

-Free Flight-

August 2009

“Another Kind of Flight, A Spiritual Liberation”

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

The opinions expressed here are those of the individual and not Overeaters Anonymous as a whole.

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. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer. (Preamble, OA 12 & 12).

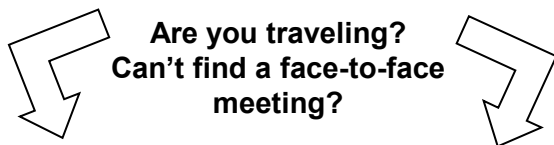
South Bay Intergroup Monthly Meetings

Kaiser Permanente Hospital Trailer Conference Room
25852 South Vermont Street, Harbor City
(near the 110 Harbor Freeway exit PCH)
Enter off of Normandie at Permanente Way
Has parking structure

Call any time: (310) 802-4066 or (562) 493-9030

9:00 a.m. Board Meeting – 9:30 a.m. Rep. Meeting
The next SBI Meetings will be:
August 15, 2009
September 19, 2009
October 17, 2009

Visitors are welcome!



**Are you traveling?
Can't find a face-to-face
meeting?**

WOW!

**105 OA Online and/or
Telephone meetings
every week!**

www.oa.org/meetings

Copies of the Free Flight newsletter are given out free at the monthly intergroup meetings (see meeting dates above). If your meeting needs additional issues, feel free to download them at www.OAsouthbay.org or contact the Editor at: (310) 784-8864.



Upcoming Events

The San Fernando Valley Intergroup presents
A Step Workshop on Body Image

Through whose eyes do you see your body?
Saturday, August 01, 2009

1:00 pm - 4:00 pm / Cost: \$5 Suggested Donation
7133-B Darby Ave., Reseda, CA 91355

[Check for flyer](#)

The Men's "Tool Time" meeting presents

“OA 12 & 12: Step Up to Recovery”

22nd Annual Southern California Men's Retreat

Friday, August 14 - Sunday, August 16, 2009

Cost: \$215.00 pp, Triple Occupancy

La Casa de Maria

800 El Bosque Road, Santa Barbara, CA 93108

[Check for flyer](#)

The Orange County Intergroup presents

Big Bear Retreat

Relapse, Recovery & Relationships

Friday, October 2 - Sunday, October 4, 2009

Cost: \$140.00 after Sept 1st \$160.00

Presbyterian Conference Center

575 Prairie Lane, Big Bear Lake, CA 92315

[Check for flyer](#)

The San Gabriel Valley Intergroup presents

Serenity Is Mine In '09

Got the Time in '09 to Recharge Your Recovery

Friday, October 9 - Sunday, October 11, 2009

Cost: \$160.00 / Pathfinder Retreat Center

35510 Pathfinder Rd., #104, Mountain Center, CA 92561

[Check for flyer](#)

The South Bay Intergroup presents

New Freedom Retreat

Friday, November 06 - Sunday, November 08, 2009

Cost: \$180.00 after Sept 7th \$205.00

Holy Spirit Retreat Center

4316 Lanai Road, Encino, CA 91436

Vickie M. 310-831-3756 / Eda 310-833-3756

[Check for flyer](#)

☺ We aren't a glum lot (AA Big Book page 132) ☺

South Bay Intergroup Monthly Meeting Minutes:

