

# -Free Flight- May 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**

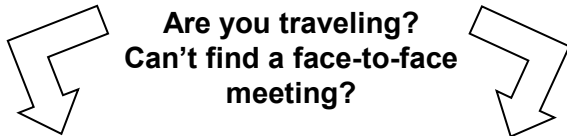
Kaiser Permanente Hospital Trailer Conference Room  
25852 South Vermont Street, Harbor City  
(near the 110 Harbor Freeway exit PCH)  
Enter off of Normandie at Permanente Way  
Has parking structure

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:

May 15, 2010  
June 19, 2010  
July 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.oa.org/meetings](http://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](http://www.OAsouthbay.org) or contact the Editor at: (310) 784-8864.



## **Upcoming Events**

*The Orange County Intergroup presents*  
**The 26th Annual Sweet Surrender Women's Retreat**  
Friday, April 30 - Sunday, May 2, 2010  
\$120 pre-registration (\$140 after April 1st)  
Held at Pathfinder Ranch, near Idyllwild  
Chris P. (714) 557-1380 (before 9pm)

*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: March 20, 2010**

- Attendees: Rose H, Harvey S, Gena E, Jennifer S, Anne P, Leonard L, Cathy C, Rob R, Andrea K, Marilyn Rose, Pat W, Deborah/Walt, Wilma, Tom F, Elizabeth V, Denise D, Betsy R, Jack Z
  - Meetings represented: 50486, 27906, 12163, 15653, 40803, 50369, 40410, 19487/06831, 18913, 40933, 45059/48494, 41067, 31477
  - Tom F: called the meeting to order at 9:30, opened with Serenity Prayer
  - Rose: read last month's minutes -- no corrections
  - Officers reports
    - Chair's report: Tom received packet from World Service saying we have enough meetings to send 3 reps – the third position is open to anyone willing to pay their own way
    - FreeFlight Editor's report: Andrea (Substituting for Frank) passed around FreeFlight for corrections
    - Outreach Report: Tom (Substituting for Eileen) asked for feedback on South Bay OA phone line
    - Elizabeth: Treasurer's report
- Starting Balance: \$14,422.05  
Deposits: \$404.54  
Expenses: \$192.56  
New Total Balance: \$14,634.03
- | Income – Group# or Name & Amt | Expenses – Name & Amount      |
|-------------------------------|-------------------------------|
| 07682 \$209.54                | FreeFlight \$126.21           |
| 40933 \$120.00                | Parliamentarian \$13.85       |
| 45059 \$60.00                 | Tab Answering Network \$52.50 |
| ABC's Replacement Chk \$15.00 |                               |
- Denise: Offered more copies of updated bylaws
  - Chair reports
    - Jack: reported research on definition of quorum – passed out a sheet with proposed bylaw amendment & explained an addition re-defining a quorum if a member leaves in the middle of a meeting – will vote next month
    - Betsy: reported on research for Youth Committee – will try to pilot a youth meeting through a local high school
  - Meeting adjourned at 10:45

### OA Region 2 2010 Spring Assembly Report:

The Assembly was held at the Marriott in San Mateo March 19-20, 2010.

- Friday began with registration followed by a welcome from the Chair, Pamela W. Karen shared her story. The entertainment included Anya (OA member from Santa Cruz) who sang her original songs with words relating to program and a comedian named Allison (OA member from San Francisco.)
- Saturday at 8:30 a.m. Chair, Pamela, opened the Assembly with what she calls the Serenity Sandwich: Serenity Prayer/Meditation/Third Step Prayer. She introduced the board and connected the new representatives (called 'green dots') with a representative who had been to an assembly before to serve as a mentor. Trustee, Meg, read the 12 Concepts. Parliamentarian, Tennesee, read the Assembly rules. Secretary, Carole, called roll. Minutes were approved. Treasurer, Wanda, announced that IFAP applications must be turned in by noon to receive funding. As an ice-breaker, vice-chair, Shari, invited us to write one service we do mindfully and one we don't. We then shared with one another. Each board member gave a report. We then discussed intergroup concerns: (1) How to keep printing costs down. (2) Why send representatives to R2? (3) Conflict over statement: Give as if your life depended on it. Chair asked for volunteers for the reference committee that will meet at the WSBC (World Service Business Conference.) The PSA (Public Service Announcement) was played. We then broke into committees: Public

