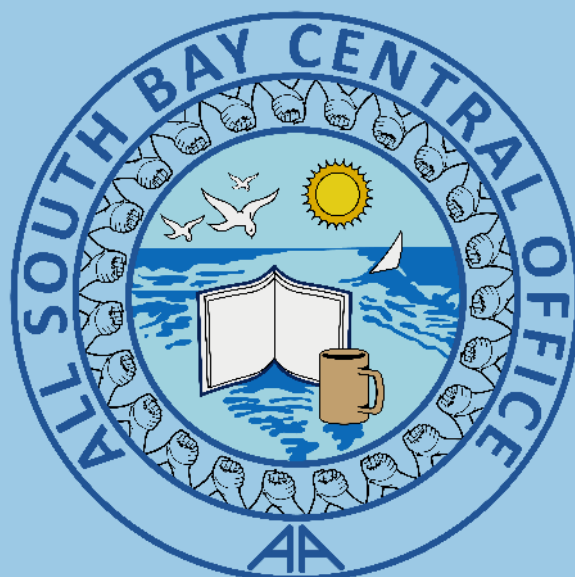


SPEAKEASY

SPRING 2025



Alcoholics Anonymous All South Bay
Central Office Newsletter
1411 Marcelina Ave, Torrance CA 90501
Email: info@southbayaa.org | Phone: (310) 618-1180

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.



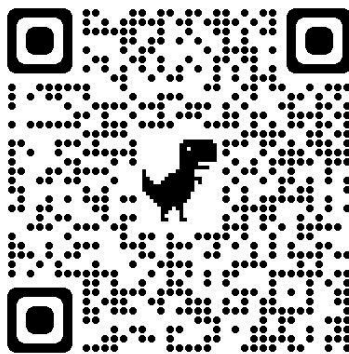
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GENERAL ANNOUNCEMENTS

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: 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. We are especially interested 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. Remember, discretion is always advised. Group announcements are also welcome. Write about step-work, struggles, triumphs, lessons learned, transformation, etc. We also accept poems, fictional short stories, and riddles – as long as they are recovery-related. **How long and what format?** A good length is about 500 words. Longer contributions may be edited to suit a newsletter format. Use plain text or Word documents ideally via e-mail.

E-mail: speakeasy@southbayaa.org

Access the *Speakeasy* Online at asbco.org

AA BIRTHDAY CLUB

Show your support for All South Bay Central Office and join the Birthday Club!

Many members celebrate their AA birthdays by sending a donation of one or more dollars for each year of sobriety. Your birthday will be listed in the Birthday Club section of the Speakeasy newsletter. Just print this page, fill out the form below, make your check payable to ASBCO, and send to:

All South Bay Central Office
1411 Marcelina Ave
Torrance, CA 90501

| |
|-----------------------|
| Name _____ |
| Address _____ |
| City _____ |
| State _____ Zip _____ |
| Telephone _____ |
| Sobriety Date _____ |

FAITHFUL FIVERS

The Central Office helps carry the A.A. message to the alcoholic who still suffers by coordinating the following services:

- Answers inquiries from those seeking help – suffering alcoholics, sober alcoholics, meetings, groups, professionals, and the general public.
- Orders and sells A.A. literature
- Publishes A.A. meeting schedules.
- Maintains a 12-step list to help the still-suffering alcoholic.
- Maintains a telephone service for
- A.A. members and the general public.
- Maintains an informative and up-to-date website: www.ASBCO.org
- Publishes the monthly newsletter, **“The Speakeasy”**
- Acts as an information exchange for South Bay meetings and service committees.
- Cooperates with other A.A. service entities – GSO and our General Service Area and Districts, Public Information/ Cooperation with the Professional Community, Hospitals & Institutions, GGYPA, Bridging the Gap, and the various Intergroup committees.
- Participates in local A.A. events.

JOIN THE FAITHFUL FIVERS!



“When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who still suffer.”

- Bill W.

Reprinted from The Language of the Heart with permission from the AA Grapevine, Inc.

What are Faithful Fivers?

Faithful Fivers are A.A. members who graciously pledge to contribute at least five dollars each month to support the Central Office in its efforts to carry the A.A. message of hope and recovery to those alcoholics who still suffer in the South Bay Area. As a Faithful Fiver, your personal contribution can and will make our vital services possible.

