

- Free Flight - January 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:

January 9, 2010
February 20, 2010
March 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 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 8:30 am to 4:00 pm

Cost: Suggested Donation: \$10

Belmont Height Church

317 Termino @ 3rd Street, Long Beach 90814

[Check for flyer](#)

The San Diego County Intergroup presents

A Weekend ABCs of Abstinence Workshop

Friday, February 19 - Sunday, February 21, 2010

Warner Hot Springs Ranch

31652 Hwy 79, Warner Springs, CA 92086

[Check for flyer](#)

Region 2 Convention

Bridge To Recovery

Friday, June 4 - Sunday, June 6, 2010

Marriott Hotel, San Francisco Airport

San Mateo California

[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](#)

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

South Bay Intergroup Monthly Meeting Minutes:

South Bay Intergroup Representatives Meeting: November 21, 2009

- Attendees: Tom F., Andrea, Frank C., Judy F., Pam R., Eileen C., Rose H., Denise D., Jack Z., Felice, Mary, Barbara B., Jennifer S., Elizabeth, Lenard I.
- Intergroup representatives from the following meetings: 04095, 12163, 40410, 15653, 18913, 50486, 17667, 08844
- Chair's Report' Lenard (Vice Chair) Opened meeting with Serenity Prayer, then mentioned we would be working on completing the elections from last month.
- Vice Chair Report – Skipped report because Lenard was acting chair.
- Frank read the minutes of the last meeting. There were two mistakes in the minutes from Last month. The actual Intergroup meeting dates for December is the 19th, and January the 16th. (Note: It was voted this month to move the January meeting has not to conflict with the LA Intergroup's Birthday Party. These corrections here are presented here to correct the minutes from last Months meeting)
- Roll Call/introduction around the room
- Parliamentarian – No Report, Position open
- Outreach – Lots to report: Explained details of the Region assembly. Passed out a package. With flyers for IDES day, WS convention etc. Provided little flyers from websites to put on bulletin boards. December 12 is "12-step within day" there is a flyer for that. Tom passed out a questionnaire for the phone line.
- Public Information – Harvey not Present - No Report
- FreeFlight Report: Frank had a few extra FreeFlights made this month, and passed around a FreeFlight for corrections.
- Special Events – ABCs of abstinence is in planning: Val to book the room (hopefully at the Kaiser facilitator) for now we need keep the location TBD. FreeFlight details for ABCs workshop. It was pointed out this workshop is requires registration in advance. Thanksgiving Day marathon is all ready to go...at this location. Rose explained what the marathon was.
- Region 2/WSO – was done by Eileen during outreach report.
- Meeting Liaison: Andrea was present and has a few numbers to call for checking on them. And will do a follow up with all meetings.
- Website: please checkout the new website improvements on meetings and special events. We voted to take website off the agenda in the future.
- Young People's – Not present, No Report
- Treasurer: Lenard mentioned that the Board meeting voted to reset the balance in our checkbook to match the Bank statement. Elizabeth read the financial details. See below:
- Old Business – Elections
 - Tom F was elected Chair
 - Secretary - No nominations (Eileen will be the one-time secretary for next month)
 - Denise was elected Parliamentarian
 - Jack was elected as the second WSO/R2 Rep
- New Business:
 - Moving the Jan 16th Intergroup meeting will be moved to Jan 9th. Val will get a meeting room for the meeting.
 - Donald no longer runs the Dump and Fly Meeting due to health. If no one takes over the roll of administering that meeting we may need to discontinue it.

- Treasurer's Report – to follow

Starting Balance: \$10,625.06

Deposits: \$774.17

Expenses: \$198.71

New Total Balance: \$11,200.52

Income – Group# or Name & Amount	Expenses – Name & Amount
08844	FreeFlight \$126.21
15524	Tab Answering Network \$72.50
27906	
38832	
40803	
40933	
50486	
Unknown Meeting	

- Next three meeting will be: December 19, 2009, January 9, 2010 and February 20, 2010
- Minute notes read aloud for corrections.
- The Representatives meeting was adjourned.
- Respectfully submitted Tom F. 11/21/2009

Editors' Corner

Happy New Year! I hope all is well with you and your families; and a big welcome to all the newcomers. If the holiday season was a little too overwhelming, you found the best place in town to find some serenity. When I walked into the rooms of Overeater's Anonymous, I had a lot of despair, doubts and sadness. What I did to cope with these feelings was isolate and eat. I felt lots of shame when I overate so I hid some of my extra eating by eating in the car, eating at my desk at work or eating after everyone had gone to bed. I found places where it was okay to eat in public, like at the movies or at the ball game. I ate and ate in front of the TV, hating what I was doing, but not knowing how to stop.

Enough of this scary stuff, how did I fix my problem? Well, there were the diets and there were the diet foods: the diet drinks, the diet cookies and the diet chips. And then there were the promises: I promise to start my new diet on Monday, I promise to start exercising next week and I promise this will be my last bag of chips - forever. Well, did the diets, the diet foods help? No. Did I keep my promises to myself? No. I was miserable and I didn't know how to stop overeating.

Somehow, I found Overeater's Anonymous and I found better ways to deal with life. Try what I did: I started going to meetings, talking to people, I got a sponsor and my life got better. You're standing at a door, outside is despair and inside is hope. Open the door, choose hope and give OA a try. Your live will get better, just like mine did. 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:	Tom F.	(562) 920-4133
Vice Chair:	Lenard	Leomund@aol.com
Secretary:	- OPEN -	
Treasurer:	Elizabeth	(562) 949-3232
Parliamentarian:	Denise	(310) 645-5327
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:	Jack Z.	(562) 944-4566
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

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

Where to find the flyers

50th Annual Birthday Party

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

ABCs of Abstinence Workshop

http://www.oasouthbay.org/Literature/100123_ABCs_Workshop.pdf

A Weekend ABCs of Abstinence Workshop

http://www.oasandiego.org/retreat_flyer_feb_2010.pdf

Bridge To Recovery

<http://www.oar2.org/documents/2010flyer.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

January 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	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)