Information/ Twelfth-Step Within/Young People/By-laws/Diversity/Intergroup Outreach/ Assembly Planning. After committee work, questions from the Ask-It basket were answered. 12:00pm Lunch. Yeah! We began at 1:30 with intergroup concerns: Small membership where the same people do all the work. Possible solutions - don't wait for volunteers, personally ask someone; pray to HP; create subcommittee to handle a certain event but they do not have to attend all the IG meetings; plug the need at meetings; sponsor suggest IG service. Motions: (1) To amend the IFAP procedures/passed (2) To increase Twelfth-Step Within budget by \$50/passed (3) To move the unused IFAP funds from 2nd level to 1st level/ passed (4) To increase the Public Information budget by \$500/passed (5) Amendment to allow \$3,000 for delegates to attend WSBC/passed. Broke into committees again to continue working on goals. Committee reports were given. Interactive workshop on the Traditions explained by Shari. Each group (8 total) gave a summary of what they discussed. 'Green dots' were recognized and congratulated. Assembly closed with Rozanne's Promise. Goodies received: R2 newsletters; Flyers and postcards for the R2 Convention; Newcomer business cards; 2x4 cards: Is food a problem for you?

- Gratefully submitted, Eileen C. D.

### Editors' Corner

Today I'm in mourning. Donald, one from our fellowship, passed away April 5th. Mr. Donald Morgan was an old geezer, who, most of the time, sat in the back row and shared little. When I came to OA, I, a younger geezer, sat in back, shared little and this is where I met Donald. He'd talk about tennis, driving to see his girlfriend and how food was always kicking his butt. I identified with the food part and what surprised me was that he admitted his weakness to me, a know-it-all newbie. What I wanted was the secret of how to eat whatever I wanted and lose weight. And what I heard instead was Donald's tale: what it was like, what happened and what it's like now. I'm grateful that our paths crossed. I extend my deepest sympathies to his family and I'll miss him.

A couple of day ago, my wife and I were taking a stroll and I saw a man watering his lawn and kids riding their bikes. Before we moved to the South Bay, one early evening, I was watering my lawn and some kids rode by on bikes and one of them yelled out - Fatso. I felt so embarrassed, angry, less than, and hurt. Did I say anything? Do anything? Not a thing. Well, maybe one thing - Eat. You see, I had a car, a house, a job, a wonderful wife, I had dieted off over hundred pounds, and my life was good. So why was I feeling miserable? Why was I gaining my weight back? Why? Why? Why? My story does not end here; I gained all my weight back and more, my wife's health declined, and my mother died before I hit my bottom. I heard somebody share, "We hit bottom when we stop digging."

I hit my bottom and I walked into the fellowship of Overeater's Anonymous. I knew I ate too much. I knew the world was out to get me. I knew people let me down. I knew what I knew. I still pull that garbage out every once in awhile, look at it and I can see my claw marks where I clung on to it with all my strength. Some of it was real, but most of that stuff was imagined and it took willingness from me and a gift from God to face what was really bothering me. As I watched the man sprinkle his lawn, all of this ran through my mind and lightened my heart. The kids that yelled fatso helped find my abstinence, they helped me find OA. Remember, the Twelve Steps and two bucks a meeting is the best deal in town. I'll see you at a meeting.

The quest begins: My term as the FreeFlight editor is up as of the end of September and I'm putting out the call for a replacement. Give me call, come to the intergroup meeting, and let's plan the migration from me to you. Thanks.

#### **Attention: Current/Former members of OA meetings at Mt. Olivet Lutheran Church in Lakewood.**

If you currently meet at Mt. Olivet, all meetings there will cease by April 30, 2010. The Southwest California Synod notified SBI that the new owner will take possession of the church effective April 30. The new owner wants the property delivered vacant (empty). So, before April 30, PLEASE:

- REMOVE all property belonging to the OA groups that meet or met at Mt. Olivet AND
- RETURN by MAIL all Mt. Olivet Church keys to "Southwest CA Synod 1300 E. Colorado St., Glendale, CA 91205"; 818-507-9591.

