

Free Flight

October 2024

“Another kind of flight, a spiritual liberation!”

www.oasouthbay.org

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.

Region 2 Fall Assembly

October 25-27, 2024

Friday evening, all-day Saturday, and half-day Sunday

Doubletree by Hilton Hotel San Francisco Airport., 835 Airport Blvd., Burlingame CA
(650) 344-5500

For information and to register contact
Events Coordinator events@oar2.org

Body Image Workshop

“Create a New Body Image through the 12 Steps”

Sunday, October 27, 2024

A Zoom event

Presented by San Diego Intergroup

1:00 pm—3:00 pm

Meeting ID: 868 3487 1890

No password required

For more info contact Elyesse at workshops@sandiego.org

Welcoming Members with Diverse Experiences—Inclusivity in OA

October 19, 2024

A zoom event

Presented by OA Region 2

10:30 am—12:30 pm

For link contact diversity-chair@oa2.org

Aging With Grace and Wisdom

Sunday, October 20

A Zoom event

Presented by the Los Angeles Intergroup

11:00 am—1:00 pm

Meeting ID: 875 1548 1911

Password: 311344



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

MEETING NEEDING SUPPORT

Thursday

6 pm

Book Study

In Person

Christ Lutheran Church

6500 E. Sterns St.

Long Beach

Meets in the lounge

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)**



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

Need an OA book or pamphlet?



Visit 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	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.



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!

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
GRAND TOTAL					\$557.56

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 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 19
November 19

All are welcome!
Please share your opinion!

All Submissions for

November are due by
Friday, October 27, 2024

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 Minutes August 17, 2024

Board Members in Attendance: Michelle (Chair); Larry (Secretary); Pauline (Free Flight); Bearto (Public Information Chair & Region 2/World Service Rep #2); Jane (Meeting Liaison); Claudia (Webmaster)

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

Officer Reports:

Chair – Thanks to Nancy for filling in last month; hotline number is on Free Flight, but info needs to be updated for list of meetings – requests someone with experience with hotline; looking into starting in person meeting for Spanish, maybe in Long Beach – those interested in supporting (and bi-lingual), contact Michelle or Claudia; looking for someone to be Thanksgiving Marathon Chair – Bearto will coordinate in person Thanksgiving Marathon meeting on Stearns

Vice Chair – regrets

Secretary – discussed Rep report

Treasurer – regrets; Michelle discussed Treasurer report

Parliamentarian – regrets

Free Flight Editor – meetings fit on one page now since there are less meetings; remove call for submissions of stories, but requesting stories of 200 words

Public Information Chair: inundated with college nursing students at Thursday book study

Meeting Liaison Chair – no report; requests interest in replacement in October

Webmaster – received email from R2 Chair to be sure images on website are licensed – will replace images of flyers with links to them since we are not responsible for what's on the other side

Special Events - Vacant

Young People's – regrets

Technology Chair – regrets

Region 2/World Service – (Michelle) will not go to Fall Assembly, but will continue World Service commitment until May; will need Rep to go to Fall Assembly – can elect outside of positions to be elected for next month

Old Business – elections in October – request nominations for open positions; will get list of positions to be elected for next month

New Business – none

Announcements and Open Discussion – Margaret requests a name for hotline callers to call – Larry volunteers; Michelle will contact Tom F on how to update hotline info

Meeting adjourned with the OA Promise at 10:33am.

Next meeting will be on Saturday, September 21, 2024.

South Bay Intergroup Service Board

Chair	Michelle D	chair.oasbig@gmail.com	(310) 529-3796
Vice Chair	Carolyn	vicechair.oasbig@gmail.com	(562) 896-1393
Secretary	Larry C	secretary.oasbig@gmail.com	
Treasurer	Jeanne	treasurer.oasbig@gmail.com	
Parliamentarian	VACANT	parliamentarian.oasbig@gmail.com	
Public Information	Bearto	publicinfo.oasbig@gmail.com	
Free Flight Editor	Pauline	editor.oasbig@gmail.com	(

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	
R2 Rep/WSD #3	Bearto	FlightBear562@yahoo.com	
Jane A.	Meeting Liaison	meetings.oasbig@gmail.com	
Webmaster	Claudia	webmaster.oasbig@gmail.com	
Technology Chair	Joe C	Tech.oasbig@gmail.com	(562) 243-2300
Young People's	Jeff L	Yp.oasbig@gmail.com	
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
OA Southbay Meeting Schedule							
SUNDAY							
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	820.1249.5583	Southbay		Helen T. (562) 714-1463	I, P
5:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (67506)	*****	*****	Christ Lutheran Church: 6500 E. Sterns St. LB. CA 90815 (lounge)	Bob 562-924-4870	1, P
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (53476)	140.017.149	Southbay		Kristin (562) 208-2363	1, BB, Wtg, WS
9:30 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (7577)	*****	*****	MB Community Church: 303 S. Peck Ave Manhattan Beach, CA 90266	Christina B (858) 405-7209	
TUESDAY							
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	812.7815.4382	Southbay		Sharna M. (562) 243-5742	A/B, Book
6:30 PM	Long Beach Speaker Meeting (IN PERSON)	Long Beach (15224)	*****	*****	(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	Torrance Live Big Book Meeting	Torrance (15653)			First Christian Church of Torrance 2930 El Dorado St. Room 9	Jennifer S. (310) 599-5708	Book, C/C, P, WC
WEDNESDAY							
7:00 PM	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541.920.3317	Text mtg contact	First Christian Church 2930 El Dorado St Torrance Room 9	Billa. (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
THURSDAY							
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	511.211.302	Southbay		Eileen C. D. (562) 212-9265	BB, WS, 11th Step, 12&12
10:00 AM	Big Book in the Park (IN PERSON)	Long Beach (67420)	*****	*****	4900 Federation Way, Long Beach	Angie M. 562-522-7573	I, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (61287)	*****	*****	Christ Lutheran Church: 6500 E. Sterns St. LB. CA 90815 (lounge)	Bertie (562) 843-2764	Step Study, WC
FRIDAY							
7:30 AM	Women's Virtual Meeting	Virtual (09465)	763.282.800	Southbay		Courtney E. (714) 795-7965	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	828.7564.8646	Southbay		April W. (310) 738-5820	Wtg, P, Sp 1
SATURDAY							
8:00 AM	AA 12x12 Virtual Step Study	Seal Beach (07394)	815.5689.1756	355823		Deborah (562) 835-2000	OCIG, SS, WC
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12163)	235.040.1649	9461	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	1, WS, Book, P

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