

# Free Flight

March 2026

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

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

**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.

OA San Diego presents

The Annual Serenity Retreat

April 24-26,, 2026

Mission San Luis Rey  
450 Mission Ave.  
Oceanside, CA

Registration opens March 1st

Contact: [workshops@oasandiego.org](mailto:workshops@oasandiego.org)

OA Men's Retreat

May 15, 2026, 6:00 PM –May 17, 2026, 10 PM

Mission San Luis Rey  
450 Mission Ave.  
Oceanside , CA 92057

Retreat leaders who have worked all 12 Steps and want to help your recovery.

See the Los Angeles Intergroup website for details.

## 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](#)



## Voices of Recovery (From the UK!)

**Saturdays**  
**PST: 10:30-11:30am**  
  
**Meeting ID: 816 2031 3744**  
**Passcode: 132696**

**Here is link:**  
<https://us02web.zoom.us/j/81620313744?pwd=Q3FmaHhUFVNUUk3OVNWm1FUzdBwQT09>

### 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).

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)

Tuesday  
 6:30pm Long Beach (P)  
 7:30pm Torrance (P)

Wednesday  
 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)

### Need an OA book or pamphlet?



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

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

## 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 Breakdown

SBI — 50%  
World Service Office — 40%  
Region 2 — 10%

Online Donations:  
[www.oasouthbay.org/donate](http://www.oasouthbay.org/donate)

By mail:  
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 Or-

## Treasurer's Report

OA South Bay Financials			JANUARY 2026			Fiscal YtD Nov 2025 to Oct 2026
DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS	
Sunday	5:00 PM	Long Beach	In Person	57536		\$0.00
	6:00 AM	Long Beach	Zoom	801752		\$0.00
Monday	9:30 AM	Manhattan Beach	In Person	57577	\$139.00	\$139.00
	11:00 AM	Torrance	Zoom	801907		\$0.00
Tuesday	6:00 PM	Virutal	Zoom	57213		\$80.00
	6:30 PM	Long Beach	In Person	15224		\$280.00
	7:30 PM	Torrance	In Person	15653		\$0.00
Wednesday	7:00 PM	San Pedro	Zoom	53992		\$48.00
	6:00 AM	Long Beach	Zoom	801753	\$120.00	\$120.00
Thursday	9:30 AM	Long Beach	In Person	57420		\$78.00
	6:00 PM	Long Beach	In Person	51287	\$12.00	\$24.00
	7:30 PM	Rolling Hills	Hybrid	56935		\$24.00
	7:30 AM	Virtual	Zoom	89465		\$0.00
Friday	9:30 AM	Manhattan Beach	Zoom	40803	\$10.00	\$165.00
	8:00 AM	Seal Beach	Zoom	07394		\$0.00
Saturday	8:30 AM	Torrance	Hybrid	12163	\$120.00	\$210.00
	9:00 AM	Long Beach	In Person	57678		\$304.63
				Not Identified	\$115.00	\$350.00
				Intergroup	\$153.00	\$317.00
				Special Events		\$104.00
				<b>GRAND TOTAL</b>	<b>\$669.00</b>	<b>\$2,243.63</b>
<b>DATE</b>	<b>BEGIN BAL</b>	<b>DEPOSITS</b>	<b>INTEREST</b>	<b>CASHED CKS/DEBITS</b>	<b>END BAL</b>	
01/01/26	\$10,341.96	\$612.33	\$0.43	\$1,952.00	\$9,002.72	

### 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 21  
March 21

All are welcome!  
Please share your opinion!

All Submissions for

March 2026 are due by  
Friday, February 13, 2026

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  
Intergroup Meeting  
Minutes January 2026,**

**Board Members in Attendance:** Michelle (Chair/WS Delegate); Maegan (Secretary), Nancy (Treasurer), Meeting Liaison, Hayley, Larry (Webmaster); Catherine (Parliamentarian); Jesse (Tech); Theresa (R2 Rep), Bearto (Special Events/R2 Rep),

**Board Members Absent-** Jeff (Young People's), Pauline, Free Flight, Public Information Chair: Pattie

**Meeting Called to order @ 9: 34 a.m. by Michelle.**

Jesse and Karen seconded the minutes from November

**Officer Reports:**

**Chair, Michelle** – Heading to World Service Conference and discussed the YP committee and outreach with chairs.

**Vice Chair** – vacant

**Secretary** – no report

**Treasurer, Nancy-** Discussed the Financial for all of 2025 with YTD additions, Reminded us all to use pay pal notes function to add your meeting details.

**Parliamentarian, Catherine,** no report

**Technology Chair, Jesse-** working to update where meetings show up for zoom.

**Webmaster, Larry** – Dec and Jan free flights are posted.

**Meeting Liaison Chair, Hayley** –no report .

**Free Flight Editor, Pauline-** absent- no report. Free Flights are updated.

**Public Information Chair:** Pattie –

**Special Events, Bearto-** A.B.C will need support. We voted to make it a closed workshop and change the name. It will be a closed workshop. Ask Pattie to give CEU/ Content Clarity. New year long workshop proposed.

**Young People's, Jeff L** – no report

**Region 2, Bearto and Theresa** –

**World Service , Michelle 2026 rep, - IG** voted 18 on proposed WS motions and added comments. We extended the meeting to accomplish this

**7<sup>th</sup> Tradition-** we help space for donations.

- Old Business – Secular Day reader requested
- Public Information Chair outreach to DR's to see what is appropriate for them to get with them.
- ABC workshop new title and time limit, Agenda
- Michelle chair position based on WS nominations.

