

# Free Flight



www.oasouthbay.org

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

## ◀ EVENTS ▶

### WOMEN'S SPIRITUAL RETREAT

Friday, Sept 13<sup>th</sup> - Sunday, Sept 15<sup>th</sup>

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

Registration: \$200/person

Contact: Michelle (818) 687-5038  
Or Cindy (818) 521-7112

### FOOD SOBRIETY WORKSHOP

Saturday, October 12<sup>th</sup> @ 1:30 - 3:30pm

Oasis - Large Meeting Room  
8825 Aero Drive, Suite 310, San Diego, CA 92123

Contact: Ayawnda 619-674-9941

### OA MEN'S RETREAT

Friday, Oct 18<sup>th</sup> - Sunday, Oct 20<sup>th</sup>

Old Mission San Luis Rey Retreat Center  
4050 Mission Ave., Oceanside, CA 92057 - 6402

Registration: Single \$275  
Double \$250

Contact:  
Dave B. (619) 787-2937/davebrige66@gmail.com or  
Gene K. (760) 859-7400/genekogen1@gmail.com

### 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

**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.

## SERVICE & RECOVERY

Service is a favorite Tool of mine. Carrying the message to the compulsive overeater who still suffers is the purpose of our program, and service has always been important to my personal recovery.

When I move to a new area, I find that doing service helps me get to know the people and projects in my new OA groups. There are many things I can do, like finding a chair for someone who arrives late, setting out and putting away literature, being group treasurer, chairing meetings, being a sponsor, and making phone calls.

When I drive to meetings in nearby towns, I pick up other OA members to ride along — it's always a good time for fellowship. I enjoy taking my OA friends to appointments when they cannot drive. And when I found no OA Big Book meeting in one town, I help start one.

One of our group's ongoing outreach projects is placing OA Posters in businesses. My husband and I enjoy driving to different towns, walking around and putting up posters. There are always amusing moments, such as when we get permission to put a poster in a restaurant that serves unhealthy food. *Do they realize a recovering person might not return to that restaurant?!*

Service is a great way to help others, but most of all, it really helps my recovery!

- Indiana, USA

### 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/)

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.

## MINUTES : OA South Bay Intergroup Representatives Meeting July 20, 2018

### REPRESENTATIVE MEETING

**Attendees:** Andrea (Chair), Ken (Vice Chair), Christina (Secretary), Michelle (Treasurer), Jane (Public Information), Vivian (Webmaster), Betsy (Meeting Liaison), Eileen (Special Events/WS-RI Delegate) and 16 meeting representatives.

Meeting called to order by Ken (Vice Chair), at 9:32 a.m. Rep Meeting Minutes read and approved. Quorum met.

### BOARD & COMMITTEE CHAIR REPORTS

**Chair:** Andrea confirmed the World Service request to bring group conscience to meetings for \$5 suggested 7th tradition donation has been discussed and brought to meetings.

**Vice Chair:** Ken reported the Using Technology in Recovery workshop collected \$120 with about 20 participants. He will be repeating the seminar Sat, 11/2, in Glendora, 10:30-noon, and will provide the details for inclusion on website and Free Flight. The room at Alpert JCC was at no extra cost because it took place just after the intergroup meeting. This may be available for future events. Contact Ken. He will repeat the seminar again for SBI. Will discuss with Special Events Chair.

**Treasurer:** Michelle distributed the report. SBIG has healthy funds of \$8,000 in checking. The technology event brought in \$120 in donations. The PayPal funds are being transferred to the checking. Last month 3 meetings donated through PayPal. \*Clarification needed regarding R2 and WS meetings. R2 has two assemblies per year. WS has one annual business conference (which occurred last May). SBI did not have a delegate present.

**Secretary:** Christina discussed the Board member and Committee Chair terms and election/appointment dates.

**Public Information:** Jane has House of Hope panel openings for September and October. Men are welcome as well. Please text her for more information.

**Meeting Liaison:** Betsy reported three minor changes to meetings. There is an unofficial men's meeting on Wednesdays at 6 pm, "Food Dudes." It is now at a private residence and Andy is looking for a public venue in the Redondo Beach/West Torrance/Hermosa Beach/Palos Verdes area. Eileen will ask Tom F. to add it to the meeting hotline message. Betsy will contact World Service to register the meeting.

