

# SPEAKEASY

JUNE 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 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.**

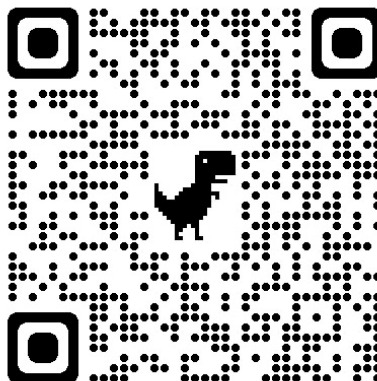
If you have any questions, please email Stokke at [asbcophones@gmail.com](mailto:asbcophones@gmail.com).

### 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 - committee meetings are held the 2<sup>nd</sup> Tuesday of each month from 7:00 – 8:00 pm at:

South Bay Alano Club, Back Room (702 11<sup>th</sup> Place, Hermosa Beach, CA 90254)

**Currently, there is one panel leader position open:**

**Harbor Interfaith (San Pedro) - 2<sup>nd</sup> Thursday of each month, 7:00 pm, M & W**

More information can be found on the H&I website: [www.southbayhi.com](http://www.southbayhi.com).

## GENERAL SERVICE

The GSR meeting for District 1 & 3 are held on the 2<sup>nd</sup> Thursday of each month at:

Kiwanis Club (2515 Valley Drive, Hermosa Beach, CA)

Also available via Zoom (meeting ID: 929 014 8764, password: panel74)

7:00 - 7:30 pm GSR Newcomer Orientation

7:00 - 7:30 pm Fellowship/Q&A

7:30 - 9:00 pm District 1 Committee Meeting

More information can be found on the website: <https://mscadistrict1.org>.

### Events

**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](mailto: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.

The CSR meetings are held on the 4<sup>th</sup> Tuesday of the month from 7:30 – 8:30 pm at:

All South Bay Central Office (3625 Del Amo Blvd., Suite 345, Torrance, CA 90503)

All are welcome!!!

## 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](mailto:speakeasy@southbayaa.org).



### **Can I have The Speakeasy emailed directly to me?**

Yes, please send an email to [speakeasy@southbayaa.org](mailto: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](http://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](https://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, GGYPAA, 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.

Congratulations to the following members of the birthday club:

**Chris R. (April 27, 1984) – 42 years** 🎉🎉🎉

### 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

Please make checks payable to **ASBCO**.

## UPCOMING EVENTS

**Happy Joyous & Friday Anniversary Potluck**  
**June 5th 2026**

Join us for food, fun and fellowship  
 To celebrate our five year anniversary.  
 Bring your favorite dish to share or  
 Bring yourself and a smile!



6 pm for dinner  
 7 pm meeting

Good Shepard Lutheran Church  
 21100 Victor Ave  
 Torrance 90503  
 Just north of Torrance Blvd

**SUMMER PARTY**

**FOUNDERS DAY**

**2PM-???**

**SATURDAY, JUNE 13TH**

GAMES, FOOD, FELLOWSHIP

**VALLEY PARK PICNIC**

**2521 VALLEY DR**  
**HERMOSA BEACH 90254**

*Family Fun*

*BBQ EATS*



**LABOR DAY WEEKEND**  
**September 4 - 7, 2026**

TO REGISTER, PLEASE MAIL IN YOUR REGISTRATION FORM (SEE REVERSE SIDE) OR VISIT [SOUTHBAYROUNDUP.ORG](http://SOUTHBAYROUNDUP.ORG)



SCAN QR CODE

Sonesta Hotel  
 300 North Harbor Drive  
 Redondo Beach, CA 90277  
**SOUTHBAYROUNDUP.ORG**

ALL SOUTH BAY CENTRAL OFFICE  
 PRESENTS THE 2026

**FAMILY Picnic & CHILI COOK-OFF! CONTEST**

Think You Make the Best Chili? PROVE IT!