South Bay Intergroup Representatives Meeting: June 20, 2009

- Welcome & Preamble – Val read preamble. Rose read tradition
- Roll Call – Eileen, Harvey, Peggy B., Val S., Tom, Felice, Adell S., Elizabeth B., Andrea, Mary M., Jennifer S., Luana, Frank C., Rose H., Rob r., Sharon V., Laurie S., late arrival – Betsy
- Chair’s Report – no report
- Vice Chair Report - vacant
- Secretary - read the minutes of the last meeting. Minutes approved without correction
- Parliamentarian – Reported on by-laws committee work and proposed changes. Distributed copies of the changes to the intergroup representatives and requested they read by-laws and email or call suggested changes to her. Requested representatives are prepared to discuss by-laws at the July intergroup meeting. Concept to limit group time for discussion to expedite the meeting.
- Free Flight – Sent copy of FreeFlight correction. New ad on the front of FreeFlight announcing Gardena meeting. Has WSO report from Eileen in the FreeFlight. Adell made the motion to place announcement for Oa.org phone meetings on front of FreeFlight. Motion passed.
- Webmaster – not present
- Special Events – Reported looking at developing a Sponsorship Workshop in early Fall. Asked for volunteers for committee. Asked for contact information of ABC’s of Abstinence leader.
- Outreach – Gave report on WSO meeting. Encouraged people to get subscription to Lifeline, they are losing money. Presented promotional items she received at WSO meeting. Presented Public Service Announcement (PSA) disc to public information person, Tom. Has a poster and will investigate if more copies are available for distribution.
- Public Information – Reported on panel that went to Flossy Lewis Center in Long Beach. Rehab Center was pleased and wanted a return panel on Fridays at 3 p.m. Requested volunteers for future panels. Sharon discussed attending AA’s H&I orientation meeting and giving report to group to discuss increasing public awareness.
- Young People’s – Reported on possibly creating a Face Book Page specifically for oasouthbay.org. Discussed responsibilities of position and asked for feedback.
- Region 2/WSO – Attended WSO meeting in Albuquerque and passed around agenda book. Reported on promotional stuff she received at meeting. Lots of things available at www.oa.org website.
- Meeting Liaison – not present
- Old Business – Public Awareness Campaign Special Fund has ended. People can make an individual donation directly to WSO earmarked for Translation Fund or meetings can take a group conscience to pass a second basket.
- New Business – Jennifer, Tuesday & Thursday Manhattan Beach meetings have lost their location for the summer. She is investigating a new location. Needs help on getting insurance information and contacting Kaiser about using facility. Adell presented wording for announcement for telephone meetings on FreeFlight. Proposed “There are 105

active phone meeting per week on www.oa.org website” final editing to be done my Frank, FreeFlight editor.

- Treasurer’s Report – Thanked Frank for catching addition error on last month’s deposit. Corrections were made prior to publishing the FreeFlight.

Starting Balance: \$9,982.24

Deposits: \$1,101.84

Expenses: \$202.87

New Total Balance: \$10,881.21

Income – Group# or Name & Amount	Expenses – Name & Amount
05542 \$150.00	FreeFlight \$106.52
07682 \$120.00	Tab Answering Network \$96.35
08844 \$25.00	
27906 \$180.00	
31477 \$63.60	
40803 \$180.00	
41067 \$25.00	
45059 \$120.00	
Member Donation \$100.00	
Public Outreach \$25.91	
Reg. Donation \$112.33	

- Minutes Read and Approved
- Next three meeting will be: July 18, August 15 and September 19, 2009
- The Representatives meeting was adjourned.
- Respectfully submitted Laurie S. 6/25/2009

Editors’ Corner

I had another epiphany this last week; I was explaining my Higher Power to a newcomer, the light bulb came on and this is what I said: My Higher Power is like a GPS. You see, I’m driving in my car through life, and I get lost. I run out of gas. I keep making a right turn when I should be turning left. I blame my loved ones for what I’m feeling. If work is not going the way I think it should, then they’re all crazy and I’m a victim. And my Higher Power, just like a GPS, is whispering the directions to me. But I’m not listening. I’m yelling at other drivers, I have the radio blaring, I thinking about work or home, anything else except where I’m going.

When I first came to OA, I heard, “Turn it over to your Higher Power”, so I said fine. I got in the back seat and the car didn’t go anywhere. It took awhile before I heard, “Do the work and leave the results to God.” My Higher Power doesn’t drive, he gives me directions. But am I listening to Him?

So I’ve climbed back into the driver’s seat and I’m trying my best to listen to my Higher Power. I have to do my part: Put gas in the car, turn down the radio, stop worrying about work, or home, and trust in Him. This means I have to use OA’s tools: A Plan of Eating, Sponsorship, Meetings, Telephone, etc. You’ve probably heard these before and you know, I feel saner and my life is better. Now, why do I keep turning right when I should be turning left? I’ll pray a little more, keep coming back and I hope I’ll see you at a meeting.

