

Free Flight

June 2024

"Another kind of flight, a spiritual liberation!"

www.oasouthbay.org

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.

Share Your Experience With Others

Let others know about your OA journey through Free Flight

Send a 200 word submission to editor.oasbig@gmail.com



Wishes

How I struggle to get what I want! Where is that perfect friend, mate, child I so hoped for? What can I do to attain the prestige, power, money and success I feel that I deserve? Here, too, the OA program shows me the answer: though I think I may want all these things, what I really want is to be at peace with myself. No person, possession or acclaim can do that for me. OA's suggestion is: Let go of your wishes, turn them over to your Higher Power to grant or not as God sees fit.

An immediate result of renouncing my wishes is that I stop thinking about them. I live in the moment, giving the best thought I am capable of to each task that comes to hand.

I have complete faith that, as I turn over what I want, God will give me what I need.

45th ANNUAL R2 CONVENTION OF OVEREATERS ANONYMOUS

July 12-14, 2024

In person and Virtual

Sacramento, California

See Region 2 website for complete information about registration, events, location and accommodations

UPCOMING EVENTS

Local OA Intergroups

[Los Angeles Intergroup](#)
[San Fernando Valley Intergroup](#)
[Foothill \(Pasadena Area\) Intergroup](#)
[Orange County Intergroup](#)
[San Gabriel Valley Intergroup](#)
[Channel Islands Intergroup
\(Santa Barbara & Ventura\)](#)
[Inland Empire Intergroup
\(Riverside, San Bernardino areas\)](#)
[San Diego County Intergroup](#)

Special Focus Meetings

Fellow OAers who share similar experiences

[Anorexics & Bulimics](#)
[100 Pounders](#)
[Young People](#)
[LGBTQ+](#)
[Men Only](#)

More Special Focus Meetings can be found at
oa.org/find-a-meeting.

MEETING NEEDING SUPPORT

Thursday
 6 pm
 Book Study
In Person
 Christ Lutheran Church
 6500 E. Sterns St.
 Long Beach
 Meets in the lounge

OA is for Anorexics and Bulimics, too!

Zoom meeting
 Tuesday 6 p.m.
 Meeting ID: 81278154382
 Password : Southbay
 Also check LA Intergroup
 For more meetings

Want more info about OA Southbay Intergroup?

Call (310) 802-2001
 Or
 (562) 493-9030

IN PERSON MEETINGS

Sunday
 5:00pm Long Beach (P)

Tuesday
 6:30pm Long Beach (P)
 7:30pm Torrance (P)

Wednesday
 7:00pm Torrance (H)

Thursday
 10:00am Long Beach (P)
 6:00pm Long Beach (P)

Saturday
 8:30am Torrance (H)
 9:00am Long Beach (P)

*IN PERSON(P) *HYBRID (H)

Need an OA book or pamphlet?



Visit bookstore.oa.org

Would you like to spread the message of OA to those who still suffer?

Consider joining the South Bay Intergroup's Public Information Committee

For information contact



OA HELPLINE CONTACTS

Name	Phone	Best Times	Email
Eileen	(562) 212-9265	10am-6pm	
Jennifer S.	(310) 529-5708	9am-7pm	jen.steffen777@gmail.com
Tom F.	(562) 464-7550	8am - 9:30pm	tjfirpo@verizon.net

Helpline Volunteers are here to answer to your questions and remind you that YOU ARE NOT ALONE.

7th Tradition Donations

In keeping with the 7th Tradition, we are self supporting through our own contributions, declining outside contributions.



MEETING TREASURERS

Suggested 7th Tradition Donation Diagram



Online Donations:
www.oasouthbay.org/donate

Mail to:
OA South Bay Intergroup
P.O. Box 918
Harbor City, CA 90710

Your individual donation covers the costs incurred in carrying the OA message of recovery to those who still suffer...inside and outside of the rooms. Those costs include rent, Zoom subscriptions, website and phone expenses, insurance, outreach to the public, literature expenses and regular donations to Region 2 and World Service Organization. Thank you for your continued support!

