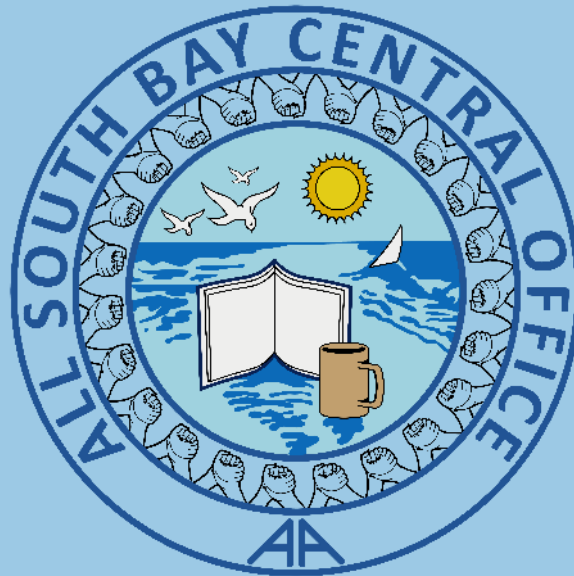


# SPEAKEASY

SUMMER 2025



Alcoholics Anonymous All South Bay  
Central Office Newsletter  
3625 Del Amo Blvd., Suite 345, Torrance CA 90503  
Email: [info@southbayaa.org](mailto: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.



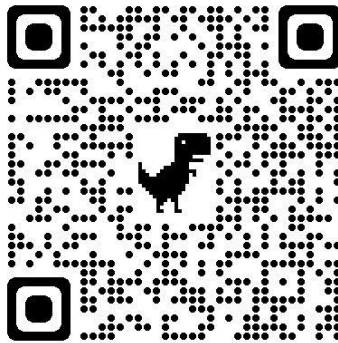
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## GENERAL ANNOUNCEMENTS

**IMPORTANT:** Central Office needs your help with updated meeting information and group contacts.

**Volunteers Needed – Apply Today!** Answer phones at Central Office or help with events and office needs. We need your help, and being of service is part of the fun and proven method of staying sober. The Volunteer form is online at: [asbco.org](http://asbco.org).



### **CENTRAL OFFICE NEEDS A NEW PHONE VOLUNTEER CHAIR**

**Position Available 12/31/25**

This commitment entails reaching out to volunteers to ensure phone coverage for all shifts. You'll be trained in phone procedures and POS for literature, chip, and contribution purchases, and in turn, you'll be training our volunteers. A flexible schedule and familiarity with the South Bay AA community are helpful, but not required. Having a dedicated person in this position is crucial to keep things running smoothly and ensure that every call for help is answered.

**Note:** Must have two years of sobriety. The Phone Volunteer Chair is not a Board position so you are not required to appear at Board Meetings, but you are required to attend the monthly CSR Meetings at Central Office.

Any questions? Please reach out to Todd M. at [asbcophones@gmail.com](mailto:asbcophones@gmail.com).



## Intergroup Purpose

A Central Office is an AA service center serving the local community. Just as AA groups are partnerships of individuals, a Central Office is a partnership of the AA groups within a community, established to carry out certain functions common to all groups and best handled at a central location. The group maintains, supervises, and supports the Central Office monetarily and with volunteers. In turn, the Central Office aids the groups in their common purpose of carrying the AA message to “the alcoholic who still suffers.”

The Central Service Representative (CSR) carries the group’s conscience to the Intergroup meeting, votes on changes on Central Office policy, works with the Central Office to provide desired services, and reports the needs of the Central Office to their groups.

Members of the Intergroup (CSRs) sponsor special events to foster the spirit of unity among the local AA community and to ensure sufficient operating capital to keep the Central Office open and of maximum service.

*In the South Bay, we’re fortunate to have hundreds of meetings—but only 35 to 40 representatives regularly attend our monthly CSR meetings. That means many groups are going unheard and unrepresented when important decisions are made.*

*Please take a moment to ask your group if they currently have a CSR. If not, encourage them to elect one and explain why it matters. Having a CSR ensures your group’s voice is included in the discussion and decision-making process.*

*Keep in mind, a CSR should represent only one group at a time, as each group is allowed just one vote per issue.*



## SOUTH BAY H & I

Those seeking to lead a panel are to have a minimum of one year of sobriety and must attend a committee meeting – these are held the 2<sup>nd</sup> Tuesday of every month at 6:30 p.m. at the South Bay Alano Club. Currently, there are two panel leader openings: 1) **Harbor Interfaith – Bridge Housing**, 1<sup>st</sup> Thursday, 7:00 p.m., M & W, and 2) **Providence Recovery Center (PRC)**, 3<sup>rd</sup> Wednesday, 3:00 p.m., M & W.

