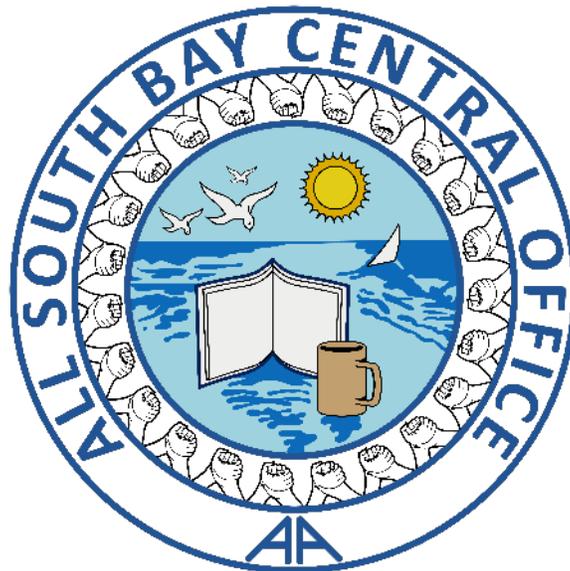


# SPEAKEASY

MARCH 2026



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

### MEETING INFORMATION AND GROUP CONTACTS

Help Central Office maintain the meeting directory by providing updated meeting information and group contacts. Please send updates to [info@southbayaa.org](mailto:info@southbayaa.org).

### CENTRAL OFFICE PHONE VOLUNTEERS

Central Office needs regular phone volunteers for the following shifts:

- **Mondays: 7:00 a.m. – 10:00 a.m.**
- **Wednesdays: 7:00 a.m. – 10:00 a.m.**
- **Fridays: 1:00 p.m. – 4:00 p.m.**

Additionally, we are **always looking for backups** for other time slots!

You will 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.

**Minimum six months of sobriety is required.**

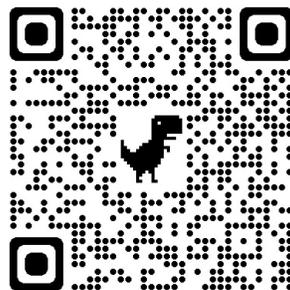
If you have any questions, please email Stokke at [asbcophones@gmail.com](mailto:asbcophones@gmail.com).

### EVENT AND OFFICE VOLUNTEERS

Help Central Office with events and office needs. Being of service is part of the fun and a proven method of staying sober. Please reach out to [info@southbayaa.org](mailto:info@southbayaa.org).

### APPLY TODAY!

Visit the ASBCO website, [asbco.org](http://asbco.org), to apply to volunteer for phone, event or office needs.



## 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 2<sup>nd</sup> Tuesday of each month at 7:00 p.m., South Bay Alano Club (702 11<sup>th</sup> Place, Hermosa Beach, CA 90254)

**One panel leader is open: Harbor Interfaith (San Pedro) - 2<sup>nd</sup> Thursday of each month, 7:00 p.m., M & W.**

More information can be found on the H&I website: [www.southbayhi.com](http://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 (All California Young People in A.A.) Roundup: March 19 – 22, 2026

Sheraton Gateway Los Angeles, 6101 W. Century Blvd, Los Angeles, CA

Visit [www.acypaa.org](http://www.acypaa.org) for additional information.

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

## CENTRAL SERVICE REPRESENTATIVES NEEDED

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.

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.

If group does not have a CSR, please 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 of Central Office.

Keep in mind, a CSR should represent only one group at a time.

## 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 but can be anywhere from 2 paragraphs to 2-3 pages. 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 to operate in accordance with the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of AA, and as such does not solicit monetary contributions from AA members or groups to fund operating expenses.

The AA Grapevine relies on subscriptions. To order your subscription, please visit <https://www.aagrapevine.org/store/us-subscriptions>. Price per year is \$36 for print or \$29.99 for digital.

**WANT TO HELP ANOTHER ALCOHOLIC?**

**Give a Gift Subscription**  
to an alcoholic who needs it.  
Great for:

- Sponsees • Newcomers • Prisons • Detoxes
- Doctors' Offices • Group Celebrations
- District and Area Events • Giveaways

**Grapevine & La Viña are Great Twelfth Step Tools!**

Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

Go to [aagrapevine.org/carry-the-message](https://www.aagrapevine.org/carry-the-message) to get started and see our new Carry the Message video at [www.youtube.com/@aagrapevine](https://www.youtube.com/@aagrapevine)

**CARRY THE MESSAGE PROJECT**

## 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.”

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.

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](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, GGYPA, Bridging the Gap, and the various Intergroup committees.
- Participates in local A.A. events.

**HELP SUPPORT CENTRAL OFFICE BY DONATING TODAY!**

## CENTRAL OFFICE DONATIONS

Central Office welcomes one-time donations, or you can join the AA Birthday Club or become a Faithful Fiver! Contributions are limited to \$3,000 per member per year and are tax-deductible under Internal Revenue Code §501(c)3.

### 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.

Additionally, we will list your birthday in the Birthday Club section of The Speakeasy newsletter.

