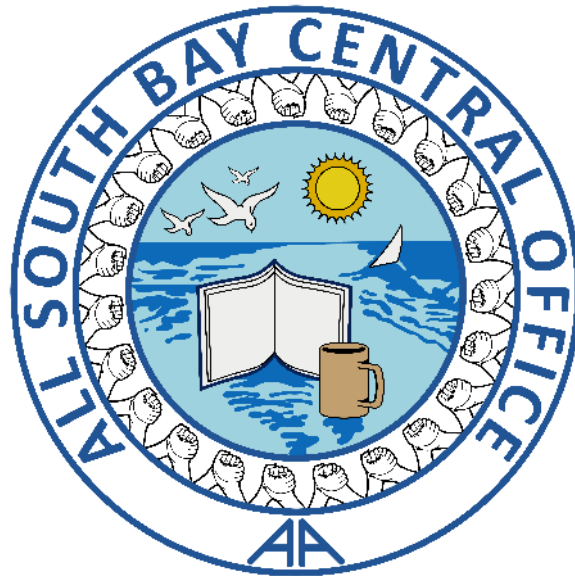


SPEAKEASY

MAY 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

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.

CENTRAL OFFICE PHONE VOLUNTEERS

Central Office has filled all the regular phone volunteer shifts!!! Shout out to Stokke for doing a fantastic job!

However, we are in **desperate need of backups** for all 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.

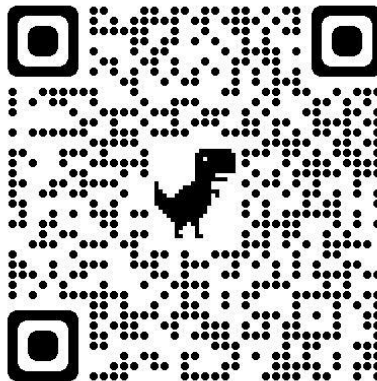
If you have any questions, please email Stokke at asbcphones@gmail.com.

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.

APPLY TODAY!

Visit the ASBCO website, 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 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 position open:

Harbor Interfaith (San Pedro) - 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

Pacific Regional Forum: December 4–6, 2026 Wyndham San Diego Bayside, San Diego, CA. Regional Forums provide opportunities for A.A. members to connect with people throughout the A.A. service structure. At forums, members can exchange information with representatives of the General Service Board, AAWS, AA Grapevine and GSO. For more information, please contact the Regional Forums desk at GSO, regionalforums@aa.org or see the flyer below. Registration opens October 2, 2026.

2030 International Convention: If you would like information on the next 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 a group does not have a CSR, please encourage them to elect one and explain that 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 contributes to The Speakeasy?

All AA member contributions are welcome. We are especially interested in those connected to the South Bay.

What types of submissions does The Speakeasy look for?

Anything related to your experience of getting and staying sober, while respecting the anonymity of other members. Write about step-work, struggles, triumphs, lessons learned, transformations, etc. All types of submissions are accepted as long as they are recovery-related:

- Personal Stories
- Poems
- Jokes
- Fictional Stories
- Riddles
- And More

We also accept:

- Group Announcements: anniversary potlucks, changes in times/locations, etc.
- Meeting Fliers: promote your meeting in The Speakeasy

How long and what format should submissions be?

A story is generally about 500 words or about 2 paragraphs to 2 pages. Longer contributions may be edited to fit a newsletter format. Please use plain text or Word documents ideally via e-mail. Send .jpeg files for graphics.

How do I submit an item to The Speakeasy?

Please send submissions to speakeasy@southbayaa.org.



Can I have The Speakeasy emailed directly to me?

Yes, please send an email to speakeasy@southbayaa.org with your name and email address and state that you would like to opt in to receive The Speakeasy.

How do I access The Speakeasy?

The Speakeasy can be found online at asbco.org or scan the QR code below:



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 \$36.00 for print, \$29.99 for digital or \$56.00 for both.

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 to get started and see our new Carry the Message video at 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.
- 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
DONATE 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.

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 on alcohol. 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

