

# Free Flight



www.oasouthbay.org

“Another kind of flight, a spiritual liberation.\*”

## ◀ EVENTS ▶

### TECHNOLOGY IN RECOVERY

Saturday, Nov 2<sup>nd</sup> @ 10:30am - 12pm

SGVIE OA Meeting Room  
1157 E Arrow Highway, Suite 4, Glendora, CA 91740

**Suggested Donation - \$10**

No one turned away for lack of funds

Contact: Andie G. 909-706-9180/oasgvie.org

### NEW FREEDOM RETREAT

Friday, Nov 8<sup>th</sup> - Sunday, Nov 10<sup>th</sup>

Holy Spirit Retreat Center  
4316 Lanai Road, Encino, CA 90813

**Registration: Double \$220/person**

Contact: Jennifer P. (424) 224-7135  
Or Loni G. (562) 431-7275

### THANKSGIVING DAY MARATHON

Thursday, November 28th at 8am - 1pm

Last meeting at Noon

Christ Lutheran Church - Social Hall  
6500 East Streams Street  
Long Beach, CA 90815

**Suggested Donation:**

**7th tradition will be observed every hour**

Contact: Bearto M. (562) 843-2764

**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.

## TOOLING THROUGH RECOVERY

Please keep stepping.  
I am following you,  
watching.

Please keep serving.  
I am needing you,  
calling.

Please keep sharing.  
I am learning from you,  
listening.

Please keep praying.  
I am kneeling with you,  
awakening.

Please keep reading.  
I am quoting you,  
speaking.

Please keep confiding.  
I am counting on you,  
protecting.

Please keep planning.  
I am writing with you,  
abstaining.

Please keep acting.  
I am stretching with you,  
growing.

Please keep fellowshipping.  
I am meeting with you,  
connecting.

Please keep sponsoring.  
I am renewing with you,  
recovering.

Please keep stepping.  
I am working with you,  
tooling.

- Sherylyn P.  
Raleigh, N. Carolina

### Did you know?...

South Bay Intergroup of Overeaters Anonymous is part of Region 2

### R2 Mission Statement

Region 2 exists to support individuals in need of recovery from compulsive eating (e.g., overeating, bulimia, anorexia) through empowering all groups within the region.

Learn more at [www.oar2.org/](http://www.oar2.org/)



### OA'S BIRTHDAY PARTY

Friday, January 17<sup>th</sup> - Sunday, January 19<sup>th</sup>

LAX Hilton  
5711 West Century Boulevard  
Los Angeles, CA 90045

**Registration - \$45**

Online until Monday, September 30th

[www.oalaig.org/oa-birthday-party/](http://www.oalaig.org/oa-birthday-party/)

**World Service Organization (WSO)** is focusing on growing OA unity worldwide this year. Go to <https://oa.org>

**Free Flight is FREE!** OA South Bay Intergroup — Your rep picks up copies at the monthly intergroup meetings (3rd Saturday) so you can get them at your meeting.

\* Alcoholics Anonymous, p. 55 / Reprinted with permission of AA World Services, Inc.

## MINUTES : OA South Bay Intergroup Representatives Meeting August 17, 2019

### REPRESENTATIVE MEETING

**Attendees:** Andrea (Chair), Ken (Vice Chair), Myrrh (Parliamentarian); Jane (Public Information), Betsy (Meeting Liaison), Eileen (Special Events/WS-R1 Delegate), Vivian (Webmaster), Diana (Young Peoples/WS-R2 Delegate) and 15 meeting representatives.

July 20th Rep Meeting Minutes read and approved. Quorum met.

### BOARD & COMMITTEE CHAIR REPORTS

**Chair:** Dianne will pick up Free Flights.  
**Vice Chair:** Attended new Food Dude Meeting. Wednesday's at 6:30pm. Close to getting permanent location in the Torrance area. This meeting can use Men's support. Attended (as a speaker) Young People's Meeting, El Segundo, Tuesday nights. 7 people attended. (50% under 30) Can use support.

During the report a motion was made to allocate \$100 to the Food Dudes meeting for purpose of purchasing literature. 2nd motion passed.