**Special Events:** Eileen procured a venue for the Thanksgiving Marathon Christ Lutheran Church on Palo Verde/Stearns in Long Beach. Vivian will email the insurance rider to Eileen.

**Webmaster:** Vivian reported a couple small changes to the site. There's a map and legend on the Local Meetings page. Thank you to Diana for the fill-in PDF certificate. It's available now for special donations. There have been eight requests for the Speaker List and no additional signups. Vivian requested the reps to go back to their meetings and encourage participation. The Speaker List is available in the secure zone or by email request to the webmaster. Last month: 1,550 unique visits (up 6%), 4,500 page views (up 7%).

### OLD BUSINESS:

\*In response to rep question, Vice Chair checked our Bylaws and Policies and Procedures regarding discussion time limits. There was no mention in our documents. In absence of that, we defer to Robert's Rules of Order, which limits discussion of motions to 10 minutes.

**MOTION:** Adopt proposed Bylaws changes as presented by Myrrh last month in Duties and Responsibilities. Seconded and approved unanimously.

**The meeting was adjourned with the OA Promise at 10:27 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!!*

**Jeanne M. - 7 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	<a href="mailto:evangdeni@aol.com">evangdeni@aol.com</a>	Jennifer S.	(310) 529-5708	9am - 7pm	<a href="mailto:jen.steffen777@gmail.com">jen.steffen777@gmail.com</a>
Eda S.	(310) 833-3756	9am - 8pm	<a href="mailto:eda46@cox.net">eda46@cox.net</a>	Tom F.	(562) 464-7550	6am - 9:30pm	<a href="mailto:tjfirpo@verizon.net">tjfirpo@verizon.net</a>

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**

◀ **SAVE - THE - DATE** ▶

◀ **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



◀ **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/)

◀ **DONATIONS** ▶

Day	Location	Time	#	July
Sunday	Torrance Del Amo	11:00 AM	7682	\$106.47
Monday	Long Beach	6:00 AM	53426	\$60.00
Monday	Long Beach	7:00 PM	52590	\$38.36
Tuesday	Torrance	11:00 AM	19487	\$141.00
Wednesday	San Pedro	7:00 PM	53992	\$100.00
Thursday	Long Beach	6:00 AM	56288	\$60.00
Friday	Manhattan Beach	9:15 AM	40803	\$96.00
Saturday	Torrance	8:30 AM	12163	\$51.00
Saturday	Lakewood	10:30 AM	4950	\$179.30
Saturday	SBIG	9:30 AM	N/A	\$75.00
Other	Technology			\$120.00
Other	Individual			\$10.00
Other	PayPal Fee			-5.63

**TOTAL \$1,031.50**

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	Bank Fees	Estimated End Balance
Jul-19	\$8,634.95	\$1,031.50	\$0.00	-\$224.90	\$0.00	\$9,441.55

**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>	

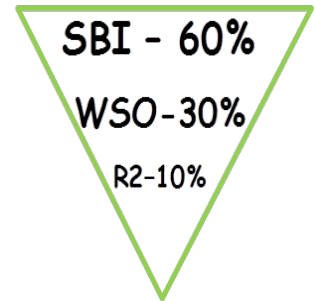
**Representatives/Delegates and Committee Chairs**

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:

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

*All are welcome! Please share your opinion!*



◀ **S E P T E M 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
	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
<b>Monday</b>	5-45 PM	Manhattan Bch (51470)	Journey of Faith Christian Church, Harbor Bldg., 1243 Artesia Blvd., 90266, Rm: 301	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
	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
<b>Tuesday</b>	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, Sp I, Book, P, WC
	6:00 PM	Redondo Beach (TBD)	Food Dudes Men's Meeting, Redondo Beach (Call Andy for address.)	Andy (323) 620-6578	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. Peter's Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church)	Val S. (310) 514-3025	I2&12, SS, Wtg, WC
	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, I2&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
<b>Saturday</b>	8:00 AM	Seal Beach (07394)	Grace Community Church, 138 8th St. (At Central Ave.), 90740	Christina (562) 481-5126	OCIG, SS, WC
	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. Peter's 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.**  
**\*\*\*SUBMISSIONS TO THE FREE FLIGHT SUBMITTED AFTER THE FIRST WEEK OF THE MONTH WILL BE POSTED THE FOLLOWING MONTH\*\*\***