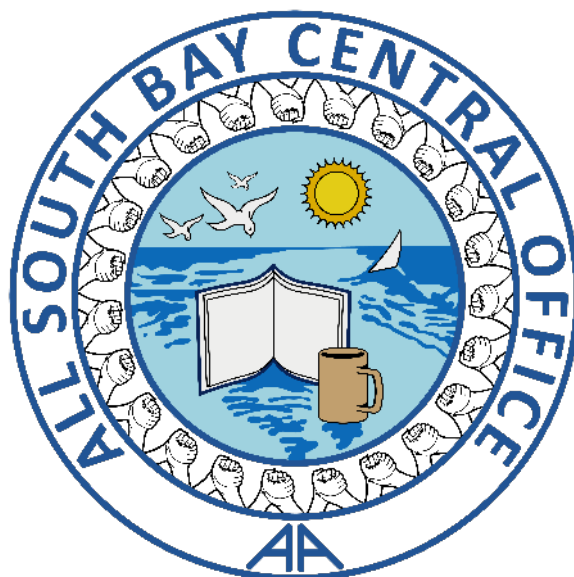


SPEAKEASY

SEPTEMBER 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:

- **Mondays from 1:00 – 4:00 pm**
- **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.

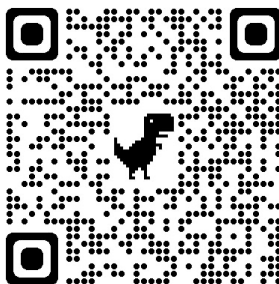
If you have any questions, please email Stokke at asbcophones@gmail.com.

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:

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, 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.

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](https://southbayroundup.org)



SCAN QR CODE

Sonesta Hotel
300 North Harbor Drive
Redondo Beach, CA 90277

[SOUTHBAYROUNDUP.ORG](https://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



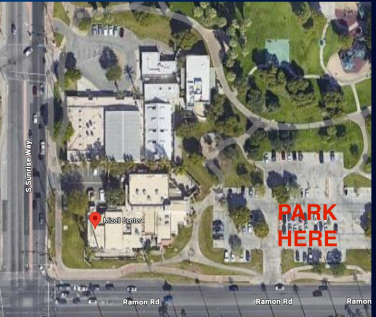
MID - SOUTHERN CALIFORNIA AREA 09

Area Service Assembly

September 13th, 2026

**Mizell Center**
480 S Sunrise Way
Palm Springs, CA 92262
9AM - 3PM
REGISTRATION BEGINS AT 8:00 AM

HYBRID ASA
IN PERSON & ONLINE

**PARK HERE**

Zoom: 896 6166 6203 | Password: Panel76

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.

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 NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Responsibility is the ninth principle of Alcoholics Anonymous.

TRADITION NINE

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

“All the way from coffee-brewers to trustees on the General Service Board, those who take part in A.A. service work are assuming responsibility — not taking on authority. Group officers are responsible to the members of the group; intergroup committees, to the groups in one locality; institutions committees, to A.A. groups in treatment facilities and correctional facilities; area committees, to all groups in their areas; Conference delegates and committees, to all groups in the U.S. and Canada; the General Service Office and Board and the board’s committees, to all groups and members everywhere.”

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

CONCEPT NINE

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous”

A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him and help him with his job. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Good leadership never passes the buck. Our leaders do not drive by mandate, they lead by example. We say to them, ‘Act for us, but do not boss us.’

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

STORIES

Hello, my name is Tracey and my sobriety date is 6/30/93. I intend to share my experience, strength and hope.

I ask myself often, how have I stayed sober for 33 years. I know I haven't done it on my own. I do know in my early sobriety I did what was suggested.

My alcoholism was progressing, but I didn't know it. Waking up in a blackout became normal to me. Then one day a note was left on my bed. It simply said "Tracey, you need help". My father was an alcoholic but not me! I called central office. Somehow I found a meeting at the Alano club.

