

Central Office
1213 State Street, Suite H
Santa Barbara, CA 93101
(805) 962-3332



The Santa Barbara

August 2011

MESSENGER

Step 8 -Made a list of all persons we had harmed, and became willing to make amends to them all."

Life in Alcoholics Anonymous is an ongoing adventure! Our Big Book, (p61) talks about '**...our personal adventures before and after...**' Our Step 10 (p89) says...'**As we work the first nine Steps, we prepare ourselves for the adventures of a new life.**' And Step 8 (p77) suggests that '**Living how to live in the greatest peace, partnership and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure.**'

**Once again, I see that recovery is not a punishment;
it's an adventure and a privilege.'**

Part 1- Make a list- In Step 8, we make a list of persons we've harmed. Some people use the people listed on their 4th Step; others start with a new list. Step 8 (p79) says '**Sometimes, the harm done to ourselves is more damaging than the harm done to others.**' And '**Very deep, sometimes quite forgotten, damaging emotional conflicts persist below the level of consciousness...which have since discolored our personalities and altered our lives for the worse.**'

Isn't that encouragement to go forward? Every effort that's ever asked of us in our program is repaid and is well worth any effort and discomfort for its long term benefits. '**Instinct run wild.. is the underlying cause of destructive drinking**' (Step 4, p44) and '**nearly every serious emotional problem can be seen as a case of misdirected instinct.**' S8-p77- Here's an opportunity to '**... develop the best possible relations with every human being we know.**'

Part 2- Become willing to make amends to them all. Again- willingness is the key, If stuck here, you can always pray for the willingness to be willing, just as talked about in Step 3, page 34/35. '**Since defective relations with other human beings have nearly always been the immediate cause of our woes, no field of investigation could yield more satisfying and valuable reward than this one.** More promises- I'm willing to put in the effort for these promises.

Tradition 8-' Alcoholics Anonymous should remain, forever nonprofessional, but our service centers may employ special workers.' 'Freely ye have received; freely give.'

I'd be unable put a price tag on the wisdom and comfort I've received from so many people for so many years. Can you imagine paying a sponsor for a phone call? For listening to a 4th Step? It simply wouldn't work. Likewise, I wouldn't/couldn't put a price tag on the experience I share. Yet paying for professional services *is* warranted and necessary. Our General Service office in New York City employs a professional staff to coordinate the business part of Alcoholics Anonymous. Treatment centers employ counselors with specific knowledge. It's explained in this line from Tradition 8 (p168)- '**The job was not to do Twelfth Step work; it was to make Twelfth Step work possible.**'

Finally, page 171 sums up our 8th Tradition: '**Our Twelfth Step work is never to be paid for, but those who labor in service for us are worthy of their hire.**'

Maryjean B, Alcoholic

**THE
MANAGER'S
CORNER**

On November 12, 2011 at 9:00am, your Central Office will be having a breakfast at the Carpinteria Community Church, on 1111 Valecito Road in Carpinteria. This will be the first time trying to have a breakfast at this venue.

Hope to see all the usual crowd, but also the people from the Carpinteria, Summerland and Montecito area also show up to enjoy the fellowship, the food and support your Central Office. More information will follow.

Also in November is Gratitude Month, this is where we ask each group throughout November to pass a second basket. All the money collected in this basket will go directly to Central Office. This is part of AA history, Bill and Bob knew that many of the groups were just able to pay the expenses to stay open. They decided to name a month Gratitude Month and ask each group to send the money collected in this second passing of the basket directly to the local Central Office. The original month selected was November. From my experience since this began in Santa Barbara, one of the great pleasures is for me to see a group who can't afford to donate to the office usually. Bring in the money collected in Gratitude Month. Gratitude is truly a word that Alcoholic's understand and appreciate.

We are also still working on the 200/100, where we are trying to find 200 new members to donate 100 dollars for the year, either monthly around \$9.00/month or one lump sum. So far it has been a huge success, but we have not reached the goal of 200 yet.

Any questions on any of these events, please contact your Central Office at 805 962-3332, or by email, JohnS@SantaBarbaraAA.com

In Service, John S.

Supporting Member Donation Coupon

- I would like to become a supporting member of the Santa Barbara AA Central Office, and help it continue to carry the message and be there for the alcoholic who still suffers. I look forward to finding my monthly newsletter in the mail each month! Enclosed is my first contribution of \$_____. I will continue to donate this amount on a (circle one) monthly, quarterly, annual, other _____ basis.

