable me to act on life one day at a time.

Any time that my food obsession returns, it is a sign for me that I need to look at my reactions to people and things. I need to willingly take responsibility for my part, and for my happiness. I need to own my own power to take action.

— Voices of Recovery, p. 158 — @2002 Overeaters Anonymous, Inc.

WELCOME  
home

## Finding Peace and Purpose

**Fourth Annual Recovery Retreat  
July 28-30, 2023**

Presented by Las Vegas OA

The retreat is in person at the Mary and Joseph Retreat Center, 5300 Crest Road, Rancho Palos Verde, CA

### **Reservation required.**

For more information and registration form go to [oasouthbay.org](http://oasouthbay.org) “Meetings and Events” for a link to the Las Vegas Intergroup

## 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

Hilton Orange County/Costa Mesa  
3050 Bristol St., Costa Mesa California

Cost : In Person \$75 ;Virtual \$35

Meal Add-on package available

For further information please e-mail:  
[convention@oaregion2.org](mailto:convention@oaregion2.org).

## 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](http://oasouthbay.org) for details.  
**\*No experience necessary**

### MEETING NEEDS SUPPORT

Fridays, 7:30 pm  
 Long Beach  
 Virtual

Zoom ID : 803-524-733  
 Password: Southbay

### 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

### New Meeting

In Person  
 Big Book Study  
 1-2 pm  
 100 N. Hillcrest Ave., Rm 3  
 Inglewood, Ca.  
**Begins 7/12/2023**



### Need an OA book or pamphlet?

### Lighten Up, Let Go, Laugh

Presented by San Diego OA

Virtual Event  
 Sunday, July 23  
 1-3 pm PDT  
 See [oasbig.com](http://oasbig.com) Meetings and  
 Events tab for link and for  
 more information

### 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**

### Want more info about OA Southbay Intergroup?

Call (310) 802-2001  
 Or  
 (562) 493-9030

## OA HELPLINE CONTACTS

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

MAY 2023				
DAY	TIME	LOCATION	MEETING#	DONATIONS
Sunday	3:00 PM	VIRTUAL Women's	800368	\$50.00
	5:00 PM	VIRTUAL	27906	\$18.00
	5:00 PM	Long Beach IN PERSO	27906	\$0.00
Monday	6:00 AM	Long Beach	53426	\$360.00
	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 5721	\$40.00
	6:30 PM	Long Beach	15224	\$0.00
	7:30 PM	Torrance	15653	\$120.00
Wednesday	6:00 AM	Long Beach		\$0.00
	6:30 PM	Torrance	56935	\$0.00
	7:00 PM	Inglewood	32469	\$0.00
Thursday	6:00 AM	Long Beach	56288	\$0.00
	10:00 AM	Long Beach	57420	\$60.00
	6:30 PM	Long Beach	51287	\$0.00
Friday	8:00 AM	Virtual	89465	\$20.00
	9:30 AM	Manhattan Beach	40803	\$0.00
	10:30 AM	Lakewood	399	\$0.00
	7:30 PM	Long Beach	31477	\$20.00
Saturday	8:00 AM	Seal Beach	07394	\$0.00
	8:30 AM	Torrance	12163	\$192.60
	10:30 AM	Lakewood	04950	\$78.00
Not Identified				\$125.00
Intergroup				\$10.00
Workshops				\$0.00
<b>GRAND TOTAL</b>				<b>\$1,093.60</b>

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
05/31/23	\$8,031.86	\$1,241.00	\$0.35	-\$40.00	\$9,233.21

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.



### 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 July

are due by Friday,

June 23

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 May 20, 2023 Minutes

**Board Members in Attendance:** Kathi (Secretary); Jeanne (Treasurer); Vicky (Parliamentarian); Jane (Meeting Liaison); Michelle (R2 Rep/World Service Delegate)

Meeting Called to order @ 9:33 a.m. by Kathi. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Jacquie moved to approve April meeting minutes; Pauline seconded. Minutes passed.

