

- Free Flight - February 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:

February 20, 2010

March 20, 2010

April 17, 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 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: December 19, 2009

- Attendees: Tom F., Lenard, Marilyn Rose, Elizabeth, Denise D., Jack Z., Eileen C. D., Harvey S., Frank C., Rose H., Andrea, Nataly B., Felice, Jennifer S., Mary M., Eda, Wilma
- Intergroup representatives from the following meetings. 04950, 50369, 40410, 07682, 45058, 15653, 40933, 08844, 27906, 18913
- Chair Tom opened with Rosanne's Poem; passed around thank notes for outgoing board members and Jo S-H. for her years of service answering the phone
- Frank brought Free Flights; sent around copy and asked for corrections; gave last month's extra Free Flights to Harvey for distribution
- Eileen reported on information gathered from phone survey and stated committee eliminated two phone boxes in response to survey; then passed out Birthday fliers, Guidelines for Addressing Disruptive Behavior at OA meetings; Group Registration/Change Forms; World Service Convention flier; suggested topics for writing articles for Lifeline; ideas for Twelfth-Step Within Day; samples of messages to be put in public places.
- Rose reported that the Thanksgiving Day Marathon went well; brought registrations forms for ABC's of Abstinence Workshop
- Eda gave South Bay Intergroup a check for \$1,000 from the New Freedom Retreat
- Marilyn Rose was elected Secretary and will receive assistance from Felice; will get binder from Tom
- Old Business: reminded of 'shiny card'- card with pictures and information with OA contact numbers
- Elizabeth gave details of the 2010 budget of \$1,1595.00, which was approved
- Treasurer's Report - to follow

Starting Balance: \$11,200.52

Deposits: \$1,603.81

Expenses: \$230.77

New Total Balance: \$12,573.56

Income – Group# or Name & Amount	Expenses – Name & Amount
07652 \$138.00	FreeFlight \$107.01
15673 \$90.00	Outreach \$31.50
40410 \$60.00	Special Events \$19.76
45059 \$60.00	Tab Answering Network \$72.50
Member Donation \$100.00	
New Freedom Retreat \$1,000.00	
Thanksgiving Marathon \$155.81	

- Closed meeting with 7th step prayer.
- Respectfully submitted Eileen C. D. December 19, 2009

Editors' Corner

Have you ever opened the fridge door and said, I don't know what I want but I want something? Me too. How about these scenarios: On the way home from work you stop your local convenience store for something before hitting the road, or, as soon as you get home you walk through the kitchen for something even though it almost time for dinner. What is this magical something I was craving for when I opened the fridge? When I'm cold or hot, when I'm happy or sad, when I'm wide-eyed or tired, I use to turn to food. What I discovered in the rooms of Overeater's Anonymous is I'm not a bad person or a crazy person because I can't control my food - I'm a person. I tried filling the hole inside of me with food and it didn't work before and it won't work now. So, what is the SOMETHING I'm really looking for? I get glimpses of it at OA meetings: when someone shakes my hand or gives me a hug, when I get smile or a wink or when someone asks, "How are you doing?" I get glimpses of it when I talk to my sponsor or sometimes when I'm quietly meditating.

Here's an example: Right now I'm having problems with my car. It's in the shop more than I want, and I'm upset and I worry what's going to happen. I was sharing how I was feeling with an OA friend and they pointed out that when I take my car out of the shop, I will still have a car. Many people don't have one, let alone any money to fix one - Be grateful for what's been given you. See, that's what I'm talking about, God speaking through friends, telling me how wonderful my life is.

There are many reasons for walking into the rooms of Overeater's Anonymous, but one of the most important ones for staying is finding that happiness that's hidden inside each and every one of us. It's a small step from thankful to happy, so take a chance, give OA a try and stop letting food control your life. 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:	Marilyn Rose	(310) 940-4024
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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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

February 2010

Schedule of local OA Meetings (Please call contact number to verify meeting information)

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, *
	6:30 PM	Downey (05542)	First Baptist Church of Downey, 8348 3rd St., Room 115 ** Meeting temporarily moved until March 29th and will return to the Downey Regional Medical Hospital on April 5th 2010	Jack Z. (562) 944-4566	Sp, C
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. 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,*
	6:30 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
	6:30 PM	Long Beach (38832)	Temple Israel, 3538 E. Third St.	Andrea (562) 822-7882	12&12, BB, P, 1
	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
	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)