GOOD FOOD. GREAT PEOPLE. MEMORIES TOGETHER.

SUNDAY SEPTEMBER **27** 2026

10:00 AM to 2:00 PM

FUN FOR THE WHOLE FAMILY!

WILSON PARK TORRANCE, CA


BOUNCE HOUSE | FACE PAINTING | LAWN GAMES | LIVE MUSIC | FUN FOR ALL AGES!

**DESSERT CONTEST!**  
 Bring your sweet best!

TICKETS \$15 | TICKETS ARE AVAILABLE AT ASBCO

BRING A BLANKET. BRING YOUR APPETITE. LET'S MAKE IT A DAY TO REMEMBER!

**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



Join District 09 for  
**GSR School**

**Learning the Service Manual, together!**

A 2-year journey through the **AA Service Manual**. This isn't just "read the manual." It's an interactive learning experience, where each month we'll study one chapter, with time for questions, discussion, and shared learning. It's a chance to deepen your understanding, strengthen your commitment to service, and grow as trusted servants.

**Panel 17** Starting January 18, 2026,  
 the 3<sup>rd</sup> Sunday each month @3pmPT



**Online**

Meeting ID: 928-8170-4093  
 PW: 642408

**Mid Southern California Area 09**

**Monthly Service Study & Sharing Session**

Improving communication among Area committees, Districts, and Group GSR's, thereby strengthening services in Area 09

Committee Chairs, DCM/DCMC's, District Officers, GSR's, and Guests

**\*\*\* ALL ARE WELCOME TO ATTEND \*\*\***

- What:** Traditions & Concepts
- When:** 3<sup>rd</sup> Thursday  
 6:00 - 7:30 PST  
 6:00 Service Study  
 6:30 Sharing Session
- Where:** Virtual Only  
 Meeting ID: 859 8955 7002  
 Passcode: Panel76



<https://us06web.zoom.us/j/85989557002>

Hosted by Panel 76 Delegate Debra L. and Alt-Delegate Tara F.

Debra: [p76delegatemsca09@gmail.com](mailto:p76delegatemsca09@gmail.com)

Tara: [msca09altdelegate@gmail.com](mailto:msca09altdelegate@gmail.com)

Please View Recordings here:

<https://msca09aa.org/recordings/>  
 Password: Service

**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 SIX

“Were entirely ready to have God remove all these defects of character.”

Willingness is the sixth principle of Alcoholics Anonymous.

### TRADITION SIX

“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

Entanglements can overwhelm our purpose and keep us from carrying the message. It's wise for us to stick with staying sober and helping other alcoholics do the same.

*Reprinted from Experience Has Taught Us: An Introduction to Our Twelve Traditions, with permission of A.A. World Services, Inc.*

### CONCEPT SIX

“On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.”

...although “our objective is always a spiritual one,” nevertheless our world service is a “large business operation.” “Indeed,” Bill says, “our whole service structure resembles that of a large corporation. The A.A. groups are the stockholders, the delegates represent them, like proxy-holders, at the annual meeting; the General Service Board Trustees are actually the directors of a ‘holding company.’ And this holding company (the General Service Board) actually owns and controls the two ‘subsidiaries’ (AAWS and AA Grapevine) which carry on the . . . services.

“This very real analogy makes it . . . clear that, like any other board of directors, our trustees must be given large powers if they are to manage the . . . affairs of Alcoholics Anonymous.”

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

## STORIES

Well, here it goes...my name is Veronica D. I am an alcoholic. My sobriety date is July 3, 1985. Yep, that's 40 years and some change.

I got sober at the Alano Club in Hermosa Beach. I was just a few short months shy of 30. I was a newcomer without a job...no surprise there! So, my "job" was to go to meetings. I was generously allowed to move back into my parents' home, to start the process of getting the chaotic mess that was my life in order.

