

Free Flight August 2010

"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 21, 2010 ♦ September 18, 2010 ♦ October 16, 2010

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.aa.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 Channel Island Intergroup presents

OA Men's Retreat - Men's Tool Time Retreat

Friday, August 20 - Sunday, August 22, 2010
\$215 // La Casa de Maria, Santa Barbara, CA

[Check for flyer](#)

2010 World Service Convention

Now Playing - 50 Years of OA Recovery

Thursday, August 26 - Sunday, August 29, 2010
Hilton Los Angeles Airport Hotel, Los Angeles California

[Check for flyer](#)

The Foothill Intergroup presents

Body Image Workshop

Saturday, September 18, 2010 // 1:00 pm to 4:30 pm
La Crescenta Public Library (upstairs) // \$10 donation

[Check for flyer](#)

The Orange County Intergroup presents

Big Bear, Big Life Retreat

Friday, October 8 - Sunday, October 10, 2010
Presbyterian Conference Center
575 Prairie Lane, Big Bear Lake, CA 92315

Jeanine G. 562-301-6127 or jr_gaston@msn.com

The South Bay Intergroup presents

New Freedom Retreat

Friday, October 29 - Sunday, October 31, 2010
Cost: \$180.00 after Aug 27th \$205.00

Holy Spirit Retreat Center
4316 Lanai Road, Encino, CA 91436
Vickie M. 310-831-3756 // Eda 310-833-3756

[Check for flyer](#)

South Bay Intergroup Monthly Meeting Minutes

South Bay Intergroup Representatives Meeting: June 19, 2010

- Attendees: Pam R (48732), Susan B (41067), Bill M (45059), Jennifer S (15653), Rose H (50486), Lenard L (50369), Wilma J (31477), Gena E (12163), Andrea F (04950), Frank C (07682), Cathy C (40410), Betsy R, Eileen D
 - Opened with Serenity Prayer at 9:35
 - Secretary: Rose read May minutes – approved as read
 - Frank requested announcing the open Free Flight Editor position at meetings – will train new editor
 - Lenard encouraged announcing open positions and passing on bylaw packets
 - Positions to open in October
 - Vice-chair**
 - Outreach**
 - Treasurer**
 - Free Flight Editor**
 - Others open:
 - Secretary** (remainder of term until Oct 2011)
 - Public Info**
 - Special Events**
 - Betsy R volunteered to look into making summary sheet of open positions to put in Free Flight
 - Treasurer's Report:
 - Starting Balance: \$13,204.04
 - Deposits: \$785.00
 - Expenses: \$1,689.12
 - New Total Balance: \$12,299.92

Income – Group# or Name & Amt	Expenses – Name & Amount
08844 \$25.00	Free Flight \$152.55
12163 \$120.00	Tab Answering Network \$105.00
15224 \$90.00	WSO \$1431.57
17667 \$60.00	
19487 \$60.00	
27906 \$70.00	
38832 \$60.00	
40186 \$120.00	
45059 \$120.00	
48732 \$60.00	
- 10 reps, no quorum
- Committee reports
 - Young People's Report: Betsy R brought draft of letters to distribute to doctors & school nurses with OA material to inform then about SBIG starting young people's OA meetings
- Closed meeting at 10:00

Editors' Corner

This is sort of a birthday for me; five years ago, I walked into the rooms of Overeater's Anonymous. I was desperate, I was looking for answers and I was so tired of trying to run life my way. On the big interstate highways there are these places called rest-stops and I dragged myself into these rooms looking for rest from that stuff out there called life. My ego told me that I knew what I needed. I knew what you were supposed to be doing. Give me what I want and I'm out of here. Well let me tell you - It don't work that way. As I started going to meetings and I found a sponsor, God gave me two big gifts.

I see people at meetings that are going through so much pain. I see it in their walk, I see it in their faces, and I hear it in their voices when they share. That was me when I came into OA - I was in pain. This is when God gave me his first gift which was awareness. Awareness of how I wasn't taking care of myself, awareness of how I lived in fear, awareness of my lack of relationships, especially with Him.

