

39TH SOUTHBAY FAMILY ROUND UP



2023 SOUTH BAY ROUNDUP SCHEDULE of EVENTS

**Sonesta Hotel
300 N. Harbor Dr., Redondo Beach, CA 90277
Sept 1 – 4, 2023**

It is with the deepest gratitude that I serve as your AA Chairman for the 39th South Bay Roundup! As Bill W said on page 58 of the 12 & 12 - By practicing these 12 steps and participating in the fellowship, we are introduced to a "Magnificent New Reality". As you enjoy this year's roundup, I suggest taking a moment or two to reflect upon the powerful miracle of all the people in recovery enjoying that magnificent new reality. How blessed we truly are! In love and gratitude.

Johnny B., San Pedro

AA Chair

It is an honor and privilege to serve as your Al-Anon Chairman for the 39th South Bay Round Up. The steering committee, AA Chair: Johnny B., my Al-Anon Co-Chair: Mary Beth M and AA Co-Chair: Christy R. have been such an awesome team to collaborate with to make this annual celebration of our 12 step programs possible.

Sponsorship, Fellowship and being of service have led to my own spiritual awakening. We all (or I) achieve a new state of consciousness after receiving the gift of Magnificent Reality from working the 12 Steps.

Carolyn G., Torrance

Al-Anon Chair

Badges are required for all meetings and events.

Please turn off all **cellular phones** and **refrain from texting** when attending meetings.

Children are welcome at meetings, but we request that they be always supervised.

Service Animals are welcome. Personal pets whose function is to provide comfort or emotional support **Do Not** qualify as service animals under the Americans with Disabilities Act. We love your pets but please keep them safely at home. THANK YOU for YOUR understanding.

RECORDINGS OF MEETINGS

Online or Onsite

Available in CD, Flash Drive or Downloads thru
SOUND SOLUTIONS RECORDINGS – (877) 893-2777



ON-SITE REGISTRATION & PRE-REGISTRATION HOURS

Friday	3:00 pm - 10:00 pm	Seascape
Saturday	8:00 am - 9:00 pm	Seascape
Sunday	8:00 am - 9:00 pm	Seascape

AA MARATHON MEETING SCHEDULE

Friday	4:00 pm - 12:00 am	Esplanade Room
Saturday	7:00 am - 12:00 am	Esplanade Room
Sunday	7:00 am - 12:00 am	Esplanade Room

AL-ANON MARATHON MEETING SCHEDULE

Friday	4:00 pm - 12:00 am	Marina Room
Saturday	8:00 am - 12:00 am	Marina Room
Sunday	8:00 am - 12:00 am	Marina Room

MEDITATION SCHEDULE

Friday	3:00 pm - 12:00 am	Promenade Room
Saturday	6:00 am - 12:00 am	Promenade Room
Sunday	6:00 am - 12:00 am	Promenade Room

SCHEDULE AT A GLANCE

(Badges are required to attend all events)

FRIDAY

3:00 pm	Beach Walk Check-In	Seascape Ballroom
5:00 pm	Beach Walk Check-In	Front of Hotel
6:30 pm	Opening Ceremony	Coral Ballroom
8:00 pm	Opening Meeting	Coral Ballroom
9:00 pm	Coffee House.....	Sol

SATURDAY

8:00 am	Bicycle Poker Run	Bike Rentals
9:00 am	Herb K. Workshop	Bay & Catalina
11:00 am	Al-Anon Luncheon	Coral Ballroom
12:00 pm	Live Music.....	Pool Side
2:30 pm	AA Veterans Meeting	5 th Floor
2:30 pm	Jay S. & Bill C. Workshop	Bay & Catalina
6:00 pm	AA Banquet / Show & Speaker	Coral Ballroom
9:00 pm	Coffee House.....	Sol