- I am already a supporting member. This is my regular contribution of \$_____.

Name _____
 Street _____
 City/State/Zip _____
 Phone _____ E-Mail _____

Please make check payable to: **AA Central Office, S.M.C.
 1213 State Street, Suite H
 Santa Barbara, CA 93101**

GROUP DONATIONS THROUGH July 31,

	Jul 11	Jun 11	Jan - Jul 11		Jul 11	Jun 11	Jan - Jul 11
003 Eye Opener	210.00	210.00	1,700.00	120 Sat. Morn. Home Boys	0.00	160.00	773.00
004 Monday At A Time	0.00	184.40	560.40	125 On Awakening	170.00	180.00	1,282.00
007 Sound Off	0.00	0.00	48.00	130 Saturday Night Sobriety	0.00	0.00	33.00
010 Foundation Group	0.00	0.00	107.64	139 It's A Hell Of A Deal	0.00	258.84	797.64
011 Sundowner Group	0.00	0.00	140.00	140 Gay Discussion, Sunday	64.07	0.00	386.07
013 New Pair Of Glasses	0.00	50.00	100.00	141 Off Center	0.00	0.00	394.20
014 El Montecito Saturday Night	0.00	0.00	162.00	145 The How And Why Of It	44.00	44.40	224.60
019 Onward & Upward	0.00	130.00	195.00	146 Out Of Town Speaker, NH II	0.00	0.00	42.90
020 Cambridge Group	0.00	0.00	107.20	150 Goleta Sun. Night Speaker	0.00	30.00	30.00
021 Summerland Monday Group	0.00	0.00	166.00	153 Happy Destiny	0.00	400.00	1,191.86
022 There Is A Solution	0.00	0.00	120.00	156 Start Your Day Right	0.00	0.00	1,000.00
023 For Women Only	120.00	0.00	360.00	159 Speak Easy SStep and Traditions	0.00	0.00	120.00
024, Mesa-Singleness of Purpose	40.00	0.00	200.00	163 Mustard Seed	0.00	0.00	8.25
026 Carpinteria Study Group	0.00	30.00	236.00	164 Men Who Have Lost Their Legs	495.00	435.00	1,875.00
030 Sisters In Solution	0.00	0.00	65.00	165 Junkyard Dogs	0.00	0.00	420.00
034 Women of Change	140.00	0.00	388.47	166 Serenity Sisters	0.00	30.00	111.63
045 Alternative Group	0.00	48.00	158.40	167 Women's Big Book Study	0.00	0.00	100.00
047 Tuesday Men's Stag	0.00	0.00	348.33	170 Barefoot Group	0.00	0.00	2.00
055 Staying Alive	0.00	65.00	321.20	171 Gratitude Solutions	0.00	0.00	57.00
064 Women's Serenity Group	0.00	0.00	251.00	173 Let it Go-11th Step Meditation	0.00	0.00	101.45
067 Rigorous Honesty	0.00	24.00	279.00	177 Key Group	0.00	0.00	700.00
068 Stepping Stones	0.00	116.40	350.91	181 Keep Coming Back Group	161.91	0.00	433.90
070 Success Group	0.00	0.00	80.00	182 Just the Black Print	189.30	20.00	316.75
074 Casa Serena (BB Study)	0.00	0.00	144.00	183 Summerland/Montecito, Thurs.	60.00	0.00	294.00
079 Harbor Group	654.90	279.26	1,731.18	184 Jay Walker Book Study	0.00	0.00	51.00
083 Sober Students, Tues Eve	0.00	0.00	60.00	189 Friday Night Book Study	0.00	0.00	41.00
084, 83 - 87 Group	240.00	240.00	2,440.00	191 Men on a Mission	0.00	0.00	175.00
089 Here & Now	0.00	0.00	125.00	196 Montecito Book Study	15.00	17.00	106.00
093 Into Action, Thurs	0.00	0.00	147.00	197 Big Book Comes Alive Women's Meeting	0.00	0.00	84.00
094 Questions & Answers	13.60	0.00	33.60	201 Birthday Donations	7.00	45.00	1,080.00
097 Almost Saints	0.00	144.00	739.17	202 Supporting Members	1,192.22	214.22	7,110.26
098 Keep It Simple, Saturday	0.00	30.00	30.00	204 Memorial Fund	0.00	0.00	250.00
100 Student of Life	0.00	0.00	70.00	207 Gratitude Month	0.00	0.00	714.60
111 Carpinteria Canalino	0.00	0.00	318.00	210 Convention Income	0.00	0.00	581.53
112 Montecito/Carpinteria	0.00	0.00	300.00	211 Rent Received	21.00	45.00	642.00
113 Sought Through Prayer & Meditation	17.22	20.90	108.12	212 Special Events	2,315.00	150.00	3,596.00
114 Schooner Group	60.50	0.00	198.00				
117 Way Of Life	0.00	0.00	702.00				
				Totals"	6,230.72	3,601.42	38,717.26