Motion to allocate \$100 for the Thursday 6:05pm Hermosa Beach meeting to purchase literature. 2nd motion passed.

**Parliamentarian:** Working on By Laws. Missing Policy and Procedures. Checking with Tom F. File may not exist. (may have been missing since 2015)

**Treasurer:** Sent regrets. Chair Andrea provided commentary. Report this month only shows income. Expenses not included. Income is approximately \$8K YTD. Need \$10K. Trending OK. Brief discussion on possibly printing YTD meeting contributions in Free Flight. Chair commented that space limitations prevent this. Primary purpose of Free Flight is to carry the message.

**Public Information:** Need support for House of Hope for September & October. Gave an overview of what commitment is. 1 hour meeting, 2 - 3 people speak for 10 - 15 minutes each followed by open pitches. Men and women are welcome to do service. Recommendation to change the de-

scription of the service from panel to leader led speaker meeting is more friendly.

**Meeting Liaison:** OA Birthday Party is January 17th - 19th at LAX Hilton. \$45 registration. Hotel is \$139 per night. Go to OALAIG.org for more information. Will be on Website and in Free Flight.

Food Dudes Men's Meeting is an official meeting.

**Special Events:** Will be stepping down in October. Thanksgiving Marathon is all set up. Bearto will run it.

**Webmaster:** No changes this month. Just a few fixes to the site. Will post flyer for Thanksgiving Marathon on the site. Kudos to Betsy for creating a nice flier. Marathon will only be from 8 - 1pm this year. Last meeting will begin at noon. Average 1,600 unique visits to the website last month.

**Young People's Chair:** School year is beginning. Will be doing outreach at health fairs. Asking for volunteers to help do service. She will put together a schedule so people can sign up. Young People's meeting is healthy.

**OLD BUSINESS:** Discussion on what R2 Delegate are. May elect 3 R2 Reps. Reps attend World Service (1 rep for every 10 meetings). Our IG could send 3 but elected to send 2 because of expenses.

(Approximately \$1,200 per attendee to cover transportation, meeting, room and board). R2 Assembly is in California. Delegate is a 2 year term with no limit but will rotate World Service Opportunity. No one attended World Service in March. Money is still in budget.

**NEW BUSINESS:** Elections will be in October for Chair, Secretary, Parliamentarian, Public Information with 2 year terms. Qualifications: Regularly attend meetings, 6 months of abstinence, 3 month service above meeting level, & 1 year in OA be serving or have served as rep/alternate.

**The meeting was adjourned with the OA Promise at 10:30 a.m.**

### ABSTINENT BIRTHDAY



Abstinence in OA is defined as refraining from compulsive eating and food behaviors while working toward or maintaining a healthy body weight. *Congratulation!!*

**Sue B. - August - 19 years**  
**Lavaine - September - 19 years**  
**Michelle - September - 19 years**

Share your OA Birthday with us!  
Email your first name, birthday month, and number of years to editor.oasbig@gmail.com

### HELP FOR YOUNG PEOPLE!

*Need to be with people your own age?*

OA Young Person's Phone Meeting serves young people 18 - 30.

**Thursday's @ 7pm PST**

Phone #: (605) 472-5395

ID #: 378978

World Service Meeting # 55551

Contact: Chelsea (914) 325-6948

### SHARE YOUR RECOVERY!

*Ongoing Service Opportunity*

Speakers share for 15 minutes to a small group.

**4th Monday of the month at 7:00pm**

House of Hope

Women's Recovery House

235 W. 9th Street

San Pedro, CA 90731

Contact: Jane A. (714) 356-7352

publicinfo.oasbig@gmail.com

### OA INFORMATION

**(310) 802-2001**

OR

**(562) 493-9030**

### OA HELPLINE CONTACTS

Whether you are struggling in the middle of the night, living in a remote location or just need a program boost, volunteers from our Helpline will remind you that you are not alone.