UPCOMING EVENTS



MONTHLY
Karaoke
NIGHT

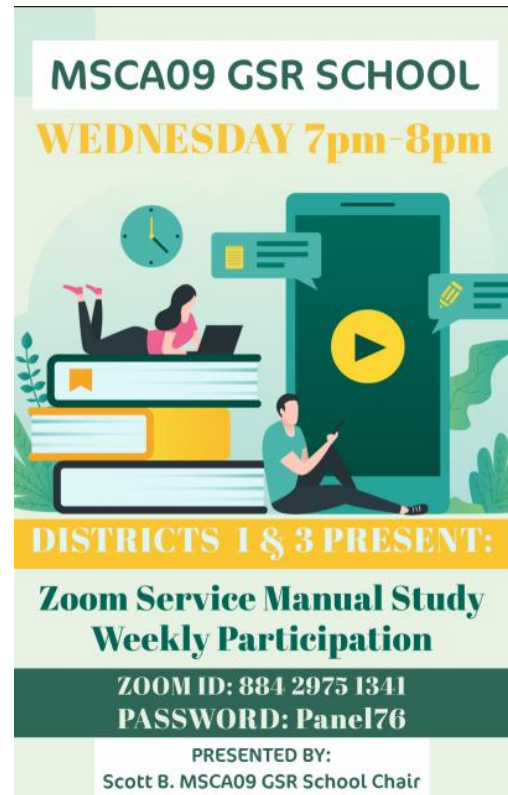
ONLY
\$3
LET'S DANCE

EVERY FIRST
FRIDAY OF
THE MONTH

10PM-
1AM

BIRCH ALANO CLUB
12130 BIRCH AVE. HAWTHORNE

The poster features a vintage-style microphone on the left, musical notes, and a yellow price tag graphic. The background is a teal color with a checkered pattern at the top.



MSCA09 GSR SCHOOL
WEDNESDAY 7pm-8pm

DISTRICTS 1 & 3 PRESENT:

**Zoom Service Manual Study
Weekly Participation**

ZOOM ID: 884 2975 1341
PASSWORD: Panel76

PRESENTED BY:
Scott B. MSCA09 GSR School Chair

The poster includes illustrations of a person at a laptop, a smartphone with a play button, and a stack of books. The background is a light green color.

1st Annual OCAA Convention
with Al-Anon Participation
May 1st, 2nd and 3rd, 2026
Hilton Orange County Costa Mesa, CA

All Registrations are online at OCAAC.org.



You can also register at the convention (Price list on back)



Room Rates: \$156
Book your Room EARLY!
714-540-7000
Hotel Parking: \$15.00 overnight
No Charges till You Check-in




Website Registration opens on December 1st, 2025



A.A. DESERT ROUNDUP
WITH AL-ANON PARTICIPATION
RENAISSANCE EMERALDA RESORT & SPA
JUNE 11, 12, 13, 14, 2026
INDIAN WELLS, CALIFORNIA

ONLINE REGISTRATION OPENS January 2nd through June 5th
TO REGISTER GO TO: www.desertroundup.com
A \$4 convenience fee is charged for all credit card purchases.

GENERAL INFORMATION
Sandy W. (760) 902-9087
Kathy R. (760) 832-2275



TENTATIVE SCHEDULE OF EVENTS

Registration Badges Required at all Meetings.

Thursday	Noon - 8:15 pm	Registration/Badge Pickup
	8:00 pm	A.A. Speaker Meeting
	9:30 pm	Ice Cream Social
	9:30 pm	Sing-along/Karaoke
Friday	7:00 am	Golf Tournament
	7:00 am	A.A. Participation Meeting
8:00 am	8:45 pm	Registration/Badge Pickup
	9:00 am	A.A. Topic/Discussion Meeting
	10:30 am	Al-Anon Topic/Discussion Meeting
	12:30 pm	A.A. Topic/Discussion Meeting
	12:30 pm	Al-Anon Topic/Discussion Meeting
	1:45 pm	Al-Anon Topic/Discussion Meeting
	2:00 pm	A.A. History Meeting
	4:00 pm	A.A. Longtimers Meeting
	6:30 pm	A.A. Young People's Meeting
	8:30 pm	A.A. Opening Meeting
	10:00 pm	Ice Cream Social
	10:00 pm	DJ Dance
Saturday	6:30 am	2 Mile Fun Run/Walk
	7:00 am	A.A. Participation Meeting
8:00 am	6:00 pm	Registration/Badge Pickup
	8:30 am	A.A. Interview with a Drunk
	9:00 am	Al-Anon Topic/Discussion Meeting
	10:00 am	Al-Anon Topic/Discussion Meeting
	10:30 am	A.A. Mens Stag
	10:30 am	A.A. Womens Stag
	11:45 am	Al-Anon Luncheon/Meeting
	2:30 pm	A.A./Al-Anon Family Meeting
	5:30 pm	Al-Anon Topic/Discussion Meeting
	6:00 pm	A.A. Banquet/Meeting
	7:30 pm	(approx) Video Broadcast - Speaker
	8:45 pm	A.A. Topic/Discussion Meeting
	9:00 pm	DJ Dance
Sunday	7:00 am	A.A. Participation Meeting
	8:15 am	breakfast
	9:30 am	A.A. Closing Meeting

Important Convention/Hotel Policies:

