

Free Flight

May 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 New Understanding

Whether an experience brings me pleasure or pain, there is always one great benefit: the slow unfolding of a new understanding. Gradually, as I do my best to practice the principles of this program, a new person emerges: I am beginning to accept myself, yielding to reality, to the slow and nurturing way of nature.

When I feel impatient, I turn and look at what that measured pace of growth has wrought. I see resentments disappear, hurts heal, and in their place, the ability to love and forgive myself and others, as God loves and forgives me.

— For Today — Copyright 1982 Overeaters Anonymous, Inc.



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)

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

Add-on meal package available

For further information please e-mail:

convention@oaregion2.org



South Bay Intergroup of Overeaters Anonymous Representatives Meeting March 18, 2023 Minutes

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

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

Officer Reports:

Ken: absent

Chair – Carolyn (filling in for Ken) – no report

Secretary – Kathi

Kathi went over the February rep report with the reps in attendance.

Treasurer – Jeanne
Monthly financial report: Beginning Balance: \$7580.16. Donations: \$330.76. New balance: \$7,871.21. Please consider donating to the Intergroup in this meeting.

Parliamentarian – Vicky
The speaker list on our website is not vetted. If you are interested in being added to the speaker list, please contact Claudia.

Free Flight Editor – vacant.
Carolyn was not able to update the March FF. Laura B. has volunteered to step up. We still need someone. The Microsoft program is only available on a PC, not on a Mac. This commitment only takes a couple of hours a month. Please consider volunteering for this position if you have the program and required technology.

Public Information – Currently

vacant. Abstinence requirements for this position is 3 months. (can be waived) Candidate has to be active in meetings. You don't have to take on the whole thing; it can be for one event. For example, Long Beach Pride Festival is August 4 – 6 this year, and we usually have a booth for outreach. We need someone who would be willing to organize this event and get volunteers to sign up to man the booth.

Meeting Liaison Chair: no report

Webmaster – absent

Young People's – Vacant

Technology Chair – Joe

Joe informed the group that the Zoom warning that has been circulating to OA groups (to prevent Zoom bombers) applies to us in a general way. He recommends that all Zoom hosts have the latest update of Zoom. Also, don't give out passcodes to anyone you don't know. If anyone has questions or concerns re: technology, please do not hesitate to contact him. Social Media: There may be a potential on social media for private groups. Joe will attend a workshop in San Diego and get back to us with information.

Public Information Chair: Vacant

Region 2/World Service – Michelle and Diane

R2 Spring Assembly is March 24 – 25. Can be virtual. Michelle is attending. Bearto can attend. Diane is attending virtually.

Michelle: We have an opportunity to elect a rep to attend the World Service Conference, which will be an in-person event in Albuquerque, New Mexico from April 25 – 29. The requirements (non-negotiable) are: 1) at least one year of

continuous abstinence, 2) at least two years of service beyond the group level (i.e. being an Intergroup rep), be regularly attending meeting in the South Bay area, and have taken Steps 4 and 5 of the 12 steps. Intergroup will pay for registration, airfare, meals, etc. If someone is interested, we could elect that person in April.

Maylynn: She is the Vice Chair for the R2 Convention Planning Committee, and the planning committee still needs volunteers! Her phone number is 714-225-4424. Please call her if you want to get involved. Planning Committee meets on Zoom on the 2nd Monday of May and June at 6:30. Register at oaoci.org.

Old Business – Vacant Positions
Carolyn announced vacancies for Free Flight Editor, Public Information Chair, Special Events Chair, and Young People's Chair. No one volunteered to be considered. Question: Could Vicky explain the difference between Board Officers and Committee Chairs? Vicky: Board positions are elected by the group. Committee positions are appointed by the Board.

New Business – none

Meeting adjourned with Serenity Prayer and the OA Promise at 10:15.

Next meeting will be on Saturday, **April 15, 2023**, for the R2 Convention Planning Committee. Her phone number is 714-225-4424. Please call her if you want to get involved. Planning Committee meets on Zoom on the 2nd Monday of the month at 6:30. Register at oaoci.org. Carolyn reported that there is still a problem with people logging on as Zoom Host with a new device

Name	Phone	Best Times	Email	Name	Phone	Best Times	Email
Eileen	(562) 212-9265	10am-6pm		Tom F.	(562) 464-7550	8:30am - 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!



OA SOUTHBAY INFO

(310) 802-2001

OR

(562) 493-9030



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

APRIL 2023

DAY	TIME	LOCATION	MEETING#	DONATIONS
Sunday	3:00 PM	Long Beach	800368	\$13.00
	5:00 PM	Long Beach	27906	\$92.40
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	\$0.00
	6:30 PM	Long Beach	15224	\$0.00
	6:30 PM	Virtual/Hibernation	89489	\$0.00
	7:30 PM	Torrance	15653	\$0.00
Wednesday	6:00 AM	Long Beach	54517	\$0.00
	6:30 PM	Torrance	56935	\$0.00
	7:00 PM	Ingewood	32469	\$0.00
	7:00 PM	San Pedro	53992	\$0.00
Thursday	6:00 AM	Long Beach	56288	\$0.00
	10:00 AM	Long Beach	57420	\$0.00
	6:30 PM	Long Beach	51287	\$0.00
Friday	8:00 AM	Virtual	89465	\$30.00
	9:30 AM	Manhattan Beach	40803	\$0.00
	10:30 AM	Lakewood	399	\$0.00
	7:30 PM	Long Beach	31477	\$0.00
Saturday	8:00 AM	Seal Beach	07394	\$16.50
	8:30 AM	Torrance	12163	\$0.00
	10:30 AM	Lakewood	04950	\$20.00
		Not Identified		\$108.00
		Intergroup		\$100.00
		Workshops		\$0.00
		GRAND TOTAL		\$379.90

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
04/30/23	\$8,142.08	\$419.95	\$0.33	-\$530.50	\$8,031.86

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) 204-2112

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 June are due
by Friday,
May 19



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

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.



Need an OA book or pamphlet?



Visit bookstore.aa.org

Special Focus Meetings

Fellow OAers who share similar
experiences

Anorexics & Bulimics

100 Ponders

Young People

LGBTQ+

Men Only

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*

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	PAR8WORD	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>833-1243-5333</u>	Southbay		Helen T. (562) 714-1463 1, P	
8:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (87888)			Christ Lutheran Church: 8600 E. Stearns St, CA 90816 (lounge)	Bob 562-924-4970 1, P	
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (5426)	<u>343-517-142</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. Peak 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>	7-35666		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>555-9228-7019</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. (866) 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>541-920-3312</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>	#0016		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>581-0215-0162</u>	Southbay		Beno (562) 943-2764 Step Study, WC	
FRIDAY							
7:30 AM	Women's Virtual Meeting	Virtual (89465)	<u>253-255-822</u>	Southbay		Courtney E. (714) 795-779 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>			Deborah (562) 833-2004 OCIG, SS, WC	
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12183)	<u>323-940-1649</u>	9461	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 5100 E The Toledo, Long Beach 90803	Hayley G. 312-728-2804 1, P, Book, WC	
10:30 AM	Lakewood Virtual Literature Study	Lakewood (04900)	<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