Name	Phone	Best Times	Email	Name	Phone	Best Times	Email
Denise Z.	(310) 430-8873	Anytime	evangdeni@aol.com	Jennifer S.	(310) 529-5708	9am - 7pm	jen.steffen777@gmail.com
Eda S.	(310) 833-3756	9am - 8pm	eda46@cox.net	Tom F.	(562) 464-7550	6am - 9:30pm	tjfirpo@verizon.net

Helpline volunteers can make the difference for other compulsive eaters in and out of the program. If you have a minimum of six months of continuous abstinence in OA, you qualify to share your experience, strength & hope with someone in need of recovery. Please help carry the message! **Contact: editor.oasbig@gmail.com**

## ◀ MEETING SPOTLIGHT ▶

### “FRIDAY NITE” SPEAKER & PITCH MEETING

Belmont Heights Methodist Church - Friday's @ 7:30 – 8:30 PM.

This Speaker Meeting, which used to be referred to as "Friday Nite Live," has met in the basement of the Belmont Heights Methodist Church for many years. Once a large, thriving meeting, it is now a small, intimate, one-hour meeting. The meeting begins with a speaker who shares his/her experience, strength, and hope for 15-20 minutes. Following the speaker, the members of the group may elect to share for three-minute timed pitches, usually on a topic chosen by the speaker. On the first Friday of the month, the speaker shares for 40-45 minutes with no group pitches. Each meeting ends with a three-minute group meditation.

This meeting is a great way to either end your week or start off the weekend abstinent-ly. There are also many service positions available, which can strengthen your recovery while allowing you to “give back.” All are welcomed!

## ◀ DONATIONS ▶ AUGUST

Day	Location	Time	#	September
Sunday	Torrance Del Amo	11:00 AM	7682	\$180.27
Sunday	Long Beach	5:00 PM	27906	\$200.00
Monday	Long Beach	7:00 PM	52590	\$120.00
Tuesday	Torrance	11:00 AM	19487	\$105.00
Tuesday	Lakewood	6:30 PM	15224	\$120.00
Tuesday	El Segundo	7:00 PM	56102	\$84.00
Wednesday	Long Beach (IC)	6:00 PM	54517	\$60.00
Wednesday	Manhattan Beach	6:00 PM	54374	\$96.00
Wednesday	San Pedro	7:00 PM	53992	\$160.00
Thursday	Hermosa Beach	6:05 PM	56466	\$107.73
Thursday	Long Beach	6:30 PM	51287	\$60.00
Friday	Manhattan Beach	9:15 AM	40803	\$98.40
Saturday	Seal Beach	8:00 AM	7394	\$102.00
Saturday	SBIG	9:30 AM	N/A	\$79.00
Other	Individual			\$95.00
Other	PayPal Fee			-26.68
<b>TOTAL</b>				<b>\$1,640.72</b>

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	Estimated End Balance
Aug-19	\$9,229.55	\$0.00	\$0.39	-\$224.90	-\$3.00	\$9,002.04

### South Bay Intergroup Service Board

Chair	Andrea	<a href="mailto:chair.oasbig@gmail.com">chair.oasbig@gmail.com</a>	(562) 822-7882
Vice Chair	Ken	<a href="mailto:vicechair.oasbig@gmail.com">vicechair.oasbig@gmail.com</a>	(562) 881-0710
Secretary	Christina	<a href="mailto:secretary.oasbig@gmail.com">secretary.oasbig@gmail.com</a>	(562) 481-5126
Treasurer	Michelle	<a href="mailto:treasurer.oasbig@gmail.com">treasurer.oasbig@gmail.com</a>	(310) 529-3796
Parliamentarian	Myrrh	<a href="mailto:parliamentarian.oasbig@gmail.com">parliamentarian.oasbig@gmail.com</a>	(562) 221-5487
Public Information	Jane A.	<a href="mailto:publicinfo.oasbig@gmail.com">publicinfo.oasbig@gmail.com</a>	(714) 356-7352
Free Flight Editor	Erica	<a href="mailto:editor.oasbig@gmail.com">editor.oasbig@gmail.com</a>	

