

-Free Flight-

September 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

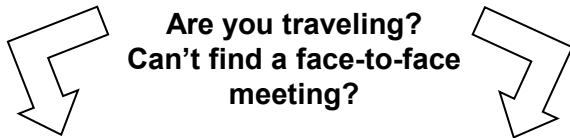
The next SBI Meetings will be:

September 19, 2009

October 17, 2009

November 21, 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

Sweeping Our Side

Sunday, September 13, 2009

1:00 pm - 3:00 pm / Cost: \$5 Suggested Donation

7133-B Darby Ave., Reseda, CA 91355

Holly 818-970-4686

The Channel Island Intergroup presents

Searching for the Land of Happy Joyous and Free A weekend retreat for WOMEN

Friday, October 2 - Sunday, October 4, 2009

Cost: \$125.00 after Sept 2nd \$140.00

Rancho Alegre / 2680 Highway 154/ Santa Barbara

[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: July 18, 2009

- Welcome & Preamble read by Kathi. Seventh Tradition read by Andrea
- Roll Call: Laurie S., Eileen C.D., Peggy B., Andrea F., Felice, Pam R., Jennifer S., Luana, Barbara B., Rob R., Elizabeth V., Ann K., Nataly B., Kathi D., Val S., Lenard L., Harvey, Susan B., Susan D., Mary M., Betsy R., Kathy R., Margaret M.,
- Chair's Report – Discussed function of intergroup and welcomed all present.
- Vice Chair Report - Vacant
- Secretary read the minutes of the last meeting. Minutes approved as read
- Parliamentarian – Peggy as head of By-laws Committee discussed the process of making changes to by-laws and intergroup representatives responsibility for voting on by-laws
 1. Motion made to add title page as designed by by-laws committee. - Passed
 2. Motion made to expand operating procedure and keep in same book as by-laws; clearly designated by title page. – Passed
 3. Motion made to reimburse WSO and Region 2 representatives for meals base on current government recommended per diem rate of the specific city in which the conference or meeting is being held. – Passed
 4. Motion made to keep current criteria for retreats as written in the minutes of the by-law committee. – Passed
 5. Motion made to accept recommendations as presented in minutes of the By-law committee - Passed
- Free Flight – Not Present
- Webmaster – per written email by Tom F., Public Information chair, presented by Eileen C.D. - 1. Tim has supplied invoice for next 6 months of web service, and would like to be reimbursed. 2. Tim is not yet tired or burned out of being the webmaster. It took a long time to set up, but is taking little of his time to maintain.
- Special Events – Val reported for Rose. Working on two possible workshop dates to be announced officially at a later date. Possible Dates are September 26, 2009 a Service and Tradition workshop presented by Region2 and January 23, 2010 an ABC's of Abstinence one day workshop.
- Outreach – Presented a copy of a poster “Can you Stop at Just One” for each group to display in their area to use as outreach to community. Copy of poster kept in Archives.
- Public Information – per written email by Tom F., presented by Eileen C.D. – 1. The public service announcement disk is just like a music CD. It has three announcements. I liked the 60 and 30 second versions, but the 15 second version was too fast. 2. I have contacted radio station KJAZZ via e-mail for a contact to discuss playing our PSA, have not heard back. 3. Contacted Flossy Lewis center and set-up date for next panel. September 11, 2009.
- Young People's – Betsy reported that she has contacted via e-mail other OA members for input and suggestions about Young People's Committee. Contacted a teacher who wants to start an OA meeting in her school. Elizabeth volunteered to work on the committee.

- Region 2/WSO – Eileen reported she plans on attending Region 2 meeting in October, 2009.
- Meeting Liaison – Margaret resigned from position and as intergroup representative.
- Old Business – Val reported board is investigating telephone number and provider changes.
- New Business – Andrea has new info on Tuesday and Thursday night meetings in Torrance. New information is already listed in FreeFlight. WSO requested info about By-law and budget process, Peggy volunteered to write letter to WSO describing the process. Peggy announced the Saturday morning meeting in Lomita is looking for a big space to move their meeting by August 31, 2009. Elizabeth announced the Orange County Intergroup Website has a printable sheet with tear-part numbers to use as outreach. Peggy shared Donald is recovering from illness and will return to “Dump and Fly” meeting in the near future.
- Treasurer's Report – Elizabeth reported a discrepancy on balance with bank in our favor, will report on her findings. Plans to contact Tab Network about canceling service.

