

Free Flight

October 2023



www.oasouthbay.org

“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.

It's Worth It

I paid a very high price to get to OA, and my life of abstinence and sanity are worth more to me than anything. But it is easy to forget. The lonely days of compulsive overeating can become hazy and I can get caught up in the cares of a day, Running here, going there. It is easy to drift into old habits and thought patterns that block my usefulness to myself and others. I need to remind myself that the OA program is one of action: going to meetings, working the steps, making twelfth step calls, — all part of my life of abstinence and sanity.

—For Today, p. 67

Region 2 Fall Assembly— Hybrid

October 27-29, 2023

See OA Region 2 website,
“Event Calendar” Tab

Registration Required



36th OA Southern California Men's Retreat –Hybrid

Hosted by LA County Intergroup

November 10-12, 2023

Old Mission San Luis Rey Retreat
Center,
Oceanside, CA

Contact Dave (619)-782-2937 for
details

URBAN RETREAT

Presented by San Diego Intergroup

Friday October 20, 7-9 pm
Saturday October 21, 9 am—5pm

Bahai Center
6545 Alcala Knolls Dr., San Diego
92111

In person
No pre-registration Necessary
Bring Writing Materials & AA Big Book

\$20 suggested donation

For more info contact Lessie at (619) -
739 - 1643 or e-mail Les-
sieib@gmail.com

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](#)

64th Annual OA Birth- day Party

January 19-21, 2024

The Planning Committee is looking for volunteers to help.
See oalacig.com for more info

MEETINGS NEED- ING SUPPORT

Monday
"Read, Write, and Recover"
6:30 pm
Literature and Writing
Zoom ID: 816 0723 2889
Password: 743666

Tuesday
5:30 pm
Virtual Book Study
Zoom ID: 929 507 449
Password: Southbay

Thursday
6 pm
Book Study
In Person
Christ Lutheran Church
6500 E. Sterns St.
Long Beach
Meets in the lounge

Want more info about OA Southbay Intergroup?

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

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.

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)

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)

Need an OA book or pamphlet?



Visit bookstore.oa.org

OA HELPLINE CONTACTS

| Name | Phone | Best Times | Email |
|-------------|----------------|--------------|--|
| Eileen | (562) 212-9265 | 10am-6pm | |
| Jennifer S. | (310) 529-5708 | 9am-7pm | jen.steffen777@gmail.com |
| Tom F. | (562) 464-7550 | 8am - 9:30pm | tjfirpo@verizon.net |

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

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!

SEPTEMBER 2023

| DAY | TIME | LOCATION | | MEETING# | DONATIONS |
|-----------|----------|----------------------|------------|---------------------------|-----------------|
| Sunday | 3:00 PM | VIRTUAL Women's | LONG BEACH | 800368 | \$25.00 |
| | 5:00 PM | VIRTUAL | LONG BEACH | 57536 | \$0.00 |
| | 5:00 PM | Long Beach IN PERSON | LONG BEACH | 27906 | \$0.00 |
| 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 |
| Wednesday | 7:30 PM | Torrance | | 15653 | \$0.00 |
| | 6:00 AM | Long Beach | | | \$0.00 |
| | 6:30 PM | Torrance | | 56935 | \$0.00 |
| | 7:00 PM | Inglewood | | 32469 | \$0.00 |
| Thursday | 7:00 PM | San Pedro | | 53992 | \$0.00 |
| | 6:00 AM | Long Beach | | 56288 | \$0.00 |
| | 10:00 AM | Long Beach | | 57420 | \$0.00 |
| Friday | 6:30 PM | Long Beach | | 51287 | \$0.00 |
| | 8:00 AM | Virtual | | 89465 | \$5.00 |
| | 9:30 AM | Manhattan Beach | | 40803 | \$0.00 |
| | 10:30 AM | Lakewood | | 399 | \$0.00 |
| Saturday | 7:30 PM | Long Beach | | 31477 | \$0.00 |
| | 8:00 AM | Seal Beach | | 07394 | \$0.00 |
| | 8:30 AM | Torrance | | 12163 | \$0.00 |
| | 10:30 AM | Lakewood | | 04950 | \$0.00 |
| | | | | Not Identified Intergroup | \$228.00 |
| | | | | Workshops | \$0.00 |
| | | | | GRAND TOTAL | \$258.00 |

| DATE | BEGIN BAL | DEPOSITS | INTEREST | CASHED CKS/DEBITS | END BAL |
|----------|-------------|----------|----------|-------------------|-------------|
| 09/30/23 | \$10,232.97 | \$143.94 | \$0.42 | -\$195.00 | \$10,182.33 |

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**



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:
October 21
November 18

All are welcome!
Please share your opinion!