**Editorial:
On the 8th Tradition**

" Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. 12th Step work is never to be paid for."

Throughout the world A.A.s are "12th stepping" with thousands of new prospects a month. Between one and two thousand of these stick on our first presentation; past experience shows that most of the remainder will come back to us later on. Almost entirely unorganized, and completely non-professional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that's all.

Could this vast and vital face-to-face effort ever be professionalized or even organized? Most emphatically, it could not. The few efforts to professionalize straight "12th Step" work have always failed quickly. Today, no A.A. will tolerate the idea of paid "A.A. Therapists" or "organizers". Nor does any A.A. like to be told just how he must handle that new prospect of his. No, this great life-giving stream can never be dammed up by paid do-gooders or professionals. Alcoholics Anonymous is never going to cut its own life lines. To a man, we are sure of that.

But what about those who serve us full time in other capacities--are cooks, caretakers and paid Intergroup secretaries "A.A. professionals"?

Because our thinking about these people is still unclear, we often feel and act as though they were such. The impression of professionalism subtly attaches to them, so we frequently hear they are "making money out of A.A.", or that they are "professionalizing" A.A. Seemingly, if they do take our A.A. dollars they don't quite belong with us A.A.s any more. We sometimes go further; we underpay them on the theory they ought to be glad to "cook" for A.A. cheap.

Now isn't this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.

We are beginning to see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily these folks are not doing 12th Step work. They are just making more and better 12th Step work possible. Secretaries at their desks are valuable points of contact, information and public relations. That is what they are paid for, and nothing else. They help carry the good news of A.A. to the outside world and bring our prospects face to face with us. That's not "A.A. therapy"; it's just a lot of very necessary but often thankless work.

So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as A.A. associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism.

Let us also distinguish clearly between "organizing the A.A. movement" and setting up, in a reasonably business-like manner, its few essential services of contact and propagation. Once we do that, all will be well. The million or so brother alcoholics who are still sick will then continue to get the break we 60,000 A.A.s have already had.

Let's give our "service desks" the hand they so well deserve.

Bill W

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You can Experience UTOPIA Today.

SUPPORT the 27th Annual Santa Barbara Convention by REGISTERING EARLY. Your early registration helps pay the up front expenses such as our fabulous memorabilia, facility deposits, etc. EARLY REGISTRATION for the convention (without all the extras) is only \$20 and the Convention Package is only \$100.

To make REGISTERING EARLY easy ~ The registration form is on-line at <http://www.sbaaconvention.org/registration2011.pdf> or it can be picked up at many AA meetings or central office.

REGISTERING EARLY is as easy as 1-2-3

- 1 – Pick up or print out the registration form
- 2 – Fill out the registration form
- 3 – Mail the registration form by October 15, 2011

Then, experience UTOPIA everyday until the convention.

JOIN the Convention Committee. There are many opportunities for participate prior to and during the convention. So come and find out how you can help. The next committee meeting will be held at Maggie's Preschool on August 11, 2011 at 6:00pm. Call Central Office for the address and directions. Look forward to seeing you there.

Convention Committee

On Simplicity, of Faith, of Living, of Outlook

The A.A. program itself is simple. Why do too many of us try to read complexities and mysteries into the 12 steps?

In our drinking days our lives were complex and confused. We were unable to be honest with ourselves and we rationalized our wrong position with all the tricks of evasion and equivocation. We added jealousy, resentment and intolerance to the tangled pattern of our lives. Our greatest longing was for relief, for deliverance from a way of living that had become too complex to endure without the treacherous aid of alcohol.

