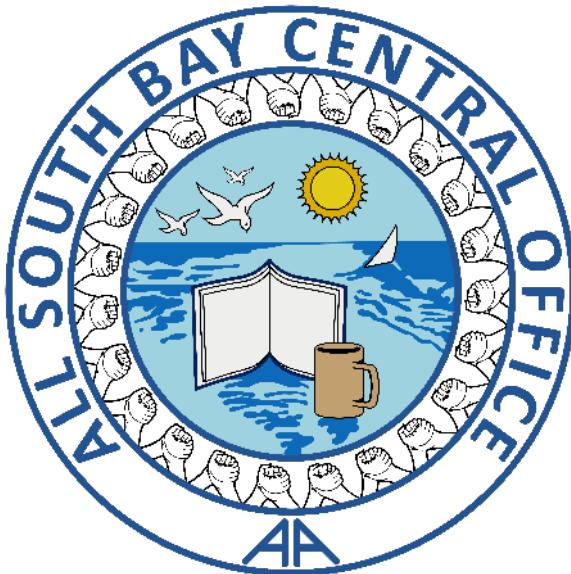


SPEAKEASY

FEBRUARY 2026



Alcoholics Anonymous All South Bay
Central Office Newsletter
3625 Del Amo Blvd., Suite 345, Torrance CA 90503
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.



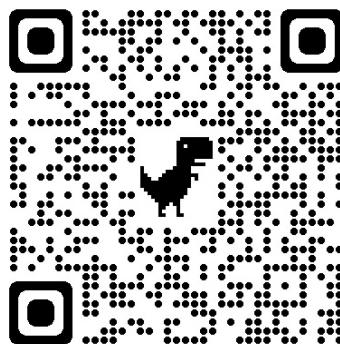
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GENERAL ANNOUNCEMENTS

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

Volunteers Needed: Apply Today! Answer phones at Central Office or help with events and office needs. Being of service is part of the fun and a proven method of staying sober. The Volunteer form is online at: asbco.org.



CENTRAL OFFICE NEEDS PHONE VOLUNTEERS

We need a regular phone volunteer for the following shift:

- **Mondays from 7:00 a.m. – 10:00 a.m.**

Additionally, we are **always looking for 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 the office running smoothly and ensuring that every call for help is answered.

Note: Minimum six months of sobriety is required.

Visit the ASBCO website, asbco.org, to learn more and to apply to volunteer.

If you have any questions, reach out to Stokke at 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

Requirements to lead an H&I panel include:

- 1) Minimum of one year of continuous sobriety
- 2) Attendance at a committee meeting which are held the 2nd Tuesday of each month at 7:00 p.m., South Bay Alano Club (702 11th Place, Hermosa Beach, CA 90254)

Currently, there is one panel leader opening: Harbor Interfaith - 2nd Thursday of each month, 7:00 p.m., M & W.

More information can be found on the H&I website: www.southbayhi.com.

GENERAL SERVICE

Districts 1 & 3 are offering a Service Manual Study: Wednesdays 7:00 – 8:00 pm.

Zoom information: **Meeting ID: 884 2975 1341, Passcode: Panel76.**

Visit <https://mscadistrict1.org/> for more information.

ACYPAA Roundup: March 19 – 22, 2026, Sheraton Gateway Los Angeles, 6101 W. Century Blvd, Los Angeles, CA. Please visit www.acypaa.org for additional information.

If you need information on the 2030 International Convention in St. Louis, Missouri (July 4 – 7, 2030), visit <https://www.aa.org/international-convention>.

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.

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

We also accept poems, fictional short stories, and riddles – provided they are recovery-related.

Group announcements such as anniversary potlucks or changes in times/locations are also welcome.

Send us a meeting flier and we will help promote your meeting in the **Speakeasy**.

How long and what format? A good length for a story 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.

Access the **Speakeasy** Online at asbco.org.