SOUTH BAY INTERGROUP SERVICE BOARD

Chair:	Val	(310) 514-3025
Vice Chair:	- OPEN -	
Secretary:	Laurie	(562) 434-0508
Treasurer:	Elizabeth	(562) 949-3232
Parliamentarian:	Peggy B.	(310) 530-5859
Outreach:	Eileen C.D.	(562) 493-2920
Public Information:	Tom F.	(562) 920-4133
Free Flight Editor:	Frank C.	(310) 784-8864

Committee Chairs

R2 Rep/WSO:	Eileen C.D.	(562) 493-2920
Special Events:	Rose	(310) 621-2781
Meeting Liaison:	Margaret M.	(562) 754-6244
Website:	Tim S.	(323) 567-3269
Young People's:	Betsy R.	(562) 400-2022

O.A. HELP LINE

Call anytime

Adell	(310) 542-6066
Dennis	(562) 903-0126
Drea	(562) 434-6750
Jack Z.	(562) 944-4566
Jo	(562) 948-5040
Johanna	(562) 461-7636
Ken T.	(714) 654-3525
Laraine	(310) 547-0479
Nichon	(562) 427-5192

Call 6:00 am to 9:30 pm

Anne	(310) 320-1092
Annette	(562) 754-4151
Deby	(562) 903-0126
Tom	(562) 920-4133

Call 5:00 pm to 10:00 pm

Julie	(310) 523-3525
Tim S.	(323) 567-3269
Wilma	(562) 852-4477

O.A. on the Web

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Jo	greyjosh@ymail.com
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Tom F.	tjfirpo@verizon.net
Val	palley_12000@SBCGlobal.net
Wilma	wiljoh2885godlives@yahoo.com

Where to find the flyers

A Step Workshop on Body Image

http://www.oalaig.org/events/%201-Au-us-BodyImageWorkshopFlyer_062109.pdf

OA 12 & 12: Step Up to Recovery

<http://www.oalaig.org/events/2009-08-14-Casa2009.pdf>

Big Bear Retreat

<http://www.oalaig.org/events/2009-10-02-big%20bear%202009.pdf>

Serenity Is Mine In `09

<http://www.oalaig.org/events/2009-10-09-serenityretreat09.pdf>

New Freedom Retreat

<http://www.oalaig.org/events/2009-11-06-RetreatFlyer09.pdf>

LOCAL INTERGROUP, REGION 2 & WORLD SERVICE OFFICE CONTACT INFORMATION

So. Bay Intergroup - Overeaters Anonymous

(310) 802-4066 or (562) 493-9030

PO Box 918, Harbor City, CA 90710

Internet: www.OAsouthbay.org

Email: sbiFreeFlight@hotmail.com

Region 2

4733 Torrance Blvd. - PMB 335, Torrance, CA 90503

Internet: www.oar2.org

World Service

(505) 891-2664

P.O. Box 44020

Rio Rancho, NM 87174

Internet: www.oa.org

O-ANON General Service Office

Phone: (310) 547-1570

Other Intergroups

- Foothill: (626) 568-7511

P.O. Box 1108, Pasadena 91102

Internet: www.oafoothill.org

- Inland Empire: (909) 715-2080

P.O. Box 56021, Riverside, 92517

Internet: www.go2oa.org

- Los Angeles: (323) 653-7652

6404 Wilshire Blvd, Suite 710, Los Angeles 90048

Internet: www.oalaig.org

- Orange County: (714) 953-5159

1905 E. 17th St., #322, Santa Ana 92705-8671

Internet: www.oaoci.org

- San Diego: (619) 521-2538

P.O. Box 81569, San Diego 92138-1569

Internet: www.oasandiego.org

- San Fernando Valley: (818) 342-2222

7133-B Darby St, Reseda 91335

Internet: www.OASFValley.org

- San Gabriel Valley: (626) 335-3355

1157 E. Arrow Hwy, #4, Glendora 91740

Internet: www.oa-sqvie.org

August 2009

Schedule of local OA Meetings (Please call contact number to verify meeting information).

