

Free Flight



www.oasouthbay.org

“Another kind of flight, a spiritual liberation.”

◀ EVENTS ▶

BULIMIA / ANOREXIA FOCUS RECOVERY WORKSHOP

Saturday, August 15th
1 - 4pm PDT

Zoom Meeting ID: 373 820 2031
Passcode: 5162020
Dial-In: +1-253-215-8782

Suggested Donation: \$5

Go to www.oasouthbay.org to donate via PayPal.
Please specify “Bulimia Workshop” in add-a-note section.

Contact: Sharon M. (562) 243-5742
Or Deana_30313@yahoo.com

STEP 2 WORKSHOP

Sunday, August 16th
1 - 3pm PDT

Zoom Meeting ID: 853 9258 1812
Passcode: 099337
Dial-In: +1-669-900-9128

4TH STEP WORKSHOP Fearless & Through Moral Inventory

Saturday, August 22nd
1 - 2:30pm PDT

Zoom Meeting ID: 968 4877 1307
Passcode: 277583

Contact: workshops@oalaig.org
Or Morley at (310) 621-1615

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.

SERVICE WITH A SMILE SERVICE, SHARE, LOVE

Program first. Job second. Family third. Without program I am unable to get and keep a job. Without income, I am unable to take care of my family.

To focus on program, I must be of service. OA members notice long-timers for developing their skills of giving, listening and being there when someone needs them. These long-timers learned this from other long-timers who also knew that without program, living was a dream with survival being only a chance.

Learning to love one's self is far from selfish. It takes place slowly, like most change. Is it one of the hardest lessons to learn? The answers vary as widely as to what each of us consumes on our meal plans. For me, it was and is difficult when I allow it to be.

Others in program told me they were willing to love me until I was able to love myself. What did they mean? It made no sense. When someone requested a lift and I had the time, I gave one. The hug was payment so to speak, giving more than a few coins. By being of service (sharing rides, setting up/taking down chairs or the literature table, finding speakers, working on the intergroup board, sponsoring, getting the courage to speak and writing to *Lifeline*), I've learned two intertwined lessons: how to love myself and how to be of service.

I share this with those I sponsor, and they find themselves doing much of the same. I am only able to share that which I was given.

Anonymous, Santa Fe Springs, CA



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

REPRESENTATIVE MEETING

Attendees: Ken (Chair); Mardee (Secretary); Vicky (Parliamentarian); Michelle (Treasurer); Erica (Free Flight); Betsy (Meeting Liaison); Vivian (Webmaster); Janice (Special Events); Eileen C.D. (World Service Delegate); Carolyn B. (guest) plus 19 representatives. Quorum established.

BOARD & COMMITTEE CHAIR REPORTS

Chair: Welcomed new Intergroup Reps & thanked them for their service. Shared Intergroup report document. Vacant positions announcement. Resignations: Vice chair, Margie (1 position open) & Diana, Young People's Chair & Region 2 Rep & World Service Business Conference Rep. Eileen reigned as Region 2/World Service Rep. Carolyn will take on Zoom Committee. Sept.30 Erica (*Free Flight* Editor), Michelle (Treasurer), & Betsy (Meetings Liaison) will not be seeking another term in October.

Secretary: Presented minutes from June Rep Meeting. Frank moved to accept, Vivian 2nd, vote was unanimous to accept the minutes as sent via email.

Vice Chair: No report, Vice Chair resigned 7/16/2020

Parliamentarian: Nothing to report.

Treasurer: Year to date financials were shared with group. Highlights of report: Income exceeds yearly expenses, Continue to pay for web and Zoom, No rebate on insurance, Savings from suspending the printing of *Free Flight*, Description of spreadsheets, Continuing to considering Zelle possibilities.

Free Flight: Included the open positions. Please announce in your meetings. The *Free Flight* Editor position will open in October if you have an interest in design, journalism, marketing, service, etc.

