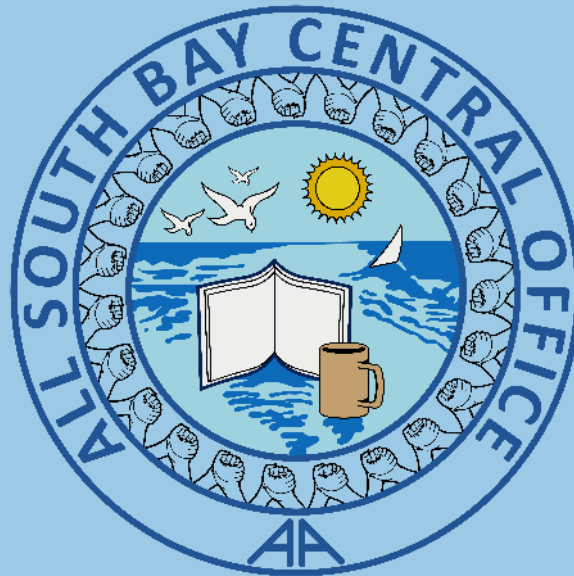


# SPEAKEASY

OCTOBER 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.



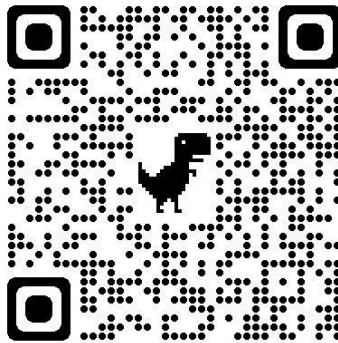
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## GENERAL ANNOUNCEMENTS

**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 PHONE VOLUNTEERS**

We need regular and backup phone volunteers for the following shifts:

- Mondays from 7:00 a.m. – 10:00 a.m.
- Mondays from 4:00 p.m. – 7:00 p.m. (beginning 11/24)
- Wednesdays from 7:00 a.m. – 10:00 a.m.
- Fridays 10:00 a.m. – 1:00 p.m.

And we always need backups for other time slots!

You'll be trained in phone procedures and POS for literature, chip, and contribution purchases. Having dedicated people take on these commitments is crucial to keeping things running smoothly and ensuring that every call for help is answered.

**Note:** Must have six months of sobriety.

Visit the ASBCO website to learn more and to apply to volunteer. If you have any questions, 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).

## GENERAL SERVICE

Area 9 is now offering a monthly Service Study, the third Thursday of the month. Zoom information: **Meeting ID 873 6607 8505; Passcode Area09p74.**

For any information about Districts 1 and 3, please visit <https://mscadistrict1.org/>

If you are interested in purchasing copies of speakers from the 2025 International Convention in Vancouver, Canada, or you're interested in information for the next Convention (St. Louis, Missouri, from July 4 – 7, 2030), visit <https://www.aa.org/international-convention> for more details.



## 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. ***However, we are going to shoot for a monthly format beginning in October of 2025.***

**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).

## THE AA GRAPEVINE

The AA Grapevine, Inc. is the publisher of the International Journal of Alcoholics Anonymous. Its primary purpose is to carry the AA message to everyone interested in alcoholism through its magazines, websites, and related items, which reflect the experience, strength, and hope of its members and friends on topics related to recovery, unity, and service. It strives in all its activities to operate in accordance with the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of AA, without soliciting monetary contributions from AA members or groups to fund operating expenses.

For a monthly subscription to the Grapevine, visit <https://www.aagrapevine.org/store/us-subscriptions>. (\$36/year for print and \$29.99 for the e-version.)



**Step 10 (Big Book p. 84)**

“Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code. And we have ceased fighting anything or anyone—even alcohol.”

**The 10<sup>th</sup> Principle of Alcoholics Anonymous**

Discipline: Continued to take personal inventory and when we were wrong promptly admitted it.

**AA Slogans**

Easy does it

First things first

Live and let live

But for the grace of God

Think ... think ... think ...

One day at a time

Let go and let God

Kiss: Keep It Simple Stupid



You are the author of your own story.

Choose to write a narrative of triumph and resilience.

## 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

A black rectangular graphic with white and gold text and illustrations. In the top left, there are white and pink lilies. In the top right, there are thin, dry grass-like branches. In the bottom right, there is a detailed illustration of a human skull with a purple crow perched on top, surrounded by pink and white roses. The background is black with some faint, wispy white lines.

*You are invited to a*

# Halloween Party

**Food, Fun, Fellowship and Music**

**on November 1<sup>st</sup> 2025**  
*from 6:00pm to 10:00pm*  
*Tickets \$12.50 at the door*

## "Shake. Rattle & Roll"

*Music by The Black Knights*  
*(classic rock and R&B)*

Torrance Lomita Alano Club  
1645 Arlington Avenue  
Torrance, CA 90501  
PH: (310) 320-3861



## SAVE THE DATES!

ASBCO's Gratitude Breakfast

11/15/25 8:00 – 11:00 a.m.