Contact person and telephone numbers are listed by OA World Service on the World Wide Web at www.oa.org

Day	Time	City (Meeting #)	Location	Contact Person	Meeting Codes
MON	10:00 AM	Lomita (06831)	St Mark's Presby Church, 24027 Pennsylvania Ave, Room 10	Ann (310) 325-8396	12&12, P
	6:00 PM	Harbor City (40186)	Kaiser Trailer Conf. Room, 25852 South Vermont Street, Call for directions	Val (310) 514-3025	HOW, FT, *
	6:00 PM	Redondo Beach (45047)	2222 Artesia Blvd.	Susan (310) 323-1456	Book
	6:30 PM	Downey (05542)	Downey Hospital, 11500 Brookshire, Room varies, Ask at info desk	Jack Z. (562) 944-4566	Sp, C
TUES	10:00 AM	Redondo Beach (50114)	2222 Artesia Blvd.	Becky (310) 782-1072	Book
	11:00 AM	Lomita (19487)	St Mark's Presby Church, 24027 Pennsylvania Ave, Room 10	Sash (310) 508-9086	1, FT, VR
	5:30 PM	San Pedro (40933)	Peninsula Recovery Ctr, 1386 W. 7 th St., Bldg A, Conference Room (ring bell)	Kathy (310) 547-5669	SS, WTG, 1
	5:30 PM	Torrance (48732)	Unity Church, 2545 West 237 th Street	Betsy E. (310) 326-1527	WS,book,WTG,1,*
	6:00 PM	Redondo Beach (41067)	2222 Artesia Blvd.	Cindy (310) 259-2710	Book
	6:30 PM	Lakewood (15224)	Mt. Olivet Lutheran Church, 4405 E. South Street	Gail (562) 602-6160	P, WC, C, SS1
	7:00 PM	Long Beach (45059)	Grace United Methodist Church, 2325 E 3 rd <u>No children please</u>	Susan (562) 495-2571	11 th Step, 1
7:30 PM	Torrance (15653)	First Christian Church of Torrance, 2930 Eldorado St., Room #4	Jennifer (310) 529-5708	P, C, Book	
WED	6:00 PM	Gardena (50486)	1025 Marine Ave. (at Vermont, right off 110 Fwy) 1 st Southern Baptist Church	Rose (310) 621-2781	Book, P, WTG, 1
	6:00 PM	Redondo Beach (45619)	2222 Artesia Blvd.	Marsha (310) 374-1206	Book
	6:30 PM	Long Beach (38832)	Emmanuel Presbyterian Church, 4017 E. 6 th Street	Judy (562) 858-9510	12&12, BB, P, 1
	7:00 PM	Inglewood (32469)	First Presbyterian Church, 100 N. Hillcrest (at Queen)	Bernice (323) 759-7610	LAIG, Sp, P, SS4
7:30 PM	Long Beach (50369)	Atlantic Alano Club, 1403 East 4th St., Twelve Step Meeting Room	Lenard (714) 642-6940	GLBT	
THURS	10:00 AM	Lomita (08844)	St Mark's Presby Church, 24027 Pennsylvania Ave, Rm 10 (Vanita S. Memorial Mtg)	Charlotte (310) 329-6630	WC, book, WTG
	6:00 PM	Redondo Beach (45617)	2222 Artesia Blvd.	Rachel (949) 293-8208	Book
	7:00 PM	Long Beach (48304)	Grace United Methodist Church, 2325 E 3rd	Amber (310) 766-9517	YP, Sp, BB, P, C, WC, 12&12, *
	7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 Eldorado St., Room #2	Valerie (310) 977-5144	12&12, C, 1, *
FRI	9:00 AM	Manhattan Beach (40803)	Manhattan Beach Comm Church, 303 S. Peck	April (310) 376-8760	Book, P, WTG
	10:30 AM	Lakewood (00399)	Mt. Olivet Lutheran Church, 4405 E. South Street	Virginia (562) 424-4405	Book, P, C, WC
	11:30 AM	Redondo Beach (40167)	2222 Artesia Blvd.	Malinda (310) 538-8289	WTG