Public Information: Taking on some vice chair roles, specifically zoom, Zelle consideration, and looking for guidelines for re-opening keeping in mind that all meetings are autonomous, researching roles to be able to provide service.

Meeting Liaison: Automated all information so position is easy to step into. Send emails with docs to board and reps. Please send Rep name, meeting day, time, location & your email address.

Webmaster: Screen shared the OASBIG website and demonstrated how to navigate the website. Secure zone is password protected. Please contact Webmaster for access &/or password.

Special Events: Workshop today *From Relapse to Recovery*, 1-2:20pm, July 25th OA Workshop *How it Works*, 1-2:30pm, August 15th from 1-4pm *Bulimial/Anorexia workshop*. Trying to get Sober Guys together for workshop.

World Service: Working on 12 steps within with members from all over the world.

OLD BUSINESS:

Vicky – Voting questions: Shared page explaining votes.

NEW BUSINESS:

Question to Ken about Vice Chair and Young People's Rep. Question on abstinence requirement for FF. 6 months or may be waived if less than via board vote. Types of docs and simplifying how to access documents on the website, google docs, and ways to access information for young people. Frank suggested Young People zoom meeting would absolve parents from having to take youth to meetings. Kathleen announced R2/World Service Rep. #2 person is needed. Events are listed as in person but will probably become zoom. Not sure about 2021 for World Service. Vivian-suggested IG to set aside funds to groups if needed for rent expenses. Ivy S. interested in *Free Flight* service.

Meeting adjourned at 10:35am

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!!*

Fred - July - 38 years

Larry - July - 14 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

OA INFORMATION

(310) 802-2001

OR

(562) 493-9030

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.

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**

◀ SERVICE OPPORTUNITIES ▶

There are several intergroup positions becoming available starting November 2020:

- Free Flight Editor Vice Chair
- Meeting Liaison Young People's Chair
- Treasurer

They are a 2 year service commitment. For a job description and position requirements contact Betsy at meetings.oasbig@gmail.com
 Or join the monthly intergroup meeting to get a sense of what is done by the intergroup.

Elections will be held **Saturday, October 17th.**
 You must attend this meeting to be appointed.

We come together to be part of the solution, & in so doing we find love, joy & laughter while giving service.

◀ DONATIONS ▶

Day	Location	Time	#	Jul	Aug
Sunday	Long Beach	5:00 PM	27906	\$33.00	\$47.00
Monday	Long Beach	6:00 AM	53426		\$105.00
	El Segundo	5:45 PM	51470	\$93.00	
	Long Beach	7:00 PM	52590		\$32.00
Tuesday	Lakewood	6:30 PM	15224	\$60.00	\$5.00
	El Segundo	7:00 PM	56102	\$77.00	
Wednesday	Torrance Food Dudes	7:00 PM	56935	\$30.00	
	Inglewood	7:00 PM	32469	\$20.00	
Thursday	Long Beach	6:00 AM	56288	\$84.00	\$7.00
	Hermosa Beach	6:05 PM	56466	\$30.00	
	Long Beach	6:30 PM	51287		\$32.00
Friday	Manhattan Beach	9:15 AM	40803	\$10.00	\$5.00
Saturday	Torrance	8:30 AM	12163		\$90.00
	Lakewood	10:30 AM	4950	\$6.00	
Other	Relaspe from Recovery			\$85.00	
	How It Works			\$5.00	\$183.00
	Individual			\$404.00	\$210.00
	PayPal Fee			-\$28.43	-\$22.65
	Interest			\$0.47	
TOTAL				\$909.04	\$693.35

Month	Beginning Balance	Deposit(s)	Interest	Cashed Checks	End Balance
Jul-20	\$11,327.02	\$908.57	\$0.47	-\$865.48	\$11,370.58

