

-Free Flight-

November 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
25825 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

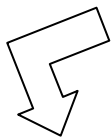
The next SBI Meetings will be:

November 21, 2009

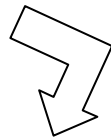
December 19, 2009

January 16, 2010

Visitors are welcome!



**Meetings
on the Move**



Saturday Morning Meetings

Saturday 8:30 moved from Lomita to Torrance

Saturday 10:30 Lakewood moved from

Mt. Olivet to Lakewood Baptist

See page 4 for Locations

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 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](#)

The South Bay Intergroup

Special Events Committee presents

Thanksgiving Day Marathon

Thursday November 26th, 2009

From 8:00 AM to 8:00 PM

Kaiser Hospital Conference Center, Room A
25825 South Vermont Street, Harbor City, CA

Save the Date

The South Bay Intergroup presents

ABCs of Abstinence Workshop

Saturday January 23rd, 2010

From 9:00 AM to 4:00 PM

Location to be announced

The Los Angeles Intergroup presents

O.A. Retreat Cruise

Cruise into Steps 4 & 5

Friday, November 20 - Monday, November 23, 2009

For further information contact:

Bob F. 818-785-4444 or

Bob R. 818-700-9868

The Foothill Intergroup presents

Annual OA Holiday Workshop

Saturday, December 05, 2009

1:30 pm - 5:00 pm

Cost: Suggested Donation: \$10

Sparr Heights Community Center
1613 Glencoe Way, Glendale, CA 91208

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South Bay Intergroup Monthly Meeting Minutes:

South Bay Intergroup Representatives Meeting: September 19, 2009

- Welcome & Preamble – read by Val
- Roll Call: Val, Margaret, Tom, Eileen, Anne, Andrea, Harvey, Frank, Nancy, Luana, Rob R., Rose, Laurie, Barbara, Pam, Elizabeth, Peggy P.
- Chair's Report – Stated was excited about the By-Laws and keeping us on a spiritual track of our service board. Please avail yourself of the new by-laws. Announced positions available in October, 2009. Positions include Chair, Vice Chair, Secretary, Parliamentarian, Public Information, and Vice Chair. All positions are for two years, except Vice-Chair is for one year. Discussed "Unity of Spirit" workshop and asked people to come and support the event.
- Vice Chair Report - Vacant
- Secretary read the minutes of the last meeting. Minutes approved.
- Parliamentarian – Discussed newly revised By-Laws and asked representatives to take a copy and read it and pass it along to the next representative when your term is completed. Reviewed the format of the handbook.
- Free Flight – Printed 100 extra copies for workshop and extra for meetings. Tom F. taking over production for next month.
- Webmaster – Not present
- Special Events – Discussed "Unity of Spirit" workshop and asked for help with technical skills to assist with set-up of PowerPoint presentation. Thanksgiving Day Marathon Booked from 8 a.m. – 8 p.m. Conference Room A Kaiser Hospital Harbor City. Discussed format of Marathon to be one-hour meetings with speaker and sharing. Planning an ABC's of Abstinence for January 23, 2010 at Kaiser Hospital from 9 a.m. – 4 p.m. Has not been booked due to hospital's protocol. Save the date and start announcing at the meeting level.
- Outreach – Discussed concern related to new job description in representative handbook.
- Public Information – Sent September FreeFlight to ½ organizations we send to every month. Is prepping for handing over information to successor. Flossy-Lewis panel format will be included.
- Young People's – Tom read email from Betsy. What I've gleaned from my research: Start a meeting. Publicize meeting as for young people. Get People to attend until young people start attending; leader shares about childhood and teen experience of disease. Distribute flyers about meeting to other meetings in area. There is a suggested format for youth meetings available from World Service. I have emails off to World Service inquiring as to whether there are any guidelines available for committees looking to build more young people's meetings. I've also inquired as to whether there is an official face book page for OA. Tom F. has promised me the phone # of Susan B. who has attended regional meetings on this subject. Literature Available – OA Members Come in All Sizes: Welcome, whatever your problem with food. Many Symptoms, One Solution. To the Teen. To the Teen Questionnaire. Billy Story. The Twelve Steps and Twelve Traditions: A Kid's View.
- Region 2/WSO – Eileen going to Region 2 Fall Assembly
- Meeting Liaison - Vacant
- Old Business – Please announce upcoming elections and encouraging service.
- New Business – Donald ill and will not be back to resume the "Dump and Fly" Meeting after Intergroup meeting. Meeting needs a new leader. Peggy to bring copies of "OA Promise" by Rosanne to use to close meeting. Peggy to have Guidelines for Handling Disruptive Behavior handouts to bring to intergroup representatives.
- Treasurer's Report – Tab phone bill comes on a 4-week cycle and we have a late charge this month. We will discuss bank overage at next board meeting. To discuss placing part of funds in Certificate of Deposit at next board meeting.