I remember standing in the entrance of my first AA meeting. I was holding back tears and shaking. I also remember a man pulling out a chair for me and I took a seat. As I looked around I saw smiles and heard laughter. After a while I was able to listen and focus.

I met a friendly girl who reached out to me. We sat outside smoking and talking for hours. She suggested I meet her at the Marriott for a local AA event called the South Bay Roundup. I was ready to do anything, so I took her suggestion. I realized I did not wake up in a blackout or hungover. I began to feel comfortable but was still driven by fear. I remember going to a women's AA meeting. At that meeting I stood up and admitted to myself that I was an alcoholic. The South Bay Roundup brought love and support. I felt happy, I was going to be ok.

I have remained sober. Early sobriety wasn't easy. I "kept coming back", it was suggested "just for today". With my sponsor we worked the steps. I have found my Higher Power that I had walked away from at one time. I have a home group, The Promises. I work with others. With love and support from the fellowship I walked through the loss of my sister, the end of my marriage at three years sober and the loss of a nursing career.

Alcoholics Anonymous has been life changing for me. My life has been so blessed, I have a sober man by my side. No matter what...I just don't drink!

With gratitude.

* * *

Riding the Rods

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

“The first Wednesday evening after my release found me a somewhat shame-faced but intensely curious attendant at a meeting in a private home in this city. Some forty others were present. For the first time I saw a fellowship I had never known in actual operation. I could actually feel it. I learned that this could be mine, that I could win my way to sobriety and sanity if I would follow a few precepts, simple in statement, but profound and far-reaching in their effect if followed. It penetrated to my inner consciousness that the mere offering of lip-service wasn’t enough. Still ignorant, still a little doubting, but deadly in earnest, I made up my mind to make an honest effort to try.

That was two years ago. The way has not been easy. The new way of life was strange at first, but all my thoughts were on it. The going was sometimes slow; halting were my steps among the difficulties of the path. But always, when troubles came, when doubts assailed and temptation was strong and the old desire returned, I knew where to go for aid. Helping others also strengthened me and helped me to grow.

Today I have achieved, through all these things, a measure of happiness and contentment I had never known before. Material success has mattered little. But I know that my wants will be taken care of.

I expect to have difficulties every day of my life; I expect to encounter stops and hindrances, but now there is a difference. I have a new and tried foundation for every new day.

Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 74-75, with permission of A.A. World Services, Inc.

* * *

Excerpts from A.A. Literature

After taking this preliminary trial at making amends, we may enjoy such a sense of relief that we conclude our task is finished. We will want to rest on our laurels. The temptation to skip the more humiliating and dreaded meetings that still remain may be great. We will often manufacture plausible excuses for dodging these issues entirely. Or we may just procrastinate, telling ourselves the time is not yet, when in reality we have already passed up many a fine chance to right a serious wrong.

Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

Reprinted from Twelve Steps and Twelve Traditions, p. 85 & 87, with permission of A.A. World Services, Inc.

* * *

TODAY, IT'S MY CHOICE

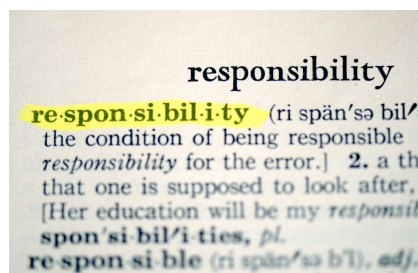
“...we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.”