I attended a lot of noon meetings at the Alano Club. Those "nooners" were attended by a small group of wise ladies who showed me and told me how to be a stand-up woman in Alcoholics Anonymous. They told me to get there early and sit in front. They suggested I make the meeting "my" meeting by getting involved through service. I washed coffee cups and ash trays. In my opinion and recollection, it was their example of chutzpah and backbone, by gently going up to someone who was flipping through a magazine, doing a crossword puzzle or reading a newspaper to ask them to put it away. These women would share from the podium about respecting the primary purpose of being in an A.A. meeting for 1.5 hours.

These "elders", who had maybe 3 years of sobriety said, "if you need to read, there's a library right down the street or step into the coffee bar." Those gals led by example and attempted to keep the integrity of a meeting sacred and meaningful. No one was coddled and sometimes feelings were hurt. I've heard it said that bruised feelings might drive someone out of a meeting but king alcohol or a night in jail would send them right back in.

Today, meetings are mostly an hour long and everyone has a cell phone. I have witnessed repeatedly someone pulling out their phone which reminded those around them that "I should check my phone...two minutes have gone by, and I might be missing a tutorial on fingernail application or hopping bunny rabbits."

I'm concerned about the sanctity of the meeting and its primary purpose being devalued and diluted.

Please, if you see something, say something. To those of you new to the rooms, a meeting is a lifesaving and miraculous hour to sit with people who are just like you. Your tribe!

Please leave your phone in the car or step outside to handle any necessary communication. Thank you in advance. This alcoholic appreciates the courtesy.

\* \* \*

**“I KEPT PROMISING MYSELF” - ALEX L.**

My Alcoholics Anonymous recovery began in June of 1988, but the truth is I was in trouble long before that. By then my drinking had stopped being “just a way to unwind” and had become something I needed. I planned my days around it, told myself I was still functioning, and kept believing I could control it—until the consequences made it impossible to ignore. The clearest proof showed up at the Torrance Courthouse. I had multiple arrests for driving while intoxicated (DWI), and each one felt like a new low that I swore would be the last.

Looking back, what stands out isn't just that I kept getting caught, it's that I kept believing I was different, that the rules didn't apply to me, and that somehow, I could drink the way I wanted and still keep my life intact.

All of this was happening while I was working as an engineer for an aerospace company. My drinking was making me late, distracted, and unavailable, especially when court dates and legal trouble started stacking up. Eventually I was called into the office and told directly that I would lose my engineering position. That was a turning point: not because I suddenly became wise, but because I ran out of room to keep pretending everything was fine. For the first time I said out loud that I wanted to stop abusing alcohol, and the company referred me to the Employee Assistance Program.

Sitting with the counselor, I finally heard myself tell the truth. I talked about the DWIs, the fear, the embarrassment, and the way I kept promising myself I would cut back—only to end up right back where I started. The counselor gave me a choice that removed my last excuse: either enter the program within two days or I would not be able to return to work. That was my second big motivation—because I could finally see how dire my situation had become, and I could not talk my way around it anymore.

In June of 1988, I turned myself in to San Pedro Peninsula Hospital. I arrived scared, defensive, and exhausted, but I also felt something I hadn't felt in a long time: relief that I didn't have to keep running. The counselors and the program helped me see alcoholism for what it was in my life—not a series of bad choices I could simply “fix,” but a disease that had taken over my thinking and my behavior. I spent Thirty days in the hospital to detox. When that phase ended, I was asked to find a recovery home and live there for ninety days so I could keep building structure, accountability, and a sober routine.

By then I had stopped fighting everything and everyone. I had to accept that my way wasn't working and that I needed a Power greater than myself if I was going to recover.

Through AA, I began reading the Alcoholics Anonymous Big Book and learning the principles of the 12 Steps. I didn't do it alone—I worked the Steps with a sponsor who had worked them with his sponsor. Their experience, and my growing honesty, open-mindedness, and willingness, started to change me from the inside out. I learned to ask for help, to tell the truth, and to take responsibility without drowning in shame. That foundation put me on a path beyond my wildest dreams.