The above notice was sent to the listed Treasurer from 1993. Please make sure that meeting officer/contact information is current with SBI, WSO, and the owner/manager of the meeting place itself.

## **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

## **O.A. on the Web**

Adell	adellshay@gmail.com
Anna	madhattermusic@aol.com
Annette	annette@siscobusiness.com
Bob/Donna	bowkfam@earthlink.net
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Denise	oatigger@aol.com
E Denise	evangdeni@aol.com
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Drea	dhrairoo@yahoo.com
Eda	eda46@cox.net
Helen	bumgar@msn.com
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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
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Teresa F.	tjf777@aol.com
Tom D.	tomdivelbs@aol.com
Tom F.	tjfirpo@verizon.net
Val	palley_12000@SBCGlobal.net
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](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](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](http://www.OAsouthbay.org)

*Email:* [sbiFreeFlight@hotmail.com](mailto:sbiFreeFlight@hotmail.com)

### **Region 2**

4733 Torrance Blvd. - PMB 335, Torrance, CA 90503

*Internet:* [www.oar2.org](http://www.oar2.org)

### **World Service**

(505) 891-2664

P.O. Box 44020

Rio Rancho, NM 87174

*Internet:* [www.oa.org](http://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](http://www.oafoothill.org)

- **Inland Empire:** (909) 715-2080

P.O. Box 56021, Riverside, 92517

*Internet:* [www.go2oa.org](http://www.go2oa.org)

- **Los Angeles:** (323) 653-7652

6404 Wilshire Blvd, Suite 710, Los Angeles 90048

*Internet:* [www.oalaig.org](http://www.oalaig.org)

- **Orange County:** (714) 953-5159

1905 E. 17th St., #322, Santa Ana 92705-8671

*Internet:* [www.oaoci.org](http://www.oaoci.org)

- **San Diego:** (619) 521-2538

P.O. Box 81569, San Diego 92138-1569

*Internet:* [www.oasandiego.org](http://www.oasandiego.org)

- **San Fernando Valley:** (818) 342-2222

7133-B Darby St, Reseda 91335

*Internet:* [www.OASFValley.org](http://www.OASFValley.org)

- **San Gabriel Valley:** (626) 335-3355

1157 E. Arrow Hwy, #4, Glendora 91740

*Internet:* [www.oa-sqvie.org](http://www.oa-sqvie.org)

May 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, <a href="#">Call for directions</a>	Val (310) 514-3025	FT, HOW, *
	6:30 PM	Downey (05542)	First Baptist Church of Downey, 8348 3rd St., Room 115 ** Meeting temporarily moved and will return to the Downey Regional Medical Hospital upon the Hospital's approval.	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 <sup>th</sup> St., Bldg A, Conference Room (ring bell)	Kathy (310) 547-5669	1, SS, WTG,
	5:30 PM	Torrance (48732)	Unity Church, 2545 West 237 <sup>th</sup> 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)	West Lakewood Baptist Church, 5121 Hayter Avenue	Larry C. (714) 757-3059	M, P, SS1
	7:00 PM	Long Beach (45059)	Grace United Methodist Church, 2325 E 3 <sup>rd</sup> <a href="#">No children please</a>	Susan (562) 495-2571	1, 11 <sup>th</sup> 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 <sup>st</sup> 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 <sup>rd</sup> (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)	Meeting moving -- Please call for location	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 <sup>st</sup> Friends Church, 13205 Philadelphia (at Washington)	OCIG (714) 953-5159	OCIG
SAT	8:00 AM	Seal Beach (07394)	Grace Community Church, 8 <sup>th</sup> & 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 <sup>th</sup> 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
SUN	4:00 PM	Lakewood (48494)	Meeting moving -- Please call for location	Charee (714) 891-9515	100, Book, M, P, SP, WC, *
	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)