

-Free Flight- April 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

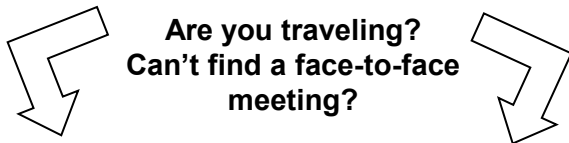
9:00 a.m. Board Meeting – 9:30 a.m. Rep. Meeting
The next SBI Meetings will be:

April 17, 2010

May 15, 2010

June 19, 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 San Fernando Valley Intergroup presents

Relapse the Phenomenon & Recovery Workshop

Sunday, March 28, 2010 // Cost: Suggested Donation: \$5
OA SFV Darby Office
7133-B Darby Ave, Reseda, CA 91335
Carol B. (818) 370-3602

The Foothill Intergroup presents

Big Book Workshop & Speaker-Panel

May 1st - 1st Saturday of each month (for 12 Months)
Verdugo Hills Mental Health Center
1540 E. Colorado Blvd, Glendale, CA 91205

[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](#)

The San Diego Intergroup presents

The 157th Serenity Retreat of Overeaters Anonymous

Friday, June 11 - Sunday, June 13, 2010
\$136 pre-registration (\$155 after May 20th)
Camp Cedar Glen in Julian, CA

[Check for flyer](#)

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](#)

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

South Bay Intergroup Monthly Meeting Minutes:

South Bay Intergroup Representatives Meeting: February 20, 2010

- Attendees: Jack Z, Kathie B, Rose H, Harvey S, Gena E, Jennifer S, Anne P, Leonard L, Cathy C, Pat W, Rob R, Sharon C, Mary M, Andrea K, Eileen C. D, Marilyn Rose, Elizabeth V, Tom F
- Meetings represented: 05542, 50486, 27906, 12163, 15653, 40803, 50369, 40410, 45059, 08844, 19487, 06831, 18913, 40933
- Tom F – called the meeting to order at 9:45 due to decision to refine definition of quorum
- Eileen – brought WSBC proposals to be voted on to WSBC agenda – proposals voted on – see attached
- Tom – discussion of definition of quorum
- Jack – reported results of investigation of definition of quorum – will propose new definition next month – distributed handouts of bylaws on quorum voting rules
- Question asked about groups that don't send representatives to IGR meetings: What is their status for defining a quorum of the IGR meeting?
- Jack – distributed handouts on 12 concepts of service
- Elizabeth – Treasurer's report – to follows

Starting Balance: \$12,693.13

Deposits: \$2,028.03

Expenses: \$299.11

New Total Balance: \$14,422.05

Income – Group# or Name & Amount	Expenses – Name & Amount
04950 \$113.82	FreeFlight \$136.64
06831 \$120.00	Outreach \$11.19
12163 \$180.00	Special Events \$98.78
17667 \$60.00	Tab Answering Network \$52.50
19487 \$60.00	
27906 \$120.00	
31477 \$84.00	
33832 \$45.21	
50486 \$60.00	
ABC's of Abstinence \$1,215.00	
Bounced Checks \$30.00-	
Bounced Checks Fees \$10.00-	
Donation (ABC's) \$10.00	

- Andrea – passed around Free Flight for corrections
- Rose – read minutes from last month
- Correction made and passed
- Motion passed to extend meeting 15 minutes
- Unfinished Business – Eileen – nominated Rose for secretary – accepted with Rob R to send by mail
- New Business – Eileen – distributed fliers with South Bay OA phone number & requested each rep to post 2 & report where we posted them
- Closed with Serenity Prayer at 10:40

Editors' Corner

Today I'm on vacation. I remember vacations from my past. When I was a little kid, vacations were camping in the mountains or by the ocean. A vacation might be going to strange place like San Francisco or San Diego. As I got older, vacations changed into going to Mexico, Hawaii or even Las Vegas; but one facet, one common thread that ran through all of them: put on the feed bag – its time to eat. When I was little, there were snacks in the car and at the camp site. In Vegas, I'd eat, then gamble, then eat again. I'd eat, then go sleep in my room, and then get up, and you guessed it, eat. Was I hungry? No. Was I stressed? I don't think so. Was I anxious? Who cares! The equation I learned as a child was, vacation = eat anything and when there's plenty of food around, I tend to eat too much – Have you seen the buffets in Las Vegas? But I'm a big boy now; I have willpower so food is not a problem – Right? Wrong, I'm powerless over food and my life is unmanageable.

Is the answer to stop vacationing? Another part of my disease is to isolate; so I could hide in house, hide at my job, hide at our meetings. What helped me was, making my mind up on what I really wanted before I went on vacation. I remember someone sharing at a meeting, if you don't know what you want - go sit in the living room and figure it out. Another fellow always says, "Ready, Fire, Aim." pointing out that we, I, take off before knowing what the target is. On this vacation my resolve was to connect with people; connect with my wife, connect with my friends, and connect with the people I meet while on vacation.

Back to the food; I felt so alone with my feelings about food and I thought I had no one I could talk to – I was wrong. I found people in the rooms of Overeater's Anonymous, people I now call friends who I talk to, call, or email. So when I go on a vacation I'm not alone, I have the fellowship of OA with me. So throw out the old vacation equation and start a new one, vacation = connecting with people. And I guess I don't have to wait for a vacation to work it. 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: 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: 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

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Wilma wiljoh2885godlives@yahoo.com

Where to find the flyers

Big Book Workshop & Speaker-Panel

<http://www.oafoothill.org/content/LinkClick.aspx?fileticket=YBiRD54jGZU%3d&tabid=61>

Bridge To Recovery

http://www.oar2.org/index.php?view=article&id=173%3Aconvhome&format=pdf&option=com_content&Itemid=118

The 157th Serenity Retreat of Overeaters Anonymous

http://www.oasandiego.org/serenity_retreat_june_2010.pdf

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>

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-sqvie.org

April 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 until March 29th and will return to the Downey Regional Medical Hospital on April 5th 2010	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. 7 th St., Bldg A, Conference Room (ring bell)	Kathy (310) 547-5669	1, SS, WTG,
	5:30 PM	Torrance (48732)	Unity Church, 2545 West 237 th 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)	Mt. Olivet Lutheran Church, 4405 E. South Street	Gail (562) 602-6160	M, P, SS1, WC
	7:00 PM	Long Beach (45059)	Grace United Methodist Church, 2325 E 3 rd No children please	Susan (562) 495-2571	1, 11 th 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)1 st 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, 3538 E. Third St.	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	C, 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 3 rd (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)	Mt. Olivet Lutheran Church, 4405 E. South Street	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)	1 st Friends Church, 13205 Philadelphia (at Washington)	OCIG (714) 953-5159	OCIG
SAT	8:00 AM	Seal Beach (07394)	Grace Community Church, 8 th & 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	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	Book, P, Sp, WC, *
	10:30 AM	San Pedro (17667)	Church of the Nazarene, 811 W 11 th 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
4:00 PM	Lakewood (48494)	Mt. Olivet Lutheran Church, 4405 E. South Street	Charee (714) 891-9515	100, Book, M, P, SP, 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) 881-0481	1, P
	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	1, HOW, Sp

Key to Meeting Codes

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
C=Closed (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)