

# SPEAKEASY



## SUMMER 2024

Alcoholics Anonymous **All South Bay Central Office** Newsletter

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*The Speakeasy is published by the All South Bay Central Office of Alcoholics Anonymous. Opinions expressed are those of the writers/contributors and not of Alcoholics Anonymous as a whole or of Central Office. We welcome and need your input, opinions, humor, and comments. Send them today.*



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<https://asbco.org/>

# SPEAKEASY

## General Announcements

IMPORTANT: Central Office needs your help with  
UPDATED MEETING INFORMATION and group contacts.

Phone Volunteers Needed In Central Office: Apply today!  
Become a volunteer to take 12-Step Calls, answer phones at  
Central Office, or help with Central Office events and office needs.

We need your help! And being of service is part of the  
fun and proven method of staying sober.

Volunteer form online at <https://asbco.org/>

### **Writing for the Speakeasy**

Who writes for the Speakeasy? You do. Stories and content contributions are  
always welcome. All AA members can write in with special interest in those  
connected to the South Bay.

When is the Speakeasy deadline? The Speakeasy is published quarterly for the  
South Bay. The deadline is usually the 15th of the month prior to publication for  
the 4 Seasons: Winter, Spring, Summer, and Fall.

What should I write about? Anything related to your experience of getting or  
staying sober while respecting the anonymity of other members. Write about  
step-work, struggles, triumphs, lessons learned, transformation, etc.

Discretion is advised.

How long and what format? A good length is about 500 words.

Group announcements are also welcome.

Longer contributions may be edited to suit newsletter format. Use plain text or  
Word documents ideally via e-mail.

E-mail: [speakeasy@southbayaa.org](mailto:speakeasy@southbayaa.org)  
Access the Speakeasy Online at [asbco.org](https://asbco.org/)

<https://asbco.org/>



## UPCOMING EVENTS

All South Bay Central Office



# BINGO

NIGHT



## ASBCO FUNDRAISING EVENT

\$10 Donation Includes **1** Card

Additional Cards \$10 each

**Saturday July 27, 2024 | 6:00 PM**

**ST ANDREWS CHURCH**

301 AVENUE D, REDONDO BEACH  
Avenue D & Pacific Coast Highway

We welcome all AA, Al-  
anon family, and friends  
over 18 years old

We are looking for individuals and meetings to support our fundraiser by raising monetary donations, gift cards, sporting event tickets, or other prizes.

Please contact ASBCO at 310-618-1180, we are a 501(c)(3).

Thank you for your generosity!

Share your Favorite Dessert & YOU COULD WIN!

**SWEET TREAT  
CONTEST**



[www.SouthbayAA.org](http://www.SouthbayAA.org) | [info@SouthbayAA.org](mailto:info@SouthbayAA.org) | 310-618-1180

**2025 INTERNATIONAL CONVENTION**

**VANCOUVER, BC**

**JULY 3-6, 2025**

**90 Years – Language of the Heart**

<https://asbco.org/>

### **We Admitted We Were Powerless Over Alcohol**

Admitting I was powerless over alcohol wasn't a startling revelation. Some people come to this awareness by writing, but for me, it was pain, trial, and error that led to the deep realization that I am an alcoholic. Chapter 3 states, "We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery." The key verbs here are "learned" and "concede." For some, the learning curve is quick; for others, the costs are far more taxing. Either way, it's a hard-fought and personal realization in a fight I was losing.

Having come to the realization that I am an alcoholic, still nothing really changed. I was able to determine once I started it was difficult to stop and saw the wreckage that drinking had led to. Even though I had conceded to my innermost self, this did not grant me a sobriety date. My drinking continued despite my awareness.

Somewhere in the first few pages of "As Bill Sees It," there is the statement: "We came to believe that alone we were powerless over alcohol." The verbiage also entails "came to believe", which also leans towards a learning curve. The chief variant between my admission of powerlessness and that of the AA program is the "We" aspect.

One of the early influences in my sobriety was Wendy C. She was a grumpy old-timer, much like I am now. While I was auditing AA, Wendy asked me a very direct question: "If you could quit on your own, why haven't you?" I had no answer for this.

Eight years had passed from a 15-year-old stealing my parents' vodka to a 23-year-old. In that time, I lived in abandoned cars, donated plasma for occupation, became a connoisseur of various county jails (San Joaquin – Stockton jail surprisingly being the finest of establishments), and became addicted to alcohol. I was no closer to any awareness of powerlessness in that window of time. I knew what I was. It behooved me to not only ask for help but to be receptive to it. What that looked like was stopping running and just dropping anchor in the rooms. I did not understand most of what was being said, but "Last house on the block" I fully comprehended.

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# SPEAKEASY

## Stories & Articles - Cont'd

Step 1 is a good place to start, but a horrible place to stop. AA's suggested program of recovery entails 12 steps. Once I stopped drinking, it became obvious why I drank.

—That Our Lives Had Become Unmanageable

I was at a step study, and one of the participants broke down this portion of the step in a manner I had never heard. He mentioned that life itself consists of cycles inside other cycles. The lifespan of a fly varies from that of a house cat. They may share a timeline, but each is independent unto itself. Nowhere in those cycles is the individual at war with life itself or trying to manage it. They are merely participants on a physical stage, and at some moment, their time to exit will come, and someone else will occupy that space. The key takeaway, I believe, is that a little humility is in order. There has been an ebb and flow harmony in motion since the dawn of time, suggesting that life is not a conquest but something to experience.

**\*\* In Summary \*\***

The process leading to this point is often filled with demoralization – this is the cover charge to the rooms. Honesty, open-mindedness, willingness, and humility are the prices I must pay to stay and live with peace. Some people come to the point of conceding to themselves through writing, while others just know. It's a deeply personal admission and a necessary step towards something better. The admission of personal powerlessness over alcohol is something I must renew every 24 hours. There isn't much to figure out. There are actions I can take. Sometimes, I must pick up the phone before picking up the drink to get through one more day. This isn't about self-discipline or sheer willpower. I have an adverse reaction to alcohol – no amount of academics or intellect will change that. The best description I heard about willpower was to eat a box of Ex-Lax and then try some willpower.

**~ Mike K.**

*One Day at a Time*

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# SPEAKEASY

## Meeting Fliers

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Wake up with the **Sunrise AA Virtual Meeting**

Open Meeting | Only Alcoholics Participate

“Twenty-Four Hours A Day” Thought for the Day & Sharing

M-F 7a PST | 10a EST (1 hour)

Saturday 7:30a PST | 10:30a EST (1 hour w/ b-days)

Zoom ID: 510-580-3875

Password: sunrise

### Personality Change

“It has often been said of A.A. that we are interested only in alcoholism. That is not true. We have to get over drinking in order to stay alive. But anyone who knows the alcoholic personality by firsthand contact knows that no true alky ever stops drinking without undergoing a profound personality change.”

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We thought “conditions” drove us to drink, and when we tried to correct these conditions and found that we couldn’t do so to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were.

—As Bill Sees It (p. 1)

<https://asbco.org/>