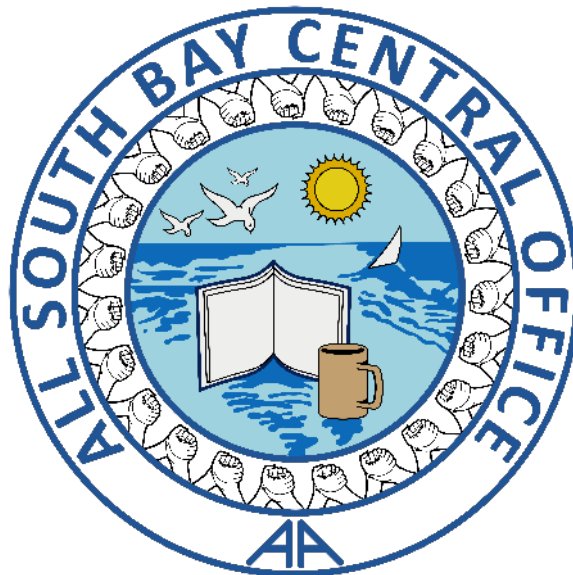


SPEAKEASY

AUGUST 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:

- **Tuesdays from 7:00 am – 10:00 am**
- **Wednesdays from 7:00 am – 10:00 am**

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.

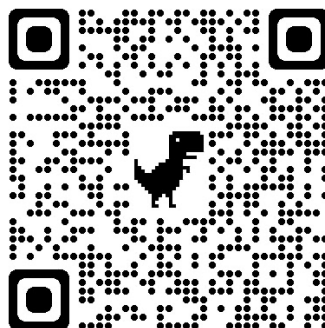
If you have any questions, please email Stokke at asbcophones@gmail.com.

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:

South Bay Alano Club (702 11th Place, Hermosa Beach, CA 90254)
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 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



MAAD DOG DAZE
52nd ANNUAL | 9th DISTRICT CONVENTION

AUGUST 7-9 2026

DoubleTree by Hilton Resort
Palm Springs




Discounted room rates @\$134 • To book: Call 844-543-9184 • Use code MA2 by 7/23
DoubleTree by Hilton Resort • 67967 Vista Chino, Cathedral City, CA 92234

Weekend Events:



SPEAKER MEETINGS, MARATHON MEETINGS, POOL PARTY, KARAOKE, DJ DANCE PARTY, *GOLF TOURNAMENT, YOGA, GUIDED MEDITATIONS, BINGO, RAFFLE PRIZES, 50/50, MONEY TREE, AND MORE! *INDICATES TICKETED EVENT

scan or visit maaddogdaze.org



52nd ANNUAL | 9th DISTRICT CONVENTION

• You must be registered to attend ticketed events
• To sit together, you must register on-line or mail in requests together
• If registration is not received by 7/20 you may register on-site on 8/07



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



NATIONAL AA TECHNOLOGY WORKSHOP



CIRCUITS OF SERVICE:

HOW TECHNOLOGY HELPS
CARRY THE MESSAGE



SEPTEMBER 11-13 2026



CONCORD, CA
SAN FRANCISCO BAY AREA



REGISTER NOW



BILINGUAL HYBRID EVENT
ENGLISH & SPANISH INTERPRETATION





NEED-BASED SCHOLARSHIPS ARE AVAILABLE



THE NAATW WORKSHOP IS FOR **EVERYONE** IN A.A.
www.naatw.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 \$15

TICKETS ARE AVAILABLE AT
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



Food
6pm-7pm

Four Panelists Sharing
Experience, Strength and
Hope



7pm-8:30pm



Ask-It Basket
8:30pm-9pm

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



ASC 2

IN PERSON & ONLINE

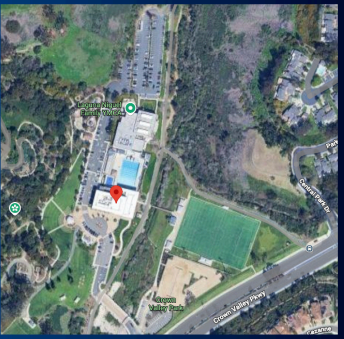
**HOSTED BY:
DISTRICT 12**

Zoom: 896 6166 6203 | Password: Panel76

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

9AM - 3PM

REGISTRATION BEGINS AT 8:00 AM



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.

**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

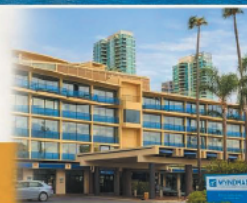
Room Rate: \$219.00

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 EIGHT

“Made a list of all persons we had harmed and became willing to make amends to them all.”

Brotherly Love is the eighth principle of Alcoholics Anonymous.

TRADITION EIGHT

“Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.”