All Submissions for
November are due by
Friday, October 23

Email info to:
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 Meeting September 23, 2023

Board Members in Attendance:
Ken (Chair); Carolyn (Vice Chair); Kathi (Secretary); Vicky (Parliamentarian); Jane (Meeting Liaison); Claudia (Webmaster); Joe (Technology Chair); Michelle (Region 2/World Service Rep)

Meeting Called to order @ 9:32 a.m. by Ken. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed (11 reps). Minutes approved for August.

Officer Reports:

Chair – Ken

Kathi is updating the Rep Report for next month. Since we have been virtual, we are no longer spending \$1000 per month. Next month's rep report will be revised to include actual current Intergroup expenditures. Announced the motion seed money will be addressed later. Elections are coming up for board and committee chairs. An email will be sent out to all reps to be read at each meeting between now and our rep meeting on October 21st re: the need for service at the Intergroup level. We need people to step up and volunteer!!

Vice Chair – no report

Secretary – Kathi went over the rep report for September. She stressed the need for new people to step up for service positions for our Intergroup. Our Intergroup must have a Chair, Secretary, and a Treasurer at MINIMUM to maintain our 501C non-profit status.

Treasurer – absent

need to announce this at every meeting. We really need people to give service in this way!

Parliamentarian – Vicky We have several openings for the board coming up in October: Chair, Secretary, Treasurer, and Parliamentarian. Reps

Free Flight Editor – absent
Public Information – vacant

Webmaster – Claudia
Wants to encourage reps to check info about your meeting. Contact Jane if there are any mistakes.

Meeting Liaison Chair - Jane

We had three meetings close recently due to lack of attendance. Tuesday 6:30 Virtual, Thursday 6 PM Manhattan Beach, Friday 7:30 PM Long Beach (virtual).

Special Events - Vacant
Young People's – Vacant
Public Information Chair: Vacant

Technology Chair – Joe
Joe has been helping with log-ins for Zoom hosts. Don't wait until 5 minutes before your meeting if you need help. Please contact Joe ASAP.

Region 2/World Service – no report

Old Business –
Seed Money Motion: A motion was introduced for the South Bay Intergroup to provide seed money to support any group in the South Bay who would like to start an in-person

meeting. Seed money would cover the first two month's rent (up to \$200) and \$100 for literature and chips. Motion approved.

Elections – Next month, 4 key positions need to be voted on in order for our Intergroup to run. We absolutely need a Chair, Secretary, and a Treasurer to retain our 501C non-profit status, but we also need all positions filled. The Intergroup is staying virtual in order to recruit more members.

Ken announced vacancies for Public Information Chair, Special Events Chair, and Young People's Chair. No one volunteered to be considered.

New Business –Thanksgiving Marathon: It's been a South Bay tradition to hold a marathon every year on Thanksgiving Day, which is November 23rd this year. Michelle has stepped up to organize this! She is looking for volunteers to lead meetings and serve as Zoom hosts. Ken: please announce this at your meetings and let any OA members who would like to participate to contact Michelle. Her email address is available on our website and in the Free Flight:
michellemcdunton@gmail.com.

Meeting adjourned with Serenity Prayer and the OA Promise at 10:27.

Next meeting will be on Saturday, October 21, 2023.

| | | | |
|--------------------|--------------|--|----------------|
| 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 | | |



