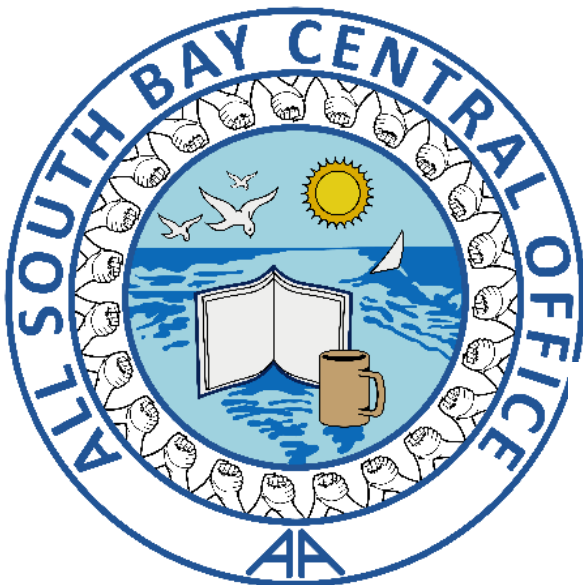


WINTER 2024

THE SPEAKEASY

All South Bay Central Office of AA - Newsletter

Happy New Year from ASBCO!
**Thank you for all the support throughout
the year!**



ALL SOUTH BAY CENTRAL
OFFICE OF
ALCOHOLICS ANONYMOUS

1411 MARCELINA AVE
TORRANCE, CA 90501

310-618-1180

MON-FRI 7AM-7PM

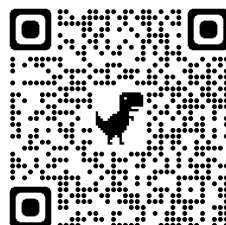
SAT & SUN 9AM-7PM

MANAGER; JERRY R.

<<WEBSITE: ASBCO.ORG

EMAIL:

INFO@SOUTHBAYAA.ORG





Ways You Can Support All South Bay Central Office:

-ASBCO's Birthday Club-

Commit to any dollar amount for each year every birthday! You can also make a donation in the name of a friend for their birthday!

-Faithful Fivers-

Graciously pledge \$5 each month.

-Be a Back-Up Phone Volunteer:

Occasionally be available for an on-call 3 or 4 hour phone shift! (Easy-Peasy)

Use the QR Code to the right >> to go to the phone volunteer application page!

-Come in to the office and purchase literature:

Big Books, 12 & 12s, How

Bill Sees It, Daily

Reflections, and a big variety of Grapevine books.

We also carry:

birthday cards, birthday chips, and more!

-Recent CSR Meeting Notes-

*Thank you for your support in making the New Year's Eve Party such a great success!

****PLEASE**** Check all your home meetings' information on our website to make sure there are no corrections that need to be made. We are attempting to get a paper copy of the meetings ready!

*Central office is still in need of volunteers who can be on call for back-up phone shifts.

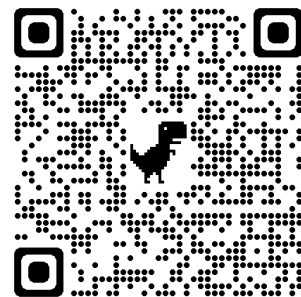
- In case you were not aware the Central Office closes at 7pm everyday now!

*H&I needs females for panels.

*Upcoming CSR meetings:

-February 27, 2024, 7:30pm.

-March 26, 2024, 7:30pm.



Open the camera on your smartphone. Aim the camera at the QR Code. (Don't take a picture)
A link should pop up Click it to take you to the phone volunteer application page.



LOCAL AA-RELATED MEETINGS

CSR INTERGROUP MEETING
4TH TUESDAY OF EACH MONTH
7:30 PM. IN-PERSON @ ASBCO
1411 MARCELINA AVE.
TORRANCE, CA 90501
(310)618-1180 SITE: ASBCO.ORG
EMAIL: INFO@SOUTHBAYAA.ORG

AREA 9 (DISTRICT 1&3)
2ND THURSDAY OF EACH MONTH
@ HERMOSA KIWANIS CLUB
SITE: WWW.MSCADISTRICT1.ORG
EMAIL: DISTRICTIMSCA09@GMAIL.COM

H&I
3RD TUESDAY OF EACH MONTH
7PM AT SOUTH BAY ALANO CLUB
SITE: SOUTHBAYHI.COM
EMAIL: INFO@SOUTHBAYHI.COM

GENERAL SERVICE OFFICE
P.O. BOX 459
GRAND CENTRAL STATION
NEW YORK, NY 10163
(212) 870- 3400

BE A FAITHFUL FIVER

Make the generous commitment to contribute \$5 to the All South Bay Central Office each month. This helps to keep the lights on and phones being answered for the alcoholic who still suffers!

JOIN THE ASBCO BIRTHDAY CLUB

Make a pledge to donate yearly- any dollar amount for each year of your sobriety on your birthday!



We are planning the SPRINGO Bingo event for March! More details coming soon watch the website and keep having your meetings CSR attend the CSR meetings at the All South Bay Central Office on the 4th Tuesday of each month!

Tradition Two:

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

From AAWS website:

<https://www.aa.org/traditions-checklist-aa-grapevine>



WE NEED YOUR WORDS TO FEATURE IN THE
ASBCO SPEAKEASY NEWSLETTER!

SHARE YOUR STORIES OF TRIALS AND
TRIUMPHS, EXPERIENCE, STRENGTH, AND
HOPE IN YOUR SOBER LIFE. HOW DID YOU
OVERCOME ISSUES IN SOBRIETY? HOW DID
YOU BECOME AN AA?

SHARE WITH THE NEWCOMER, OLDTIMER,
AND EVERYONE IN BETWEEN - HOW YOU DO
IT ON A DAILY BASIS.