Recovery hasn't meant a perfect life—it has meant a different life. Over the years my life has sometimes felt like a roller coaster. The difference today is that I don't have to drink over what I feel, and I don't have to face hard days alone. When times get challenging, I remind myself that my Higher Power has not brought me this far to abandon me now. I focus on putting one foot in front of the other, staying connected, and doing the next right thing. Working the Steps, staying accountable, and trusting my Higher Power one day at a time helps me keep the faith—and it helps me keep living in this 12-step AA program.

\* \* \*

### **A Business Man's Recovery**

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

“The first thing Bill told me was his own story, which paralleled mine in most respects, and then said that for three years he had had no trouble. It was plain to see that he was a supremely happy man—that he possessed a happiness and peacefulness I had for years envied in men.

What he told me made sense because I knew that everything that I, my wife, my family and my friends had tried had failed. I had always believed in God even though I was not a devout church-goer. Many times in my life I had prayed for the things I wanted God to do for me, but it had never occurred to me that He, in His Infinite Wisdom knew much better than I what I should have, and be, and do, and that if I simply turned the decision over to Him, I would be led along the right path.

At the conclusion of our first interview, Bill suggested that I think it over and come back to see him within a few days if I was interested. Fully realizing the utter futility with which my own efforts had met in the past, and somehow or other sensing that delay might be dangerous, I was back to see him the next day.

At first, it seemed a wild, crazy idea to me, but because of the fact that everything else seemed so hopeless, and because it worked with these fellows who all had been through the same hell that I had been through, I was willing, at least, to have a try.”

*Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 30-31, with permission of A.A. World Services, Inc.*

\* \* \*

## Excerpts from A.A. Literature

... any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—without any reservations whatever—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

*Reprinted from Twelve Steps and Twelve Traditions, p. 63, with permission of A.A. World Services, Inc.*

\* \* \*

### ON A WING AND A PRAYER

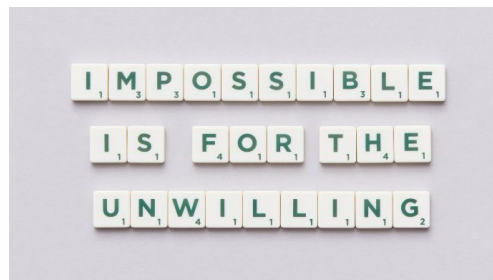
“...we then look at Step Six. We emphasized willingness as being indispensable.”

