



A Message from Our Chairs

Welcome to our 41st South Bay Family Roundup!

I was about 8 months sober for the 1st Roundup. What a gift to have had this event be an integral part of my recovery all this time. Like so many others I found "The Key to Life and Happiness" by applying the principles of AA and Al-Anon.

I am grateful for the opportunity to serve as 2025 AA Chair and experience the commitment and dedication of the many people it takes to make this event a success.

We invite you to participate fully in this weekend; to share in the love, connection and gratitude that we are so fortunate to experience!

*Yours in love and service,
Mark H.
2025 AA Chair*

A warm welcome to our 41st South Bay Family Roundup - which in essence - exemplifies love and service in action.

May the experiences of this weekend fill hearts and minds with mutual shares of friendship and fellowship, help and hope, recovery and transformation.

The key to life and happiness is always within reach - one prayer at a time.

*A trusted servant,
Lupe V., Redondo Beach
Al-Anon Chair 2025*

Thank you for your Service

Behind every successful Roundup is a dedicated team of volunteers. The Roundup relies on hundreds of volunteers to make it a success. Below is a list of this year's service committee chairs and past SBRU convention chairs, each lead a team of individuals who contribute to the event's success.

2025 South Bay Roundup Co-Chairs: AA Co-Chair Dianne K. | **Al-Anon Co-Chair** Linda McBlu. **Committee Chair and Co-Chairs: AA Literature** - Central Office Jerry R. & Rob D. | **Al-Anon Literature** Conna C. & Gretchen O. | **AA Oldtimers' Meeting** Tim L. & Kim E. | **Al-Anon Longtimers' Tea** Helen L & Vicki V. | **AA Marathon Meetings** Ricardo Q. & Ray S. | **Al-Anon Marathon Meetings** Frances G. & Nataly S. | **Coffee House** Steve G. | **Decorations** Christy R. & MaryBeth M. | **Entertainment (Opening Ceremony, Inside & Outside)** Steve G., Michael S., Tammy G., Risa M. & Karen H. | **Finance** Crystal J., Susan B. & Jim B. | **Gift Baskets** Bobby R. & Annie D. | **Graphics/Program** Maricela G. | **Greeters** Emily T. & Alya L. | **Hotel Room Liaison** Melanie P. | **Hotline** Dee D. | **Hosts/Hostesses** Barbara M. & Wendy S. | **Meditation** Tara H. & Tina S. | **Meeting Set Up** Beverlie M. & Chris M. | **On-Site Information** Cruz N. & Neely H. | **Outside Activities** Kristin W., Tara H., Tim B. & JJ S. | **Parking** Earl G. | **Pick Up & Delivery** Jack P. & Steve F. | **Purchasing** Donna McC. & Jon McC. | **Registration Outreach** Nicky G. | **Registration Teams** Eric G. & Ogy D. | **Safety & Security** Erik S. & Robert S. | **Signs** Kent K. & Michael R. | **Souvenirs** Denise M. & Veronica D. | **Speaker Host** Jacquie P. | **Speaker Liaison** Cathy S. | **Treasurer** Chris R. | **Ushers** Nate H. & Tommy R. | **VIP Raffle** Keira O., Robert C., Kelly C. & Mary F. | **Website** Michael R. | **Young People AA** Alice L. & Kendel O. | **50/50 Raffle** Kim H. & Alicia Y.