SUNDAY

7:30 am	Standup Paddle Board Meeting.....	Hotel Foyer
9:00 am	Family Breakfast & Meeting	Coral Ballroom
9:30 am	Standup Paddle Board Meeting.....	Hotel Foyer
12:00 pm	Live Music.....	Pool Side
1:00 pm	AA Longtimers Meeting (All Welcome).....	Coral Ballroom
1:30 pm	Al-Anon Longtimers Tea & Meeting.....	Redondo Rooms
4:00 pm	Interview With A Drunk.....	Coral Ballroom
5:30 pm	BBQ	Pool Side
6:30 pm	Musician's AA Speaker Meeting	Pool Side
9:00 pm	Coffee House.....	Sol

MONDAY

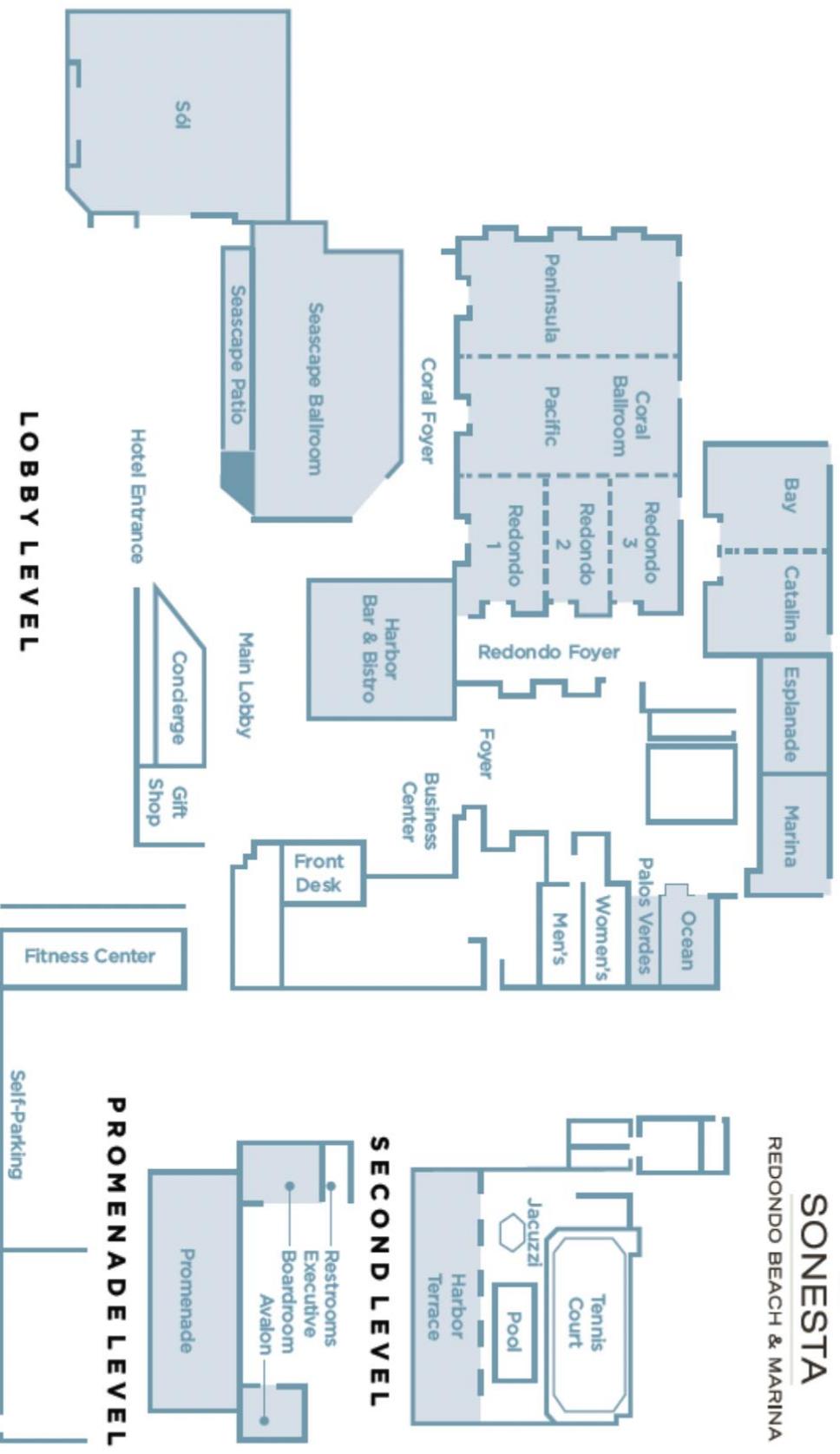
8:00 am	AA Birthday Meeting.....	Bay & Catalina Rooms
10:00 am	AA Closing Ceremony	Coral Ballroom