	6:00 PM	Paramount (TBD)	Imperial Alano Club, 8021 E. Rosecrans	Frankie (562) 396-6353	
	6:00 PM	Redondo Beach (39852)	2222 Artesia Blvd.	Becky (310) 782-1072	Book
	7:30 PM	Long Beach (31477)	Belmont Heights Church, 317 Termino	Jill G. (562) 612-1248	C, P, WC, Sp1
7:30 PM	Whittier (48095)	1 st Friends Church, 13205 Philadelphia (at Washington)	SGVI (626) 335-3355	SGVI	
SAT	8:00 AM	Seal Beach (07394)	Grace Community Church, 8 th & Central	Drea (562) 434-6750	OCIG
	8:30 AM	Lakewood (21200)	Mt. Olivet Lutheran Church, 4405 E. South Street	Heather (562) 208-8332	12&12, WC
	8:30 AM	Lomita (12163)	St Mark's Presby Church, 24027 Pennsylvania Ave, Room 8	Frank C. (310) 784-8864	P, Sp1, WC
	10:00 AM	Montebello (00305)	Los Amigos, 2518 Beverly Blvd	David G. (562) 927-8412	SGVI
	10:30 AM	Lakewood (04950)	Mt. Olivet Lutheran Church, 4405 E. South Street	Laurie S. (562) 434-0508	Sp, P, Book, WC,*
	10:30 AM	San Pedro (17667)	Church of the Nazarene, 811 W 11 th St,	Jeanne (310) 377-1633	P, SS1, FT, WC,*
	10:45 AM	Harbor City (46192)	Kaiser, 25852 S. Vermont Street (NOTE: Meets 3RD Sat of month only)	Donald (310) 784-1210	P
	1:00 PM	San Pedro (45058)	Adam's Center, 205 West 9th Street (corner of South Palo Verde & 9th)	Jim M. (310) 320-8752	12&12
4:00 PM	Lakewood (48494)	Mt. Olivet Lutheran Church, 4405 E. South Street	Charee (714) 891-9515	100, Sp, P, C, book, WC, *	
SUN	11:00 AM	Torrance (07682)	Del Amo Hospital Conf Room, 23700 Camino Del Sol	Ruby (310) 542-3121	P, Sp
	3:00 PM	Redondo Beach (39852)	2222 Artesia Blvd.	Becky (310) 782-1072	P, C, book, WC
	5:00 PM	Long Beach (27906)	Christ Lutheran Church, 6500 E. Stearns Street	Chris (562) 493-3149	P, 1
	7:00 PM	Lomita (35481)	St. Margaret Mary, 25511 Eshelman, Conference Room A	Gloria (310) 522-9288	1, VR, *
	7:00 PM	Long Beach (40410)	Gloria Dei Lutheran Church, 5872 Naples Plaza	Val (310) 514-3025	HOW, 1, Sp

Key to Meeting Codes

1=1 hour
BB=Big Book of AA
FT=For Today book
NC=New Comers
Sp=Speaker meeting
SS1=Step Study meeting 1st week of the month
WS=women's stag
100=100 lb. Focus
Book=study various books
GLBT= Gay, Lesbian, Bi, Trans
OCIG=Orange County Intergroup
Sp1=Speaker meeting 1st week of the month
SS4=Step Study 4th week
WTG=writing

11th Step=meditation, children inappropriate
C=Chips
HOW= honest, open mind, willing
P=Pitch
Sp3=Speaker meeting 3x per month
VR=Voices of Recovery book
YP=persons 25 years old & under focus

12&12=OA's 12/12
FHIG=Foothill Intergroup
LAIG=Los Angeles Intergroup
SGVI=San Gabriel Valley Intergroup
SS=AA 12x12
WC=Wheelchair access, may be limited, call
 * meeting needs support

To add your local meeting to this list,
 please contact the Editor at (310) 784-8864

To locate out of area meetings,
 contact the area Intergroup (listed on page 3)