1st 1985	Dave B. Rachelle R.	11th 1995	Bert M. Larcine G.	21st 2005	Jon McC. Mickey W.	31st 2015	Dale W. Melody K.
2nd 1986	Dave B. Rachelle R.	12th 1996	James D. Les W.	22nd 2006	Chris R. Dick B.	32nd 2016	Mary Mc. Thomas B.
3rd 1987	Franny S. Chris C.	13th 1997	Don A. Margaret C.	23rd 2007	Vince Z. Cheryl S.	33nd 2017	Michael R. Carol G.
4th 1988	Dave B. Judy G.	14th 1998	Curt S. Sandy L.	24th 2008	Becky A. Linda C.	34th 2018	Roxanne P. Danny B.
5th 1989	Dave B. Rachelle R.	15th 1999	Susan B. Gayle K.	25th 2009	Jeff P. Sandra D.	35th 2019	Ricardo Q. Stephanie O.
6th 1990	Dave B. Rebecca C.	16th 2000	Jerry R. Carol T.	26th 2010	Donna McC. Jean K.	36th 2020	Jackie P. Chris E.
7th 1991	Roger D. Dee D.	17th 2001	Butch G. Dinah D.	27th 2011	Dale W. Stella V.	37th 2021	Maricela G. Margie C.
8th 1992	Roger D. Dee D.	18th 2002	Rich M. Lynne D.	28th 2012	Tim T. Kim H.	38th 2022	Jack P. Melanie P.
9th 1993	Chris R. Gloria C.	19th 2003	Ron S. Karen P.	29th 2013	Tim L. Frances G.	39th 2023	Johnny B. Carolyn G.
10th 1994	Mike C. Cathy S.	20th 2004	Cathy W. Eloise S.	30th 2014	Beverlie M. Bruce G.	40th 2024	Christy R. MaryBeth M.

At a Glance

FRIDAY, AUGUST 29

3 PM REGISTRATION OPENS
Seascape Ballroom

3 PM MEDITATION ROOM OPENS
Ocean Room

4 PM AA MARATHON OPENS
Bay Room

4 PM AL-ANON MARATHON OPENS
Catalina Room

6:30 OPENING CEREMONY

8 PM OPENING MEETING
Coral Ballroom

9:30 PM LIVE MUSIC
Sol

SATURDAY, AUGUST 30

8 AM REGISTRATION OPENS
Seascape Ballroom

8 AM YOGA
Poolside

8 AM BEACH WALK
(Free Event)
Hotel Lobby

SATURDAY, AUGUST 30 Cont'd

9 AM HERB K. WORKSHOP
Emotional Sobriety - Joy of Living
Promenade Room
Second Floor

11 AM AL-ANON LUNCHEON
Ticketed Event
Coral Ballroom

12 - 6 PM LIVE MUSIC
Poolside

2:30 PM VETERANS MEETING
Bay Room

2:30 PM JAY S. & BILL C.
WORKSHOP
"Bill W. the Seeker"
Promenade Room
Second Floor

6 PM BANQUET DINNER,
MEETING, SHOW &
DANCE
Ticketed Event
Coral Ballroom

7 PM LIVE MUSIC
Sol

8 - 11:30 PM YOUNG PEOPLES
SPEAKER MEETING &
DANCE
Promenade Room
Second Floor

SUNDAY AUGUST 31

- 7:30 - 9 AM** SUP MEETING
GROUP ONE
Ticketed Event
Public Dock
- 8 AM** YOGA
Poolside
- 9 AM** FAMILY BREAKFAST
Ticketed Event
Coral Ballroom
- 10 - 11:30 AM** SUP MEETING
GROUP TWO
Ticketed Event
Public Dock
- 11:30 AM** AA WOMEN'S
SPEAKER MEETING
Promenade Room
Second Floor
- 12 - 6:30 PM** LIVE MUSIC
Poolside
- 12:15 - 2 PM** AA OLDTIMERS
MEETING
(All Welcome)
Coral Ballroom
- 1 - 2:30 PM** SUP MEETING
GROUP THREE
Ticketed Event
Public Dock

SUNDAY AUGUST 30 Cont'd

- 3 PM** AL-ANON
LONGTIMERS TEA
(All Welcome)
Coral Ballroom
- 2:30 - 4 PM** INTERVIEW WITH A
DRUNK
Promenade Room
Second Floor
- 5 PM** BBQ
Poolside
- 6:30 PM** MUSICIANS MEETING
Poolside
- 8 PM** BILL WILSON MOVIE
Coral Ballroom
- 8 PM** LIVE MUSIC
Sol
- 10 PM** LATE NIGHT COMEDY
SHOW
Promenade Room
Second Floor
- ## MONDAY SEPTEMBER 1
- 8 AM** BIRTHDAY MEETING
Bay & Catalina Rooms
- 10 AM - 1 PM** CLOSING MEETING
Coral Ballroom

