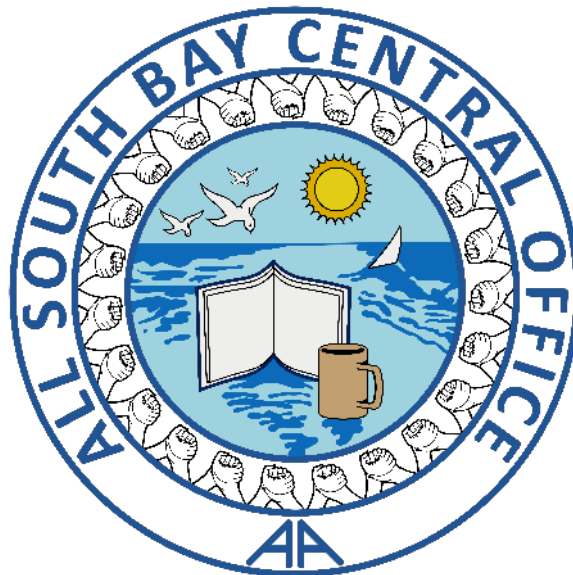


SPEAKEASY

OCTOBER 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 have a few regular phone volunteer shifts open. Please email Stokke at asbcophones@gmail.com for more information.

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.

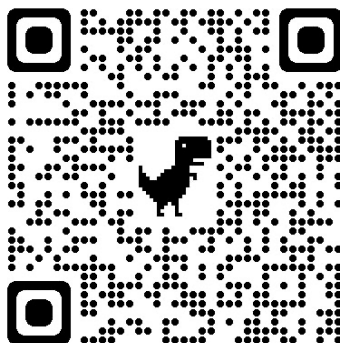
If you have any questions, please email Stokke at asbcophones@gmail.com

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 - 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)

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

GENERAL SERVICE

The GSR meeting for District 1 & 3 is 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 meeting is 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

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

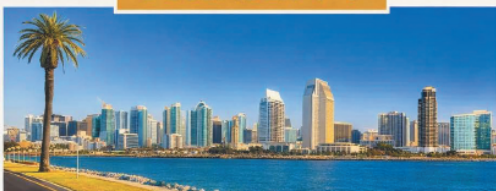
Please View Recordings here:

<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 TEN

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Discipline is the tenth principle of Alcoholics Anonymous.

TRADITION TEN

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Steering clear of outside issues allows us to focus on what we do best. Controversy seems to be a habit for some of us. Yet experience has shown that when speaking as A.A. members it's best not to take a position on outside issues. By not endorsing or opposing anyone or anything, we're free to concentrate on helping drunks get and stay sober.

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

CONCEPT TEN

“Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”

Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.

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

STORIES

The following three paragraphs were written by me in my journal on my home bound flight as I was about three hours from LAX. I had kept this journal while on a trip to Thailand that I took in February of 2006. I had taken this trip alone, was gone over a month and had carried my belongings in a backpack. At the time I was 68 ½ years old, had been a widower for a year and a half, and was just short of eight years into sobriety.

The trip has been a good one. I have not done anything to make our country look bad. I have been respectful, polite, and carried a smile most of the time. I was able to laugh at my myself when I would make errors, I did not take a drink or have a mind-altering drug, and I did not have sex with a prostitute.

I made new friends at AA meetings that were held at the hotels, churches, and eateries. I bowed, nodded my head, shook hands, and showed a pleasant and appreciative face. I missed Noreen every day but always felt she was around and could see me. The book on spirituality has been wonderful and food for thought.

I hope to share my positive experiences with all my friends, starting with my friend, Billy, at the airport in about three hours. I appreciate the opportunity to have had such experiences, and I hope to able to share with Curtis and Aimee some of the things I have learned. They, as well as other, were great in keeping in touch by e-mail. Another miracle!

Over and out.

The Urban Trekker

(Russ N. 5/02/98)

* * *

The Salesman

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

“I say that the meeting did not impress me. However, I could see men whom I had known as good, hard-working drunkards apparently in their right minds, but I just couldn’t see where I came into the picture. I went home, stayed sober for a few days, but was soon back to my regular quota of liquor every day.