Treasurer's Report

APRIL 2024

DAY	TIME	LOCATION	TYPE	MEETING#	DONATIONS
Sunday	3:00 PM	Long Beach	Zoom	800368	\$0.00
	5:00 PM	Long Beach	In Person	57536	\$0.00
	5:00 PM	Long Beach	Zoom	27906	\$87.00
Monday	6:00 AM	Long Beach	Zoom	53426	\$211.20
	9:30 AM	Manhattan Beach	In Person	89488	\$10.00
Tuesday	11:00 AM	Torrance	Zoom	19487	\$0.00
	5:30 PM	Torrance	Zoom	48732	\$0.00
	6:00 PM	Virutal	Zoom	57213	\$40.00
Wednesday	6:30 PM	Long Beach	In Person	15224	\$0.00
	7:30 PM	Torrance	In Person	15653	\$120.00
Thursday	1:00 PM	Inglewood	In Person	57877	\$0.00
	7:00 PM	Torrance	Hybrid	56935	\$0.00
	7:00 PM	San Pedro	Zoom	53992	\$35.00
Friday	6:00 AM	Long Beach	Zoom	56288	\$0.00
	10:00 AM	Long Beach	In Person	57420	\$0.00
	6:30 PM	Long Beach	In Person	51287	\$0.00
Saturday	7:30 AM	Virtual	Zoom	89465	\$0.00
	9:30 AM	Manhattan Beach	Zoom	40803	\$0.00
Not Identified	8:00 AM	Seal Beach	Zoom	07394	\$0.00
	8:30 AM	Torrance	Zoom	12163	\$0.00
	9:00 AM	Long Beach	In Person	57678	\$0.00
Not Identified Intergroup					\$170.00
Intergroup					\$103.00
Intergroup					\$0.00
GRAND TOTAL					\$776.20

DATE	BEGIN BAL	DEPOSITS	INTEREST	CASHED CKS/DEBITS	END BAL
04/30/24	\$8,776.23	\$1,180.29	\$0.39	-\$542.50	\$9,414.41

South Bay Intergroup Service Opportunities

Special Events Chair*
R2/World Service Representative

Go to oasouthbay.org for details.

*No experience necessary



South Bay Intergroup Rep & Board Meetings

3rd Saturday of the month

Board Meeting 9-9:30 am
Rep Meeting 9:30-10:30 am

Upcoming Meetings:
June 15
July 20

All are welcome!
Please share your opinion!

All Submissions for

July are due by

Friday, June 21 2024

Email info to:

editor.oasbig@gmail.com

FREE PDF

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

Everything a Newcomer
Needs to Know

Click for Downloadable Pamphlet

South Bay Intergroup of Overeaters Anonymous Representatives Meeting Meeting January 20, 2024

Board Members in Attendance: Michelle (Chair & Region 2/World Service Rep); Larry (Secretary); Pauline (Free Flight Editor); Bearto (Public Information Chair); Jane (Meeting Liaison); Claudia (Webmaster); Jeff (Young People's Chair); Joe (Tech Chair)

Meeting Called to order @ 9:33 a.m. by Michelle. Meeting Liaison Jane counted meeting reps in attendance. Quorum was confirmed. Minutes approved for December.

Officer Reports:

Chair – Working with Jeffl time to pay for Region 2 Assembly

Vice Chair – regrets

Secretary – Discussed January rep report

Treasurer – regrets

Parliamentarian – vacant

Free Flight Editor – Public Information and Young People's chairs' email on Free Flight

Public Information Chair: Requests PI webpage for nurses; requests volunteers for events

Meeting Liaison Chair – Monday 4:30 virtual meeting cancelled due to low attendance; now 22 meetings total

Webmaster – provided tour of OA Southbay website

Special Events - Vacant

Young People's – shared business card image

Technology Chair – offers help with Zoom and non-website tech

Region 2/World Service – Michelle will attend Region 2 Assembly in March

Old Business –

- Elections – vacant positions:
 - o Parliamentarian: no nominations.
 - o Special Events: no nominations.
 - o Region 2 Representative/World Service Delegate 2 & 3: no nominations.

New Business – discussed list of possible events

Announcements and Open Discussion – virtual intergroup convention Feb 1-3

Meeting adjourned with the OA Promise at 10:23am.

Next meeting will be on Saturday, February 17, 2024.

Chair	Michelle D	chair.oasbig@gmail.com	(310) 529-3796
Vice Chair	Carolyn	vicechair.oasbig@gmail.com	(562) 896-1393
Secretary	Larry C	secretary.oasbig@gmail.com	(714) 757-3059
Treasurer	Jeanne	treasurer.oasbig@gmail.com	(714) 493-3175
Parliamentarian	VACANT	parliamentarian.oasbig@gmail.com	
Public Information	Bearto	publicinfo.oasbig@gmail.com	(562) 043-2764
Free Flight Editor	Pauline	editor.oasbig@gmail.com	(310) 294-2112

Representatives/Delegates and Committee Chairs

R2 Rep/WSD #1	Michelle D.	michellemcdunton@gmail.com	(310) 529-3796
R2 Rep/WSD #2	Diane C.	diadog@att.net	(951) 347-5267
R2 Rep/WSD #3	Bearto	FlightBear562@yahoo.com	(562) 843-2764
Jane A.	Meeting Liaison	meetings.oasbig@gmail.com	(714) 356-7352
Webmaster	Claudia	webmaster.oasbig@gmail.com	(310) 944-4602
Technology Chair	Joe C	Tech.oasbig@gmail.com	(562) 243-2300
Young People's	Jeff L	Yp.oasbig@gmail.com	(310) 528-3059
Special Events	VACANT		



FEBRUARY 2024 SOUTHBAY MEETING DIRECTORY

Most meetings have remained virtual. Meetings indicated in bold are meeting in person.
Check with Meeting Contacts or oasouthbay.org for updated meeting status.