FRIDAY AUGUST 29

Opening Ceremony

Emcee Michael R., Hermosa Beach

Opening Redondo Union HS Marine Corps Jr. ROTC Color Guard

National Anthem Natalie F. B., Santa Monica

Chair Tammy G., Beaumont

Co Chair Risa M., Manhattan Beach

Flag Chair Karen H., Hawthorne

Opening Meeting

Leader Melissa C., Redondo Beach

Anonymity Statement Jessica H., Torrance

AA Preamble Stacy H., Torrance

Chapter 3 Ron R., Redondo Beach

Chapter 5 Chris T., Redondo Beach

A Vision For You Lori L., Manhattan Beach

Speaker Intro Xochitl N., Santa Monica

Speaker Jason J., Oregon City, OR

Closing Prayer Keith H., Redondo Beach

SATURDAY AUGUST 30

AI-Anon Luncheon

Leader Lupe V., Redondo Beach

Invocation & Grace Ricardo Q., San Pedro

12 Steps Dave C., Palos Verdes

12 Traditions Sandra D., Torrance

An Open Letter from an Alcoholic

Jennifer C., San Pedro

January 1 Excerpt from Courage to

Change Zoie C., Palos Verdes

Thoughts to Live By Susan B., Torrance

Speaker Intro Dinah D., Palm Desert

Speaker Corrie L., Wetunka, AL

Closing Prayer Jean K., Torrance

SATURDAY AUGUST 30 Cont'd

Veterans Meeting

Leader Tim G., Peoria, AZ

Chapter 3 Everett K., Torrance

Chapter 5 Mo O., Los Angeles

12 Traditions Ken S., Los Angeles

A Vision for You Jim S., Redondo Beach

Veteran Chips Jim G., Hawthorne

Banquet Dinner, Meeting & Show

Invocation Chris W., Los Alamos, NM

Leader Mark H., Torrance

Anonymity Statement Emily T., Redondo Beach

AA Preamble Devon G., Manhattan Beach

Chapter 3 Nicole W., Los Alamos, NM

Chapter 5 William C., New Braunfels, TX

A Vision For You Megan C., New Braunfels, TX

Speaker Intro Bill C., Torrance

Speaker Don L., Bellingham, WA

Closing Prayer Nate H., Redondo Beach

Banquet Show Steele Soul Review

Young Peoples Meeting

Leader: Camille A., Redondo Beach

There Is A Solution: Hanna R., Redondo Beach

We Agnostics: Isaiah L., Los Angeles

Speaker Intro: Nikki A., Westchester

Speaker: Anoosh Y., Hermosa Beach

10th Step Promises: Gregory G., Redondo Beach

SUNDAY AUGUST 31

Family Breakfast

Leader Linda McBlu., El Segundo

Al-Anon - Understanding Ourselves

Rene C., El Segundo

AA - Chapter 5 Earl G., Redondo Beach

Speaker Intro Andrew J., Lomita

AA Speaker Amanda B., Montgomery, AL

Speaker Intro Anya J., Lomita

Al-Anon Speaker Angie B., Destin, FL

Closing Prayer Linda McBlu., El

Segundo

AA Women's Meeting

Leader Mary Mc., San Pedro

Anonymity Statement Rhonda T., Hawthorne

AA Preamble Maricela G., Lakewood

Chapter 5 Angie Mc, Lawndale

A Vision For You Barbara M., Torrance

Closing Prayer Dori R., San Pedro

Speaker Stacy A., Montebello, CA

AA Oldtimers Meeting

Leader Tim L., El Camino Village, 36 years

AA Preamble Steve F., Torrance, 4 years

Chapter 5 Kim E., El Camino Village, 38 years

A Vision for You Ginger B., Lomita, 44 years

Wheel Spinner / Name Draw Jim H., Rancho Santa Margarita, 36 years

Timer / Bell Ringer Jamie B., Torrance, 37 years

Closing Prayer Jack P., San Pedro, 14 years

SUNDAY AUGUST 31 Cont'd

Al-Anon Longtimers Tea

Welcome Statement Helen L., Torrance

Serenity Prayer Vicki V., Kingman, AZ

One Day at a Time Vicki V., Kingman, AZ