### 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.

## HOW TO DONATE

### PayPal or Venmo

If you would like to use PayPal or Venmo, please scan the QR code below:

**PayPal QR Code**



**Venmo QR Code**



For **AA Birthday Club** Donations please include your Sobriety Date in the memo.

### Credit Card

If you would prefer to contribute via credit card, please complete the form below and mail to Central Office or call Central Office to provide credit card information. Faithful Fiver members can also enjoy the convenience of automatic billing.

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.

If you have authorized automatic billing, you may cancel this authorization at any time by contacting Central Office at (310) 618-1180.

### Check

To donate by check, please fill out the form below and mail checks to Central Office.

Central Office mailing address:

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

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

## Donations by Credit Card

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

Amount: \$ \_\_\_\_\_

Frequency: (circle one) One Time    Monthly    Quarterly    Annually

Start Billing On: \_\_\_/\_\_\_/\_\_\_    End Date: \_\_\_/\_\_\_/\_\_\_

**CREDIT CARD INFORMATION:**    Visa    MasterCard

Credit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_ / \_\_\_    Security Code (3 digits): \_\_\_\_\_

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

Billing Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_

For **AA Birthday Club** Donations please include your Sobriety Date: \_\_\_\_\_

## Donations by Check

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_    Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

For **AA Birthday Club** Donations please include your Sobriety Date: \_\_\_\_\_

For **Faithful Fiver** Donations please include: my contribution of \$\_\_\_\_\_ for \_\_\_\_\_ months

Please make checks payable to **ASBCO**.

## 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  
PIDDLE BOARD  
MEETING

**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](http://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

**74th Southern California AA Convention**  
**Planning Meetings**

*Come Join Us and Be of Service!*

February 8th, 2026,  
March 8th, 2026,  
April 19th, 2026,  
May 17th, 2026,  
June 14th, 2026,  
July 12th, 2026 **WALK THROUGH** at The Westin  
August 9th, 2026,  
September 13th, 2026...

**2026**  
Planning Meetings  
Starting at 10:30am

**74th SCAAC Convention at The Westin**  
**on October 16-18, 2026**

November 15, 2026:  
(Wrap Up Meeting)

For more info: [info@aasocal.com](mailto:info@aasocal.com)  
visit us at: [www.aasocal.com](http://www.aasocal.com)

**at The 502 Club**  
**510 S. 2nd Ave #10, Covina, CA 91723**

## MONTHLY STEP, TRADITION & CONCEPT

### STEP THREE

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Faith is the third principle of Alcoholics Anonymous.

### TRADITION THREE

“The only requirement for A.A. membership is a desire to stop drinking.”

Who determines whether or not newcomers qualify, whether they do want to stop drinking? Obviously, nobody except the newcomers themselves; everybody else simply has to take their word for it. In fact, they don't even have to say it aloud. And that's fortunate for many of us who arrived at A.A. with only a halfhearted desire to stay sober. We are alive because the A.A. road stayed open to us.

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

### CONCEPT THREE

“As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”

“...every trusted servant and every A.A. entity — at all levels of service — has the right “to decide . . . how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises. Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other.”

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

## STORIES

### The Back Slider

(Excerpt from a story originally published in Alcoholics Anonymous, 1<sup>st</sup> Edition)

“The doctor submitted to me the idea of God as a father who would not willingly let any of his children perish and suggested that most, if not all, of our troubles come from being completely out of touch with the idea of God, with God himself. All my life, he said, I had been doing things of my own human will as opposed to God’s will and that the only certain way for me to stop drinking was to submit my will to God and let Him handle my difficulties.

... as long as I preferred my own will instead of God’s will, the remedy simply could not be applied. It is a striking thought that God never forces anyone to do His will, that His help is ever available but has to be sought in all earnestness and humility.

...I have found that in simple faith I get results by placing my life in God’s hands every day, by asking Him to keep me a sober man for 24 hours, and trying to do His will. He has never let me down yet.”

*Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 37 and 41, with permission of A.A. World Services, Inc.*

\* \* \*



## Excerpts from A.A. Literature

“Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key and it is called willingness...Every man and woman who has joined A.A. and intends to stick has, without realizing it, made a beginning on Step Three.”

*Reprinted from Twelve Steps and Twelve Traditions, p. 34-35, with permission of A.A. World Services, Inc.*

\* \* \*

### **It Works**

“It works – it really does.”

ALCOHOLICS ANONYMOUS, p. 88

“When I got sober I initially had faith only in the program of Alcoholics Anonymous. Desperation and fear kept me sober (and maybe a caring and/or tough sponsor helped!) Faith in a Higher Power came much later. This faith came slowly at first, after I began listening to others share at meetings about their experiences – experiences that I had never faced sober, but that they were facing with strength from a Higher Power. Out of their sharing came hope that I would – and could – “get” a Higher Power. In time, I learned that a Higher Power – a faith that works under all conditions – is possible. Today this faith, plus the honesty, openmindedness and willingness to work the Steps of the program, gives me the serenity that I seek. It works – it really does.”

*Reprinted from Daily Reflections, p. 69, with permission of A.A. World Services, Inc.*

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**MEETING FLIERS**