SPEAKEASY

NOVEMBER 2026

Alcoholics Anonymous All South Bay
Central Office Newsletter
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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

CENTRAL OFFICE

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.

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, Front Room (702 11th Place, Hermosa Beach, CA 90254)

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

CENTRAL SERVICE REPRESENTATIVES

The CSR meeting is held on the 4th Tuesday of each month from 7:00 – 8:00 pm at:

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

All are welcome!

CSRs 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.

GENERAL SERVICE

The GSR meeting for District 1 & 3 is held on the 2nd Thursday of each month at:

South Bay Alano Club, Front Room (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

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.

ADDITIONAL RESOURCES

- **Podcast:** Our Primary Purpose is the official podcast from the General Service Office (GSO) of Alcoholics Anonymous for the U.S. and Canada (available at https://www.aa.org/gso-podcast).
- **Newsletter:** Box 4-5-9 is a quarterly news bulletin about A.A. service, literature, events, sharing from groups, service committees and individual U.S./Canada A.A. members (available at https://www.aa.org/newsletters).
- **Meeting Guide App:** Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 500 A.A. service entities directly to the app. Over 150,000 weekly meetings are currently listed. For more information, please visit https://www.aa.org/meeting-guide-app.
- **Everything AA App:** The Everything AA app features A.A. literature and other resources to help carry the message. Easily access your favorite literature, read today's Daily Reflection, listen to book audio, and more. For more information, please visit https://www.aa.org/everything-aa-app.

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
- Fictional Stories
- Poems
- Riddles
- Jokes
- 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.

SUBSCRIPTIONS

The AA Grapevine relies on subscriptions. Annual price is $36.00 for Print, $29.99 for Digital or $56.00 for both (complete). Monthly subscriptions are available as well.

- To order your subscription, please visit https://www.aagrapevine.org/store/us-subscriptions.
- Individual members, groups, areas, or districts may purchase subscriptions for alcoholics in need. To order a gift subscription (print only), please visit https://www.aagrapevine.org/carry-the-message.

With a Digital or Complete Subscription, the most current content is always at your fingertips anytime, anywhere. Download the app at https://www.aagrapevine.org/apps.

ADDITIONAL RESOURCES

- **Podcast:** The Grapevine presents a weekly podcast "AA Grapevine Half-Hour Variety Hour", where long time AA members interview a different member about their experience, strength and hope (available on your favorite podcast platform or at https://www.aagrapevine.org/podcasts).
- **Meeting:** Each week The Grapevine holds an open, virtual AA meeting with a host and two speakers.
  - Day: Wednesday
  - Time: 9:00 AM Pacific Time
  - Zoom Information: Meeting ID: 871 2036 8287, Passcode: 238047
  - The meeting is recorded and available on your favorite podcast platform or at https://www.aagrapevine.org/podcasts.
- **YouTube Channel:** The podcast and meeting can also be found on the AAGrapevine YouTube channel at https://www.youtube.com/aagrapevine.

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







MONTHLY STEP, TRADITION & CONCEPT

STEP ELEVEN

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Spiritual Awareness is the eleventh principle of Alcoholics Anonymous.

TRADITION ELEVEN

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

Providing an example of sobriety can be more powerful than promoting A.A. A.A. is not a secret society. Yet, when it comes to communication with the outside world, there is a line we ought not cross — the line between attraction and promotion. And this line applies to the internet and social media, too, where anonymity can evaporate with the push of a button or a single post. While our friends in the professional community may recommend us, we know that being in the public eye can be hazardous. Rather than promoting A.A., we find it far better to let our actions speak for themselves.

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

CONCEPT ELEVEN

"While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."

Underlying the service structure we have been discussing, there is another, internal structure of service consisting of the nontrustee members of the trustees' committees; the nontrustee directors of the two operating boards, and the executives and staff members. "Members of this group," declares Bill, "not only support the leadership of the trustees: they share leadership with them."