Our introduction to A.A. at once offered that freedom, if we desired it without reservation and were willing to follow a few steps whose greatest appeal to our bewildered spirits was their simplicity. One of the main differences between A.A. and other programs of sound living is the ease with which a newcomer can grasp its principles, and with which the oldest member can live each day in harmony with himself and his neighbors by practicing the simply stated 12 steps.

Kipling might have written this expressly for A.A.: *Not as a ladder from Earth to Heaven, not as a witness to any creed, But simple service simply given to his own kind in their common need*

If each individual member wholeheartedly and unquestioningly accepts the program in the simple form it was given us, without straining for effects and methods of practice to elaborate it, we will have even-tempered groups with only enough organization to insure against over-organization.

Earl T.

October 1944

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The Shape of Things to Come

In the book Alcoholics Anonymous there is a chapter called "A Vision for You". Wandering through it recently, my eye was caught by this startling paragraph written a short five years ago. *Someday we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination. To some extent this is already true. Some of us are salesmen and go about. Little clusters of twos and threes and fives of us have sprung up in other communities through contact with our two large centers-----* "Rubbing my eyes I looked again. A lump came into my throat. "Only five years," I thought. "Then but two large centers--little clusters of twos and threes--travelers who hoped one day to find us at every destination."

Could it be that only yesterday this was just a hope--those little clusters of twos and threes, those little beacons so anxiously watched as they flickered, but never went out.

And today--hundreds of centers shedding their warm illumination upon the lives of thousands, lighting the dark shoals where the stranded and hopeless lie breaking up--those fingers of light already stretching to our beach heads in other lands.

Now comes another lighted lamp--this little newspaper called *The Grapevine*."May its rays of hope and experience ever fall upon the current of our A.A. life and one day illumine every dark corner of this alcoholic world.

The aspirations of its editors, contributors and readers could well be voiced in the last words of *A Vision for You*." *Abandon yourself to God as you understand God. Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find, and join us. We shall be with you, in the Fellowship of The Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you--until then.*"

Bill W.
June 1944

Step 8

- 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**

Tradition 8

- 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

Name	Years
Greg R	1
Bart P	2
Beth W	2
Jill	2
Olivia	2
Rick	2
Beth Anne	3
Michael B	3
Mike B	3
Cathy M	4
Claudia	4
Katie	4
Lauren T	4
Gabe W	5
Sheldon M	5
Brooke N	7
Eiko K	7
Glenn C	7
Kelly K	7
Millie C	7
Seth N	7
Todd K	7
Ward G	7
Cora P	8
Lourlee	9
Sarah AL	9
Arno	10
Arno J	10
Bob C	12
Michelle L	12
Mike N	12
Peter A	15
Cresanna M	16
Matt K	16
Sandy M	16
Jesse D	17
Michael S	19
Ken C	20
Richard	23
Jo R	25
Mary Ann D	25
Trudy	28
Larry V	29
Rick L	29
Chuck Mc	30
Liz	34



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Service Meetings

GSR (General Service Representatives) meets at 6:00 p.m. on the 1st Monday of each month at Holy Cross Church Hall, 1740 Cliff Drive, behind the church.

IGR (Intergroup Representatives) meets the 2nd Tuesday of the month at 6:00 p.m. at First Presbyterian, 21 E. Constance.

H&I (Hospitals & Institutions) meets at 6:00 p.m. on the 2nd Monday of each month at Central Office.

PI (Public Information) meets at 6:00 p.m. on the 3rd Tuesday of each month at Central Office.

Facilities Committee meets at 6:00 p.m. on the 1st Wednesday of each month at Central Office.

Come support the Action Participation Group meeting Saturday night at Grace Lutheran Church. Attendance has decreased and because of this so has the prudent reserve. The Group would love more members to attend so that this meeting can continue to thrive as it has for years. We hope to see you Saturday night. - Melody M.

Submissions Needed

The Messenger needs your articles and letters. We especially seek submissions on the step or tradition associated with the month of the same number.

For September, we need writing on Step 9 and Tradition 9. Send submissions to johns@santabarbaraaa.com

Central Office Statistics

During July, 2011, your Central Office had:
 AA Information calls 509
 Al-Anon Referrals 33
 Referrals to other programs 29
 12step via answering service 21
 Out-of-town visitors 22
 12-step via office 26
 Office walk-ins 254
 Hits on our Web site 1,453

The Messenger is published monthly by:

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 Website: <http://www.SantaBarbaraAA.com>