More information can be found on their new website: [www.southbayhi.com](http://www.southbayhi.com).

## 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 such as anniversary potlucks or changes in times/locations 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. Please send your Word documents via e-mail to: [speakeasy@southbayaa.org](mailto:speakeasy@southbayaa.org). Access the **Speakeasy** Online at [asbco.org](http://asbco.org).

### BEFORE I SPEAK:

T – IS IT TRUE  
H – IS IT HELPFUL  
I – IS IT INSPIRING  
N – DO I NEED TO SAY IT  
K – IS IT KIND

I can't solve a problem with the same thinking that created it in the first place.

If I change the way I look at things, the things I look at will change!

If I change the way I do things, the things I do will change!

Discipline bridges the gap between Goals and Accomplishment.

## 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  
3625 Del Amo Blvd., Suite 345  
Torrance, CA 90503

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](http://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, GGYPAA, 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  
3625 Del Amo Blvd., Suite 345  
Torrance, CA 90503

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



 **OAK FOREST**  
R E C O V E R Y

# SURF & SOBRIETY

ZUMA BEACH : TOWER 12

## AUG 2 • 10A-2P

10AM - 12PM : SURF & CHILL

\*INSTRUCTORS, WETSUITS & BOARDS WILL BE PROVIDED\*

1PM - SPEAKER MTG

WE'LL HAVE FOOD, MUSIC & GOOD FELLOWSHIP !

THANK YOU TO OUR SPONSORS FOR MAKING THIS EVENT HAPPEN FOR OUR COMMUNITY!

- TURNING STONES RECOVERY
- GRACE HOUSE
- CHATEAU CREEK
- LIFESYNC MALIBU
- R & R HEALTH



WAVES  
OF RECOVERY

- DIANA'S HOUSE
- JOYCE HOUSE
- SAMA HEALING
- LYNK DIAGNOSTICS





Every Sunday 2-4pm  
starting 6/22  
**SOBER  
SOFTBALL**  
Wilson Park  
2200 Crenshaw Blvd  
Torrance  
Based on weekly field availability  
Additional information contact  
Greg 310-749-0727 or Ashley 310-991-8113

**FOR FUN AND FOR FREE  
ALL AGES.  
BRING YOUR GLOVE**

A photograph of softball equipment, including a bat, a helmet, and several balls, resting on a dirt field.

SOUTHWEST ALANO CLUB  
(BIRCH)  
PROUDLY  
PRESENTS  
**1ST FRIDAY**  
**KARAOKE  
NIGHT**  
Featuring  
Tom W.  
**EVERY 1ST FRIDAY  
10PM - 1AM**  
**SOUTHWEST ALANO CLUB  
(BIRCH)**  
**12130 BIRCH AVE  
HAWTHORNE 90250**  
**\$2**

A poster for a karaoke night at the Southwest Alano Club. It features a man singing into a microphone, with text detailing the event's schedule, location, and featured performer.



