

-Free Flight-

December 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

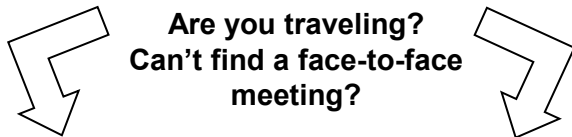
9:00 a.m. Board Meeting – 9:30 a.m. Rep. Meeting
The next SBI Meetings will be:

December 19, 2009

January 16, 2010

February 20, 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.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 South Bay Intergroup 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

The Los Angeles Intergroup presents

Thanksgiving in the Park

Friday, November 27, 2009

From 10:00 am to 12:00 pm

Cheviot Hills Recreation Center at Rancho Park
West Los Angeles

[Check for flyer](#)

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

[Check for flyer](#)

The Los Angeles Intergroup presents

50th Annual Birthday Party

Friday, January 15 - Sunday, January 17, 2010

LAX Marriott Hotel

5855 West Century Blvd., Los Angeles, CA 90045

[Check for flyer](#)

The South Bay Intergroup presents

ABCs of Abstinence Workshop

Saturday, January 23, 2010

From 9:00 am to 4:00 pm // Location to be announced

2010 World Service Convention

Now Playing - 50 Years of OA Recovery

Thursday, August 26 - Sunday, August 29, 2010

Hilton Los Angeles Airport Hotel

[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: October 17, 2009

- Preamble to Southbay Intergroup By-laws read by Rose
- 10th Tradition Read by Cathy
- Roll Call – Laurie, Val, Tom, Elizabeth, Rose, Andrea, Mary, Jennifer, Nancy S., Lenard L., Barbara B., Cathy C., Felice, Harvey, Luana
- Chair's Report – Announced upcoming elections. Informed group Tom F. proposed to take a crack at figuring out what to do with the answering phone situation. Tom requested the treasurer to re-instate 310 area code phone number. Val thanked all for supporting her through her term of chair. Asked for volunteers to take on new service positions.
- Vice Chair Report - vacant
- Secretary read the minutes of the last meeting. Minutes approved without correction. Laurie apologized for forgetting card for Donald. Expressed appreciation for service and support throughout the process.
- Parliamentarian – not present
- Free Flight – Tom F. passed FreeFlight for corrections
- Webmaster – not present
- Special Events – Rose reported on the Unity of Spirit Workshop. Workshop focused on traditions and service structure of OA. It was presented by Region 2 representatives. Stated all who attended were pleased. Fliers for upcoming Thanksgiving Day Marathon from 8 a.m. – 8 p.m. at Kaiser Harbor Hospital were presented. Requested reps take fliers and get support for event at group level.
- Outreach – not present
- Public Information – Tom reported he is prepared for departure and has all files on a disk for new person.
- Young People's – not present
- Region 2/WSO – not present
- Meeting Liaison - vacant
- Old Business – none discussed
- New Business – Elections held. Results as follows – Chair (vacant), Vice-Chair – Lenard, Secretary (vacant), Parliamentarian (vacant), Public Information – Harvey, Meeting Liaison – Andrea, WSO/Region II (second rep) (vacant). Lenard to chair the next meeting with Tom F. volunteering to be secretary for the meeting.
- Treasurer's Report – to follow

Starting Balance: \$11,485.62

Deposits: \$903.32

Expenses: \$1,763.88

New Total Balance: \$10,625.06

Income – Group# or Name & Amount	Expenses – Name & Amount
06831 \$120.00	FreeFlight \$126.21
07394 \$70.00	Intergroup Insurance \$1,376.12
07682 \$2.60	Postmaster \$176.00
12163 \$120.00	Special Events \$23.05
17682 \$241.27	Tab Answering Network \$62.50
19487 \$120.00	
40410 \$60.00	
50369 \$6.45	
50515 \$30.00	
Unity/Spirit Workshop \$33.00	
Unknown Meeting \$100.00	

- Minutes Read for correction
- Next three meetings will be: November 21, December 20, 2009 and January 17, 2010

- The Representatives meeting was adjourned.
- Respectfully submitted Laurie S.