OCTOBER 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 | OA Southbay Meeting Schedule | PASSWORD | LOCATION | MEETING CONTACT | MEETING CODE |
|-----------|---------------------------------|---|---------------------------------|------------------|--|----------------------------|---|
| | | | ZOOM MEETING ID | | | | |
| UNDAY | 3:00 PM | Women's Virtual Meeting | 875-0224-6655 | 228940 | | Jessica R. (930) 906-3-930 | WS |
| | 5:00 PM | 5pm For Today Virtual Meeting | 830-1249-5488 | Southbay | | Helien T. (562) 714-1463 | 1, P |
| | 5:00 PM | Long Beach 5pm Meeting (IN PERSON) | --- | --- | Christ Lutheran Church: 9500 E. Stearns St., LB, CA 90815 (lounge) | Bob 562-934-4970 | 1, P |
| | | | | | | | |
| MONDAY | 6:00 AM | Long Beach Virtual Morning Meeting | 140-047-349 | Southbay | | Kristin (562) 208-2869 | 1, BB, Wtg, WS |
| | 9:00 AM | Manhattan Beach Morning Meeting (IN PERSON) | --- | --- | MB Community Church: 303 S. Peck Ave Manhattan Beach, CA 90266 | Christina B (858) 405-7209 | |
| | 6:30 PM | Read, Write & Recover Virtual Meeting | 916-0723-2889 | 743666 | | Swain P. (310) 420-0480 | 1, Book, P, Wtg |
| | 7:00 PM | Long Beach Virtual Meeting | 281-847-366 | Southbay | | Margie M. (562) 676-5497 | |
| TUESDAY | 11:00 AM | Torrance Virtual Meeting | 959-9238-7019 | 357282 | | Gary C. (424) 731-1483 | |
| | 5:30 PM | Torrance Virtual Book Study | 929-907-449 | 610573 | | Sherly (310) 940-1130 | |
| | 6:00 PM | Anorexia/Bulimia Focus Virtual Meeting | 812-7815-4382 | Southbay | | Sharon M. (562) 243-5742 | A/B, Book |
| | 6:30 PM | Long Beach Speaker Meeting (IN PERSON) | --- | --- | St. Thomas of Canterbury 5306 E. Arden Rd., Long Beach, CA 90808 | Margie M. (562) 676-5497 | C/C, P, SS1, WCL |
| WEDNESDAY | 7:30 PM | Torrance Live Big Book Meeting | 186593 | | First Christian Church of Torrance 2930 El Dorado St., Room 9 | Jennifer S. (310) 529-5708 | Book, C/C, P, WCL |
| | 1:00 PM | Big Book Study | --- | --- | 100 N. Hillcrest Blvd., Rm 3, Inglewood | Bernice A. (323) 799-7610 | BB |
| | 6:00 PM | Long Beach For Today Meeting | 541-930-3317 | Text msg contact | Intercity Fellowship Hall, 5831 Cherry Ave., Long Beach, CA 90805 | Sandy W. (562) 533-9987 | 1, C/C, FT, P, WCL |
| | 7:00 PM | Food Dudes Men's Meeting (HYBRID) | 328-719-0049 | apple | First Christian Church 2930 El Dorado St., Torrance, Room 9 | Bill A. (310) 632-5588 | 1, C/C, M, WF |
| THURSDAY | 6:00 PM | Long Beach Live Big Book Study | --- | --- | First Presbyterian Church Rm. 3 | Valis. (310) 154-3025 | 1, 2/42, SS Wtg, WCL |
| | 6:00 PM | Manhattan Beach | --- | --- | | | No wheelchair access |
| | 8:00 AM | Long Beach Women's Virtual Meeting | 511-211-302 | Southbay | 4900 Federation Way, Long Beach | Jacque 562-252-5977 | BB, WS, 14th Step, J2&12 |
| | 6:00 PM | Long Beach | --- | --- | Christ Lutheran Church: 6500 E. Stearns St., LB, CA 90815 (lounge) | Annie M. 562-522-7573 | 1, BB |
| FRIDAY | 7:30 AM | Women's Virtual Meeting | 763-262-800 | Southbay | MB Community Church: 5303 S. Peck Ave, Bart Building, 2nd floor | Bernie (562) 843-2764 | Step Study, WCL |
| | 9:30 AM | Manhattan Beach Fellowship Virtual Meeting | 328-784-1846 | Southbay | | | 1, 5pt, Book, P, WF |
| | 7:30 PM | Long Beach Virtual Speaker Meeting | 803-542-733 | Southbay | | | |
| | 7:30 AM | AA 12x12 Virtual Step Study | 815-5689-1756 | 35-5823 | | | |
| SATURDAY | 8:00 AM | AA 12x12 Virtual Step Study | 822-7364-8284 | | | | |
| | 8:30 AM | Torrance Morning Meeting (HYBRID) | 235-040-1649 | 9461 | First Christian Church 2930 El Dorado St., Room 9 HYBRID | Deborah (562) 832-2000 | OCIG, SS, WCL |
| | 9:00 AM | Bayshore Women's Literature Meeting (IN PERSON) | --- | --- | Bayshore Community Church 5100 E. The Palms, Long Beach 90803 | Haley G. 318-726-3604 | 1, WS, Book, P |
| | | | | | | | |
| ode | Meaning | Code | Meaning | Code | Meaning | Code | Meaning |
| 1th Step | Meeting Needs Support/Attendees | C/C | Chips &/or Candles Given | OA | Overeaters Anonymous ("Brown Book") | SS4 | Step Study 4th Week of the Month |
| 2&12 | One Hour Meeting | CC | Child Care Available | OCIG | Orange County Intergruop | VR | Voices of Recovery Book |
| A/B | Meditation | FT | For Today Book | P | Pitch | WC | Wheelchair - Full Access |
| BB | OA's 12/12 | HOW | Honest, Openminded, Willingness | Sp | Speaker Meeting | WCL | Wheelchair - Access May Be Limited, Please Call |
| Book | Anorexic/Bulimic Focus | LAIG | Los Angeles Intergruop | Spl | Speaker Meeting 1st Week of the Month | WS | Women's Stag |
| | Big Book of AA | M | Men's Meeting | SS | AA 12x12 Step Study | Wtg | Writing |
| | Study Various books | NC | Newcomers | SSI | Step Study 1st Week of the Month | YP | Young People |

For more information about AA Southbay, please visit oasouthbay.org

| 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 |