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

STORIES

Today I have 759 Days of continuous sobriety. Today I am free from the obsession to drink alcohol.

My name is Monica. As a fairly recent sober person, I can honestly say that every single aspect of my life has improved since making the decision (or was it God?) to not drink.
Just for today, has been such a blessing to me. Attending meetings regularly, taking commitments and listening to my sponsor has changed my outlook on life. The program of AA is one that is so profoundly simple, yet so paradoxically challenging, that I find the overall experience difficult to capture in words!

As I grow and learn more and more, day to day, about myself and the richness of life as a sober person - I find that if I gather one message that I am able to share, my overall life gets better and better. Now how is it possible for the removal of one element to be responsible for such a change? This I do not know. I do know with absolute certainty, that the freedom of sobriety has given me a gift. A gift that I cherish and want to give to my fellow alcoholics as well as every situation, every person and every being - collectively. We do this together.

Lifted and Free.

* * *

Fired Again

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

"Whenever things went wrong I knew that a few drinks would make everything rosy, my fears, doubts and worries would vanish and I would always promise myself that the next time I would stop short of getting plastered. Somehow things seldom worked out that way though....

I was really worried sick about my drinking, so father again advanced the money for treatment. This time I took a three-day cure and left with the firm resolve never to drink again, got a better position than I'd had before and actually did keep sober for several months, saved some money, paid my debts and again made plans to get married. But the desire for a drink was with me constantly after the first week or two, and the memory of how sick I had been from liquor and the agonies of the treatment I had undergone faded into the background. I had only begun to restore the confidence of my associates, family, friends and myself before I was off again, without any excuse this time....

So it went until about a year ago when a neighbor happened to hear me trying to get into the house and asked my wife whether I had been having some drinking difficulties. This, of course, disturbed my wife but our neighbor was not just inquisitive. She had heard of the work of an ex-alcoholic doctor who was busily engaged in passing on the benefits he had received from another who had found the answer to his difficulties with liquor. As a result of this my wife saw the doctor. Then I talked with him, spent a few days in a local hospital and haven't had a drink since.

While in the hospital about twenty men called on me and told me of their experiences and the help they had received. Of the twenty I happened to know five, three of whom I had never seen completely sober. I became convinced then and there that if these men had learned something that could keep them sober, I also could profit from the same knowledge. Before leaving the hospital, two of these men, convinced of my sincerity of purpose, imparted to me the necessary knowledge and mental tools which have resulted in my complete sobriety for thirteen months, and an assurance that I need never, so long as I live, drink anything of an alcoholic nature if I kept on the right track."

Reprinted from Experience, Strength and Hope (Stories from the First Three Editions of Alcoholics Anonymous), p. 83, 86, 88 & 89, with permission of A.A. World Services, Inc.

* * *

Excerpts from A.A. Literature

Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light— that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted— to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life.

Reprinted from Twelve Steps and Twelve Traditions, p. 99, with permission of A.A. World Services, Inc.

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A DAILY DISCIPLINE

"...when they [self-examination, meditation and prayer] are logically related and interwoven, the result is an unshakable foundation for life."

TWELVE STEPS AND TWELVE TRADITIONS, p. 98

The last three Steps of the program invoke God's loving discipline upon my willful nature. If I devote just a few moments every night to a review of the highlights of my day, along with an acknowledgement of those aspects that didn't please me so much, I gain a personal history of myself, one that is essential to my journey into self-discovery. I was able to note my growth, or lack of it, and to ask in prayerful meditation to be relieved of those continuing shortcomings that cause me pain. Meditation and prayer also teach me the art of focusing and listening. I find that the turmoil of the day gets tuned out as I pray for His will and guidance. The practice of asking Him to help me in my strivings for perfection puts a new slant on the tedium of any day, because I know there is honor in any job done well. The daily discipline of prayer and meditation will keep me in fit spiritual condition, able to face whatever the day brings—without the thought of a drink.

Reprinted from Daily Reflections, p. 317, with permission of A.A. World Services, Inc.

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