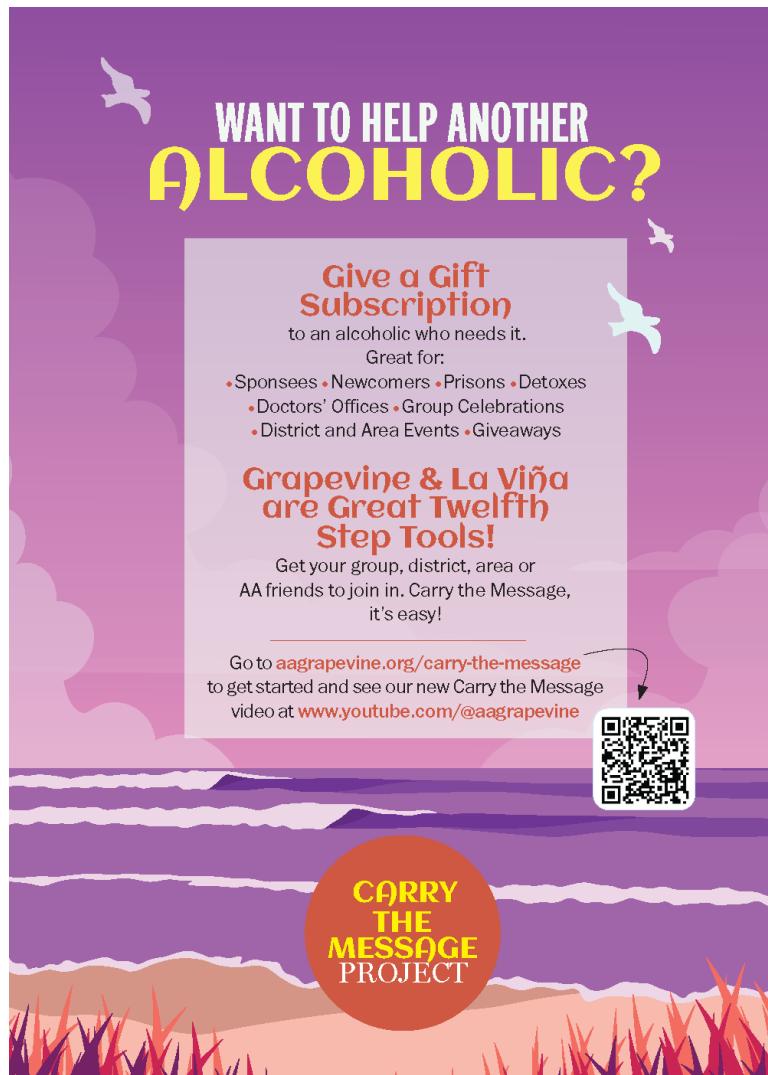


THE AA GRAPEVINE

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



MONTHLY STEP, TRADITION & CONCEPT

STEP TWO

Came to believe that a power greater than ourselves could restore us to sanity.

Hope is the second principle of Alcoholics Anonymous.

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.”

A.A. is both a democracy and, in Bill W.’s words, “a benign anarchy.” A group elects its own officers – who have no power to order anybody to do anything...they must always remember that they serve for the good of all, without authority over any.

Reprinted from The Twelve Traditions Illustrated, with permission of A.A. World Services, Inc.

CONCEPT TWO

“The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and effective conscience of our whole society in its world affairs.”

GSRs meet regularly in area assemblies and every two years elect a delegate from among their number. Every April, the delegates from the 93 areas in the U.S. and Canada meet for six days with the trustees of the General Service Board, the staffs of the General Service Office and AA Grapevine and certain other service workers. Thus, this General Service Conference of A.A. is “the actual voice and effective conscience of our whole Society in its world affairs.”

Reprinted from The Twelve Concepts for World Service Illustrated, with permission of A.A. World Services, Inc.

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.

Print this page, fill out the form below, and send to Central Office:

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

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Sobriety Date: _____

Please make checks payable to **ASBCO**.

FAITHFUL FIVERS

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 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!

Please fill out the appropriate form on the next page and mail to Central Office:

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

If you have any questions, please contact Central Office at (310) 618-1180.

Pledge by Check

If you would like to pledge via check, please complete the form below and mail to Central Office:

Here is my contribution of \$_____ for ____ months

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Please make checks payable to **ASBCO**.

Pledge by Credit Card

If you'd prefer to contribute by credit card and enjoy the convenience of automatic billing, please complete the form below and mail to Central Office. Alternatively, you can call Central Office to provide credit card information.

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 Central Office at (310) 618-1180.

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

Amount: \$ _____

Frequency: (circle one) Monthly Quarterly Annually

Start Billing On: ____/____/____ End Date: ____/____/____

CREDIT CARD INFORMATION: Visa MasterCard

Credit Card Number: _____

Exp. Date: ____ / ____ Security Code (4 digits): _____

Cardholder's name: _____
(as shown on credit card)

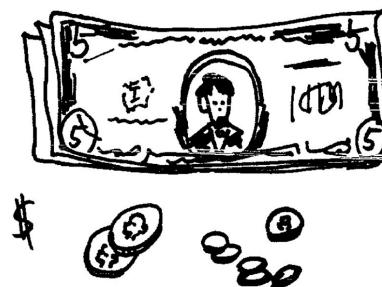
Billing Zip Code: _____

Signature: _____

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.
- 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, GGYPAA, Bridging the Gap, and the various Intergroup committees.
- Participates in local A.A. events.

