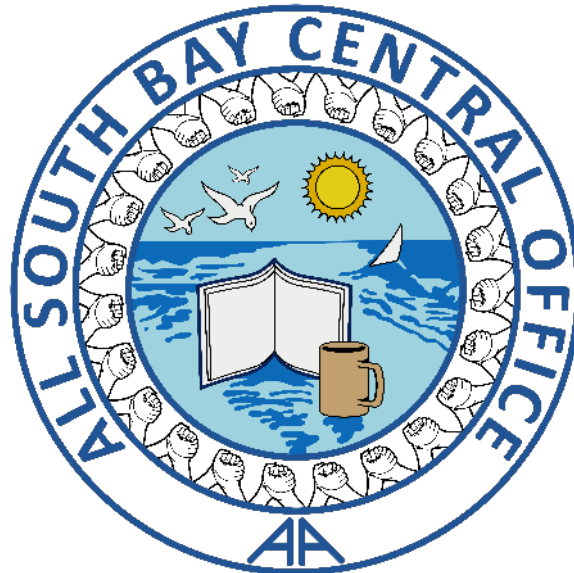


SPEAKEASY

JULY 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

We need a regular phone volunteer for the following shift:

- **Wednesdays from 7:00 am – 10:00 am**
- **Thursdays from 10:00 am – 1:00 pm**

Additionally, 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.

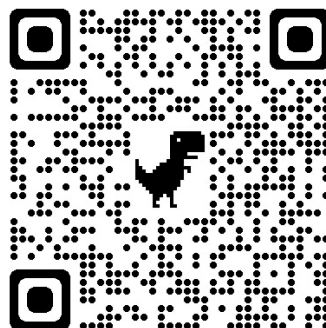
If you have any questions, please email Stokke at asbcophones@gmail.com.

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

South Bay Alano Club, Back Room (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 pm, M & W

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

GENERAL SERVICE

The GSR meeting for District 1 & 3 are held on the 2nd 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 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 4th Tuesday of each 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.



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](https://www.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, 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 🎉🎉🎉

Victor R. (November 28, 2000) – 25 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



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

ALL SOUTH BAY CENTRAL OFFICE
PRESENTS THE 2026

FAMILY Picnic & CHILI COOK-OFF! CONTEST

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 ARE AVAILABLE AT
\$15 ASBCO

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

District 7 Presents

SPONSORSHIP Workshop

Experience. Strength. Hope

FROM 6PM-9PM
FRIDAY AUGUST 7 | 2026

- Four Panelists Sharing Experience, Strength and Hope
- Food 6pm-7pm
- Ask-It Basket 8:30pm-9pm
- 7pm-8:30pm

Please come and enjoy food, fellowship and growth. Together!

Garden Grove Alano Club
9845 Belfast Drive
Garden Grove, CA 92844

MID-SOUTHERN CALIFORNIA AREA 09
AREA SERVICE COMMITTEE

August 9th, 2026

CROWN VALLEY COMMUNITY CENTER
29751 CROWN VALLEY PARKWAY
LAGUNA NIGUEL, CA 92677


9AM - 3PM
REGISTRATION BEGINS AT 8:00 AM

ASC 2
IN PERSON & ONLINE

HOSTED BY:
DISTRICT 12

Zoom: 896 6166 6203 | Password: Panel76

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 3rd 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:** 3rd 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

Tara: 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 SEVEN

“Humbly asked him to remove our shortcomings.”

Humility is the seventh principle of Alcoholics Anonymous.

TRADITION SEVEN

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

“Passing the basket” at meetings is our way of meeting our responsibility for the work of A.A. Our own contributions support the group, the General Service Office, and all A.A. activities.

Experience has shown us, also, that A.A. as a whole needs to be self-supporting and independent. Handsome gifts may have strings attached.

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

CONCEPT SEVEN

“The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness”

On the one hand, “the board is invested with complete legal power over A.A.’s funds and services; on the other hand the Conference is clothed with such great influence and financial power it could overcome the legal rights of the board.

Thus, the practical power of the Conference is, in the final analysis, superior to the legal power of the board. This superior power derives from the traditional influence of the Conference Charter itself; from the fact that the delegates chosen by the groups always constitute more than two-thirds of the Conference members”; and finally from the ability of the delegates to cut off financial support by the groups.

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

STORIES

My name is Lori L. I have been reflecting on the intention of a Home Group and how I absolutely love mine. I have so much gratitude for the women in my Group and what they have shown me. I have so much gratitude for all of my previous Home Groups in the areas I have been fortunate to live and grow as a gift of this program.