YOU NEVER KNOW WHO YOU COULD BE
HELPING!

EMAIL AND LET US KNOW IF YOU WANT US
TO RECORD AND TRANSCRIBE YOUR STORY
FOR YOU OR JUST SEND A RECORDING AND
WE WILL TRANSCRIBE IT. HOW CAN WE
HELP?

IF YOU HAVE QUESTIONS, COMMENTS, OR
WANT TO SHARE YOUR STORY EMAIL:
LEAHASBCOSPEAKEASY@GMAIL.COM

“Sober Senior”

Taken From *AA Grapevine* February 1994

If there is such a thing as a late arrival to AA, I am a classic example. I will soon be seventy-eight and am celebrating nine months of miraculous sobriety. Living sober is the greatest thing to happen to me, ever.

Another claim to fame is my being the mother to eight children - eight lovely daughters. I chose to have the children out of love and I've never for a moment been sorry. To this day they are my blessings. Two of my beloved daughters are also in the fellowship and share my joy with me.

My background is fairly typical. My father was an alcoholic. My mother was the unwitting co-dependent who in later years also took up drinking - I'm sure out of sheer frustration. Two of my older sisters were also stricken with the disease.

In 1947, despite all the well-intentioned admonishments of friends, I married for all the wrong reasons - I was out of the frying pan into the fire! It quickly became apparent that my husband, however charming and likeable, nonetheless had a severe drinking problem. There followed twenty-two years of futile efforts to resolve the problem of his alcoholism.

In the sixties, I was guided to Al-Anon and the welcome discovery that I was not wholly responsible for my husband's disease. What a relief! However, the more knowledgeable I became, the more difficult it was to remain in what, by now was a loveless marriage. On the advice of my spiritual counselor, I divorced in 1969.

Once my last child left the nest, I was free to live as I chose and to pursue more lighthearted social activities. Thus began the escalation of what I'd always thought of as “social drinking” and the progress of what I now know to be my denial syndrome.

In 1990, to my horror, I was arrested for driving under the influence. Unfortunately, this experience - costly in both terms of emotions and finances - didn't sober me up. But it did start the guilt wheels turning. I sold the car, and my relatively quiet lifestyle continued to include the cocktail hour with its wine before dinner. I truly believed my lifestyle was above reproach.

On a particular day in October 1992, I had settled down for my cocktail hour - cheese and crackers with a chilled glass of white wine and the TV on for the news. Suddenly I was overwhelmed with a feeling that this ritual was a stupid waste of time and no longer any fun. I poured out the rest of the wine and that was my last drink.

What followed was a severe bout with withdrawal of which I knew nothing. In desperation I reached out to AA for help. I called my daughter who took me to a meeting and gave me the Big Book. Then came a twenty-eight-day recovery program - a true flight to freedom and restored sanity. I was lucky that family and friends were supportive.

After nine months, I continue to go to a meeting a day because I choose to and my life gets better and better. God bless AA and all the wonderful people willing to share their experience, strength, and hope.

It's never too late to start again and I've discovered beyond a doubt that God is always there for us if He is sought.

Lydia S., Mill Valley, CA

“Robert’s Goodbye to the Bottle”

“...When I first met you at the ripe age of 15, I had no idea what an impact you would make on my life – and not the good kind, unfortunately. I hate to tell you, but no one starts out their relationship with you with the idea that you will one day control their entire way of life. I have to hand it to you in that you have a very charismatic way about you. Luring me in with your promises of a good time and that you’ll take away all my worries. Having me believe you can solve my problems, take my stress away, and connect me to others in ways I think I can’t on my own.

For me, it was such a love-hate bond we had under the false pretense that I “needed” you to have fun, be social, or handle my emotions and stress. You had a way about you that made drinking seem like a luxurious necessity. You preyed on my curiosity and then you sunk your teeth in with the hook that “all the cool kids” hang out with you so maybe I should too. On January 22, 2020, I had to depart from you entirely. I drove down to a treatment center named Laguna. We had a good talk while driving. I cried because it was like leaving home for the first time and becoming homesick. I even brought along several of your friends (three airplane shots). Well upon entering Laguna I met some great staff. I became sick and had to be hospitalized receiving two blood transfusions, and COPD. One great staff member who stood out was Mrs. Arlyne. She really spoke to me with a strong caring attitude. She helped me with my vehicle. She placed me in a good treatment center in Fontana, CA. California Prime Recovery Center is a wonderful place. I completed all phases of this program. Upon completion, I was faced with a question, where am I going to live? You see I lived in my car for 5 years. I never had any problems throughout my stay.

In Cali Prime, I was offered a position as the house manager which I accepted. I also retired from the Federal Law Enforcement, Bureau of Prisons with 27 years. So, you can see that alcohol doesn’t turn its back on anyone.

I would love to say thanks.

P.S. Never say, “I got it.”

Robert”

Local Non-AA sponsored Events

Upcoming **ASBCO** events:

SPINGO: planned for March - more details to come!

VARIETY SHOW: planned for May - more details to come!

South West Alano Club

- KARAOKE - 1st friday of each month 10pm-12pm
- New! Men's Stag Meeting - Saturdays at 5 pm
- Movie and a Meal every 4th Sunday - \$5/advance and \$7/at the door.

Torrance-Lomita Alano Club

- Monthly Bingo Night 2nd Saturday of Each Month \$10 entry- 8 games w/ prizes. Extra card \$1 each. Doors open @ 6:30 pm. Begins @ 7pm. Call 310 320 3861 for more info.

Compton Alano Club

- \$7 Breakfast served every 2nd and 4th Saturday morning from 7:30am - 8:45am at the 7:30am meeting.