The Faithful Fiver idea came about when we remembered that we wasted much more than five dollars each month during our drinking days. Your contribution will help the Central Office provide the services necessary to carry the message of Alcoholics Anonymous.

Faithful Fiver members who pledge at least \$5.00 per month annually will receive a subscription to our quarterly newsletter, "The Speakeasy."

Contributions are limited to \$3,000 per member per year and are tax-deductible under Internal Revenue Code §501(c)3.

Yes! Please enroll me as a Faithful Fiver!

I agree to pledge!

Here is my contribution of \$_____ for ___ months

Name _____

Address _____

Phone _____

Email: _____

Please make your checks payable to **ASBCO**

Mail to:

ASBCO
1411 Marcelina Ave.
Torrance, CA 90501

Questions? (310) 618-1180

If you'd prefer to contribute by MC or VISA and enjoy the convenience of automatic billing, please complete the Credit Card Information section below, sign and send the form, or call it in. All requested information is required. Upon approval, we will automatically bill your credit card for the amount indicated and your total charges will appear on your monthly credit card statement. You may cancel this automatic billing authorization at any time by contacting us.

PAYMENT INFORMATION

I authorize **ASBCO** to bill the card listed below as specified automatically:

Amount: \$ _____

Frequency: circle one

Monthly Quarterly Annually

Start Billing On: ___/___/___

End Billing when:

End Date: ___/___/___

CREDIT CARD INFO

Visa MasterCard

Credit Card No. _____

Exp. Date: ___/___/___ CSC: _____

Cardholder's name: _____

(as shown on credit card)

Billing Zip Code: _____

UPCOMING EVENTS



Comedy Night



ASBCO Comedy Night

April 5
2025

6pm-9pm
Refreshments
Tickets available at the door

| | | |
|-------------------------------------------------------------------------------------|-------------|----------------------------------------------------------------------|
|  | \$20 | ST. ANDREWS Redondo Beach 301 Avenue D Redondo Beach CA, 90277 |
|-------------------------------------------------------------------------------------|-------------|----------------------------------------------------------------------|

Donation to All Southbay Central Office of Alcoholics Anonymous <https://asbco.org/>
310-618-1180



UPCOMING EVENTS



The poster features a central title 'BINGO NIGHT' in large, bold, orange letters with a blue drop shadow. Above the title, the text '41st South Bay Roundup Fun-Raiser' is written in a curved, orange font. To the left and right of the title are images of bingo cards and circular callouts with the numbers 5 and 15. Below the title, the pricing is listed: '\$5 ENTRANCE FEE (INCLUDES DESSERT AND COFFEE)' and '\$10 BINGO CARDS'. The date and time are 'Saturday, June 21' and 'DOORS OPEN AT 6:30 PM'. A yellow starburst graphic says 'GET AWESOME PRIZES'. The location is 'ST. JOHN FISHER CHURCH' at '5488 CREST ROAD, RANCHO PALOS VERDES, CA 90275'. A circular logo for the '41st SOUTH BAY FAMILY ROUNDUP 2025' features a seagull and the text 'THE KEY TO LIFE AND HAPPINESS'. Below the logo, the dessert contest categories are 'Pies', 'Cakes', and 'Cookies'. The contest info states 'DESSERT CONTEST INFO: THREE CATEGORIES' and 'TO ENTER DROP OFF YOUR DESSERT BETWEEN 6 - 6:30 PM'. At the bottom, contact information is provided for AA and Al-Anon chairs and co-chairs.

**41st South Bay Roundup
Fun-Raiser**

BINGO NIGHT

\$5 ENTRANCE FEE
(INCLUDES DESSERT AND COFFEE)

\$10 BINGO CARDS

Saturday, June 21
DOORS OPEN AT 6:30 PM

GET AWESOME
PRIZES

ST. JOHN FISHER CHURCH
5488 CREST ROAD, RANCHO PALOS VERDES, CA 90275

DESSERT CONTEST INFO:
THREE CATEGORIES

Pies Cakes Cookies

TO ENTER DROP OFF YOUR DESSERT
BETWEEN 6 - 6:30 PM

Contacts:
AA Chair, Mark H. (310) 488-2881 | Al-Anon Chair, Lupe (323) 422-5857
AA Co-Chair, Dianne K. (310) 880-9851 | Al-Anon Co-Chair, Linda McB. (310) 766-8133

PRAASA 2025

“Working Together Increasing Trust”

Some of What Charles A. Alt DCMC District 1&3 Area 09 Saw and Heard

First of all, the excitement of flying to Anchorage, Alaska, I'm grateful; seeing new and old friends, I'm thankful; participating in PRASSA, awestruck; being a trusted servant, I'm humbled; thank you for the opportunity to serve.