MEETING ROOM PLANS



SONESTA

REDONDO BEACH & MARINA



LOBBY LEVEL

SECOND LEVEL

PROMENADE LEVEL

AA MARATHON MEETING (Esplanade Room)

FRIDAY

4:00 pm	Powerlessness	Rae L., Redondo Beach, CA
5:00 pm	Steps 10/11	Anthony H., Redondo Beach, CA
6:00 pm	Acceptance is the Answer	Breanne W., Lawndale, CA
7:00 pm	The Emotional Hangover	Zoobia J., Redondo Beach, CA
8:00 pm	Rigorous Honesty	Niky G., El Segundo, CA
9:00 pm	Accepting a Higher Power	Eric D., Redondo Beach, CA
10:00 pm	Twisted Gifts (A New Perspective)	Kimberly F., El Segundo, CA
11:00 pm	Letting Go	Jocelyn K., Torrance, CA

SATURDAY

7:00 am	Faith Over Fear	Nate H., Redondo Beach, CA
8:00 am	Powerlessness	Bud B., Hermosa Beach, CA
9:00 am	Fear	Royal O., Menifee, CA
10:00 am	Dealing with Anger	John M., Redondo Beach, CA
11:00 am	Fellowship	Matt D., San Pedro, CA
12:00 pm	4 th Step	Chris R., Torrance, CA
1:00 pm	Acceptance is the Answer	Alexis J., San Pedro, CA
2:00 pm	The 12 Principals (Virtues) of AA in Your Sobriety	Barry K. & Kenny V., Lakewood, CA
3:00 pm	Happy, Joyous & Free	Leena G., Hermosa Beach, CA
4:00 pm	Easier Softer Way	Lora R., Rancho Palos Verdes, CA
5:00 pm	Honest, Open Minded and Willing	Brent D., Redondo Beach, CA
6:00 pm	Surrendering	Matthew S., Los Angeles, CA
7:00 pm	Overcoming	Julia L., Redondo Beach, CA
8:00 pm	Rocketed Into the 4 th Dimension	Mark N., Torrance, CA
9:00 pm	Subtle Forms of Resentment	Vic M., Carson, CA
10:00 pm	Spiritual Principals	Ronnie M., San Pedro, CA
11:00 pm	Let Go or Get Dragged	Robert G., Torrance, CA

SUNDAY

7:00 am	Spiritual Malady	Morgan B., San Pedro, CA
8:00 am	The Promises	Robert S., Long Beach, CA
9:00 am	A New Freedom And a New Happiness	Rick Q., Lomita, CA
10:00 am	The Family Afterwards	Mike R., Redondo Beach, CA
11:00 am	Vital Sixth Sense	Alice L., Redondo Beach, CA
12:00 pm	Why Do I Resist?	Dorothy D., Torrance, CA
1:00 pm	Gratitude & Grief	Neena N., Torrance, CA
2:00 pm	H&I Panel and Sharing	South Bay H&I, Redondo Beach, CA
3:00 pm	H&I Panel and Sharing	South Bay H&I, Redondo Beach, CA
4:00 pm	12 th Step	Dylan G., Redondo Beach, CA
5:00 pm	Service	Todd M., Redondo Beach, CA
6:00 pm	Surrender	Andrew L., Lawndale, CA
7:00 pm	Complete Surrender	Tim B., Redondo Beach, CA
8:00 pm	Walking Through Fear	Matt H., Torrance, CA
9:00 pm	Acceptance	Dominic B., Redondo Beach, CA
10:00 pm	Fear of Fear	Kimchi R., Palos Verdes Estates, CA
11:00 pm	The Verdict of the Ages	Jeff A., Golden, CO