South Bay Intergroup Service Board

Chair	Ken	chair.oasbig@gmail.com	(562) 881-0710
Vice Chair	Carolyn	vicechair.oasbig@gmail.com	
Secretary	Mardee	secretary.oasbig@gmail.com	(805) 791-9592
Treasurer	Michelle	treasurer.oasbig@gmail.com	(310) 529-3796
Parliamentarian	Vicky R.	parliamentarian.oasbig@gmail.com	(562) 397-2148
Public Information	Carolyn	publicinfo.oasbig@gmail.com	
Free Flight Editor	Erica	editor.oasbig@gmail.com	

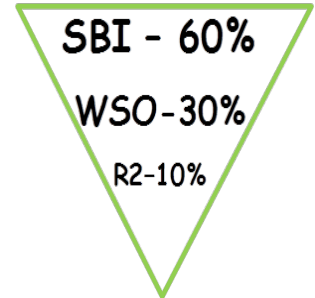
Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Kathleen F.	redcrone23@gmail.com	(323) 719-2249
R2 Rep/WSD #2			
Special Events	Janice W.	events.oasbig@gmail.com	(562) 706-0307
Meeting Liaison	Betsy H.	meetings.oasbig@gmail.com	(310) 850-4110
Webmaster	Vivian	webmaster.oasbig@gmail.com	
Young People's		yp.oasbig@gmail.com	

MEETING TREASURERS

South Bay Intergroup donations may be made through the oasouthbay.org website. The donation 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 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.

Paper donations can be mailed to:
OA South Bay Intergroup
P.O. Box 918
Harbor City, CA 90710

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

Next meetings:

- September 19th
- October 17th
- November 21st

All are welcome! Please share your opinion!



◀ **S E P T E M B E R 2 0 2 0** ▶

DIRECTORY of South Bay Intergruop OA MEETINGS (Please call contact person listed to verify meeting information).

All face to face meetings are CLOSED due to COVID-19. However, some meetings are available via Zoom Video Conferencing. Please go to www.oasouthbay.org/local-meetings.html for login information.

DAY	TIME	CITY	LOCATION	CONTACT PERSON	MEETING CODE
Sunday	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
Monday	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	El Segundo (51470)	United Methodist Church, 540 Main St., El Segundo, CA 90245 (Enter through Mariposa)	Kelsey R. (408) 613-7427	I, Book, 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
Tuesday	11:00 AM	Torrance (19487)	First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4	Lorian C. (253) 278-4168	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
	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
Wednesday	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
	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
	7:00 PM	Torrance (56935)	Food Dudes Men's Meeting, Torrance-Lomita Alano Club, 1645 Arlington Ave. Torrance, 90501	Andy (323) 620-6578	I, C/C, M
Thursday	7:00 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. S54
	7:00 PM	San Pedro (53992)	Good Shepherd Lutheran Church, 1350 W. 25th St., San Pedro, CA 90732	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, 12 & 12
	7:00 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)	Dan (424) 392-5361	‡, I, I2&12, WC
Friday	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, Spl, Wtg, WC
	10:30 AM	Lakewood (00399)	West Lakewood Baptist Church, 5121 Hayter Avenue, 90712	Don (323) 687-5614	Book, C/C, P
	7:30 PM	Long Beach (31477)	Belmont Heights Methodist Church, 317 Termino Ave., 90814, Church basement	Tom F. (562) 464-7550	I, C/C, P, Spl, WC
Saturday	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	Anita (562) 972-1270	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, ‡

◀ **MEETING CODES** ▶

Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	OA	Overeaters Anonymous ("Brown Book")
I	One Hour Meeting	CC	Child Care Available	OCIG	Orange County Intergruop
11th Step	Meditation	FT	For Today Book	P	Pitch
12&12	OA's 12/12	HOW	Honest, Openminded, Willingness	Sp	Speaker Meeting
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergruop	Spl	Speaker Meeting 1st Week of the Month
BB	Big Book of AA	M	Men's Meeting	SS	AA 12x12 Step Study
Book	Study Various Books	NC	Newcomers	SSI	Step Study 1st Week of the Month
	To add or update your local meeting on this list, please contact the Meeting Liaison at 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