Coming from the airport into the city of Anchorage: Except for the mountains towering above me, it looked like any city in America. My Lyft driver's wife called him to help; she had a flat tire. After dropping me at my hotel, he left. When I entered the hotel, I didn't have my phone right away. Things looked grim. Having a second phone, I tried contacting Lyft, then remembered to just call my phone. The driver picked up and, in a few minutes, returned my phone even before going to help his wife. I sprinted to the convention center -- okay, walked at a fast pace for me -- in time to hear our Area 09 Delegate finish speaking at the second panel of the day on “Communication Before and After You Joined AA.” The next panel speakers reminded us about “Rule 62: Don't Take Yourself So Seriously,” and other Panel speakers reminded us “Tradition Centered, Unity Not Exclusion,” “Find Humor in Tough Situations,” and finally, “Circumstances Don't Dictate Whether Life Is Enjoyable.”

Next, for the first session for roundtables there were 23 different subjects. I chose to participate in the DCM and DCMC/Alternates group. We chose four topics to discuss:

1. How to balance the conscience of the group versus the conscience of the district;
2. Improving participation with GSRs in the District and getting more participation in General Service;
3. How does your district spend money? Including disbursements;
4. How to communicate between groups. Best practices on communication.

We had spirited discussions on all the topics. If you are interested in the full transcript, contact Charles A., Alternate DCMC District 1&3 Area 09 at: larenceayersjr@gmail.com.

After the Roundtables, we had a dinner break and then met for the final panel of the night: “Finding Balance in Your Personal Life and Service Responsibilities.”

The panelist gave outstanding examples of their own experience:

- Remember Easy Does It -- Limit Your Commitments;
- You Don't Have to Do It Alone -- Unity;
- Don't Panic -- Have Fun with Service;
- We Grow by Service;
- Whatever You Do, Do Your Best.

This ended that day's presentations. On the way to my hotel, I encountered a large group of young adults on a corner playing music and enjoying each other's company.

The next morning on the way to the Convention Center, I saw these same individuals asleep on the sidewalk huddled together for warmth. Anchorage, Alaska has homelessness.

Panel 4: "Plain Language Big Book"

The Plain Language Big Book started 12 years ago and is not a replacement but in addition to. There are several reasons for having a Plain Language Big Book:

- The reading level of the average person is around the 7th-8th grade reading level;
- People who are in distress -- PTSD, trauma, anxiety -- have a lower ability to be able to understand;
- People with English as a second language;
- Those who are unable to have a Sponsor; living in remote communities; those in prisons.

Panel 5: "Fun with Finances"

Topics:

- Where does the money go?
- Prudent Reserve;
- How do groups support the General Service Board?
- Trust is our goal (we are trusted servants).

Panel 6: "Remote Communities"

- Geography (distance from roads, towns);
- Language barriers;
- Cultural differences;
- Accessibility (technology access, proficiency, person with disabilities, etc.).

Lunch Break

After the lunch break, we had the Pacific Region Trustee's report and then on to the PRAASA Business Meeting. All monies were accounted for.

I attended the last roundtable DCM DCMC/Alternate session:

- How DCM introduces themselves to a group;
- How Agenda Items are presented to groups;
- How Districts make agendas for their meeting;
- Guidelines of responsibilities for DCMC and Alternate DCMC.

Next: Dinner and Speaker meeting -- Retired General Service Office Employee. Walked back to the hotel and went to bed. That ended Saturday.

Up at 5:30 a.m. Daylight Saving Time -- Spring Forward, four hours sleep. I was at the Convention Center before 7:00 a.m. for:

"What's On Your Mind"

- Honoring group conscious; minority opinion once a group decides; honoring the group choice;
- General Service is AA mechanism for change;
- Authority and responsibility for a job whether it's coffee maker or treasurer.