What Can I Expect Carol G., Hawthorne

Checklist to Review Dianne K., Harbor City

Long Timer Introduction and

Sharing via Hat Draw Vicki V.,

Kingman, AZ and Helen L., Torrance

Timer Vanessa V., Kingman, AZ

Microphones Tommy R., Torrance and Jida S., Aqua Dulce

Closing Reading from Survival to

Recovery (Pg. 267-268) Margie R., Redondo Beach

Closing with "Al-Anon Declaration" Helen L., Torrance

Musicians Meeting

Leader Michael S., Gardena

Speaker Intro Denny S., Woodland Hills

Speaker Chris L., Austin, TX

MONDAY SEPTEMBER 2

Birthday Meeting

Leader Wayne'O C., Redondo Beach

Closing Meeting and Countdown

Countdown Jim H., Rancho Santa Margarita

Leader Dianne K., Harbor City

Preamble Dorothy D., Torrance

Chapter 5 Sheri L., Redondo Beach

Speaker Intro Breanne W., Redondo Beach

Speaker Megan G., Broken Arrow, OK

Vision For You Ginger B., Lomita

Closing Prayer Lani M., Torrance

AA Marathon Meetings BAY ROOM

Friday

Time	Topic	Leader
4 PM	Living in the Solution	Ray S., Redondo Beach
5 PM	Spiritual Experience	David C., (Bottom Line)
6 PM	Faith & Fear	Tim O., Hermosa Beach
7 PM	Working with Others	Esther C. (MWA)
8 PM	Principles - Personalities	Beacon House
9 PM	Sober Together	Beacon House
10 PM	Action Action Action	Jonathan G. (TLC)
11 PM	Made a Decision	Stanley M., Torrance

Saturday

Time	Topic	Leader
7 AM	Daily Reprieve	JJ S., Hermosa Beach
8 AM	The Promises	Bud D. (South Bay ALANO club)
9 AM	Trusting Your Higher Power	Brae W. (Solutions W. Meeting)
10 AM	Honesty	Alex M., Redondo Beach
11 AM	Happiness	Tracey E., Compton
12 PM	Freedom	Alice L. (We Agnostics- Covina)
1 PM	Integrity	Mannie V. (LBC -Sat Night Live)
2 PM	Veterans Meeting	Tim G., Peoria, AZ
4 PM	A New Hope	Mark N., Carson
5 PM	Forgiveness	Isaiah (Back To Basics)
6 PM	10th Step	Tim H. (TLC)
7 PM	Relationships	Josh B. (TLC)
8 PM	The Family Afterward	Roger C. (Greenwood Man Stag)
9 PM	Letting Go and Letting GOD	Casey K. (Willmington)
10 PM	Surrender to Win	Mark S. (Happy Endings)
11 PM	Making Amends	Kiko C. (Happy Endings)

Sunday

Time	Topic	Leader
7 AM	Daily Reflections	TBD
8 AM	Acceptance	Tony D., Lomita
9 AM	Spiritual Practice	Dennis K. (Trudgers)
10 AM	God of My Understanding	Robert S. (TLC)
11 AM	First Things First	Joe V., Wilmington
12 PM	Making Amends to our Partners	Elizabeth S. & Javier
1 PM	Willingness	Kendell O. (BBB Group)
2 PM	Hospitals & Institutions	H & I
3 PM	Hospitals & Institutions	H & I
4 PM	Gratitude	Cyn V., San Pedro
5 PM	Not a Glum Lot	Michael R., San Pedro
6 PM	A Vision for You	Harvey S. (TLC)
7 PM	The Road of Happy Destiny	Janice C. (TLC)
8 PM	Carrying the Message	Jim G. (TLC)
9 PM	Emotional Sobriety	Mike M., Torrance
10 PM	Young People in Sobriety	ACYPAA
11 PM	Young People in Sobriety	ACYPAA

Al-Anon Marathon Meetings CATALINA ROOM

Friday

Time	Topic	Leader
4 PM	The 3 C's	Carmen L., Torrance
5 PM	Faith Over Fear	Tim B., Redondo Beach
6 PM	Let it Go	Valerie M., Torrance
7 PM	How Important Is It	Tommy M., Torrance
8 PM	Let it Begin with Me	Laurie C., El Segundo
9 PM	Live and Let Live	TBA
10 PM	First Things First	Adriana K., Westchester
11 PM	Keep it Simple	Scott H., Torrance
12 AM	Setting Boundaries	TBA