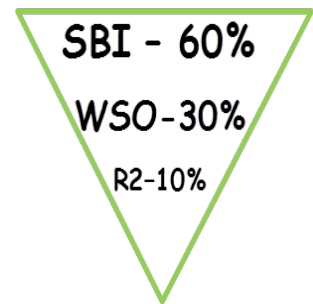
### Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Eileen C.D.	<a href="mailto:ecdpopcorn@gmail.com">ecdpopcorn@gmail.com</a>	(562) 212-9265
R2 Rep/WSD #2	Diana F.	<a href="mailto:diana9289@gmail.com">diana9289@gmail.com</a>	(310) 404-8330
R2 Rep/WSD #3	— V A C A N T —		
Special Events	Eileen C.D.	<a href="mailto:events.oasbig@gmail.com">events.oasbig@gmail.com</a>	(562) 212-9265
Meeting Liaison	Betsy H.	<a href="mailto:meetings.oasbig@gmail.com">meetings.oasbig@gmail.com</a>	(310) 850-4110
Webmaster	Vivian	<a href="mailto:webmaster.oasbig@gmail.com">webmaster.oasbig@gmail.com</a>	
Young People's	Diana F.	<a href="mailto:yp.oasbig@gmail.com">yp.oasbig@gmail.com</a>	(310) 404-8330

## MEETING TREASURERS

South Bay Intergroup donations may be made through the [oasouthbay.org](http://oasouthbay.org) website donation button. The button is located on the left side of the home page. Please include meeting #, day of the week and time in the Special Instructions section below dollar amount.

### Suggested 7th Tradition Donation Diagram



The [oasouthbay.org](http://oasouthbay.org) website also includes instructions on how to complete online contributions for all 3 service bodies. The instructions are located on the **INTERGROUP Meeting Resource** tab on the top of the website.

*Thank you for your service!!*

### South Bay Intergroup Rep & Board Meetings

#### 3rd Saturday of the month

Board Meeting 9 - 9:30 am  
Rep Meeting 9:30 - 10:30 am

Location:

Alpert Jewish Community Center  
3801 E. Willow St.  
(By Lakewood Blvd.)  
Long Beach, CA 90815  
(562) 426-7601

Next meetings:

October 19<sup>th</sup>  
November 16<sup>th</sup>  
December 21<sup>st</sup>

*All are welcome! Please share your opinion!*

◀ **O C T O B E R 2 0 1 9** ▶  
**DIRECTORY of South Bay Intergroup OA MEETINGS (Please call contact person listed to verify meeting information).**