The second gift God gave me was acceptance. I was hurting, I was miserable, but I heard laughter at these meetings. In Chapter 9 of the Big Book of AA, it states, "Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others.*" The members of this fellowship had something I wanted and until I accepted who I was and what my disease was, I couldn't get better.

God's given me many more gifts over the last five years, but the one I go to bed with today is my abstinence. Remember, the Twelve Steps and two bucks a meeting is the best deal in town. I'll see you at a meeting.

The quest continues: My term as the Free Flight editor is up as of the end of September and I'm putting out the call for a replacement. Give me a call, come to the intergroup meeting, and let's plan the migration from me to you. Thanks.

* On a side note: if you want to find this passage and learn much more, just start at the front and read to back of this book.

SOUTH BAY INTERGROUP SERVICE BOARD

Chair:	Tom F.	(562) 920-4133
Vice Chair:	Lenard	Leomund@aol.com
Secretary:	Rose	(310) 621-2781
Treasurer:	Elizabeth	(562) 949-3232
Parliamentarian:	Denise	(310) 645-5327
Outreach:	Eileen C.D.	(562) 493-2920
Public Information:	- OPEN -	
Free Flight Editor:	Frank C.	(310) 784-8864

Committee Chairs

R2 Rep/WSO #1:	Eileen C.D.	(562) 493-2920
R2 Rep/WSO #2:	Jack Z.	(562) 944-4566
Special Events:	- OPEN -	
Meeting Liaison:	Rob R.	rob_r@socal.rr.com
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.	sixfootthreeguy@aol.com
Larry	larrywil@earthlink.net
Nichon	nroberson@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

OA Men's Retreat - Men's Tool Time Retreat

<http://oaciig.files.wordpress.com/2010/02/mens-stag-august-2010-1.pdf>

Now Playing - 50 Years of OA Recovery

<http://www.oa.org/pdfs/conventionregistrationform10.pdf>

Body Image Workshop

<http://www.oafoothill.org/content/LinkClick.aspx?fileticket=JxGZAaPey24%3d&tabid=61>