Starting Balance \$10,965.32

New Balance \$11,458.62

Expenses \$365.21

Deposits \$858.51

| Group Number | Amount |
|--------------|--------|
| 005-00399 | 15.00 |
| 32469 | 7.00 |
| Blank | 3.00 |
| 35481 | 60.00 |
| 45059 | 210.00 |
| 005-04950 | 131.51 |
| 48494 | 60.00 |
| 12163 | 240.00 |
| 27906 | 42.00 |
| 17667 | 60.00 |

| Expense Name | Amount |
|--------------------|--------|
| Phone – Tab Answer | 125.00 |
| FreeFlight | 126.21 |
| Printing By-Laws | 114.00 |

- Minutes Read for correction
- Next three meeting will be: October 17, November 21, December 19, 2009
- The Representatives meeting was adjourned.
- Respectfully submitted Laurie S. – September 29, 2009

Editors' Corner

We, in our turn, sought the same escape with all the desperation of drowning men. AA Big Book page 28. That was me when I joined this fellowship over 20 years ago. Many of us joined after a large or rapid weight gain... which proved to us we were powerless. How quickly we forget, or maybe we lose the desperation. A desperate drowning man or woman has a lot of willingness. Perhaps the less desperate I feel, the less willing I am.

A desperate me is not only willing, but grateful to make a 6:00 AM food commitment call.

A desperate me is willing to attend SEVERAL meetings a week. A desperate me will spend any amount of money on literature, CDs, workshops and retreats.

A desperate me will take food options off my plan merely because it was suggested. (Go Figure)

A new sponsee of mine came into this program, and started the steps, reported his food... I was grateful to have a sponsee with the necessary kind of desperation. Sadly it wore off terribly fast.

If the desperation of a drowning man is what he needs to keep showing up, keep writing his step work, keep changing his food choices, then that is what I need too. I am asking myself, how can I, who have been in this fellowship a long time, keep that necessary desperation alive... to keep my program strongly effective.

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The Los Angeles Intergroup presents
50th Annual Birthday Party
January 15-17, 2010
LAX Marriott Hotel

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: – OPEN –
 Website: Tim S. (323) 567-3269
 Young People's: Betsy R. (562) 400-2022

O.A. HELP LINE

| | |
|------------------------|---------------------------------|
| Call anytime | Call 6:00 am to 9:30 pm |
| Adell (310) 542-6066 | Anne (310) 320-1092 |
| Dennis (562) 903-0126 | Annette (562) 754-4151 |
| Drea (562) 434-6750 | Deby (562) 903-0126 |
| Jack Z. (562) 944-4566 | Tom (562) 920-4133 |
| Jo (562) 948-5040 | |
| Johanna (562) 461-7636 | Call 5:00 pm to 10:00 pm |
| Ken T. (714) 654-3525 | Julie (310) 523-3525 |
| Laraine (310) 547-0479 | Tim S. (323) 567-3269 |
| Nichon (562) 427-5192 | 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 | 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 |

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-sgvia.org

Where to find the flyers

O.A. RETREAT CRUISE

http://www.oasouthbay.org/Literature/091120_Retreat_Cruise.pdf

New Freedom Retreat

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

Annual OA Holiday Workshop

http://www.oasouthbay.org/Literature/091205_Holiday_Workshop.pdf

OA 50th Birthday party

http://www.oalaig.org/html/birthday_party.html

November 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, <u>Call for directions</u> | 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) | 11 th Step, 1 |
| 7:30 PM | Torrance (15653) | First Christian Church of Torrance, 2930 El Dorado 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) | Book |
| | 7:00 PM | Inglewood (32469) | First Presbyterian Church, 100 N. Hillcrest (at Queen) | 370-9691 | LAIG, Sp, P, SS4 |
| 7:30 PM | Long Beach (50369) | Atlantic Alano Club, 1403 East 4th St., Twelve Step Meeting Room | Bernice (323) 759-7610 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 3 rd (No longer a Yong Person focus) | Amber (310) 766-9517 | Sp, P, WC, 1 |
| | 7:30 PM | Torrance (18913) | First Christian Church of Torrance, 2930 El Dorado St., Room #8 | 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 |
| | 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 | Torrance (12163) | First Christian Church of Torrance, 2930 El Dorado St., Room #7 | 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) | West Lakewood Baptist Church, 5121 Hayter Avenue | 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
- WR**=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)