TIME	MEETING FOCUS	CITY	OA Southbay Meeting Schedule	LOCATION	MEETING CONTACT	MEETING CODE
			ZOOM MEETING ID	PASSWORD		
SUNDAY						
3:00 PM	Women's Virtual Meeting	Long Beach (800868)	875-0221-6655	22840	Jessica R. (520) 906-5530	WS
5:00 PM	5pm For Today Virtual Meeting	Long Beach (27306)	820-1249-5583	Southbay	Helen T. (562) 714-1468	1, P
5:00 PM	Long Beach 5pm Meeting (IN PERSON)	Long Beach (57336)	----	Christ Lutheran Church: 6500 E. Stems St., LB, CA 90815 (lounge)	Bob 562-934-4970	1, P
MONDAY						
6:00 AM	Long Beach Virtual Morning Meeting	Long Beach (59426)	140-017-149	Southbay	Kristin (562) 208-2363	1, BB, Wtg, WS
9:00 AM	Manhattan Beach Morning Meeting (IN PERSON)	Manhattan Beach (57377)	----	MB Community Church: 303 S. Peck Ave. Manhattan Beach, CA 90266	Christina B (562) 405-7209	
TUESDAY						
11:00 AM	Torrance Virtual Meeting	Torrance	859-928-7019	357282	Cothy C (424) 731-1483	
5:30 PM	Torrance Virtual Book Study	Torrance	929-507-449	606573	Sherry (310) 940-1130	
6:00 PM	Anorexia/Bulimia Focus Virtual Meeting	Virtual	812-7815-4382	Southbay	Sharon M. (562) 263-5742	A/B, Book
6:30 PM	Long Beach Speaker Meeting (IN PERSON)	Long Beach (15224)	----	(St. Thomas of Canterbury) 53016 E. Arbor Rd., Long Beach, CA 90808	Margie M. (562) 676-5097	C/C, P, SSI, WCL
7:30 PM	Torrance Live Big Book Meeting	Torrance (15655)	----	First Christian Church of Torrance 2930 El Dorado St., Room 9	Jennifer S. (310) 629-5708	Book, C/C, P, WCL
WEDNESDAY						
7:00 PM	Food Dudes Men's Meeting (HYBRID)	Hybrid/Torrance	541-930-3317	Text msg contact	Bill A. (310) 622-5588	1, C/C, M, WF
7:00 PM	San Pedro Women's Step Study Virtual Meeting	San Pedro (58932)	323-719-0049	apple	VALS (310) 514-3025	12/12 SS Wtg WCL
				First Presbyterian Church Rm. 3		No wheelchair access
THURSDAY						
6:00 AM	Long Beach Women's Virtual Meeting	Long Beach (56288)	511-211-302	Southbay	Jacquie 562-252-5977	BB, WS, 11th Step, 12&12
10:00 AM	Big Book in the Park (IN PERSON)	Long Beach	----	4900 Federation Way, Long Beach	Angie M. 562-522-7373	1, BB
6:00 PM	Long Beach Live Big Book Study	Long Beach (51227)	----	Christ Lutheran Church: 6500 E. Stems St., LB, CA 90815 (lounge)	Berto (562) 843-2764	Step Study, WCL

MEETING CODES

Code	Meaning	Code	Meaning	Code	Meaning	Code	Meaning
‡	Meeting Needs Support/Attendees	C/C	Chips &/or Candles Given	OA	Overeaters Anonymous ("Brown Book")	SS4	Step Study 4th Week of the Month
I	One Hour Meeting	CC	Child Care Available	OCIG	Orange County Intergroup	VR	Voices of Recovery Book
11th Step	Meditation	FT	For Today Book	P	Pitch	WC	Wheelchair - Full Access
12&12	OA's 12/12	HOW	Honest, Openminded, Willingness	Sp	Speaker Meeting	WCL	Wheelchair - Access May Be Limited, Please Call
A/B	Anorexic/Bulimic Focus	LAIG	Los Angeles Intergroup	Spl	Speaker Meeting 1st Week of the Month	WS	Women's Stag
BB	Big Book of AA	M	Men's Meeting	SS	AA 12x12 Step Study	Wtg	Writing
Book	Study Various Books	NC	Newcomers	SSI	Step Study 1st Week of the Month	YP	Young People