- Please register for the convention before making your hotel reservation. Special hotel rates are available only to Roundup attendees from June 8-17, 2026 (three days before and after the event).
- Room cancellations must be made at least 3 days before arrival to avoid charges. Cancellations made later will be charged one night's stay plus tax.
- All attendees must be registered and wear badges to enter ticketed events (excluding dances).
- Tickets are sold on a first-come, first-served basis. Some events will sell out - purchase early for best seating.
- Group Seating - To sit together as a group, please submit registration forms and payments together. For online registrations, one person should purchase the table(s) for the group.
- Tickets will not be mailed. Please pick them up at the Pre-Registration Table upon arrival. Receipts will be emailed if a valid email address is provided.
- Tickets will be sold onsite until events are sold out or registration closes. Only Ice Cream Social and Dance tickets will be available for purchase at the door.
- No refunds will be issued for canceled events after May 21st. Tickets are transferable or may be donated to a newcomer.
- Registration fees are non-refundable and non-transferable.

SERVICE ANIMALS are welcome. Personal pets whose function is to provide comfort or emotional support DO NOT qualify as service animals under the Americans with Disability Act.

THANK YOU for understanding.



LABOR DAY WEEKEND
September 4 - 7, 2026

TO REGISTER, PLEASE MAIL IN YOUR REGISTRATION FORM (SEE REVERSE SIDE) OR VISIT SOUTHBAYROUNDUP.ORG




SCAN QR CODE

Sonesta Hotel
300 North Harbor Drive
Redondo Beach, CA 90277

SOUTHBAYROUNDUP.ORG



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 SCAAConvention at The Westin on October 16-18, 2026
 November 15, 2026: (Wrap Up Meeting)
 For more info: info@asocal.com
 visit us at: www.asocal.com
 at The 502 Club
 510 S. 2nd Ave #10, Covina, CA 91723



SAVE THE DATE
2026 PACIFIC REGIONAL FORUM
DECEMBER 4-6

Wyndham San Diego Bayside
 1355 North Harbor Drive
 San Diego, CA 92101
 Registration opening:
 Friday, October 2, 2026
 Room Rate: \$219.00
 Last Day for room rate: November 4, 2026
 Link: <https://book.passkey.com/go/go/2026AAWS>
 (Group Code AA022026SD)
 (800)-996-3426 Mention "Alcoholics Anonymous World Service Inc."

MONTHLY STEP, TRADITION & CONCEPT

STEP FIVE

“Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”

Integrity is the fifth principle of Alcoholics Anonymous.

TRADITION FIVE

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”

No matter how different our personal concerns, we are all bound by one common responsibility...to carry the message to the suffering alcoholic.

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

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

CONCEPT FIVE

“Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.”

This “Right of Appeal” recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

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

STORIES

My name is Stephanie, and I’m an alcoholic.

My story began when I had my first drink at 11 years old. I grew up in Guatemala, where drinking was part of the culture. It was normal to see young people drinking, and by the time I was 14, I was already going to quinceañeras and parties where alcohol was everywhere. What started as something social slowly became something much more serious.

At 18, I experienced my first blackout. I remember it vividly. It was intense and scary. My body couldn’t hold anything down, and I was sick for an entire day. But the people around me normalized it. No one told me it was dangerous, so I continued drinking the same way. I became a blackout drinker, and that led me into risky and harmful situations, including driving while blacked out. By the grace of God, I never got a DUI, but looking back, I know I easily could have.

There was one moment that really shook me. One morning after a night of drinking, I was scrolling on my phone and saw a news report about a hit-and-run. They were looking for a white Toyota Camry, the same car I had at the time, and it happened near where I had been the night before. My

heart dropped. I ran outside to check my car, terrified of what I might find. That moment made me realize something wasn't right. I thought, "I might have a problem." But I buried that feeling and didn't tell anyone.

My real bottom came through my relationships. I couldn't maintain a healthy relationship no matter how much I wanted to. In my early twenties, I was in a toxic and sometimes physically abusive relationship. Eventually, I walked away, but I carried those same patterns into my next relationship with my current fiancé.

We loved each other deeply, but our dynamic became painful and unmanageable. Our fights were intense and frequent. He is in the program and has 10 years of sobriety, and at one point, he gave me an ultimatum: take AA seriously or lose the relationship. That was my turning point. I had already tried to get sober before, I had nine months at one point, but I relapsed when things got hard.

This time was different. I was desperate. I got a sponsor, worked the steps, and committed fully to the program. What brought me to my knees wasn't just alcohol, it was emotional sobriety. I had to face my patterns, my fears, and my deep-rooted abandonment wounds. I realized I had been recreating the same pain in my relationships over and over again.

Today, I am over a year sober. I don't struggle with cravings the way I used to, but I continue to work on my emotional sobriety every day. My life has completely changed. I'm engaged, planning a wedding, and for the first time, I feel peace. I feel loved, I feel worthy, and most importantly, I feel like I belong.

Today, I can honestly say I am living a life I once only dreamed of.

* * *

I Found the Way Home by Renee L.

