

# Free Flight

November 2024

*“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.

## THANKSGIVING MARATHON

Presented by the South Bay and San Fernando Valley Intergroups

Back-to-Back Meetings starting every hour

Thursday, November 28, 2024

### Virtual

7 am—8 pm

Zoom ID: 853 9500 9965

Passcode: 883157

### Dial In

1-669-900-9128

ID: 853 9500 9965

Passcode: 883157

### In Person

8 am—2 pm

Christ Lutheran Church

6500 E. Stearns St.

Long Beach, CA 90815

Call Bearto for code: 562-843-2764

## Abstinence in the Real World

A Zoom workshop presented by the San Diego Intergroup

December 1, 2024

1:00—3:00 pm

Zoom ID: 860 9953 4759

Passcode: 823618

For more information contact—  
[Workshops@oasandiego.org](mailto:Workshops@oasandiego.org)

## Stepping Through the Holidays

A workshop presented by the Orange County Intergroup

November 16, 2024

9 am—13 pm

Balearic Community Center

1975 Balearic Dr.

Costa Mesa, CA 92626

For information call Regina H.  
(714) 292-2245



### 65th OA Birthday Party

Friday, January 17—Sunday, January 19, 2025

LAX Hilton 5711 W. Century Blvd. Los Angeles, CA 90045

Online Registration opens October 1, 2024

Contact [bdp@oalaig.org](mailto:bdp@oalaig.org)

### MEETINGS NEEDING SUPPORT

**Tuesday**

11 am

Virtual

ID: 85392387019

Password: 357182

**Thursday**

6 pm

In Person

Christ Lutheran Church

6500 E. Sterns St.

Long Beach



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

WELCOME home

### 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

AUGUST 2024					
DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS
Sunday	3:00 PM	Long Beach	Zoom	800368	\$0.00
	5:00 PM	Long Beach	In Person	57536	\$60.00
	5:00 PM	Long Beach	Zoom	27906	\$0.00
Monday	6:00 AM	Long Beach	Zoom	53426	\$0.00
	9:30 AM	Manhattan Beach	In Person	89488	\$0.00
Tuesday	11:00 AM	Torrance	Zoom	19487	\$0.00
	5:30 PM	Torrance	Zoom	48732	\$0.00
	6:00 PM	Virtual	Zoom	57213	\$5.00
	6:30 PM	Long Beach	In Person	15224	\$134.00
	7:30 PM	Torrance	In Person	15653	\$0.00
Wednesday	1:00 PM	Inglewood	In Person	57877	\$0.00
	7:00 PM	Torrance	Hybrid	56935	\$0.00
	7:00 PM	San Pedro	Zoom	53992	\$30.00
Thursday	6:00 AM	Long Beach	Zoom	56288	\$0.00
	10:00 AM	Long Beach	In Person	57420	\$0.00
	6:30 PM	Long Beach	In Person	51287	\$0.00
Friday	7:30 AM	Virtual	Zoom	89465	\$0.00
	9:30 AM	Manhattan Beach	Zoom	40803	\$0.00
Saturday	8:00 AM	Seal Beach	Zoom	07394	\$0.00
	8:30 AM	Torrance	Zoom	12163	\$0.00
	9:00 AM	Long Beach	In Person	57678	\$0.00
Not Identified					\$100.00
Intergroup					\$120.00
Prud Res - closed meeting					\$108.56
<b>GRAND TOTAL</b>					<b>\$557.56</b>

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
08/31/24	\$8,765.56		\$0.36	-\$391.50	\$8,374.42

## South Bay Intergroup Service Opportunities

Special Events Chair\*

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:  
November 19  
December 21

All are welcome!  
Please share your opinion!

All Submissions for

December are due by

Friday, November 8, 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  
Minutes September 21, 2024**

**Board Members in Attendance:** Michelle (Chair & World Service Rep #1); Larry (Secretary); Jeanne (Treasurer); Parliamentarian (Nancy); Pauline (Free Flight); Jane (Meeting Liaison); Claudia (Webmaster); Young People's (Jeff); Technology (Joe)

**Meeting Called to order @ 9:31 a.m. by Michelle. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for August.**

**Officer Reports:**

**Chair** – Got a call from Fred V regarding a meeting in Inglewood (part of LA Intergroup) - Fred is looking for support to restart the meeting – Wednesday night, close to LAX – if interested, contact Michelle

**Vice Chair** – regrets

**Secretary** – discussed Rep report

**Treasurer** – discussed need for new Treasurer in October

**Parliamentarian** – discussed eligibility requirements for new positions in October

**Free Flight Editor** – discussed events listed in Free Flight

**Public Information Chair:** regrets

**Meeting Liaison Chair** – reminded that position is ending and described position

**Webmaster** – demonstrated access to SecureZone on Intergroup website; requested meeting info updates be reported to Claudia and Meeting Liaison

**Special Events** - Vacant

**Young People's** – considering outreach to Young People; requested interest

**Technology Chair** – helped folks with their logins

**Region 2/World Service** – (Michelle) Diversity Committee event Oct 19; look for Tough Question Workshop, discussing what are outside issues