ALCOHOLICS ANONYMOUS, p. 62

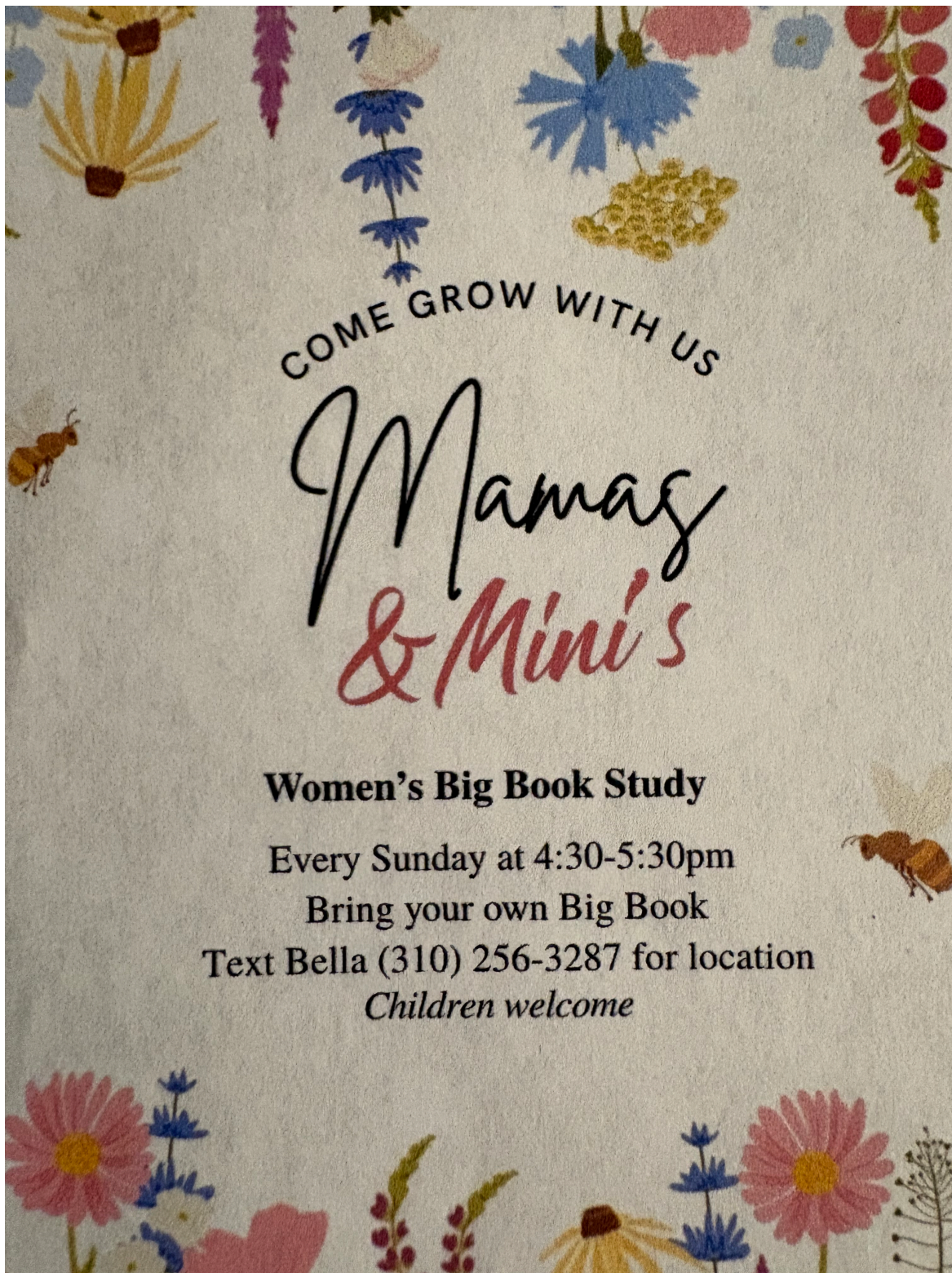
With the realization and acceptance that I had played a part in the way my life had turned out came a dramatic change in my outlook. It was at this point that the A.A. program began to work for me. In the past I had always blamed others, either God or other people, for my circumstances. I never felt that I had a choice in altering my life. My decisions had been based on fear, pride, or ego. As a result, those decisions led me down a path of self-destruction. Today I try to allow my God to guide me on the road to sanity. I am responsible for my action—or inaction—whatever the consequences may be.

Reprinted from Daily Reflections, p. 78, 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