AL-ANON MARATHON MEETING (Marina Room)

FRIDAY

4:00 pm	The Key to Recovery & Happiness	Kathryn L., Redondo Beach, CA
5:00 pm	A Magnificent Life	Melanie P., Palos Verdes, CA
6:00 pm	When I Surrender	Sandy Z., Hermosa Beach, CA

SATURDAY

8:00 am	One Day At a Time	Gretchen O., Torrance, CA
9:00 am	Attitude of Gratitude	Robin G., Redondo Beach, CA
10:00 am	First Things First	Ricardo Q., Lomita, CA
11:00 am	Tears & Fears & Cheers	Vickie F., Lomita, CA
12:00 pm	Symptoms of Inner Peace	Jennifer V., Culver City, CA
1:00 pm	Living in Reality	Kim S., Inglewood, CA
2:00 pm	Perspective	Mickey W., Rosarito, CA
3:00 pm	How Free Do You Want To Be	Alicia
4:00 pm	Living with The Traditions	Gloria P., Torrance, CA
5:00 pm	Easy Does It	Theresa W., Gardena, CA
6:00 pm	Courage to Change	Conna C., Torrance, CA
7:00 pm	Courage	Jean K., Torrance, CA
8:00 pm	Let Go and Let God	John Z., Hermosa Beach, CA
9:00 pm	Keep It Simple	Linda T., Fullerton, CA
10:00 pm	Reality Now	Bernadette H., Torrance, CA
11:00 pm	How Can I Sleep	Stephanie

SUNDAY

8:00 am	Freedom	Buc R., Gardena, CA
9:00 am	Live and Let Live	Debbie K., Torrance, CA
10:00 am	How Important Is It	Francis G., Westchester, CA
11:00 am	Powerlessness	Denise M., Palos Verdes, CA
12:00 pm	"Or it Could Mean This"	Kevin
1:00 pm	The 3A's	Manette M., Redondo Beach, CA
2:00 pm	Allowing Silence and Space	Esther T., Culver City, CA
3:00 pm	Peace of Mind	Sandra D., Torrance, CA
4:00 pm	Self Love	Terri L., Torrance, CA
5:00 pm	Belonging	Linda B., Torrance, CA
6:00 pm	Living in Today	Maureen D., Redondo Beach, CA
7:00 pm	My New Reality	Suze C., Long Beach, CA
8:00 pm	Applying the Do's and Dont's	Vickie W., Los Palmas, CA
9:00 pm	How Important Is It	Mary F., Torrance, CA
10:00 pm	Magnificent Reality	Kim H., Hawthorne, CA
11:00 pm	Open	A Volunteer

MEDITATION ROOM (Promenade Room, 2nd Floor)

FRIDAY

3:00 pm	Open Meditation	Beverly M., Torrance, CA
4:00 pm	Open Meditation	House of Hope, San Pedro, CA
5:00 pm	Open Meditation	Sonya R., Los Angeles, CA
6:00 pm	Open Meditation	House of Hope, San Pedro, CA
10:00 pm	Open Meditation	Julie B., Inglewood, CA
11:00 pm	Open Meditation	