St. Andrew's Church

Ave. D/PCH, Redondo Beach

New Year's Eve Party

12/31/25 6:00 – 10:00 p.m.

St. Andrew's Church

Ave. D/PCH, Redondo Beach

## STORIES, ETC.

### That Day in AA

Maybe I had 10 minutes, 10 hours or 10 days  
The days seemed hard, days were long  
I felt like a robot without AI  
Emotions held me in place  
But all I wanted to do was scream  
Trapped with nowhere to go!

No where to go but forward  
Never once in my life  
Did I move forward  
Backward, sideways, and lost most of the time  
Forward was frightening  
Through fear I walked towards the door

They said give us your hand  
I don't hold hands  
I don't hug  
I am not loved  
I do not love  
I am held in place  
By glue and anger  
I am here  
Leave me be!

That day came  
Place tape on my mouth  
Didn't say a word, encompassed by fear  
I yearned to listen  
I yearned to be ... alive  
Become someone I am not  
I listened to words, many words  
Words of hope that day in AA

A sponsor took me down the stairs  
Many, many stairs  
He called them the steps  
Was it 10 minutes, 10 days or 10 months  
All I know, I saw love in you  
Saw love in all of you  
That day, I knew I would be ok!  
I saw love that day in AA.

~Joey D.

## **Excerpts from**

# **There's More to Quitting Drinking Than Quitting Drinking**

**by Dr. Paul O.**

### **My Alcoholic Brain**

Thinking has always been a problem for me. If my only problem had been drinking, I could have handled it easily. If drinking is a problem, don't drink. I knew that. But my common sense and good intentions dissolved when drinking and thinking joined forces against me.

My brain and my body have always been in conflict. My mind has always wanted things my body can't provide. They never agreed on whether or not we could drink. My body told my brain, "Alcohol gives us high blood pressure, diabetes, a peptic ulcer and colitis. It sickens our liver and unpredictably switches our mind off and on for variable periods of time. It causes mental confusion amounting to a toxic psychosis. We almost always walk and talk funny when we drink. We simply do not handle alcohol well.

After a moment or two of thoughtful consideration, my brain responded with, "Oh, well what the hell! One little drink never hurt anybody."

\* \* \*

### **My Mind vs My Computer**

My mind has a defective toggle switch. It indiscriminately turns itself off and on, thinks when it should be resting, rests when it should be thinking, and thinks about things it should ignore.

If I had my way, my mind, in addition to an On/Off switch, would have Erase, Delete and Rewind capabilities. When confused and not sure what to do next, my computer stops. It refuses to move in any direction. To get it to start over with not a single memory of the confusion, I press Control+Alt+Delete. The screen goes blank. The machine discards all the clutter. In a few seconds it lights up and, in effect, says, "I'm ready now. Let's start over."

I learned how to get my computer to do this by reading the owner's manual. Not only can my mind not clear itself of confusion in such an efficient manner, it came with no operating instructions and no manufacturer's guarantee. I'm completely on my own in trying to figure out how to use it.



Never, after turning of my computer before going to bed, have I known it to turn itself on in the middle of the night and resume working on a problem we struggled with earlier in the evening. My mind, having a mind of its own, does this all the time.

\* \* \*

## Problems

All my problems today are thinking problems. I don't even have a problem unless I think I do. Never have I thought I had a problem and been wrong.

Not only do I alone decide whether or not I have a problem; I alone determine the size of my problems. I don't have many little problems; I don't bother with them. Like resentments, I stick to the "justifiable" variety. When I do have a little problem, all I have to do to make it a big problem is to think about it.

Until recovery, I believed in the positive power of worry. I believed worry, like an invisible plastic shield, kept problems from getting to me. If they did get through or over to me, I didn't feel guilty because I knew I'd done my best.

Problems have always enjoyed a position of exaggerated importance in my life. Early on, I came to the conclusion that the people with the most problems get the most attention. One of the problems with problems is their high infant mortality rate. Ignored, problems are like delicate plants - they will wither and die without a continuous flow of conversation, plus lots of water and fertilizer. Especially fertilizer. They demand constant attention. Problems need to feel important.

Most often, we don't solve our problems; we merely tire of them and move on to something else.

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### **Replay Resentment | He had a bunch of tapes he could pop into the player and use to justify more drinking.**

The word "resentment" means to re-feel. I used to love getting resentments because they justified more drinking.

When someone ignored me or didn't like me, it threatened my pride and self-esteem instincts. When someone dumped me, it threatened my emotional and sex instincts.

When someone was promoted over me, it threatened my ambitions. When someone made more money than me, or stole from me, it threatened my financial security.

However, something like this didn't become resentment until I started up my resentment replay recorder, which was on perpetual loan from the committee in my head. I'd turn it on and re-play the pain, anger or fear I felt in whatever situation threatened me. I replay it once, then twice, then again and again. After each playback I'd hear a slightly meaner story as my magic magnifying mind embellished and distorted the truth of my original injury. Now I had serious resentments worth drinking over. They all added up too because I never got rid of any.