Some six months later, after a terrific binge, in a maudlin and helpless state, I made my way to the doctor’s home. He gave me medical treatment and had me taken to the home of one of my relatives. I told him I had come to the point where I was ready for the remedy, the only remedy. He sent two of the members to see me. They were both kindly to me, told me what they had gone through and how they had overcome their fight with liquor. They made it very plain that I had to seek God, that I had to state my case to Him and ask for help. Prayer was something I had long forgotten. I think my first sincere utterance must have sounded pretty weak. I didn’t experience any sudden change, and the desire for liquor wasn’t taken away overnight, but I began to enjoy meeting these people and began to exchange the liquor habit for something that has helped me in every way...

There is another part I want to talk about—a very important part. I think I would have had much more difficulty in getting straightened out if I hadn’t been almost immediately put to work. I don’t mean getting back on my job as salesman. I mean something that is necessary to my continued happiness. While I was still shakily trying to rebuild my job of selling, the doctor sent me to see another alcoholic who was in the hospital. All the doctor asked me to do was tell my story. I told it, not any too well perhaps, but as simply and as earnestly as I knew how.

I’ve been sober for two years, kept that way by submitting my natural will to the Higher Power and that is all there is to it. That submission wasn’t just a single act, however. It became a daily duty; it had to be that. Daily I am renewed in strength and I have never come to the point where I have wanted to say, “Thanks God, I think I can paddle my own canoe now,” for which I am thankful.”

Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 81-82, with permission of A.A. World Services, Inc.

* * *

Excerpts from A.A. Literature

The emphasis on inventory is heavy only because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has become grooved, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than something unusual or set apart.

...we need self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere. We need not be discouraged when we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not for perfection.

Reprinted from Twelve Steps and Twelve Traditions, p. 89 & 91, with permission of A.A. World Services, Inc.

* * *

THROUGHOUT EACH DAY

"This is not an overnight matter. It should continue for our lifetime."

ALCOHOLICS ANONYMOUS, p. 84

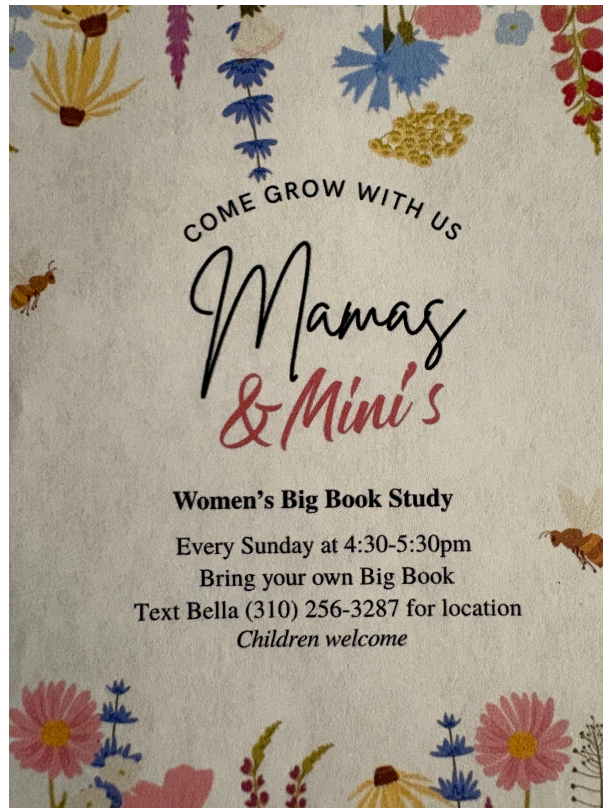
During my early years in A.A. I saw Step Ten as a suggestion that I periodically look at my behavior and reactions. If there was something wrong, I should admit it; if an apology was necessary, I should give one. After a few years of sobriety I felt I should undertake a self-examination more frequently. Not until several more years of sobriety had elapsed did I realize the full meaning of Step Ten, and the word "continued." "Continued" does not mean occasionally, or frequently. It means throughout each day.

Reprinted from Daily Reflections, p. 298, 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