New Freedom Retreat

http://www.oasouthbay.org/Literature/101029_New_Freedom_Retreat.pdf

LOCAL INTERGROUP, REGION 2 & WORLD SERVICE

OFFICE CONTACT INFORMATION

South 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

August 2010

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 12	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	FT, HOW, *
	6:30 PM	Downey (05542)	First Baptist Church of Downey, 8348 3rd St., Room 115 ** Meeting temporarily moved and will return to the Downey Regional Medical Hospital upon the Hospital's approval.	Jack Z. (562) 944-4566	M, Sp
TUES	11:00 AM	Lomita (19487)	St Mark's Presby Church, 24027 Pennsylvania Ave, Room 12	Sash (310) 508-9086	1, FT, VR
	5:30 PM	San Pedro (40933)	Peninsula Recovery Ctr, 1386 W. 7th St., Bldg A, Conference Room (ring bell)	Kathy (310) 547-5669	1, SS, WTG,
	5:30 PM	Torrance (48732)	Unity Church, 2545 West 237th Street	Betsy E. (310) 326-1527	1, Book, WS, WTG, *
	6:00 PM	Redondo Beach (41067)	St Paul's Methodist Church, 2600 Nelson Ave. Back Annex	Debora (310) 987-0113	1, Book
	6:30 PM	Lakewood (15224)	West Lakewood Baptist Church, 5121 Hayter Avenue	Larry C. (714) 757-3059	M, P, SS1
	7:00 PM	Long Beach (45059)	Grace United Methodist Church, 2325 E 3rd <u>No children please</u>	Susan (562) 495-2571	1, 11th Step
	7:30 PM	Torrance (15653)	First Christian Church of Torrance, 2930 El Dorado St., Room #4	Jennifer (310) 529-5708	Book, M, P
WED	6:00 PM	Gardena (50486)	1025 Marine Ave.(at Vermont)1st Southern Baptist, corner room in bldg across lot	Vicki B. (310) 675-3299	1, Book, P, WTG
	6:30 PM	Long Beach (38832)	Temple Israel, 269 Loma, 90803	Andrea (562) 822-7882	1, 12&12, BB, P
	7:00 PM	Inglewood (32469)	First Presbyterian Church, 100 N. Hillcrest (at Queen)	Bernice (323) 759-7610	LAIG, P, Sp, SS4
	7:30 PM	Long Beach (50369)	Atlantic Alano Club, 1403 East 4th St., Twelve Step Meeting Room	Lenard (714) 642-6940	CM, GLBT
THURS	10:00 AM	Lomita (08844)	St Mark's Presby Church, 24027 Pennsylvania Ave, Rm 12 (Vanita S. Memorial Mtg)	Charlotte (310) 329-6630	Book, WC, WTG
	7:00 PM	Long Beach (48304)	Grace United Methodist Church, 2325 E 3rd (No longer a Young Person focus)	Merna (562) 309-7743	1, P, Sp, WC
	7:30 PM	Torrance (18913)	First Christian Church of Torrance, 2930 El Dorado St., Room #8	Valerie (310) 977-5144	1, 12&12, M, *
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)	West Lakewood Baptist Church, 5121 Hayter Avenue	Virginia (562) 424-4405	Book, M, P, WC
	7:30 PM	Long Beach (31477)	Belmont Heights Church, 317 Termino	Jill G. (562) 612-1248	M, P, Sp1, WC
	7:30 PM	Whittier (48095)	1st Friends Church, 13205 Philadelphia (at Washington)	OCIG (714) 953-5159	OCIG
SAT	8:00 AM	Seal Beach (07394)	Grace Community Church, 8th & Central	Drea (562) 434-6750	OCIG
	8:30 AM	Torrance (12163)	First Christian Church of Torrance, 2930 El Dorado St., Room #7	Cathy (310) 548-1887	CC, P, Sp1, WC
	10:00 AM	Montebello (00305)	Los Amigos, 2518 Beverly Blvd	David G. (562) 927-8412	SGVI
	10:30 AM	Lakewood (04950)	West Lakewood Baptist Church, 5121 Hayter Avenue	Andrea (562) 822-7882	Book, P, Sp, WC, *
	10:30 AM	San Pedro (17667)	Church of the Nazarene, 811 W 11th St,	Jeanne (310) 377-1633	FT, P, SS1, WC, *
	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
SUN	4:00 PM	Lakewood (48494)	Christ Presbyterian Church, 5225 Hayter Ave., Room 2 West	Tim S. (323) 567-3269	M, P
	11:00 AM	Torrance (07682)	Del Amo Hospital Conf Room, 23700 Camino Del Sol	Ruby (310) 542-3121	P, Sp
	5:00 PM	Long Beach (27906)	Christ Lutheran Church, 6500 E. Stearns Street	Chris (562) 881-0481	1, P
	7:00 PM	Lomita (35481)	St. Margaret Mary, 25511 Eshelman, Conference Room A	Gloria (310) 522-9288	1, BB, *
7:00 PM	Long Beach (40410)	Gloria Dei Lutheran Church, 5872 Naples Plaza	Val (310) 514-3025	1, HOW, Sp	

1=1 hour

100=100 lb. Focus

11th Step=Meditation, children inappropriate

12&12=OA's 12/12

BB=Big Book of AA

Book=Study various books

CC=Child Care Available

CM=Closed Meeting (OA Members Only)

FHIG=Foothill Intergroup

FT=For Today book

GLBT=Gay, Lesbian, Bi, Trans

HOW=Honest, Open mind, Willing

LAIG=Los Angeles Intergroup

M=Medallions (Chips)

NC=Newcomers

OCIG=Orange County Intergroup

P=Pitch

SGVI=San Gabriel Valley Intergroup

Sp=Speaker meeting

Sp1=Speaker meeting 1st week of the month

Sp3=Speaker meeting 3x per month

SS=AA 12x12

SS1=Step Study meeting 1st week of the month

SS4=Step Study 4th week

VR=Voices of Recovery book

WC=Wheelchair access, may be limited, call

WS=Women's stag

WTG=Writing

YP=Persons 25 years old & under focus

* 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)