Starting Balance: \$10,881.21

Deposits: \$375.83

Expenses: \$299.69

New Total Balance: \$10,957.35

Income – Group# or Name & Amount	Expenses – Name & Amount
06831 \$120.00	FreeFlight \$107.01
07394 \$123.83	OA Posters \$26.39
40186 \$60.00	Tab Answering Network \$136.35
40410 \$60.00	Website \$29.94
50369 \$12.00	

- Minutes Read for correction.
- Next three meeting will be: August 15, September 19 and October 17, 2009
- The Representatives meeting was adjourned.
- Respectfully submitted Laurie S. 7/27/09

Editors' Corner

Murray was a friend of mine. I walked into these rooms, five years ago and about eight or so weeks after that, our paths crossed. Murray was a big man, over six foot and he was all decked out in black, like Johnny Cash, and he walked up to me with his hand out. For the next five or ten minutes, he listened to all my craziness and then he told me about Serenity Sunday. Serenity Sunday is a meeting at Roxbury Park in Beverly Hills and Murray looked at me and said, you sound like you need some serenity. He took me out to his car, opened the trunk and gave me a 12-Stepper, the LA Intergroup newsletter. When I took a candle for my first year of abstinence at Serenity Sunday, Murray gave me my candle.

Friends listen, they try to understand, and they care for each other. For the healing to take place, I need to experience the pain of grief. In the past, I would have gone to the food not to feel. Murray was a friend of mine and I have no answers why he died. But when I walk up to you, when our paths cross and I greet you with my hand out, look a little deeper and Murray will be standing next to me. I'll see you at a meeting.

One more thing: Happy Birthday Fred – 27 years of abstinence.

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

Adell	adellshay@gmail.com
Anna	madhattermusic@aol.com
Annette	annette@siscobusiness.com
Bob/Donna	bowkfam@earthlink.net
Brenda	bthunybear@attbi.com
Chris G.	chrisgo@pcmagic.net
Cliff G.	cliffg37@verizon.net
Deby	deby.tisdale@verizon.net
Dee	deelc@surfside.net
Denise	oatigger@aol.com
E Denise	evangdeni@aol.com
Dennis	djt.cpa@verizon.net
Dodie	dodster55@verizon.net
Drea	dhrairoo@yahoo.com
Eda	eda46@cox.net
Helen	bumgar@msn.com
Jack Z.	jackz101@hotmail.com
Jennifer	jen2@tstonramp.com
Jo	greyjosh@ymail.com
Kati N.	katididit@verizon.net
Ken T.	sixfoothreeguy@aol.com
Larry	larrywil@earthlink.net
Nichon	nroberso@hotmail.com
Rose	rosehakim2001@yahoo.com
Teresa F.	tjf777@aol.com
Tom D.	tomdivelbs@aol.com
Tom F.	tjfirpo@verizon.net
Val	palley_12000@SBCGlobal.net
Wilma	wiljoh2885godlives@yahoo.com

Where to find the flyers

Searching for the Land of Happy Joyous and Free

<http://www.oafoothill.org/content/LinkClick.aspx?fileticket=bU8uWEQCmGs%3d&tabid=61>

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-sgvie.org

September 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 D. (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.	Susan B. (310) 545-4860	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)1 st Southern Baptist, corner room in bldg across lot	Rose (310) 621-2781	Book, P, WTG, 1
	6:00 PM	Long Beach (38832)	Emmanuel Presbyterian Church, 4017 E. 6 th Street	Andrea (562) 822-7882	12&12, BB, P, 1
	6:00 PM	Redondo Beach (45619)	2222 Artesia Blvd.	Arline (310) 370-9691	Book
	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
	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	
	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)	Meeting moving -- Please call for location	Rose (310) 621-2781	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.	Carrie (310) 721-7732	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)