Saturday

Time	Topic	Leader
7 AM	This Too Shall Pass	Debbie K., Torrance
8 AM	Listen and Learn	John K., Torrance
9 AM	Courage	Jean K., Torrance
10 AM	When I Got Busy, I Got Better	Deedee Z., El Segundo
11 AM	One Day at a Time	Nataly S., Carson, CA
12 PM	Conscious Contact with H.P	Jon B., Redondo Beach
1 PM	Easy Does It	Jennifer M., Torrance
2 PM	Restored to Sanity	Mark N., Carson
3 PM	Progress, Not Perfection	Keira O., Lomita
4 PM	Keep an Open Mind	Carol G., Hawthorne
5 PM	Take What You Want and Leave the Rest	Rick G., Torrance
6 PM	THINK	TBA
7 PM	Keep Coming Back	Jennifer M., Torrance
8 PM	Living in the Present	MaryBeth, Torrance
9 PM	Living with Sobriety	TBA
10 PM	Peace	Frances G., Los Angeles
11 PM	Tradition 7, Happiness is an inside job	Jida, Agua Dulce
12 AM	Changing the Things I Can	TBA

Sunday

Time	Topic	Leader
8 AM	Sponsorship	Marti C., Torrance
9 AM	It's Hard Asking for Help	Nataly S., Carson
10 AM	Don't Waste Another Minute Feeling Sorry for Myself	Ray S., Redondo Beach
11 AM	Came to Believe	Julie B., Inglewood
12 PM	Together in Al-Anon We Can Make It	Barbara M., Redondo Beach
1 PM	Having Had a Spiritual Awakening	Sandra D., Torrance
2 PM	Do Forgive	Wendy S., Lomita
3 PM	Do Be Humble	Laura N., Westchester
4 PM	Do Take It Easy-Tension is Harmful	Claudia B., Torrance
5 PM	Al-Anon in All Our Affairs	Sandy Z., Hermosa Beach
6 PM	Do Play-Find Recreation and Hobbies	Vanessa V., Torrance
7 PM	Do Keep Trying Even When You Fail	Katherine, Rancho Cucamonga
8 PM	Do Attend Al-Anon Meetings Often	Helen L., Harbor City
9 PM	Do Pray	TBA
10 PM	Don't Be Self-Righteous	TBA
11 PM	Don't Try to Dominate, Nag, Scold or Complain	TBA
12 AM	Don't Lose Your Temper	TBA

Meditation Meetings *Palos Verdes*

Friday

Time	Topic	Leader
4 PM	Open Meditation	TBA
5 PM	Open Meditation	TBA
6 PM	Open Meditation	TBA
7 PM	Opening Ceremony	Closed
8 PM	Opening Ceremony	Closed
9 PM	Opening Ceremony	Closed
10 PM	Opening Ceremony	Closed

LIVE IN THE
moment

Saturday

Time	Topic	Leader
6 AM	Open Meditation	TBA
7 AM	Sunrise Poolside Yoga	Tara, Redondo Beach
8 AM	Open Meditation	TBA
9 AM	Guided	Franny, Torrance
10 AM	Guided	Carter, Torrance
11 AM	Open Meditation	TBA
12 PM	Guided	Artemis T., San Pedro
1 PM	Guided	David B, Rancho Palos Verdes
2 PM	Open Meditation	TBA
3 PM	Guided	Tanya W, Redondo Beach
4 PM	Open Meditation	TBA
5 PM	Soundbath	Susie, Redondo Beach
6 PM	Healing Meditation	Gloria, Torrance
7 PM	Soundbath	Gloria, Torrance
8 PM	Open Meditation	TBA
9 PM	Open Meditation	TBA
10 PM	Open Meditation	TBA

