

# Free Flight

September 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.

## 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](mailto:events@oar2.org)

The Twelfth Step of Overeater's Anonymous talks about the qualities we gain as a result of working the Twelve Steps, but the words freedom so many times in all of our literature, I began to think about the freedom from my disease I gained by working each of the Steps of Overeaters Anonymous:

- Step 1: Freedom from the obsession with food.
- Step 2: Freedom from insanity and hopelessness.
- Step 3: Freedom from the bondage of self.
- Step 4: Freedom from dishonesty.
- Step 5: Freedom from isolation.
- Step 6: Freedom from running the show.
- Step 7: Freedom from self-reliance.
- Step 8: Freedom from blame.
- Step 9: Freedom from fear of people.
- Step 10: Freedom from complacency.
- Step 11: Freedom from loneliness.
- Step 12: Freedom from lack of purpose.

— Voices of Recovery, p. 205

## Thursday Night Book Study

"What We Learn Becomes Part of Who We Are"

In Person Weekly Meetings @ 6 pm  
Meeting #51287

Book Reading and Share

6500 E. Stearns St, Long Beach CA 90815  
(call for gate entry)

For September and October bring your Big Book

Would you like to share the message of OA to Young people who suffer from compulsive eating?

Consider joining the Young People's Committee

For information contact Jeff L. at  
[yp.oasbig@gmail.com](mailto:yp.oasbig@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](#)

### 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](http://oa.org/find-a-meeting).

## MEETING NEEDING SUPPORT

**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)

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
Eileen	(562) 212-9265	10am-6pm	
Jennifer S.	(310) 529-5708	9am-7pm	<a href="mailto:jen.steffen777@gmail.com">jen.steffen777@gmail.com</a>
Tom F.	(562) 464-7550	8am - 9:30pm	<a href="mailto:tjfirpo@verizon.net">tjfirpo@verizon.net</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

JULY 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	\$32.00
Monday	6:00 AM	Long Beach	Zoom	53426	\$180.00
	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	\$0.00
	6:30 PM	Long Beach	In Person	15224	\$0.00
Wednesday	7:30 PM	Torrance	In Person	15653	\$0.00
	1:00 PM	Inglewood	In Person	57877	\$0.00
	7:00 PM	Torrance	Hybrid	56935	\$0.00
Thursday	7:00 PM	San Pedro	Zoom	53992	\$48.00
	6:00 AM	Long Beach	Zoom	56288	\$141.60
	10:00 AM	Long Beach	In Person	57420	\$0.00
Friday	6:30 PM	Long Beach	In Person	51287	\$0.00
	7:30 AM	Virtual	Zoom	89465	\$0.00
Saturday	9:30 AM	Manhattan Beach	Zoom	40803	\$66.00
	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	\$196.38
				Not Identified	\$105.00
				Intergroup	\$28.00
					\$0.00
				<b>GRAND TOTAL</b>	<b>\$856.98</b>

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
07/31/24	\$9,278.36	\$1,560.18	\$0.42	-\$2,073.40	\$8,765.56

## 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:  
September 21  
October 19

All are welcome!  
Please share your opinion!

All Submissions for

October are due by

**Friday, September 13, 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 July 20, 2024

**Board Members in Attendance:** Nancy (Chair/Parliamentarian); Larry (Secretary); Jeanne (Treasurer); Bearto (Public Information Chair & Region 2/World Service Rep #2); Jane (Meeting Liaison)

**Meeting Called to order @ 9:32 a.m. by Nancy. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for June.**

### Officer Reports:

**Chair (Nancy presiding)** – no report

**Vice Chair** – regrets

**Secretary** – discussed Rep report

**Treasurer** – shared report; answered questions about splitting donations made to both Intergroup and individual meetings – Jeanne can split them

**Parliamentarian** – welcomes new Reps who relay information in both directions between their meeting and Intergroup

**Free Flight Editor** – regrets

**Public Information Chair:** Attended R2 Convention in Sacramento; picked up pamphlets; discussed pamphlet Introducing OA to Healthcare Professionals; wants each meeting to create a logo to advertise the meeting at booths

**Meeting Liaison Chair** – working on updating the list of Reps for July-December; a few meetings do not have a Rep listed – will contact meeting contact

**Webmaster** – regrets

**Special Events - Vacant**

**Young People's** – regrets

**Technology Chair** – regrets

**Region 2/World Service** – no report

### Old Business –

- Elections – vacant positions:
  - o Special Events (appointed): no nominations; Nancy encourages Ad Hoc participation for running a single event
  - o Region 2 Representative/World Service Delegate 3: no nominations; R2 Reps meet in October

**New Business** – none

**Announcements and Open Discussion** – discussed fees being charged for donations

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

**Next meeting will be on Saturday, August 17, 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	VACANT	<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	L, P
5:00 PM	<b>Long Beach 5pm Meeting (IN PERSON)</b>	Long Beach (67506)	*****	*****	Christ Lutheran Church: 6500 E. Sterns St. LB, CA 90815 (lounge)	Bob 562-924-4870	1, P
<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>	Manhattan Beach (67577)	*****	*****	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>	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	<b>Torrance Live Big Book Meeting</b>	Torrance (15653)	*****	*****	First Christian Church of Torrance 2930 El Dorado St. Room 9	Jennifer S. (310) 529-5708	Book, C/C, P, WC
<b>WEDNESDAY</b>							
7:00 PM	<b>Food Dudes Men's Meeting (HYBRID)</b>	Hybrid/Torrance	<u>541.920.3317</u>	Text mtg contact	First Christian Church 2930 El Dorado St Torrance Room 9	Bill A. (310) 622-5588	L, 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>	Long Beach (67420)	*****	*****	4900 Federation Way, Long Beach	Angie M. 562-522-7573	L, BB
6:00 PM	<b>Long Beach Live Big Book Study</b>	Long Beach (61287)	*****	*****	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) 795-7985	Women's Meeting
9:30 AM	Manhattan Beach Fellowship Virtual Meeting	Manhattan Beach (40803)	<u>828.7561.8646</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>	Torrance (12163)	<u>235.040.1649</u>	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