**August 29 - September 1, 2025**

**Sonesta Hotel, Redondo Beach Marina**

**Register Online: [www.southbayroundup.org](http://www.southbayroundup.org)**

**VOLUNTEERS NEEDED FOR THE FOLLOWING COMMITTEES:**

**Al-Anon Literature**

Conna C. - gandolphcnc@hotmail.com, (310) 489-0815

Gretchen. - gretcheno420@gmail.com, (310) 850-8616

**Al-Anon Marathon Meetings**

Nataly S. - Selenat12@yahoo.com, (424) 200-8156

**Greeters**

Emily T. - emilytgmail@aol.com, (310) 753-6156

Alya L. - alyalucas1@gmail.com, (310) 753-6156

**Hosts/Hostesses**

Barbara M. - bmignosi@aol.com, (310) 809-0973

Wendy S. - wendystavros@yahoo.com, (310) 977-0537

**Meditation**

Tara H. - taraho21@gmail.com, (415) 305-6411

Tina S. - christine.stout@hotmail.com, (310) 251-3997

**Parking Vouchers**

Earl G. - Benjaming2014@yahoo.com, (310) 344-8492

**VIP Raffle**

Keira OKC. - keira.cuilty@gmail.com, (310)709-9299

Robert C. - rcuilty@gmail.com, (310)822-8490

Mary F. - meforthun@yahoo.com, (626)252-0741

Kelly C. - kelly.breathe@gmail.com, (310)346-5619

**50/50 Raffle**

Kim H. - Kimmers92@icloud.com, -(310) 948-2472

Alicia Y. - Aliciayarak8@gmail.com, (424) 392-9055

**2025 BEACH WALK**

Saturday, 8 a.m. - 10 a.m.

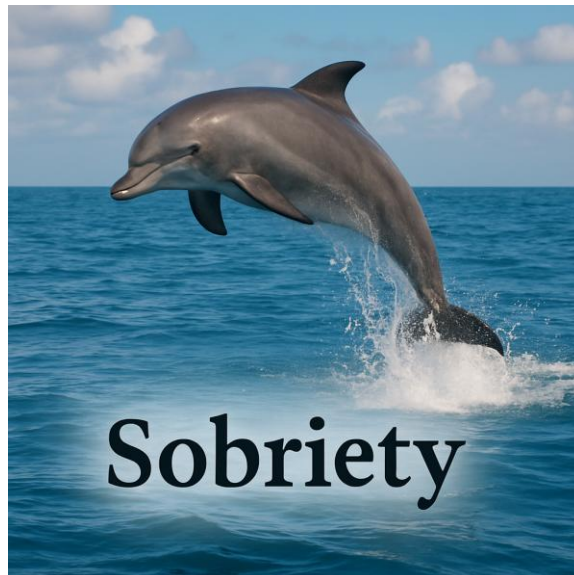
2-mile route round trip from Sonesta north along beach and back.

Volunteers needed for the Beach Walk! Join us for a day of sun, service, and community.  
We need help with setup, cleanup, and guiding participants along the route.

If you'd like to lend a hand, please reach out to Tim - (310) 968-3070 or JJ - (310) 613-6211

Volunteers needed for the ASBCO Literature Booth

Contact Jerry at Central Office (310) 618-1180







**All South Bay Central Office  
Family Picnic, Chili Cook-Off &  
Dessert Contest**

**Sunday September 28, 2025**

**Charles H. Wilson Park  
2200 Crenshaw Blvd, Torrance, CA 90501**

**Tickets:**  
Admission Tickets - \$10.00  
Food Tickets - \$1.00 or six for \$5.00  
Raffle Tickets - \$1.00  
*Admission Tickets are for sale at the Central Office or at the event*

**Activities:**  
Kids Carnival Games  
Moon Bounce  
Face Painting  
Live Music

**Schedule:**  
7:00 AM – Volunteers arrive for event set up  
10:00 AM – The picnic will open  
12:30 PM – Chili cookoff judging will begin  
2:00 PM – Raffle ticket drawing and cookoff winners announced

**To register meetings for cooking or to volunteer contact:**

 **All South Bay Central Office**  
1411 Marcelina Ave | Torrance, CA 90501  
(310) 618 - 1180

**Log onto: ASBCO.ORG**  
**email: [info@southbayaa.org](mailto:info@southbayaa.org)**

Flyers, Posters, and Tickets are available. CSRs, please encourage your meetings to participate. Turn in Sign Up Sheets to Erik S. via email ([eschmid23@gmail.com](mailto:eschmid23@gmail.com)) or drop off at Central Office.

**NOTE: VOLUNTEERS NEEDED!**  
**Contact Central Office for more information**



## SAVE THE DATE!

ASBCO's Gratitude Breakfast: 11/15/25

**New Year's Eve Party: 12/31/25**



### 12 Steps of Recovery – The Underlying Principles

- Step 1 – Honesty
- Step 2 – Hope
- Step 3 – Faith
- Step 4 – Courage
- Step 5 – Integrity
- Step 6 – Willingness
- Step 7 – Humility
- Step 8 – Brotherly Love
- Step 9 – Justice
- Step 10 – Perseverance
- Step 11 – Spirituality
- Step 12 – Service





## STORIES, ETC.

### One Day at a Time

I was trapped in my despair  
Surrounded by pain  
Gin, vodka, a martini or two, three shots of jack  
Alcohol, Alcohol, and more Alcohol  
Locked into a world  
With no-where to go  
I would scream  
I would shout  
Cry my heart out  
This despair – my home  
Alcohol  
Stealing my life  
No morals, no dignity  
With no future  
A ray of hope  
Flickered during the night  
A knock on the door  
A hand broke through  
Reached towards me  
Twelve fingers of freedom  
Screaming at me  
Take our hands  
Give us a chance  
You'll see the light  
Regain your sight  
A new life given  
One day at a time

~ Joey Dilon

My name is Tracey L., and my sobriety date is 6/30/93. I intend to share my AA story; my experience, strength, and hope.