THIS TOO SHALL
pass

Meditation Meetings *Palos Verdes*

Sunday

Time	Topic	Leader
6 AM	Open Meditation	TBA
7 AM	Open Meditation	TBA
8 AM	Guided	Kelly P., Redondo Beach
9 AM	Guided	Franny, Torrance
10 AM	Guided	Sheri, Torrance
11 AM	Open Meditation	TBA
12 PM	Soundbath	Aaron G., Redondo Beach
1 PM	Open Meditation	TBA
2 PM	Guided	David B., Rancho Palos Verdes
3 PM	Guided -Beginning a Meditation Practice	Lauren F., Manhattan Beach
4 PM	Open Meditation	TBA
5 PM	Guided	Cherisse, Redondo Beach
6 PM	Guided	Tami R, Redondo Beach
7 PM	Open Meditation	TBA
8 PM	Open Meditation	TBA
9 PM	Open Meditation	TBA
10 PM	Open Meditation	TBA

Live Music *Poolside*

Saturday

- 12 PM - Crawl
- 1 PM - Probable Cause
- 2 PM - Detour
- 3 PM-Sabbatha Black
- 4 PM - Slavin' David & Rule 62

Sunday

- 12 PM - For Crying Out Loud
- 1 PM - Garage Doors
- 2 PM - Mr Ginger Merkin
- 3 PM - Jen & The Black Knights
- 4 PM - Randy Sacks & The Coda Pendants
- 5 PM - Lucky Silverback

Live Music Late Evening *SOL*

Friday

9:30 PM Randy Sacks
10:30 PM Swanky and Friends
11:30 PM Cirrhosis of Liverpool

Saturday

8:30 PM Stinking Rotten Jellybeans
9:30 PM Chuck Alvarez and Friends
10:30 PM Karaoke Till ?

Sunday

8:30 PM Maddie Rose
9:30 PM Steve G. and Tom E.
10:30 PM Zach L.
11:30 PM Open Mic Bring your Guitar

Outside Activities

Saturday

WALKING - SATURDAY 8 AM

Check in at the front of the hotel

Join us on the South Bay Roundup Fellowship Walk! This walk takes about 45 minutes for the average walker. We will have South Bay Roundup greeters stationed at check points on the path on Saturday, to help guide you, rally you, and fellowship with you!

STANDUP PADDLEBOARD MEETINGS

Sunday, September 1
(ticketed event)

7:30-9:00 am

10:00-11:30 am

1:00-2:30 pm



Tips:

**Arrive at public dock
30 minutes early.**

See red dots on map.
The public dock is behind
Seaside Lagoon.

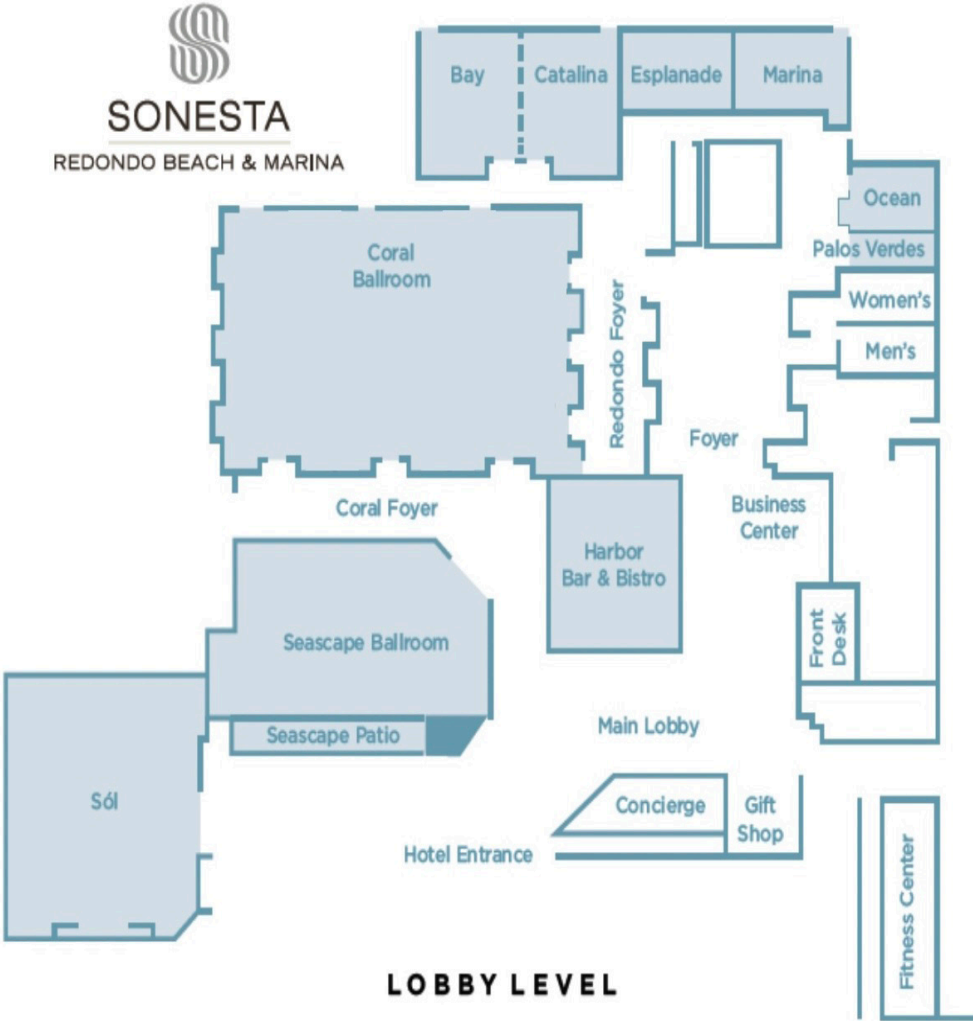
Bring your ticket
provided at registration