New Business –

**Announcements and Open Discussion** – n/a

**Next meeting will be on Saturday, February 21st, 2026 at 9:30am**

**Meeting adjourned with the OA Promise at 10:46am.**

## 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	VACANT	<a href="mailto:vicechair.oasbig@gmail.com">vicechair.oasbig@gmail.com</a>	
Secretary	Larry C	<a href="mailto:secretary.oasbig@gmail.com">secretary.oasbig@gmail.com</a>	
Treasurer	Nancy M.	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	
Parliamentarian	Catherine	<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>	
Free Flight Editor	Pauline	<a href="mailto:editor.oasbig@gmail.com">editor.oasbig@gmail.com</a>	(

## 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	Bearto	<a href="mailto:FlightBear562@yahoo.com">FlightBear562@yahoo.com</a>	
R2 Rep/WSD #3	VACANT		
Meeting Liaison	Hayley G.	<a href="mailto:meetings.oasbig@gmail.com">meetings.oasbig@gmail.com</a>	
Webmaster	Claudia A.	<a href="mailto:webmaster.oasbig@gmail.com">webmaster.oasbig@gmail.com</a>	
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>	
Special Events	VACANT		



# DECEMBER 2025 SOUTHBAY MEETING DIRECTORY

Most meetings have remained virtual. Meetings indicated in bold in person. Check with Meeting Contacts or oasouthbay.org for updated meeting status.

## OA South Bay Meeting Schedule

TIME	MEETING FOCUS	CITY	ZOOM MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	11/19/2025 MEETING CODE
SUNDAY							
5:00 PM	Long Beach 5pm Meeting	Long Beach (57536)	*****	*****	Christ Lutheran Church: 6500 E. Stearns St. LB, CA	Bob 562-924-4970	1, P
MONDAY							
6:00 AM	Long Beach Virtual Morning	Long Beach (801752)	340.017.149	Southbay		Jacquie T. (562) 252-5911	1, BB, Wtg, WS
9:30 AM	Manhattan Beach Morning (IN PERSON)	Manhattan Beach (97577)	*****	*****	MB Community Church: 303 S. Peck Ave Manhattan	Kristin (562) 209-2363 Christina B (858) 405-7209	
TUESDAY							
11:00 AM	Torrance Virtual Meeting	Torrance (801907)	853 9238 7019	357182		Cathy C.424.731-1483	
6:00 PM	Anorexia/Bulimia Focus Vt	Virtual (57213)	812.7815.4382	Southbay		Sharon M. (562) 243-5742	A/B, Book,
6:30 PM	Long Beach Speaker Me	Long Beach (15224)	*****	*****	St. Thomas of Canterbury 5506 E. Arbor Rd., Long B	Margie M. (562) 676-5497	C/C, P, SS1, WCL
7:30 PM	Torrance Live Big Book f	Torrance (15853)	*****	*****	First Christian Church: 2930 El Dorado St. Room	Jennifer S. (310) 529-5708	Book, C/C, P, WC
WEDNESDAY							
7:00 PM	San Pedro Step Study Virt	San Pedro (53952)	849 4688 8992	apple		Val S. (310) 514-3025	12/12 SS Wtg
THURSDAY							
6:00 AM	Long Beach Women's Virt	Long Beach (801753)	511.211.302	Southbay		Eileen C.D. (562) 212-9265	BB, WS, 11th Step, 12&12
9:30 AM	Book Study (IN PERSON)	Long Beach (57420)	*****	*****	Gloria Dei Lutheran Church 5872 Naples Plaza, Long B	Carolyn 562-898-1393 or Angie 565-522-7573	1, Book
6:00 PM	Long Beach Live Big Book	Long Beach (91287)	*****	*****	Christ Lutheran Church: 6500 E. Stearns St. LB, CA	Berto (562) 843-2764	Step Study, WC
7:30 PM	Food Dudes Men's Meeti	Rolling Hills (56835)	541.920.3317	Text contact	Rolling Hills United Methodist Church: 26438 Crenshaw Blvd, Rolling Hills Estates, CA 90274	Bill A. (310) 622-5568	1, C/C, M, WF
FRIDAY							
9:30 AM	Manhattan Beach Fellowship	Manhattan Beach (40803)	828.7641.8646	Southbay		April W. (310) 738-5820	Wtg, P, Sp1
SATURDAY							
8:00 AM	AA 12x12 Virtual Step Stud	Seal Beach (07394)	839.5303.7684	877891		Deborah (562) 833-2000	OCIG, SS, WC
8:30 AM	Torrance Morning Meetir	Torrance (12163)	235.040.1649	9461	First Christian Church: 2830 El Dorado St Rm 9 H	Val S. (310) 514-3025	
9:00 AM	Baysshore Women's Liter (IN PERSON)	Long Beach (57678)	*****	*****	Baysshore Community Ch 5100 E The Toledo, Long	Hayley G. 818-726-3604	1, WS, Book, P
Code	Meaning	Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	CC	Chips and/or Candles Given	OA	Overeaters Anonymous ("Brown Book")	SS4	Step Study 4th Week of the Month
‡	One Hour Meeting	CC	Child Care Available	OCIG	Orange County Intergruop	VR	Voices of Recovery Book
12&12	Meditation	FT	For Today Book	P	Pitch	WC	Wheelchair - Full Access
A/B	Anorexic/Bulimic Focus	HOW	Honest, Openminded, Willingness	Sp	Speaker Meeting	WCL	Wheelchair - Full Access
BB	Big Book of AA	LAIG	Los Angeles Intergruop	Sp1	Speaker Meeting 1st Week of the Month	WS	Women's Stag
Book	Study Various Books	M	Men's Meeting	SS	AA 12x12 Step Study	Wtg	Writing
		NC	Newcomers	SSI	Step Study 1st Week of the Month	YP	Young People

For more information about OA Southbay intergruop, visit oasouthbay.org

## 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
‡	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	Sp1	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