I remember when I was early in sobriety and looking up at the walls and seeing signs that said, “*Keep Coming*”, “*More Meetings, More Chances*” and hearing people say things like, “*it’s good to have commitments, to be of service to others, to never say no to an AA request*”. The early feelings of relief, sitting in my chair, hearing people that I finally could somewhat identify with. The eagerness, the willingness, I was told to chase my sobriety like I chased the drink. And so, I did what I believed anyone would do - I joined 5 meetings, got 5 different commitments, attended and participated in all the business meetings, and stayed in the middle of the pack. I considered myself to be “one of the best” A.A. members around. This saved my life, and I have no regrets. But guess what - Boy, have I been humbled.

Since that time, I have continued to be teachable. I have developed an eagerness and willingness to take on and learn about **all** the Spiritual Principles of the program which includes The 3 Legacies of my recovery – *The Steps*, A.A. Unity - *The Traditions* and even General Service - *The Concepts*. I have learned about our service manual, various A.A. pamphlets and other A.A. Conference Approved literature. In these pieces of literature, it talks about *One Member, One Group, One Vote*.

For instance, on Page 7 of the Service Manual it states, “*While many AA members attend other groups as well; the home group is where they participate in business meetings and cast their vote as part of the group conscience of the Fellowship as a whole. As with all group conscience matters, each member has **one vote**.*” It is referenced again on page 15 in the Home Group Pamphlet where it states, “*Traditionally, most A.A. members through the years have found it important to belong to **one group** that they call their “home group”. This is **THE** group where they accept service responsibilities...*

“*Each A.A. member has **one vote** and this, ideally, is voiced through the home group*”.

Being a member of a Home group has been invaluable for me. It is where I first learned to “take responsibility”. In each of my moves, I would find a Group where I would show up early to set up and stay late to clean up. It is by doing this that I was able to find a Group where I felt at Home. It was in my Home group that people valued my recovery more than my feelings and said things like, “*Doing the right thing isn’t going to feel good for someone like you who is not used to doing the right thing*”.

So, on this journey like many others I had a spiritual awakening and in learning about One Member, One Group, One Vote I spoke to my Service Sponsor about the idea of having multiple Home groups. She jokingly told me that I can have 20 Home Groups and commitments in all of them if I think I'm that important. She reminded me that there are no rules in A.A., and there are no A.A. Police, but that we do have spiritual principles, and that either I will try to align myself with them or I won't.

I am so grateful for the people that keep me humble, and I pray to always remain teachable.

* * *

A Different Slant

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

“Partner in one of this country’s nationally known concerns, happily married with fine children, sufficient income to indulge my whims and future security from the financial standpoint should paint a picture in which there would be no possibility of a man becoming an alcoholic from the psychological standpoint. I had nothing to escape from and I am known as a conservative, sound business man.

I had missed going to my office several times while I tapered off and brought myself to sobriety. This time, though, I found I could not taper off, I could not stop and I had to be hospitalized. That was the greatest shock to my pride I ever had. Such a blow that I made the firm resolve to never again taste as much as one glass of beer. Careful thought and analysis went into this decision.

The doctor at this hospital told me vaguely of the work of men who called themselves Alcoholics Anonymous and asked if I wanted one of them to call upon me. I was sure I needed no outside help, but in order to be polite to the doctor and hoping he would forget it, I assented.

I was embarrassed when a chap called at my house one evening and told me about himself. He quickly sensed my slight resentment and made it plain to me that none of the crowd were missionaries, nor did they feel it their duty to try to help anyone who did not want help. I think I closed the talk by saying I was glad I was not an alcoholic and sorry he had been bothered by me.

Within sixty days, after leaving the hospital the second time, I was pounding at his door, willing to do anything to conquer the vicious thing that had conquered me.

The point I hope I have made is—even a man with everything from the material standpoint, a man with tremendous pride and the will power to function in all ordinary circumstances can become an alcoholic and find himself as hopeless and helpless as the man who has a multitude of worries and troubles.”

Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 33-34, with permission of A.A. World Services, Inc..

* * *

Excerpts from A.A. Literature

For just so long as we were convinced that we could live exclusively by our own individual strength and intelligence, for just that long was a working faith in a Higher Power impossible. This was true even when we believed that God existed. We could actually have earnest religious beliefs which remained barren because we were still trying to play God ourselves. As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing.

Reprinted from Twelve Steps and Twelve Traditions, p. 72, with permission of A.A. World Services, Inc.

* * *

A MEASURE OF HUMILITY

“In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we expected. It brought a measure of humility, which we soon discovered to be a healer of pain.”