Whenever there was nothing bad to record, instead of recording what someone did to me, I'd record what someone might have been thinking about me. Then I'd replay that magic tape and after a while, I'd end up with resentment against myself for allowing bad things to happen to me all the time. Self-resentment soon turned into self-pity – the absolute very best reason to go out and get drunk.

When I did my Fourth Step, I wanted to put myself down" as my biggest resentment. My sponsor said, "No way." He explained that putting myself on the list was just another example of my selfishness and selfcenteredness. The Big Book instructions say to "list people, institutions or principles with whom we were angry." He'd say, "People means other people, not you".

When I did as instructed I was amazed how many resentments had piled up over the years. I had resentments going back to age six about schoolmates that had humiliated me, and family who were suffocating me.

Looking at my part in my resentments, including the justifiable ones, all led to the same conclusion: selfishness and self-centeredness was my role in everything. When someone didn't do what I wanted, I began a new grudge which I beat myself up with until I could stop the pain by drinking.

I discovered that my part in my resentments over abuses I endured as a child was that I was still carrying those justifiable resentments today, rather than letting them go by forgiving those involved so I could live in this day rather than staying stuck in yesterday.

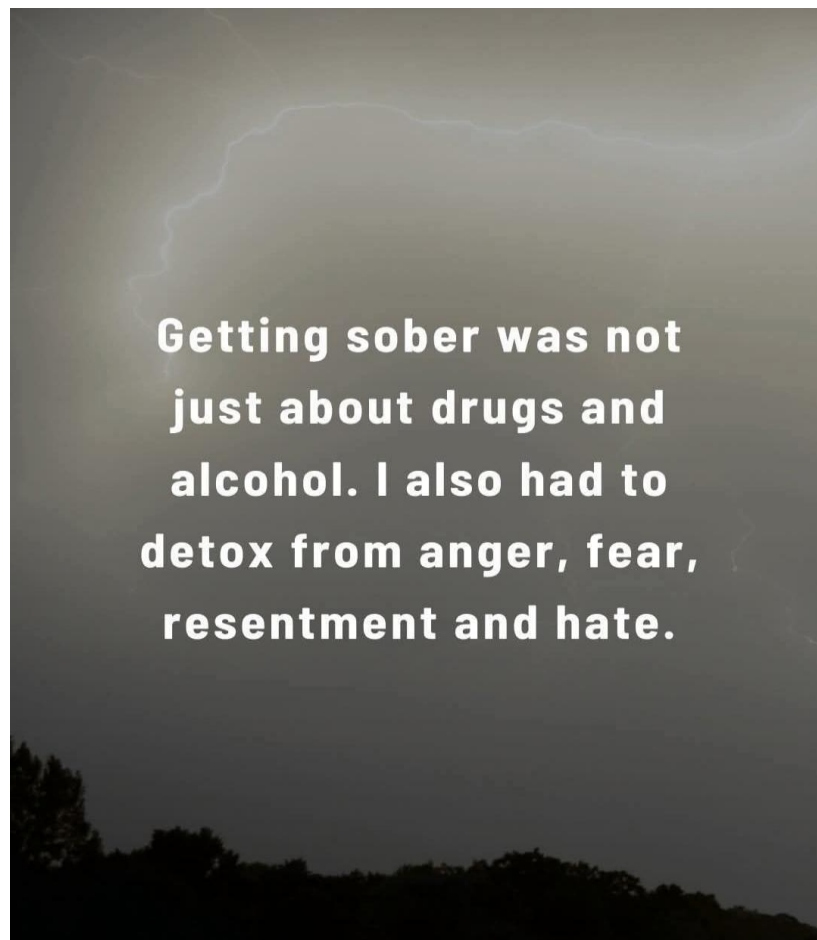
In looking at my role in my resentments, I was able to lay the groundwork for addressing the harms I had done others, despite the harms they had done to me, during my Ninth Step amends.



I've been unable to destroy my resentment replay recorder, but I have been able to return it to the committee in my head. During my sober years I've rarely had to borrow it back for very long, and as long as I perform daily maintenance on my spiritual condition I'll never need to use it.

—Alex M

*(Originally published in the East Valley Intergroup's Newsletter "No Booze News" in April of 2024)*



**Getting sober was not  
just about drugs and  
alcohol. I also had to  
detox from anger, fear,  
resentment and hate.**

## MEETING FLIERS

12-18 YR.



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.

Redondo Beach  
Tuesday Nights

### 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

### SUNRISE GROUP

25401 S. Western Ave.  
Harbor City  
Monday – Friday: 7-8 a.m.



<p><b>ALCOHOLICS ANONYMOUS</b></p>  <p>The logo for the South Bay Alano Club is a circular emblem. It features a stylized wave in shades of blue and yellow, with the words "SOUTH BAY" arched over the top and "ALANO CLUB" arched along the bottom.</p>	<p><b>Bring Your Own Big Book Book Study Meeting</b></p> <p><b>Monday Nights 5:30 - 6:30 P.M. Back Room</b></p> <p><b>Beginning April 7, 2025</b></p>
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