SATURDAY

6:00 am	Open Meditation	Roxanne P., Harbor City, CA
7:00 am	Guided Meditation	Marc G.
8:00 am	Open Meditation	Margaret O.
9:00 am	Meditation 101	Franny S., Gardena, CA
10:00 am	11 th Step Meditation	Carter S., Gardena, CA
11:00 am	Guided Meditation	Alix P.
12:00 pm	Open Meditation	Jennifer M., Torrance, CA
1:00 pm	Healing Meditation with Sound Bath	Gloria P., Torrance, CA
2:00 pm	Open Meditation	Vivian O., Harbor City, CA
3:00 pm	Guided Relation Meditation	Patty G., Redondo Beach, CA
4:00 pm	Open Meditation	Rebecca F., Torrance, CA
5:00 pm	Open Meditation	Susie
6:00 pm	Yoga for Recovery	Lori, San Diego, CA
7:00 pm	Open Meditation	Wendy H.
8:00 pm	Open Meditation	Carla C.
9:00 pm	Open Meditation	
10:00 pm	Open Meditation	Wendy H.
11:00 pm	Open Meditation	

SUNDAY

6:00 am	Open Meditation	
7:00 am	Open Meditation	Dr Jim D., Long Beach, CA
8:00 am	Open Meditation	David B.
9:00 am	Meditation 101	Franny S., Gardena, CA
10:00 am	Open Meditation	
11:00 am	Healing Meditation w/ Sound Bath	Gloria P., Torrance, CA
12:00 pm	Guided Relaxation Meditation	Patty G., Redondo Beach, CA
1:00 pm	Open Meditation	Silvia L.
2:00 pm	Open Meditation	Melissa W., Palos Verdes, CA
3:00 pm	Yoga for Recovery	Lori J., San Diego, CA
4:00 pm	Open Meditation	Christi L.
5:00 pm	Open Meditation	Marg A.
6:00 pm	Open Meditation	Maryann M.
7:00 pm	Open Meditation	
8:00 pm	Open Meditation	Michelle R.
9:00 pm	Sound Bath	Michelle R.
10:00 pm	Open Meditation	
11:00 pm	Open Meditation	

MONDAY

6:00 am	Open Meditation
7:00 am	Open Meditation
8:00 am	Open Meditation
9:00 am	Open Meditation

COFFEE HOUSE (Sol)

FRIDAY (Starts 9pm)

- SWANKY BAND
- CASH ONLY
- ZACH L.
- OPEN MIC

SATURDAY (Starts 9pm)

- STINKING ROTTEN JELLY BEANS
- CHUCK ALAREZ and FRIENDS
- KAROKE

SUNDAY (Starts 9pm)

- MADDIE ROSE
- STEVE G AND TOME E
- LIZ GHERNA and MIKE Y and SPECIAL GUEST

POOL SIDE – LIVE MUSIC

SATURDAY

12:00 pm	BERNIE AND THE BEAVERS
1:30 pm	CHOYCE
3:00 pm	GARAGE DOORS
4:30 pm	LUCKY SILVERBACK
6:00 pm	CHUCK ALVAREZ

SUNDAY

1:00 pm	FOR CRYING OUT LOAD
2:30 pm	PROPAGATION OF SOUND
4:00 pm	SNAKEPIT
5:30 pm	THE RESENTMENTS

OUTSIDE ACTIVITIES

Friday Walking Map (5 – 6:30 pm)

(Check in at the front of the Hotel)



