

Free Flight

September 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.

Powerlessness

Many times I have recognized the insanity of my behavior. The admission that I have a problem with eating is the beginning of my willingness to recover. I am powerless over food and over my eating habits. I learn in Overwaters Anonymous that my powerlessness is the bedrock on which I can build a new life. Weakness is the glue that binds me to others in this program, and I can accept that I need help even after I have abstained from compulsive eating for years.

— Voices of Recovery

WOMEN'S RETREAT

“Step Into Action”

October 6-8

Encino, CA

Registration Required

See Orange County Inter-
group site for info and to reg-
ister



OA MEN'S RETREAT

21st Annual Men in Recovery Retreat

Presented by East Bay Unity OA and
Bay Area HOW Intergroup

October 27-29, 2023

Villa Maria Del Mar
21918 Cliff Dr.
Santa Cruz, Ca

Text or call Don at (4150-246-3086

Registration Required

URBAN RETREAT

Presented by San Diego Intergroup

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

Bahai Center
6545 Alcalá Knolls Dr., 92111

In person
Bring Writing Materials & AA Big
Book

No pre-registration necessary
\$20 suggested donation

For more info contact Lessie at (619)
- 739 - 1643 or e-mail Les-

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](#)

Region 2 Fall Assembly— Hybrid

October 27-29, 2023

See OA Region 2 website,
“Event Calendar” Tab

Registration Required

MEETINGS NEED- ING SUPPORT

Mondays and Tuesdays

“Read, Write, and Recover”
6:30 pm
Literature and Writing
Same Zoom ID and Password
for both days
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

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

Want more info about OA Southbay Intergroup?

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

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)

Special Focus Meetings

Fellow OAers who share simi-
lar experiences

Anorexics & Bulimics

100 Pounders

Young People

LGBTQ+

Men Only

More Special Focus Meetings can
be found at
oa.org/find-a-meeting.

Need an OA book or pamphlet?



Visit bookstore.oa.org

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

AUGUST 2023					
DAY	TIME	LOCATION		MEETING#	DONATIONS
Sunday	3:00 PM	VIRTUAL Women's	LONG BEACH	800368	\$5.00
	5:00 PM	VIRTUAL	LONG BEACH	57536	\$84.00
	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	\$15.00
	9:30 AM	Manhattan Beach		40803	\$48.00
	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
				04950	\$0.00
				Not Identified	\$138.00
				Intergroup	\$30.00
				Workshops	\$0.00
				GRAND TOTAL	\$320.00
DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
08/31/23	\$10,040.75	\$231.79	\$0.43	-\$40.00	\$10,232.97



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:
September 23
October 21

All are welcome!
Please share your opinion!

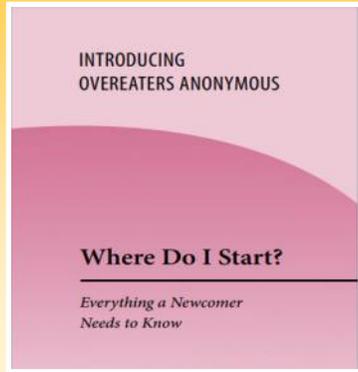
All Submissions for October are due by Friday,

September 29

Email info to:

editor.oasbig@gmail.com

FREE PDF



Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous Representatives Meeting Meeting August 19, 2023

Board Members in Attendance: Ken (Chair); Carolyn (Vice Chair); Jeanne (Treasurer); Vicky (Parliamentarian); Pauline (FF Editor); Jane (Meeting Liaison); Claudia (Webmaster)

Meeting Called to order @ 9:32 a.m. by Ken. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed (13 reps). Minutes approved for July.

Officer Reports:

Chair – Ken

Shared flyers for upcoming events, available on our website. Recommended we move the meeting for Sept. due to Rosh Hashana. Pauline moved that we move the meeting to 9/23, Vicky seconded. Motion passed. Elections for available board positions are coming up; Chair, Parliamentarian, and Secretary are up for election in October. Think about volunteering to serve in one of these capacities. Jeremiah (Region 2 Chair) is visiting to observe the meeting.

Vice Chair – no report
Secretary – absent

Treasurer – Jeanne shared the financial report for July. Donations were \$1291.68. Current balance of \$10,040.75.this.

Parliamentarian – Vicky the website. All entries and announcements for the FF should be submitted by the first Tuesday of each month.

Free Flight Editor – Pauline

The Free Flight and Orange County Intergroup is looking for stories from men

about their experience in OA. Tom: corrected that World Service is looking for stories.

Public Information –vacant

Meeting Liaison Chair - Jane

Jane gave a recap of current meetings and reps.

Webmaster – no report

Special Events - Vacant

Young People's – Vacant

Public Information Chair: Vacant

Technology Chair – Ken (on behalf of Joe)

Checking the voice mailbox is a service position, but we haven't filled it for a couple of years. Joe suggests we reignite it. Does anyone want to be responsible for checking the box? Joe is attending a workshop hosted by San Diego OA about social media. meetings can have a specific focus or a specific topic. Vicky: Can Michelle have Jane send details of notes re: specific focus or specific topic to reps? Yes. Policy changes made for Unity for Diversity.

Region 2/World Service – Ken (on behalf of Michelle.

Ken shared a flyer about purchasing recordings of speakers from Region 2 Convention. He also shared a flyer for "A Look in the Mirror", a virtual workshop on November 18th. as well as a letter from World Service addressing what an outside issue is; World Service says that anything that can lead you to act out with food is not an outside issue. He made a pitch for the need to

donate to 7th Tradition.