For Today Quotes

January 1 // For today:

Instead of resolutions, promises and vows, I mark this day as I do all others: by surrendering my will and my life to God. *I give up trying to handle my food and my weight.*

January 23 // For today:

I do the tasks that are before me with a light heart and an incomparable sense of freedom, knowing that control of my life is in God's hands, not mine.

February 7 // For today:

I listen to all who speak at meetings because I can never know in advance when someone will say just what I need to hear.

February 23 // For today:

I can begin now to follow those directions that seem to work for others and that I have been resisting.

March 5 // For today:

A peaceful soul is more important than having opinions.

Editors' Corner

It's the end of the year and this is the time when I usually reflect on what happened over the past twelve months. It's also the end of this decade; remember 10 years ago, Y2K the end of world as we know it, was upon us. Well, the world is still here, I'm still here and life is pretty good right now. I have a cold, my car is on its last legs, my job is in turmoil and I'm getting closer to retirement but my life is pretty good. Why? Because it's okay to feel what I'm feeling. I hid from my feelings, I stuffed them down with food, and I was always in the fear of tomorrow, then I found OA.

I said this about grief a few issues ago, but it's true about life too. I found that I don't have to do life alone: I share at meetings, I can make phone calls, and I can reach out for help. Life is a journey; you start somewhere and end up somewhere else. This journey has a beginning, middle and an end; from gloom and fear to wellness and growth. When I feel numb, too numb to move, I turn to my Higher Power and not to the food. I don't push myself, I go slowly, but I go.

So I feel pretty good about my life right now and I'm looking forward to a new year with more choices, making new friends and finding serenity with the help of OA. Remember, the Twelve Steps and two bucks a meeting is the best deal in town. I'll see you at a meeting.

SOUTH BAY INTERGROUP SERVICE BOARD

Chair: – OPEN –
Vice Chair: Lenard Leomund@aol.com
Secretary: – OPEN –
Treasurer: Elizabeth (562) 949-3232
Parliamentarian: – OPEN –
Outreach: Eileen C.D. (562) 493-2920
Public Information: Harvey (310) 462-3860
Free Flight Editor: Frank C. (310) 784-8864

Committee Chairs

R2 Rep/WSO #1: Eileen C.D. (562) 493-2920
R2 Rep/WSO #2: – OPEN –
Special Events: Rose (310) 621-2781
Meeting Liaison: Andrea (310) 251-0398
Website: Tim S. (323) 567-3269
Young People's: Betsy R. (562) 400-2022

O.A. HELP LINE

<u>Call anytime</u>	<u>Call 6:00 am to 9:30 pm</u>
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	<u>Call 5:00 pm to 10:00 pm</u>
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

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Val	palley_12000@SBCGlobal.net
Wilma	wiljoh2885godlives@yahoo.com

Where to find the flyers

Thanksgiving in the Park

<http://www.oalaig.org/events/09-11-27-Thanksgiving%20flyer%208.5x5.5%20color.pdf>

Annual OA Holiday Workshop

<http://www.oalaig.org/events/2009-12-05-HolidayWkshp-09.pdf>

50th Annual Birthday Party

http://www.oalaig.org/events/2010-01-15-001_bp2010_regform.pdf

Now Playing - 50 Years of OA Recovery

<http://www.oa.org/pdfs/hotelrates9-09.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

December 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 12	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	South Gate (05542)	South Gate Park at the South Gate Girls Clubhouse, 4940 Southern Ave. ** Meeting temporarily moved until Dec 16 th and will likely return to the Downey Regional Medical Hospital in Jan 2010	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 12	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 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) 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 12 (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 Young Person focus)	Nancy C. (562) 235-3820	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
SS4=Step Study 4th week
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)