It was "suggested" I go to Alcoholics Anonymous. I had never heard of it. It could not be for me. I knew I was not an alcoholic since I was able to control my drinking, and I hadn't had a drink in nearly two years. I was not out of control. Who didn't drink and get drunk? Drinking was not my problem. However, I could not figure out how to control my life and deal with the raw circumstances life had dealt.

With my victim mentality firm, I knew my life and all of the setbacks were caused by others. The financial difficulties were not my fault. The relationship challenges were the fault of the other person. My dishonesty was caused by the positions in which I was placed (by others). None of it was because of me. Yes, this was my thinking, at the time, complete self-reliance was my answer. Yet, there I sat in the therapist's office with this "suggestion." How could that fix my problems, I asked. I felt hopeless and defeated.

My responsibilities simply weighed me down. Was it too much to care for my precious family? I felt they were too demanding. My answer: Let's have a drink! Was it too much to show up at work, without a hangover, a drinking lunch, etc. and do the things I was hired to do? After all, the job was challenging, stressful and required long hours. My answer: Let's drink some more. Was it too much to pay my bills, put gas in the car, maintain a home? My answer: Let's drink every night. The list went on and the drinking increased.

I suppose from all appearances, I was successful (the house, the job, the car...). Yet, on the inside, I was bankrupt, morally and spiritually. Worse yet, I could not stand myself.

I walked into that first AA meeting. I could not hear what was said. I did nothing other than desperately want to leave because I knew I did not belong. Clearly this was for the problem drinker, but it was not for me! I was full of judgment.

It was "suggested" I try another meeting. Having waited a few months, and seeing life was no better for me, I was desperate. I went to another AA meeting. It was a speaker meeting. That night, I heard something. I could not tell you what I heard; however, it led me to know, down to the bone, I was right where I belonged. I had hope for the first time in a long time that I did not have to go at this alone. I knew I was, and am, an alcoholic.

What I found, through working with a sponsor, working on this program and continuing going to meetings, was myself, the real me. I did that through spiritual improvement rather than "figuring life out." It was in working to establish a conscious contact with a power greater than myself and in having faith in that higher power that I found a way to live, to handle my responsibilities, to deal with life on life's terms.

Yes, it takes work. Yes, it takes devotion. Yet, it is no longer a challenge to apply these AA principles in all my affairs. Now, I have a life I can see is made up of my choices. Those choices are rooted in my faith in a power greater than myself and in the principles of my AA program. I move forward in love and service to my higher power and to my fellows.

The victim I once was, now gone. My mindset has shifted to the blessings life affords me. Thoughts and experiences of abundance are my focus, rather than the scarcity in which I had previously lived. All that and more just because of a "suggestion" and a moment of bravery. I am home....

P.S. Let us love you until you love yourself.

* * *

The Unbeliever

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

“He said: “I came to the conclusion that there is SOMETHING. I know not what It is, but It is bigger than I. If I will acknowledge It, if I will humble myself, if I will give in and bow in submission to that SOMETHING and then try to lead a life as fully in accord with my idea of good as possible, I will be in tune.” And later the word good contracted in his mind to God.

But mister, I can't see any guy with long white whiskers up there just waiting for me to make a plea ... and what did he answer ... said I was trying to complicate it ... why did I insist on making It human ... all I had to do was believe in some power greater than myself and knuckle down to It ... and I said maybe, but tell me mister why are you wasting your time up here? Don't hand me any bunk about it being more blessed to give than to receive ... asked him what this thing cost and he laughed. He said it wasn't a waste of time ... in doping it out he had thought of something somebody had said. A person never knew a lesson until he tried to pass it on to someone else. And that he had found out every time he tried to pass this on It became more vivid to him. So if we wanted to get hard boiled about it, he owed me, I didn't owe him.

Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 11-12, with permission of A.A. World Services, Inc.

* * *

Excerpts from A.A. Literature

Hence it was most evident that a solitary self-appraisal, and the admission of our defects based upon that alone, wouldn't be nearly enough. We'd have to have outside help if we were surely to know and admit the truth about ourselves—the help of God and another human being. Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty, and genuine humility.

Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical. When we are honest with another person, it confirms that we have been honest with ourselves and with God.

Reprinted from Twelve Steps and Twelve Traditions, p. 59-60, with permission of A.A. World Services, Inc.

* * *

HEALING HEART AND MIND

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

TWELVE STEPS AND TWELVE TRADITIONS, p. 55

Since it is true that God comes to me through people, I can see that by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way. It's the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because that is the road to freedom. I must walk into darkness to find the light and walk into fear to find peace. By revealing my secrets—and thereby ridding myself of guilt—I can actually change my thinking; by altering my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today.

Reprinted from Daily Reflections, p. 130, with permission of A.A. World Services, Inc.

* * *