ALCOHOLICS ANONYMOUS, p. 76

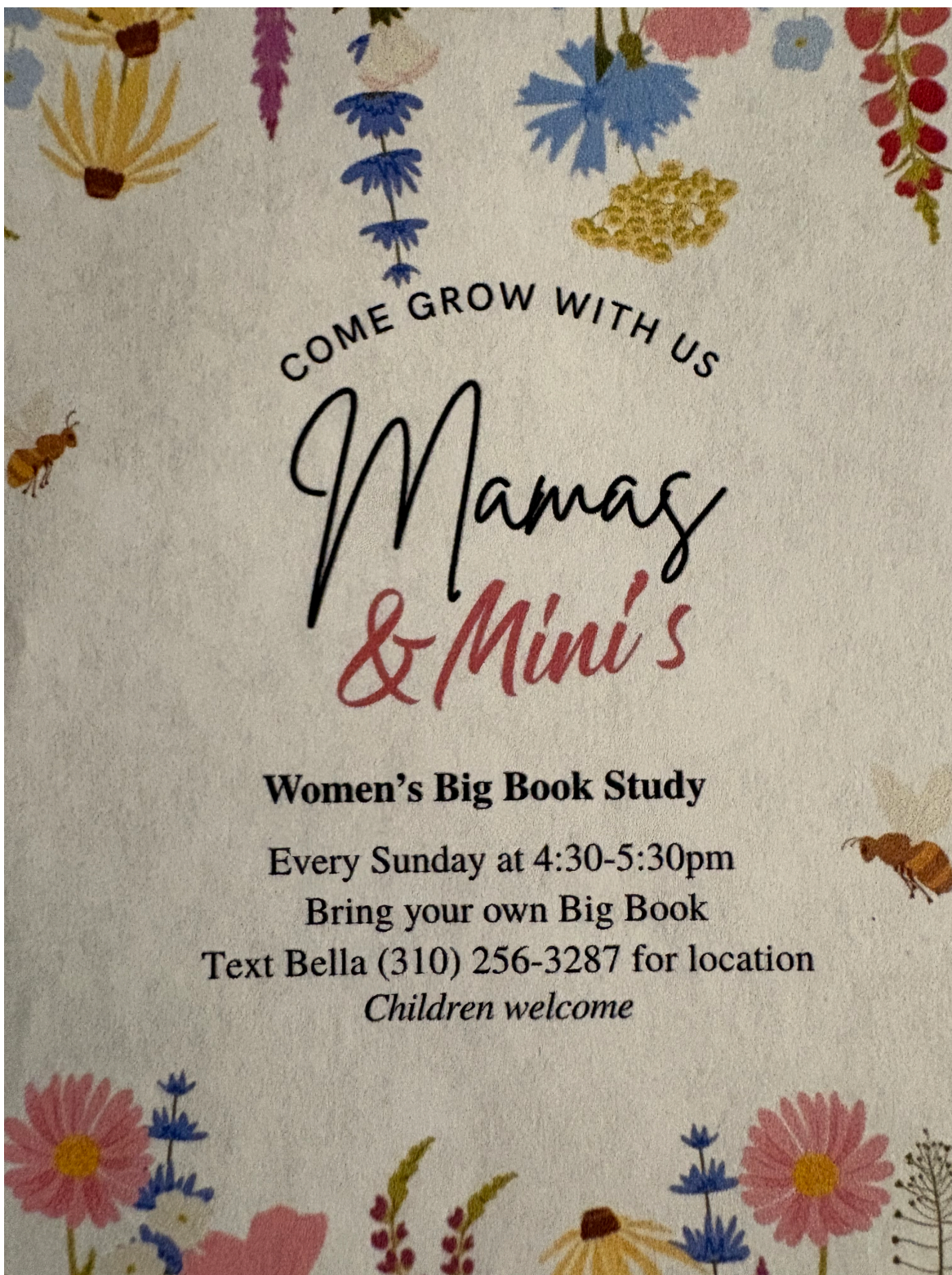
Steps Four and Five were difficult, but worthwhile. Now I was stuck on Step Six and, in despair, I picked up the Big Book and read this passage. I was outside, praying for willingness, when I raised my eyes and saw a huge bird rising in the sky. I watched it suddenly give itself up to the powerful air currents of the mountains. Swept along, swooping and soaring, the bird did things seemingly impossible for mortal birds to do. It was an inspiring example of a fellow creature “letting go” to a power greater than itself. I realized that if the bird “took back his will” and tried to fly with less trust, on its power alone, it would spoil its apparent free flight. That insight granted me the willingness to pray the Seventh Step prayer. It’s not easy to know God’s will in each circumstance. I must search out and be ready for the currents, and that’s where prayer and meditation help! Because I am, of myself, nothing, I ask God to grant me the knowledge of His will and the power and courage to carry it out—today.

*Reprinted from Daily Reflections, p. 163, with permission of A.A. World Services, Inc.*

\* \* \*



MEETING FLIERS



# Manhattan Beach 11th Step Meditation Meeting

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303 South Peck Avenue,  
Manhattan Beach, CA 90266

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**Time: 7:30pm**  
**Thursdays**

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English  
Open Meeting  
In Person  
Candlelight / Meditation