“...no A.A. should ever ask or accept payment for “carrying this message to somebody else, person to person and face to face.

...most such offices are so busy that full-time employees are needed. ...but are these A.A.’s then being paid for doing Twelfth Step work? No. In the office, they are just paving the way for this work. Arranging to get a sick drunk into a hospital, telling a shaky newcomer where the nearest meeting is tonight, they are helping to make it possible for that alcoholic to hear the message “person to person and face to face.””

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

CONCEPT EIGHT

“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

Long experience has proven that the board “must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership In these matters, it must act with great care and skill to plan, manage and execute.” The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or...Grapevine. “It must delegate its executive function” to its subsidiary, operating boards.

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

STORIES

How do we get people excited about going to the “Big House”?

Good morning, my name is Scott B. and I am an alcoholic.

In my 8th year of being around Alcoholics Anonymous, I was on my 5th relapse when I was arrested. The deputy sheriffs took me to the Norwalk City Jail. I was told I would be released by 6:00 PM the next day. When that hour came several deputies started lining all of us inmates up. They marched us straight out the back door and my thoughts were I can't wait to get home and continue where I had left off. I then noticed a very large black and white bus that said Los Angeles County Sheriff's Department. I, of course, immediately started insisting that I was supposed to be released. “I am not like them”, I argued. Thank God for the paperwork mysteriously disappearing. Had I been released; I am not sure if I would have been able to muster the courage to come back. While I was incarcerated, the thought occurred to me that the AA's in corrections would surely come to visit me. Although I was only in LA County Jail for two days, I would have loved to have a visit from someone in AA, but none came.

The night I was released, I only had a pair of pants (no underwear mind you), a t-shirt, flip flops, no money, no cigarettes and my brother was visiting my sister in Oregon. 2:00 AM on a rainy night in downtown LA is not a pretty sight for a scared man like me. The four years I was away from AA, I had lost contact with everyone I knew. A homeless man gave me a cigarette, and I called the only person I knew who would be up at that time and that was my dealer. She came and picked me up and prior to her arriving the thoughts came into my head that she will give me the alcohol and drugs I needed to make it through the night and the next day. It came to me as a shock when she said, *“Scott you have a problem and need to get help.”* Wow! That hit me like a ton of bricks. The very next day, I went to my old home group, the 5th Tradition Men's Stag in Hermosa Beach, CA. I arrived an hour before everyone else because I was afraid since I had let everyone down in my men's stag so many times before, that if I saw everyone there before I arrived, I would have just driven by. I have been sober ever since.

A teenager that I had sponsored beginning when he was 15 years old, spent much of his teens in different foster care programs but he kept running away from them. His father had committed suicide, and his mother was a drug addict. The state took him away and he was in the system until after he was 18 years old. Much of his life was spent being incarcerated in the juvenile system. DCFS had given me permission to visit him on Sundays. We would work the steps, read the book and talk about him and where he would go once he was released. I saw young men and teens who had no one to visit them. No AA members they could talk to about their alcoholism. Some asked why no one would come visit them. I had no answer for them as I was only allowed to see my sponsee.

I have shared a couple of experiences with you, in the hopes that by looking back on our history and our shared experiences we can engage AA members to get involved in corrections. There are many suffering Alcoholics that are incarcerated who may never find the peace and

joy that we have found from being free of alcohol unless we engage AA members to get involved.

There are many tools we can utilize in corrections service. One of these tools is Corrections Correspondence. I would like to quote something I read in this year's background Corrections Correspondence - a special kind of service. *"I know how important our 12th step work is and I enjoy writing men who are locked up. It is one of the tools that I use to keep me sober. I myself found AA in prison almost 20 years ago. And it hasn't been necessary for me to return to prison since I was released in 1979."* From an Outside Correspondent.

I hope and pray that those Alcoholics who are incarcerated will get the help they need from Alcoholics Anonymous and it starts with us.

I thank you with all my heart and thank you for my life.

Edited from a presentation as it was given at the 2013 PRAASA in Boise, ID on March 2, 2013 by Scott B. (literature chair for the Mid-Southern California Area 09)

* * *

The Seven Month Slip

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

“After a year of learning new ways of living, new attitudes and desires, I became self-confident and then careless. I suppose you would say I got to feeling too sure of myself and Zowie! First it was a beer on Saturday nights and then it was a fine drunk. I knew exactly what I had done to bring myself to this old grief. I had tried to handle my life on the strength of my own ideas and plans instead of looking to God for the inspiration and the strength.

But I didn’t do anything about it. I thought “to hell with everybody. I’m going to do as I please.” So I floundered around for seven months refusing help from any quarter. But one day I volunteered to take another drunk on a trip to sober him up. When we got back to town we were both drunk and went to a hotel to sober up. Then I began to reason the thing out. I had been a sober, happy man for a year, living decently and trying to follow the will of God. Now I was unshaven, unkempt, ill-looking, bleary-eyed. I decided then and there and went back to my friends who offered me help and who never lectured me on my seven month failure.

