

Free Flight

June 2023



“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.

A Change for the Better

The date may be the same, even the place and some of the people. But I have changed. I am not the person I was before I came to OA. Today I have a way to live and a program to follow that keeps me abstinent and sane, as long as I am willing to follow it.

Whether it's a picnic or company for dinner, today I do not let myself feel rushed. I move slowly, with deliberation and a sense of purpose. A special day is a day to enjoy the people around me, the beauty of nature. I once found momentary pleasure in excess food, but the pleasure of abstinence will last far beyond this day and all its happenings.

The celebrations of this day will be over at midnight, and tomorrow I will wake up glad to be alive and abstinent.

— For Today — @1982 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 “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.



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.

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:

May 20

June 17

All are welcome!

Please share your opinion!



OA SOUTHBAY INFO

(310) 802-2001

OR

(562) 493-9030



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**

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

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 PERSON	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
GRAND TOTAL				\$1,093.60

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

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	Pauline	editor.oasbig@gmail.com	(310) 294-2112

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	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		

All Submissions

for July are due

by Friday,

June 23





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)**

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](#)



FREE PDF

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

*Everything a Newcomer
Needs to Know*

Click for Downloadable Pamphlet

Need an OA book or pamphlet?



Visit bookstore.aa.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
aa.org/find-a-meeting.

APRIL 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 (279061)	<u>833-1144-5383</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. Stems St LB, CA 90816 (lounge)	Bob 562-924-4870 1, P	
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (5426)	<u>140-517-142</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. Peck Ave Manhattan Beach, CA 90288	Christina B (866) 406-7209	
6:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89488)	<u>816-0723-2882</u>	7-3566		Green P. (310) 420-0480 1, Book, P, Wig	
7:00 PM	Long Beach Virtual Meeting	Long Beach (52990)	<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>	810573		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. (866) 876-5468 C/C, P, 881, WCL	
6:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89489)	<u>816-0723-2882</u>	7-3566		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>	eat mly online	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 Federal Way, Long Beach	Angie M. 562-522-7573 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>255-940-1649</u>	*****	First Christian Church 2930 El Dorado St, Room 9 HYBRID	Hayley G. 818-728-2804 1, W8, Book, P	
8:00 AM	Bayshore Women's Literature Meeting (IN PERSON)	Long Beach (87872)	*****	*****	Bayshore Community Church 5100 E The Toledo, Long Beach 90803	Hayley G. 818-728-2804 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
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 Intergruop	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