I ask myself often: How have I stayed sober for 32 years? I know I haven't done it on my own. I do know in my early sobriety I did what was suggested.

My alcoholism was progressing, but I didn't know it. Waking up in a blackout was normal. Then one day, a note was left on my bed. It simply said, "You need help." My father was an alcoholic, not me!

I called Central Office. Somehow, I found the meeting. I remember standing in the entrance of my first AA meeting. I was holding back tears and shaking. I also remember a man pulling out a chair for me. I took a seat. As I looked around, I saw smiles and laughter. After a while, I was able to listen. I met a girl who reached out to me. We sat outside smoking and talking for hours. She suggested I meet her at the "South Bay Round Up" (a local AA event). I was ready to do anything. I took direction. I realized I did not wake up in a blackout or hungover. I stayed at this AA event all weekend.

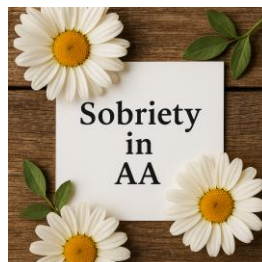
I began to feel comfortable, still scared. I remember when they had a women's AA meeting. At that meeting, I stood up and admitted to myself that I was an alcoholic. This AA event brought love and support. I felt happy. I was going to be OK.

Moving on, I have remained sober. I have a home group, "The Promises." I attend 3-4 meetings a week. I've been through the Steps. I work with others. I have my original sponsor. With her love, I did not drink when my sister took her life, my divorce, end of my nursing career. She did not give up on me when I faced mental illness. I am grateful for medication.

My sponsor has a unique belief in God. I now have a unique belief in God.

I have a sober man in my life. Over the years, he has not walked away from me. He loves me no matter what.

Stay sober just for today.



*The Glumlot Letters is a satirically humorous book which consists of letters from one devil to another about his assignment to tempt his human “patient” away from AA, the Steps and a spiritual life. Here are excerpts from one of those letters:*

### **Letter Four**

Dear Twigmold,

I received your urgent letter. So your patient has been invited to an Alcoholics Anonymous meeting and what should you do? For Hell's sake, don't panic. No situation is as bad as it seems.

If you are going to be successful, you will follow the path of all the great tempters. Use the skills you have learned and make the most of each situation to wrench the patient away from the truth, light, and freedom, and move him closer to the banquet table for Our Father Below.

I have attended many of these A.A. meetings—more than I would care to admit—and the key to success is being quick and precise in using the basic techniques of distraction, befuddlement and fear. Remember, humans live in time. Temporary change can be a pleasant diversion, an annoying distraction, or even momentarily traumatic. But the specter of permanent change is often truly and totally terrifying. A.A. opens the door to complete change. Most certainly for the worse from our point of view, but get your patient to see only the door—not what's on the other side—and he may never step across the threshold.

Before I go into detail, I am obligated to warn you of the potential danger of accompanying your fellow to a meeting. It is possible that one or more of the humans in attendance are in very close contact with the Enemy. They will be surrounded by that impenetrable light upon which we must not even glance. But do not be discouraged. Many meetings are conducted without these folks present. Obviously, we would rather not have your patient attend at all. If he feels that he must go, try to get him to botch the directions and become lost.

He may, despite your efforts, still end up in the meeting. Make sure he gets some coffee right away. The coffee is always bad and the pastries stale. Let this be his first impression. Since most meetings are a real mix of people, have him notice the differences. You will find a lot of material available. Age is usually an obvious one; gender is good; you may even find possibilities with race or style of clothing. You can easily find ways to make him see himself as not fitting in.