That was all for PRAASA. I had to go to the airport for my flight home.

Next Year's PRAASA is in Hawaii from February 27th – March 1st, 2026

HAVE A GREAT NIGHT ON PURPOSE – ALWAYS LOVE BIG HUGS

Charles

Photos from PRAASA and Anchorage, Alaska



Anchorage from the air



Charles in Charge!



Charles' new friend?



Scenes from Anchorage, Alaska

STORIES

Excerpts from You Can't Make Me Angry by Dr. Paul O.

Reprinted with permission of Capizon Publishing

Eleanor Roosevelt said, “No one can make you feel inferior without your consent.”

Not only can people not make you feel inferior, they can't make you feel any particular emotion unless you willingly accept their suggestion.

We declare our emotional independence when we refuse to allow others to dictate our emotional state—when we make our own decisions as to how we are going to feel at any particular moment. Emotional independence leads to emotional sobriety (peace of mind), and emotional sobriety is conducive to long-term physical sobriety. Physical sobriety in an alcoholic without emotional sobriety is often not only an unpleasant condition, it can lead to drinking (a so-called slip) or, in the absence of drinking, to what is referred to as a dry drunk—drinking behavior without drinking.

Father Barney, a Jesuit Priest who used to host retreats for alcoholics and their spouses, liked to compare the recovery process to a baseball diamond. He pictured physical sobriety as first base, mental sobriety as second base, emotional sobriety as third base and spiritual sobriety as home plate.

I like that analogy. I like breaking things into smaller parts. As for example, handling problems one day at a time as recommended in the Alcoholics Anonymous program. Once alcoholics get physically sober and pass first base, the problems they face are essentially those faced by AI-Anon members. From that point on, both A.A. and AI-Anon members struggle toward the same goal—increasing their mental, emotional and spiritual sobriety.

In general, all alcoholics must maintain their emotional sobriety in order to comfortably maintain their physical sobriety. By the same token, recovering AI-Anon members must maintain their emotional sobriety in order to maintain their sanity. Neither can afford to let others control their emotions. Both must maintain their emotional independence in order to survive.

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us.” This statement appears in Twelve Steps and Twelve Traditions published by Alcoholics Anonymous. Regardless of the cause of our emotional disturbances, there is always something we can do about our feelings. In fact, we are the only one who can do something about them.

Usually, however, instead of accepting responsibility for my feelings, I do the opposite. I focus on trying to bring about a change in the offending person or situation. I blame my emotional state on what is happening outside me rather than admitting that at every moment of every day, consciously or unconsciously, I exercise a choice as to my mood and how I am going to feel.

A few years back, Max and I led a workshop on relationships. I shared with the group how I had given Max a written declaration of emotional independence stating that she was no longer responsible for my feelings. Thereafter, I could no longer tell her, “You made me angry,” or “I feel bad and it’s your fault because of what you did (or said).” I also explained how, as a corollary, I was no longer responsible for her feelings. We both agreed that from now on we are each responsible for our own feelings.

Precisely what in life are you personally responsible for? Just where does your responsibility begin and where does it end?

On every commercial airline flight, before the plane takes off, specific instructions are given as to what to do in case of a sudden decompression. “The oxygen masks will drop down from the ceiling,” we are told. “If you are sitting next to or near a small child, put on your own mask first, then the mask of the child.”

Look out for yourself first. Otherwise you might both fail to survive.

A.A. members realize the importance of statements such as this when it comes to sobriety. They work what they call “a selfish program.” They know that if they get drunk, nothing else matters. The Traditions of Alcoholics Anonymous carry this thought all the way to the group level. The Traditions state that the A.A. group is more important than the individual alcoholic. If the group disappears, so will the members.

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Published by Capizon Publishing

AA HISTORY

AA owes a debt of gratitude to many people who have contributed to the miraculous development of our fellowship.

Here are just a few of them ...



Henry (Hank) Parkhurst

AA no.2 in New York. Bill W.'s first success on returning from Akron. Hank P., an agnostic, influenced the wording in the Big Book and 'God as we understand Him' was reached as a compromise.

Hank wrote Chapter 10 (To Employers) – the only chapter which omits any reference to God. Hank owned a small publishing house which published the Big Book (Works Publishing Co.). He fell out with Bill over matters which concerned money and also Ruth Hock – AA's first secretary. Hank tried to set up Works Publishing Co. for profit with himself as president. He drank again after 4 years and died at the age of 57.