Old Business – Vacant Positions

Ken announced vacancies for Public Information Chair, Special Events Chair, and Young People's Chair. No one volunteered to be considered. Vicky shared the parliamentarian duties in the chat; they are also available on our website. Ken shared the site page so reps can see all positions.

New Business – Orange County

Intergroup is providing loans (seed money) to groups who want to start in-person meetings. Do we want to do that? Jeanne stated that our current bank balance is healthy enough to do this. Tom: are we advertising the loans? Marci: Are there set guidelines? Tom is willing to craft the motion for next month to vote on. Toni made a motion: to continue the South Bay Intergroup meeting virtual indefinitely. Theresa seconded. Motion passed. Tom: Friday night virtual 7:30 meeting is struggling because a security code is required for each Zoom host and that is making it difficult. Discussion about options; Tom will reach out to Joe for more information.

Meeting adjourned with Serenity Prayer and the OA Promise at 10:30.

Next meeting will be on Saturday, September 23, 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		



JULY 2023 SOUTHBAY MEETING DIRECTORY

Most meetings have remained virtual. Meetings indicated in bold are meeting in person.

TIME	MEETING FOCUS	CITY	ZOOM MEETING ID	PASSWORD	LOCATION	MEETING CONTACT	MEETING CODE
SUNDAY							
3:00 PM	Women's Virtual Meeting	Long Beach (800968)	875-022-1655	228340		Jessica R. (530) 906-3530	WS
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27906)	820-1249-5888	Southbay		Heleen T. (562) 714-1463	1, P
5:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (57556)	-----	-----	Christ Lutheran Church: 6500 E. Stems St., LB., CA 90815 (lounge)	Bob 562-924-4970	1, P
MONDAY							
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (52426)	1400-017-349	Southbay		Kristin (562) 208-2363	1, BB, Wtg, WS
9:00 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (57577)	-----	-----	Manhattan Beach, CA 90266	Christina B (888) 405-7209	
6:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89483)	816-0723-2889	743666		Gwen P. (310) 420-0480	1, Book, P, Wtg
7:00 PM	Long Beach Virtual Meeting	Long Beach (52590)	281-847-366	Southbay		Margie M. (562) 675-5497	
TUESDAY							
11:00 AM	Torrance Virtual Meeting	Torrance	859-9238-7039	357282		Wendy (310) 377-0537	
5:30 PM	Torrance Virtual Book Study	Torrance	929-507-449	610573		Betsy E. (310) 326-1527	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual	812-7815-4382	Southbay		Sharon M. (562) 245-5742	A/B, Book
6:30 PM	Long Beach Speaker Meeting (IN PERSON)	Long Beach (15224)	-----	-----	151 Thomas of Canterbury/53016 E. Arbor Rd., Long Beach, CA 90808	Margie M. (562) 675-5497	C/C, P, SS1, WCL
6:30 PM	Read, Write & Recover Virtual Meeting	Virtual (89483)	816-0723-2889	743666		Gwen P. (310) 420-0480	1, Book, P, Wtg
7:30 PM	Torrance Live Big Book Meeting	Torrance (15655)	-----	-----	First Christian Church of Torrance 2930 El Dorado St., Room 9	Jennifer S. (310) 529-5708	Book, C/C, P, WCL
WEDNESDAY							
1:00 PM	Big Book Study	Inglewood	-----	-----	100 N. Hillcrest Blvd., Rm 3, Inglewood,	Bernice A. (323) 799-7610	BB
6:00 PM	Long Beach For Today Meeting	Long Beach (54517)	-----	-----	Intergay Fellowship Hall, 5821 Cherry Ave., Long Beach, CA 90805	Sandy W. (562) 533-3927	1, C/C, FT, P, WCL
7:00 PM	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541-920-3317	Text mts contact	First Christian Church 2930 El Dorado St. Torrance Room 9	Bill A. (310) 622-5588	1, C/C, M, WF
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (59932)	323-779-0049	apple	First Presbyterian Church Rm. 3	Vais. (310) 514-3025	27272 SS Wtg WCL No wheelchair access
THURSDAY							
8:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	511-211-302	Southbay		Jacque 562-252-5977	BB, WS, 11th Step, 12&12
10:00 AM	Big Book in the Park (IN PERSON)	Long Beach	-----	-----	4900 Federation Way, Long Beach	Annie M. 562-522-7573	1, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (51287)	-----	-----	Christ Lutheran Church: 6500 E. Stems St., LB., CA 90815 (lounge)	Bernie (562) 249-2764	Step Study, WCL
FRIDAY							
7:30 AM	Women's Virtual Meeting	Virtual (89465)	763-262-800	Southbay		Courtney E. (714) 795-7985	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	828-7841-8646	Southbay		April W. (310) 798-8820	Wtg, P, Sp, 1
SATURDAY							
8:00 AM	AA 12&12 Virtual Step Study	Seal Beach (07284)	822-2864-8784	-----		Deborah (562) 832-2000	OCUG, SS, WCL
8:30 AM	Torrance Morning Meeting (HYBRID)	Torrance (12163)	235-040-1649	9461	First Christian Church 2930 El Dorado St., Room 9 HYBRID		

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 Intergroup	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	Spl	Speaker Meeting 1st Week of the Month	WS	Women's Step
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