SUPPORT CENTRAL OFFICE BY BECOMING A FAITHFUL FIVER!



“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.

UPCOMING EVENTS



TIME for Breakfast

42nd South Bay Family Roundup
Kick-Off Breakfast
March 7, 2026 @ 8:30 am

Are you interested in giving back and strengthening your recovery? Join us in offering your time and support while staying connected to the fellowship. Sign up for service commitments and enjoy a delicious breakfast with us.



BANQUET LUNCHEON FAMILY BREAKFAST STAND-UP PADDLE MEETING BOARD

GREAT FOOD AND FUN
Tickets \$15

ST JOHN FISHER CATHOLIC CHURCH
5448 CREST ROAD, RANCHO PALOS VERDES, CA 90275

SAVE THE DATES:
2026 SOUTH BAY FAMILY ROUNDUP
SEPTEMBER 4 - SEPTEMBER 7, 2026
MARK YOUR CALENDAR NOW - YOU DON'T WANT TO MISS IT!

Registration opens on Saturday, March 7, 2026!
Secure the best seats by registering early!

www.southbayroundup.org

For questions please contact:

2026 SBRU Chairs

AA Chair: Dianne K. (310) 880-9851
Al-Anon Chair: Linda McB. (310) 766-8133

Co-Chairs

AA Co-Chair: Chris M. (310) 498-6334
Al-Anon Co-Chair: Tommy R. (310) 749-9667

COMING SOON

Comedy Night

April 2026
Stay Tuned for Details

COMING SOON

STORIES

Educated Agnostic

(Excerpt from a story originally published in Alcoholics Anonymous, 1st Edition)

“...gradually, in a manner I cannot explain, I began to re-examine the beliefs I had thought beyond criticism. Almost imperceptibly my whole attitude toward life underwent a silent revolution. I lost many worries and gained confidence. I found myself saying and thinking things that a short time ago I would have condemned as platitudes! A belief in the basic spirituality of life has grown and with it belief in a supreme and guiding power for good.

In the process of this change I can recognize two immensely significant steps for me. The first step I took when I admitted to myself for the first time that all my previous thinking might be wrong. The second step came when I first consciously wished to believe. As a result of this experience I am convinced that to seek is to find, to ask is to be given. The day never passes that I do not silently cry out in thankfulness, not merely for my release from alcohol, but even more for a change that has given life new meaning, dignity, and beauty.

Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 106, with permission of A.A. World Services, Inc.

* * *



Excerpts from A.A. Literature

“First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and to stay sober, you don’t have to swallow all of Step Two right now. Looking back, I find that I took it piecemeal myself. Third, all you really need is a truly open mind.”

Reprinted from Twelve Steps and Twelve Traditions, p. 26, with permission of A.A. World Services, Inc.

* * *

Goal: Sanity

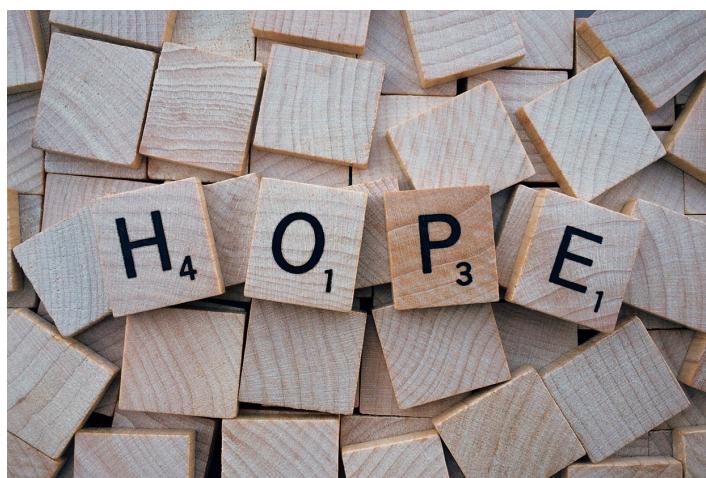
“...Step Two gently and very gradually began to infiltrate my life. I can’t say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now.”

TWELVE STEPS AND TWELVE TRADITIONS, p. 27

“Came to believe!” I gave lip service to my belief when I felt like it or when I thought it would look good. I didn’t really trust God. I didn’t believe He cared for me. I kept trying to change things I couldn’t change. Gradually, in disgust, I began to turn it all over, saying: “You’re so omnipotent, you take care of it.” He did. I began to receive answers to my deepest problems, sometimes at the most unusual times: driving to work, eating lunch, or when I was sound asleep. I realized that I hadn’t thought of those solutions – a Power greater than myself had given them to me. I came to believe.

Reprinted from Daily Reflections, p. 40, with permission of A.A. World Services, Inc.

* * *



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.



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