Ruth Hock, 1945

Ruth Hock

"The Big Book would never have been written without Bill and would never have been published without Hank."



Father Ed Dowling

Bill W. was feeling down. Thousands of copies of the Big Book were laying unsold in a warehouse, Lois was supporting him with her job in a department store, AA had got off to a poor start, Hank P., his publisher, got drunk and Rollie H., a nationally famous football player, had broken AA's policy by breaking his anonymity in the press.

At 10pm the doorbell rang and Bill was told that some bum from St. Louis was here to see him. Bill, expecting it to be another drunk, was surprised to see that the man was wearing a dog collar. He explained that he was Father Ed Dowling from St. Louis and that he was surprised by the similarity of AA's 12 steps to the spiritual exercises of St. Ignatius.

Hemsley 'Through Drinking Forever'

'Alcoholics Anonymous' Given Credit For Reform

Rollicking Rollie Says He's Been On Wagon A Year

By The United Press
CHICAGO, April 18—Rollie Hemsley, Cleveland Indian catcher announced today that he was "through drinking forever."

"I'm telling all this because I'm sure I can help somebody else who can't leave the bottle alone," said the 33-year-old player. Drinking has had him in trouble since he joined the Pirates in 1928.

Hemsley gave all credit for his reform to an organization known as "Alcoholics Anonymous," to which he was introduced by two Cleveland



you might call a drinking disease, people who can't stop, no matter how hard they try."

From Pittsburgh Hemsley went to the Cubs, the Reds and the Browns before going to Cleveland. With each club it had been his drinking that prevented him from making good.

"I haven't had a drink in a year," he said today, "so that proved the thing to myself. I've been meaning to tell this for some time and I guess Feller's no-hit game put me in the right frame of mind for it."

Rollie H



Clarence Snyder

Clarence Snyder was 12th stepped by Dr. Bob and started a meeting in Cleveland – using the AA name from the Big Book. He detached his meeting from the Oxford Groups and introduced the concept of one-to-one sponsorship. Not a believer in the tradition of anonymity, Clarence granted many TV, radio and press interviews. Clarence came up with the idea of service rotation and started an AA Bulletin. He also created a great deal of publicity for AA. Clarence died at the age of 82 in 1984 and was 46 years sober.



Bill Dotson

Bill D. was AA's no.3. Famously nick-named the man on the bed, Bill was 12th stepped by Bill W. and Dr. Bob on 28th June, 1935.

Bill D. had been a well-known attorney and city councilman. His drinking caused him to be hospitalized 8 times in 6 months and he ended up strapped to a bed in Akron hospital after hitting a couple of nurses. He was terrified when Dr. Bob asked for him to be taken to a private room (usually reserved for patients with terminal illnesses) but was struck by the honesty of Bill W. and Dr. Bob when they related their drinking stories to him. Bill Dotson left the hospital on 4th July, 1935 and never drank again.

He was in court arguing a case as an attorney within a week and then ran for election to the city council. He never sought publicity for his role in AA nor wished his story to be published in the Big Book.



Sam Shoemaker (1893 – 1963)

Sam Shoemaker was the rector of the Calvary Episcopal Church in New York City and was considered to be one of the best preachers of his era. Bill W. attended his church and was influenced by his interdenominational message. Sam hosted Oxford Group meetings at his church in New York and later in Akron, Ohio where Dr. Bob also became involved. He worked with Bill W. to establish the spiritual philosophy used in the AA

program.



Marty Mann (1904 – 1980)

Marty Mann was an early female member of AA and author of the story 'Women suffer too' in the 2nd, 3rd and 4th editions of the Big Book. Partly due to her life's work, alcoholism became seen as less of a moral issue and more of a health issue.

Marty got sober in 1940 when her psychiatrist (Dr. Harry Tiebout) gave her a copy of the Big Book and persuaded her to attend one of only two meetings of AA available in the USA at that time. Later she organized the committee which eventually became the National Council on Alcoholism and Drug Dependence.

(Article found at <https://aamidsurrey.org.uk/aa-history/key-people/>)

MEETING FLIERS



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



KEEP IT
simple