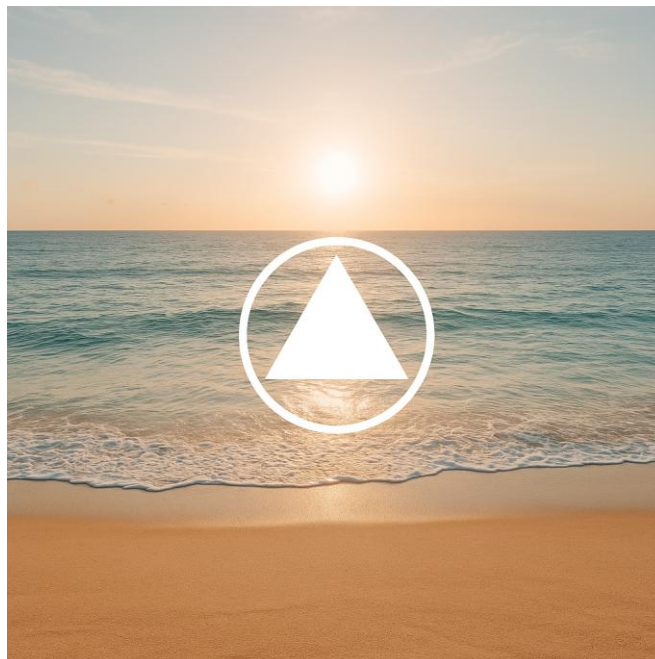
Oh, I forgot to mention one of the other seating strategies. Some tempters lead their patients to sit in the very back of the room near the exit. This does allow for a quick or early departure, but the more experienced A.A. members have learned our trick and now regularly patrol these areas for "newcomers." You will also want to avoid the very front rows because there is less material for distraction.

At the end of the meeting they will probably stand up, hold hands, and recite a prayer in unison. While it is very little like real prayer, it is similar enough, with the aura-like cloud of the Enemy's presence, to render the humans virtually unapproachable. Of course when it is over, you are there whispering in your patient's ear. Give him the idea this is just a cover for a religious organization. If your man envisions himself sophisticated, have him see this as really hokey and really wonderful for "them," but it doesn't apply to him. If he is the paranoid type, suggest this is all fake; that there is some ulterior motive. Fire his imagination and you'll have him picturing himself as a missionary in the deep jungle, or as a shaved-headed, orange-robed monk with vows of poverty and—egad—chastity!

Your friend,

Glumlot

*[Republished with Permission by Capizon Publishing]*



## MEETING FLIERS

Redondo Beach  
Tuesday Nights

**12-18 YR.**

# NEW ALATEEN MEETING

Alateen is a group of teens whose  
lives have been affected by a  
relative or friend's drinking.

Help & Hope

**Starting  
June 17th**

**7pm-8pm  
Tuesdays**

You Are Not Alone  
You Are Not Alone  
You Are Not Alone  
You Are Not Alone

**LOCATION:**

Beach Cities Health District

514 N Prospect Ave

Redondo Beach, Ca 90277

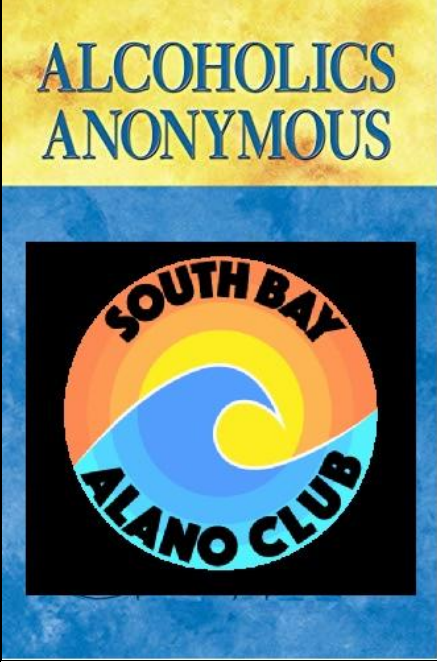
**ANY QUESTIONS**

Call Judee


(310)-986-9886

**Enter through the double  
glass doors of the 514  
building. We meet in the  
room to the left of the  
front lobby desk.**





**ALCOHOLICS  
ANONYMOUS**



**SOUTH BAY  
ALANO CLUB**

**Bring Your Own Big Book  
Book Study Meeting**

**Monday Nights  
5:30 - 6:30 P.M.  
Back Room**

**Beginning April 7, 2025**



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