Walking Map

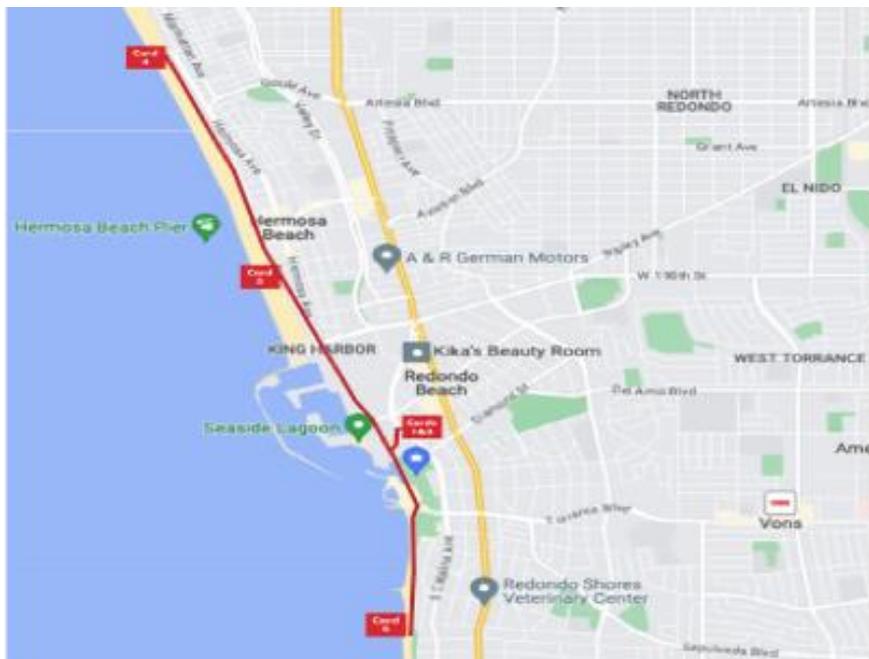
 SBEU Greeter
(5:00-6:30 pm Friday)

Saturday SUP

- 7:30 – 9 am
- 9:30 – 11 am

Check in at the front of the hotel 45 min before SUP session.

Sunday PokerCycle (8 – 10 am)



**Pokercycle
Map**

 CARD STOP



MEETING DETAILS

Opening Ceremony

Emcee	Danny D., Carson
Opening Extravaganza Musical Chair	Becky A., Torrance
Co-Chair	Danny D., Carson
Co-Chair	Kelly B., Redondo Beach

Opening Meeting

Leader	Tim L., Lawndale
Preamble	Earl G.,
Chapter 3	Kim E., Lawndale
Keys to the Kingdom	Jack P., San Pedro
Speaker Intro	Donna McC., Lawndale
Speaker	Mike A., Nashville
Closing Prayer	Lea Lea, Torrance

AI-Anon Luncheon

Leader	Carolyn G., Torrance
Understanding Ourselves	Kim H., Hawthorne
Just For Tonight	Marie R., Torrance
Do's and Don'ts	Rhonda D., Torrance
Speaker Intro	Bruce G., Torrance
Speaker	Rick J., Ontario
Closing Prayer	Chris E., Rancho Palos Verdes

Interview with a Drunk

Leader	John B., Seal Beach
Speaker	Carol M., Orange

Banquet Dinner & Meeting

Leader	Johnny B., San Pedro
Chapter 3	Michael W., Cedar Glen
Chapter 5	Mary Mc., San Pedro
Speaker Intro	Tim T., Lakewood
Speaker	Todd J., Texas
A Vision for You	Shy L., San Pedro
Closing	Jeff P., Lomita

Family Breakfast

Leader	MaryBeth M., Torrance
AI-Anon Reading	Judee C., Torrance
AA Chapter 9	Stephanie C., San Pedro
Speaker Intro	Jacque P., Lomita
AA Speaker	Clif G., Oklahoma
Speaker Intro	Jacque P., Lomita
AI-Anon	Lori G., Oklahoma
Closing Prayer	Frank C., Lomita

MEETING DETAILS

Al-Anon Longtimers Tea

Leader	Stephanie O., Torrance
Tradition 7 How	
Al-Anon Works	Stephanie O., Torrance
Reading Understanding	
Ourselves in Al-Anon	Mindy C., Santa Clarita
Introduction to Sharing	Danny B., Torrance
Timer	Chris E., Palos Verdes
Do's and Don'ts	Ray S., Redondo Beach
Closing Prayer	Lupe V., Redondo Beach
Ushers and Microphones	Bruce G., Torrance, Ricardo Q., Torrance, Keira C., Lomita, Tommy R., Torrance