DAY	TIME	CITY	LOCATION	CONTACT PERSON	MEETING CODE
<b>Sunday</b>	11:00 AM	Torrance (07682)	Del Amo Hospital Conference Room, 23700 Camino Del Sol, 90505	Barbara (310) 738-8559	P, Sp, WC
	5:00 PM	Long Beach (27906)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Social Hall	Helen T. (562) 714-1463	I, VR, WC
<b>Monday</b>	6:00 AM	Long Beach (53426)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Kristin (562) 208-2363	I, BB, Wtg, WC, WS
	5:45 PM	Manhattan Bch (51470)	Call Contact for Location	Kelsey R. (408) 613-7427	I, Book, WS, WC
	7:00 PM	Long Beach (52590)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Margie M. (562) 676-5497	I, P, VR, WC
	11:00 AM	Torrance (19487)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Wendy (310) 977-0537	I, FT, VR, WC
<b>Tuesday</b>	5:30 PM	Torrance (48732)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Betsy E. (310) 326-1527	I, Book, WS, Wtg, WC
	6:30 PM	Lakewood (15224)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Margie M. (562) 676-5497	C/C, P, SSI, WCL
	7:00 PM	El Segundo (56102)	United Methodist Church, 540 Main St., El Segundo, CA 90245 (Enter through Mariposa)	Kelsey O. (408) 613-7427	YP, I, Book, P, SPI, WC
	7:30 PM	Torrance (15653)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Jennifer S. (310) 529-5708	Book, C/C, P, WC
<b>Wednesday</b>	6:00 AM	Long Beach (52168)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Jon L. (562) 505-6380	I, 11th Step, WC
	6:00 PM	Long Beach (54517)	Intercity Fellowship Hall, 5881 Cherry Ave., 90805	Sandy W. (562) 533-3987	I, C/C, FT, P, WC
	6:00 PM	Manhattan Bch (54374)	Manhattan Beach Community Church, 303 S. Peck Ave., 90266, Back building, 2nd Fl.	Nancy (908) 400-4883	I, SpI, Book, P, WC
	6:00 PM	Redondo Beach (56935)	Food Dudes Men's Meeting, Torrance-Lomita Alano Club, 1645 Arlington Ave. Torrance, 90501	Andy (323) 620-6578	I, C/C, M
	±7:00:00 PM	Inglewood (32469)	1st Presbyterian Ch (Day Care - 1st Fl, Rm 1), 100 N. Hillcrest @ Queen St., 90301 (Use parking lot)	Bernice A. (323) 759-7610	LAIG, P, Sp, SS4
	7:00 PM	San Pedro (53992)	St. Peters Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church)	Val S. (310) 514-3025	I2&12, SS, Wtg, WC
<b>Thursday</b>	6:00 AM	Long Beach (56288)	Christ Lutheran Church, 6500 E. Stearns St., 90815	Eileen C.D. (562) 212-9265	BB, WS, 11th Step, I2 & 12
	6:05 PM	Hermosa Bch (56466)	St. Cross Episcopal Church, 1818 Monterey Blvd., Bck Bldg, 2nd Fl, Rm 9	Betsy H. (310) 850-4110	I, Book, Wtg, C/C
	6:30 PM	Long Beach (51287)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Social Hall	Vivian M. (562) 606-6575	Step Study, WC
	±7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Rm (Enter through El Dorado)	Mary J. (213) 308-0147	±, I, 12&12, WC
<b>Friday</b>	6:00 AM	Long Beach (53893)	Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge	Gregor (562) 822-1584	I, 11th Step, WC
	9:15 AM	Manhattan Bch (40803)	Manhattan Beach Community Church, 303 S. Peck Ave., 90266, Back building, 2nd Fl.	April W. (310) 376-8760	I, Book, P, Sp I, Wtg, WC
	±7:30:00 PM	Long Beach (31477)	Belmont Heights Methodist Church, 317 Termino Ave., 90814, Church basement	Tom F. (562) 464-7550	I, C/C, P, Sp I, WC
	8:00 AM	Seal Beach (07394)	Grace Community Church, 138 8th St. (At Central Ave.), 90740	Christina (562) 481-5126	OCIG, SS, WC
<b>Saturday</b>	8:30 AM	Torrance (12163)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Val S. (310) 514-3025	P, Sp I, WC
	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Shelly M. (714) 308-3015	P, Sp, WC
	±10:30 AM	San Pedro (17667)	St. Peters Episcopal Church, 1648 W. 9th St., 90732 (Park behind church)	Kathy (310) 547-5669	FT, VR, P, SSI, WC, ±
	±4:00 PM	Lakewood (48494)	Christ Presbyterian Church, 5225 Hayter Ave., Rm 2 West	Debbie W. (714) 488-6673	I, Book, C/C, P, WC, ±

◀ **MEETING CODES** ▶

Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	SS4	Step Study 4th Week of the Month
I	One Hour Meeting	CC	Child Care Available	VR	Voices of Recovery Book
I 1th Step	Meditation	FT	For Today Book	WC	Wheelchair - Full Access
I2&12	OA's 12/12	HOW	Honest, Openminded, Willingness	WCL	Wheelchair - Access May Be Limited, Please Call
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	WS	Women's Stag
BB	Big Book of AA	M	Men's Meeting	Wtg	Writing
Book	Study Various Books	NC	Newcomers	YP	Young People

To add or update your local meeting on this list, please contact the Meeting Liaison at [meetings.oasbig@gmail.com](mailto:meetings.oasbig@gmail.com). **Deadline: 1st Saturday of month.** For meetings in other areas, visit [OA.org](http://OA.org).  
**\*\*\*SUBMISSIONS TO THE FREE FLIGHT SUBMITTED AFTER THE FIRST WEEK OF THE MONTH WILL BE POSTED THE FOLLOWING MONTH\*\*\***