TWELVE STEPS AND TWELVE TRADITIONS, p. 75

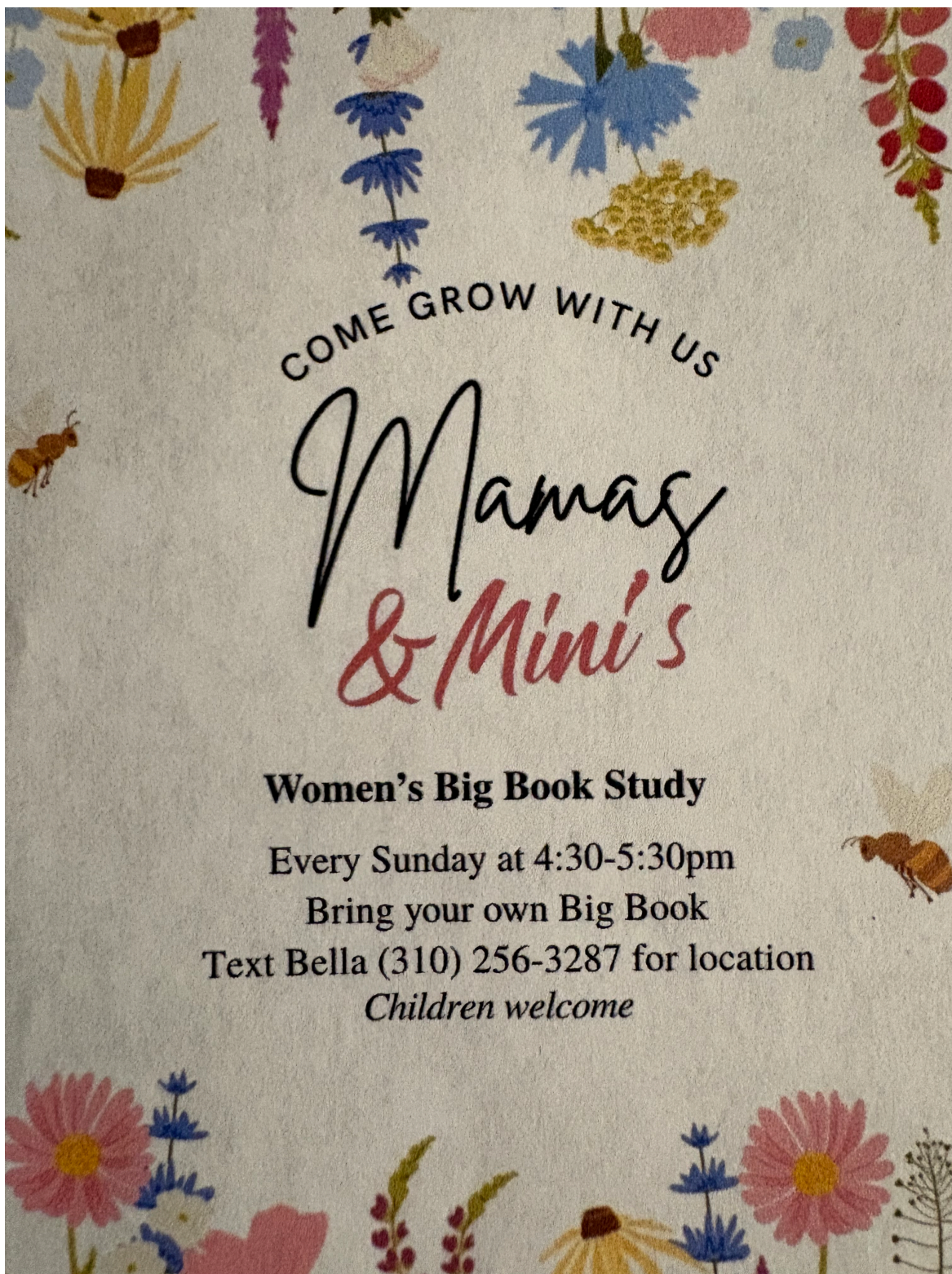
It was painful to give up trying to control my life, even though success eluded me, and when life got too rough, I drank to escape. Accepting life on life's terms will be mastered through the humility I experience when I turn my will and my life over to the care of God, as I understand Him. With my life in God's care, fear, uncertainty, and anger are no longer my response to those portions of life that I would rather not have happen to me. The pain of living through these times will be healed by the knowledge that I have received the spiritual strength to survive.

Reprinted from Daily Reflections, p. 206, with permission of A.A. World Services, Inc.

* * *



MEETING FLIERS



Manhattan Beach 11th Step Meditation Meeting

303 South Peck Avenue,
Manhattan Beach, CA 90266

Time: 7:30pm
Thursdays

English
Open Meeting
In Person
Candlelight / Meditation