Musicians Meeting

Opening Prayer	Joy G., Valley Glen
Leader	David G., Valley Glen
Chapter 5	Sean M., Beverly Hills
Speaker Intro	Dee B., Hermosa Beach
Speaker	Gersh G., Los Angeles
A Vision for You	Claudia J., Sherman Oaks

Veterans Meeting

Leader	Michael P., Dominquez Hills
Chapter 3	Ken S., Los Angeles
Chapter 5	Clayton B., Manhattan Beach
12 Traditions	Everett K., Torrance
A Vision for You	Herb O., Torrance
Veteran Chips	Herb O., Torrance
Timer	Everett K., Torrance

AA Longtimers Meeting

Leader	Alan R., Manhattan Beach, 40 Yrs
Chapter 5	Kim B., Lomita, 27 Yrs
Traditions	Kathy P., Redondo Beach, 31 Yrs
A Vision for You	Francesca B., Redondo Beach, 28 Yrs
Participant Managers	Jerry H., Oxnard, 37 Yrs
Timer	Karen H., Hawthorne, 36 Yrs

Birthday Meeting

Leader	Wayne'O C., Redondo Beach
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Closing Meeting

Leader	Christy R., Hermosa Beach
Preamble	Jason B., Lomita
Chapter 5	Michael R., Hermosa Beach
Speaker Intro	Jay S., Sedona
Speaker	Mildred F., Toronto
Vision for You	Steve R., Saugus
Closing Prayer	Kim B., Lomita

39TH SOUTHBAY FAMILY ROUND UP



OPENING CEREMONY
EXTRAVAGANZA

THE MUSICAL

*****FEATURING*****

JAMES * EMILY * LEN * CHRIS * KIKO * HANNA
MICHAEL BEVERLIE * BECKY * EARL * MARIA

CHOREOGRAPHED BY ANITA M. WRITTEN / DIRECTED BY DANNY D

*****LIVE MUSIC BY*****

TED * YUKO * STEVE * RAMON * SAM * NINO

FRIDAY SEPTEMBER 1 7PM SONESTA HOTEL

GO TO SBRU REGISTER TODAY- DOORS OPEN AT 6PM

BANQUET DINNER SHOW
BANQUET DINNER SHOW
BANQUET DINNER SHOW



FEATURING A 10 PIECE LIVE BAND

Saturday Night

AFTER THE SPEAKER MEETING IN THE MAIN BALLROOM

LIVE MUSIC DANCE

FEATURING

BIGSHOT

WITH PLAYERS AND SPECIAL GUESTS
FROM ELTON JOHN * ERIC CLAPTON
THE DOOBIE BROTHERS * PAUL STANLEY
TOM PETTY AND THE HEARTBREAKERS
THE 5th DIMENSION * RONNIE MONTROSE
AVERAGE WHITE BAND * DURAN DURAN
SHOULD I KEEP GOING?

10PM TO MIDNITE MUST BE REGISTERED

IN CLOSING

Thank you for joining our annual South Bay Family Round Up. Each person who comes adds to the power and magic of our program, that it works — it really works!

Putting together this event requires the efforts of South Bay AA's and Al-Anons, and they have put in their time, their talents and their love to make this party happen.

We know they have received the internal rewards of spiritual growth, greater self-esteem and increased connection to others, but we would also like to take this opportunity to publicly thank them all.

Adapting to the changing times in spirit of this year's theme, Magnificent Reality, we incorporated new events to include as many people as possible. Thank you for your generous donations to help make this event possible.

With love,
Your Sites and Policies Committee,

Michael R., Hermosa Beach, Dave B., Torrance, Jerry McD., Westchester, Larcine G., Hawthorne, Dee D., Hawthorne, Chris R., Redondo Beach, Becky A., Torrance, Kristin W., Redondo Beach, Melanie P., Palos Verdes, and Michael S., Torrance.