That was more than a year ago. I don’t say now that I can do anything. I only know that as long as I seek God’s help to the best of my ability, just so long will liquor never bother me.”

Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 47, with permission of A.A. World Services, Inc.

* * *

Excerpts from A.A. Literature

...having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?

Reprinted from Twelve Steps and Twelve Traditions, p. 77-78, with permission of A.A. World Services, Inc.

* * *

LIVING IT

"The spiritual life is not a theory. *We have to live it.*"

ALCOHOLICS ANONYMOUS, p. 83

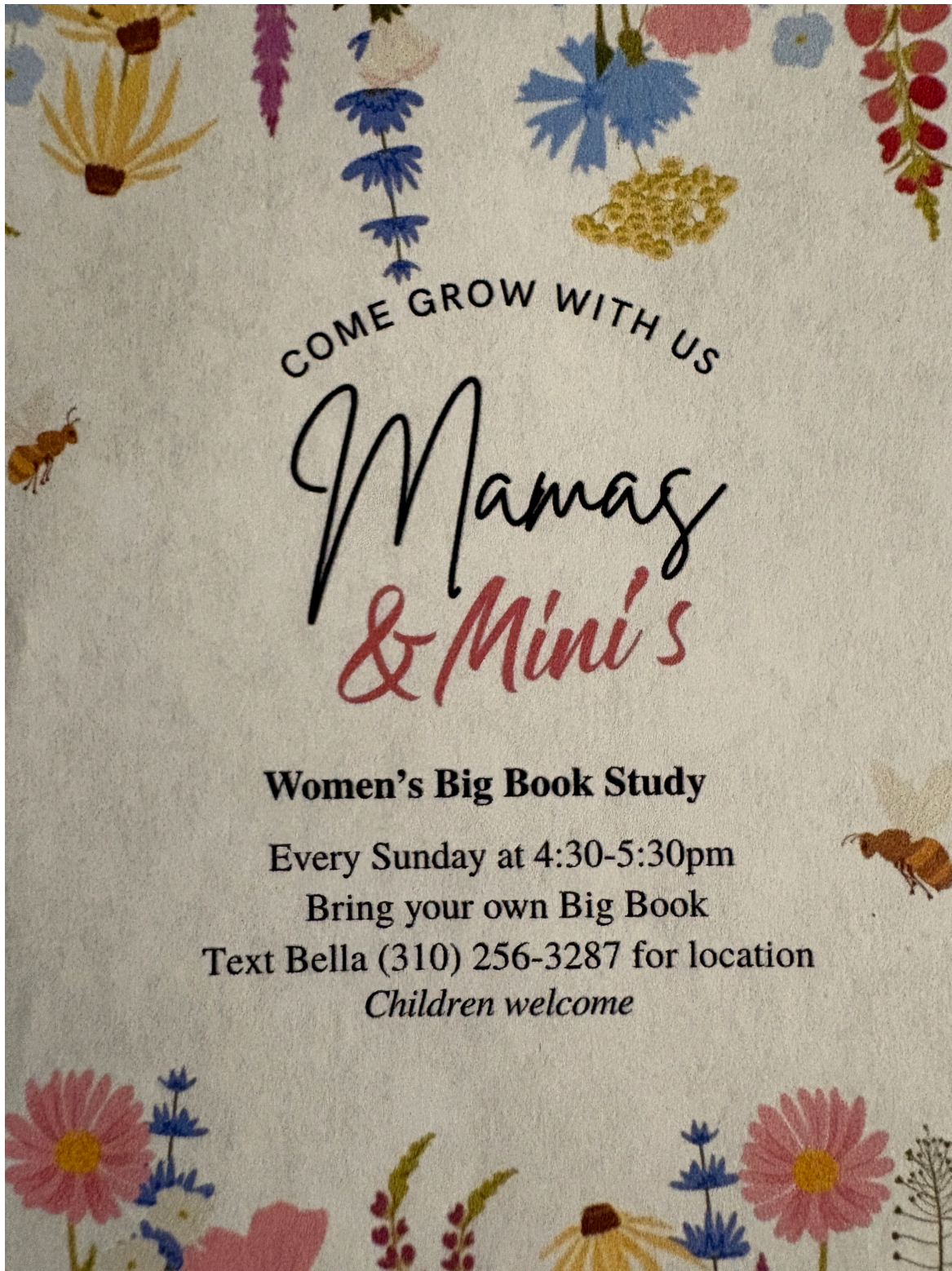
When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the whys that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.

Reprinted from Daily Reflections, p. 222, 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