**Officer Reports:**  
**Chair** – absent  
**Vice Chair** – absent

**Secretary** – Kathi  
Kathi went over the March rep report with the reps in attendance.

**Treasurer** – Jeanne went over the April financial report. We had \$380.00 in donations, which brings our current balance to \$8031.86. Jeanne has not received any requests for reimbursement for the R2 Assembly yet.

In-person contributions may drop due to in-person meetings paying rent and buying literature. Jeanne will indicate whether or not meetings in-person or virtual in order to keep better track of this.

**Parliamentarian** – no report.  
**Free Flight Editor** – Pauline voted in. Congrats Pauline!  
Pauline announced that June FF is up and running. She will add her email to the website.

All entries and announcements for the FF should be submitted by the first Tuesday of each month.

**Public Information** –vacant

**Meeting Liaison Chair:** Jane  
Two meetings have closed: Saturday 10:30 AM Lakewood and Monday 7 PM Virtual. Also, effective on 6/15/23, the Wednesday Manhattan Beach 6 PM meeting will now meet on Thursdays at 6 PM.

**Webmaster** – Claudia  
Nothing new to report. Questions?  
Vicky: In the Secure Zone, there is a list of potential speakers. It is not vetted. If anyone wants to be added to the speaker list, go to “Contact Us” on the website that all information will go to Claudia.

**Young People’s** – Vacant  
**Technology Chair** – absent  
**Public Information Chair:** Vacant

**Region 2/World Service** – Michelle  
She gave the report for Bearto, who is absent today: He attended and thanked OA for sending him. There were 176 delegates in attendance, 25 from Region 2. He was assigned on the committee to develop a stronger social media presence.  
·Michelle was unable to attend the R2 Conference due to an illness in the family.

World Service Conference approved pamphlet titled Diverse Voices: A Common Solution.

·On the Diversity Committee, meeting definitions were unpacked. All meetings with visitors should be open meetings. All meetings are considered open unless closed is indicated. Other meetings can have a specific focus or a specific topic. Vicky: Can Michelle have Jane send details of notes re: specific focus or specific topic to reps? Yes.  
Policy changes made for Unity for Diversity.

**Old Business** – Vacant Positions  
Kathi announced vacancies for Public Information Chair, Special Events Chair, and Young People’s Chair. No one volunteered to be considered.

**New Business** – Vicky: We lost two meetings recently. If you know of a meeting that is struggling, let someone on the board know so something can be done prior to the meeting closing.

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

**Next meeting will be on Saturday, June 17, 2023.**

Chair	Ken	<a href="mailto:chair.oasbig@gmail.com">chair.oasbig@gmail.com</a>	(562) 881-0710
Vice Chair	Carolyn	<a href="mailto:vicechair.oasbig@gmail.com">vicechair.oasbig@gmail.com</a>	(562) 896-1393
Secretary	Katherine D.	<a href="mailto:secretary.oasbig@gmail.com">secretary.oasbig@gmail.com</a>	(562) 234-5473
Treasurer	Jeanne	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	(714) 493-3175
Parliamentarian	Vicky R.	<a href="mailto:parliamentarian.oasbig@gmail.com">parliamentarian.oasbig@gmail.com</a>	(562) 397-2148
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	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	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](http://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	Zoom Meeting ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
<b>SUNDAY</b>							
3:00 PM	Women's Virtual Meeting	Long Beach (800668)	875 023 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
<b>MONDAY</b>							
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)	316 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	
<b>TUESDAY</b>							
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)	316 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
<b>WEDNESDAY</b>							
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, 7, 12 SS Wg WCL
<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	---	---	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)	Bertie (562) 249-2764	Step Study, WCL
<b>FRIDAY</b>							
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 18646	Southbay		April W. (310) 738-8920	Wg, P, Spl, 1
7:30 PM	Long Beach Virtual Speaker Meeting	Long Beach (31477)	803 442 733	Southbay		Tom F. (562) 464-7550	1, C/C, P, Spl, WCL
<b>SATURDAY</b>							
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	Anorexia/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