**Old Business** – elections in October; Claudia will make flyer and website landing page for Spanish-speaking people

**New Business –**

- Thanksgiving Marathon: Michelle displayed draft flyer; motion passed to pay Stearns church location \$100 for rent; San Fernando Valley is interested in collaborating - motion passed to collaborate; suggested Reps volunteer their meeting to host a Thanksgiving Marathon meeting;
- Deanna discussed 2025 R2 Convention, requested volunteers (4 committee chairs open), and pasted contact info in chat; monthly meetings will be on Zoom

**Announcements and Open Discussion** – None

**Meeting adjourned with the OA Promise at 10:30am.**

**Next meeting will be on Saturday, October 19, 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>	
Treasurer	Jeanne	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	
Parliamentarian	Nancy JM	<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	Diane C.	<a href="mailto:diadog@att.net">diadog@att.net</a>	
R2 Rep/WSD #3	Bearto	<a href="mailto:FlightBear562@yahoo.com">FlightBear562@yahoo.com</a>	
Jane A.	Meeting Liaison	<a href="mailto:meetings.oasbig@gmail.com">meetings.oasbig@gmail.com</a>	
Webmaster	Claudia	<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		



# SEPTEMBER 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	ZOOM MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
<b>OA Southbay Meeting Schedule</b>							
<b>SUNDAY</b>							
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	<u>820.1249.5583</u>	Southbay		Helen T. (562) 714-1463	I, P
5:00 PM	<b>Long Beach 5pm Meeting (IN PERSON)</b>	<b>Long Beach (67506)</b>	*****	*****	Christ Lutheran Church: 6500 E. Sterns St. LB. CA 90815 (lounge)	<b>Bob 562-924-4970</b>	<b>1, P</b>
<b>MONDAY</b>							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (53476)	<u>140.017.149</u>	Southbay		Kristin (562) 208-2363	1, BB, Wtg, WS
9:30 AM	<b>Manhattan Beach Morning Meeting (IN PERSON)</b>	<b>Manhattan Beach (67577)</b>	*****	*****	MB Community Church: 303 S. Peck Ave Manhattan Beach, CA 90266	Christina B (858) 405-7209	
<b>TUESDAY</b>							
11:00 AM	Torrance Virtual Meeting	Torrance	853 9238 7019	357182		Cathy C 424 731-1483	
5:30 PM	Torrance Virtual Book Study	Torrance	895 2370 1017	698326		Sherry L. 310 940-1130	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual	<u>812.7815.4382</u>	Southbay		Sharna M. (562) 243-5742	A/B, Book,
6:30 PM	<b>Long Beach Speaker Meeting (IN PERSON)</b>	<b>Long Beach (15224)</b>	*****	*****	(St. Thomas of Canterbury) 5306 E. Arbor Rd., Long Beach, CA 90808	Margie M. (562) 676-5497	C/C, P, SSI, WCL
7:30 PM	<b>Torrance Live Big Book Meeting</b>	<b>Torrance (15653)</b>			First Christian Church of Torrance 2930 El Dorado St. Room 9	Jennifer S. (310) 599-5708	Book, C/C, P, WC
<b>WEDNESDAY</b>							
7:00 PM	<b>Food Dudes Men's Meeting (HYBRID)</b>	<b>Hybrid/Torrance</b>	<u>541.920.3317</u>	<b>Text mtg contact</b>	First Christian Church 2930 El Dorado St Torrance Room 9	Bill A. (310) 622-5588	I, C/C, M, WF
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (53992)	849 4698 8992	apple		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)	<u>511.211.302</u>	Southbay		Eileen C. D. (562) 212-9265	BB, WS, 11th Step, 12&12
10:00 AM	<b>Big Book in the Park (IN PERSON)</b>	<b>Long Beach (67420)</b>	*****	*****	4900 Federation Way, Long Beach	Angie M. 562-522-7573	I, BB
6:00 PM	<b>Long Beach Live Big Book Study</b>	<b>Long Beach (61287)</b>	*****	*****	Christ Lutheran Church: 6500 E. Sterns St. LB. CA 90815 (lounge)	Bertie (562) 843-2764	Step Study, WC
<b>FRIDAY</b>							
7:30 AM	Women's Virtual Meeting	Virtual (09465)	<u>763.282.800</u>	Southbay		Courtney E. (714) 795-7965	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	<u>828.75641.8646</u>	Southbay		April W. (310) 738-5820	Wtg, P, Sp 1
<b>SATURDAY</b>							
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	<u>815.5689.1756</u>	355823		Deborah (562) 835-2000	OCIG, SS, WC
8:30 AM	<b>Torrance Morning Meeting (HYBRID)</b>	<b>Torrance (12163)</b>	<u>235.040.1649</u>	<b>9461</b>	First Christian Church 2930 El Dorado St. Room 9 HYBRID	Val S. (310) 514-3025	
9:00 AM	Bayshore Women's Literature Meeting (IN PERSON)	Long Beach (67578)	*****	*****	Bayshore Community Church 5100 E. The Toledo, Long Beach 90803	Hayley G. 818-726-3604	<b>1, WS, Book, P</b>

## 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 Intergroup	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