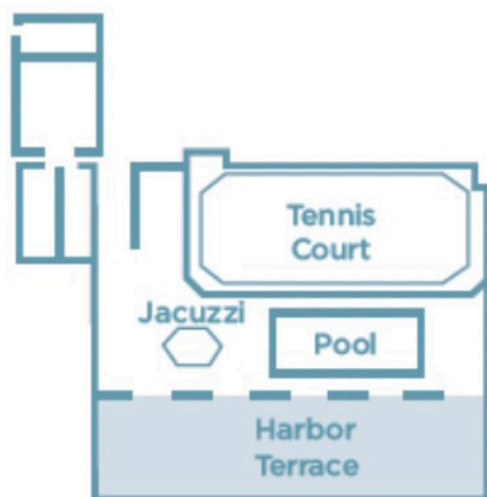
Sign your waiver

Text (310) 897-2821 or
(415) 305-6411 if you
have not returned your
liability waiver, or scan
the QR code below
and complete it before

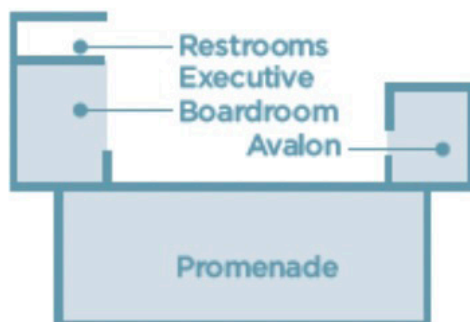


Hotel Map





SECOND LEVEL



PROMENADE LEVEL



IN CLOSING

Thank you for joining our annual South Bay Family Roundup. 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, who have contributed their love, talents, and time to making 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 thank them all publicly.

This year's theme "The Key to Life and Happiness", serves as a reminder of our obligation to show others how we were given help. The South Bay Family Roundup is an annual celebration of our recovery journey together. Your support has been crucial in making this event a reality for 41 years - One Day At A Time.

With love,

Your Sites & Policies and Steering Committee,

Larcine G., Hawthorne; Chris R., Redondo Beach; Michael R., Hermosa Beach; Melanie P., Redondo Beach; Dee D., Hawthorne; Kristin W., Redondo Beach; Maricela G., Lakewood; Michael S., Torrance; Steve G., Hermosa Beach; Mark H., Torrance; Lupe V., Torrance, Dianne K., Harbor City, and Linda McB., El Segundo

Understanding Anonymity



"Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities."

When we use digital media, we are responsible for our own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.

Source:

Understanding Anonymity from AA General Service Office

All speaker meetings and workshops will be recorded by:

SOUND SOLUTIONS
(877) 893-2777

dave@soundsolutionsrecording.com
www.soundsolutionsrecording.com

CDs will be available before, during and after the Roundup.