



The Santa Barbara

August 2006

MESSENGER

CONVENTION UPDATE

The Basics:

What: The 22nd Annual Santa Barbara Convention
When: October 20-22, 2006
Where: Elks Lodge, 150 N. Kellogg, Goleta, CA

Registration by Mail: If you registered for last year's convention, look for your registration form in the mail sometime this month (August). Also, registration forms will be available at Central Office and for distribution at meetings

Online Registration: Will be available no later than August 8th. Check out our secure website at sbaaconvention.com. and become one of the first to sign up for the 22nd Annual Convention. Also get a peak at the neat logo "A Simple Kit of Spiritual Tools."

Memorabilia: Sneak Preview: earthy neutrals Pre-sales will be announced

Marathon Meetings: Hourly meetings will be held in the outdoor tent. Interested in being a leader for one of the meetings? Contact Cleaver via our Central Office. (962-3332)

Boogie Nights: MC/DJ Tibonious Funk wants all of you to know that he has been digging deep into the music selecting only the best Funkadelic Old School, Disco jams of all time for the 70's style Boogie Nights. Sorry, no Hank Jr., Dixie Chicks, alternative, or rock at this old school disco Dance Party. Plan on breaking out your best 70's disco outfit (Afro wigs and platform shoes, just to give you an idea). Be creative! There will be a \$100 cash prize for first place and \$50 for second place; winners to be chosen by dance attendees. So young and old, come break loose and bust a move. Spread the word. It's going to be a blast! (Peace, MC/DJ Tibonious Funk)

Volunteers: Interested in volunteering a few hours for one of the many jobs at the convention? This promises to be a fun commitment and a great way to enhance your sobriety, Contact Samantha via our Central Office (962-3332)

Convention Golf: Mark your calendars for Friday, October 20th at the Municipal Course. It's a Best Ball Tournament and a great opportunity for a day of fun with other sober golfers and quality fellowship. Represent your home group, invite your sponsor or sponsee, come alone or get a group together, this will be an event you won't want to miss. Any questions? Call Doug G. at 450-5693.

~mmo for the Convention Committee



PASSING IT ON

I will be forever grateful to that first Sponsor of mine for making sure I was educated regarding the Traditions of our program. He used to talk about them just as much as he talked about the Steps. In fact, when we went over a Step we also went over the corresponding Tradition. My sponsor would point out how they often went together. He also stressed the fact that the Traditions were what our society depended upon to insure its continued existence.

Maybe I am getting to be one of those guys who talks about the good old days, and how it used to be, but it really does seem to me that I used to hear the Traditions talked about in meetings more than I do now. People would sometimes actually use them, or one of them, as a topic for discussion.

Maybe this came to mind because we are in the eighth month and Tradition Eight is so central to what I do as the special worker here in this Service Center. If you have never read it, it will go a long way toward explaining what it is I do, and why.

If you have never read the Traditions in our Twelve & Twelve, or if it has been a long time since you read them, let me suggest giving them another read. If you would like to discuss them or find out more about them, we have some other literature from our World Services available here at your Central Office that might be helpful.

Yours in Service,

Tim

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

Every AA group ought to be fully self supporting, declining outside contributions. —Seventh Tradition (short form), reprinted by permission of AA World Services, Inc.

New Meetings:

Monday:

First Things First

7:30 PM

Salvation Army

423 Chapala Street.

Open Newcomers Meeting

Wednesday:

Goleta Community Center Mtg.

12:10 PM - 1:00 PM

GVCC Room 5a

5679 Hollister Ave., Goleta

Book Study

Friday:

MESA Singleness of Purpose

8 PM

Holy Cross Catholic Church

1740 Cliff Dr., (in the back)

Closed Participation Book Study



Eighth Step

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

Tradition Eight Contemplation Questions:

Tradition Eight: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others.
3. Do I sometimes try to get some reward - even if not money - for my personal A.A. efforts.
4. Do I try to sound in A.A. like an expert on alcoholism? On recovery? On medicine? On sociology? On A.A. itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what A.A. employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own A.A. life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book TWELVE STEPS AND TWELVE TRADITIONS? To the pamphlet "A.A. Tradition - How it Developed"?

Concept VIII

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities

– AA Service Manual.

SANTA BARBARA
2006
INDIAN SUMMER CAMPOUT

August 25, 26, and 27th

HOSTED BY:

SBYPAA AND ACYPAA



**SORRY
NO PETS
NO BIKES**

SANTA BARBARA YOUNG PEOPLE IN A.A.

ALL CALIFORNIA YOUNG PEOPLE IN A.A.

**\$25/PER PERSON INCLUDES:
BREAKFAST, SPONSORED LUNCH, AND DINNER**

**MARATHONS MEETINGS
DANCE • PANELS • POOL
BON-FIRE
SPEAKER MEETINGS**

**NEEDED ITEMS FOR YOU TO BRING:
TENT, FLASHLIGHT, DURABLE SHOES, AND SNACKS.
SHOWERS ARE VERY CLEAN AND PRIVATE BUT
YOU WILL NEED TO BRING YOUR OWN SOAP.
BATHROOMS ARE ONSITE.**

MAP
ON BACK

**ONSITE!
CLEAN SHOWERS
AND RESTROOMS
W/ELECTRICITY**

FOR MORE UP TO DATE INFO ON THIS EVENT INCLUDING MAPS PLEASE GOTO:

WWW.SBYPAA.ORG

EVENTS: MINDY B. (805) 204-8777
OUTREACH: ADAM K. (805) 795-2326

Pre-Registration Form:

INDIAN SUMMER CAMPOUT 2006
\$25.00 PER PERSON

SBYPAA & ACYPAA

First Name:

Last Name:

Area:

YPAA Group:

Phone:

Email:

Please attach a Check or Money Order to: SBYPAA
SBYPAA / P.O. Box 22812 / Santa Barbara, CA 93103

Letter from Dr. Carl Jung to Bill Wilson

Prof. Dr. C. G. Jung
Kusnacht-Zurich
Seestrasse 228
January 30, 1961

Mr. William G. Wilson
Alcoholics Anonymous
Box 459 Grand Central Station
New York 17, N.Y.

Dear Mr. Wilson,
Your letter has been very welcome indeed.

I had no news from Roland H. anymore and often wondered what has been his fate. Our conversation which he had adequately reported to you had an aspect of which he did not know. The reason, that I could not tell him everything, was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. But what I really thought about, was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happen to you when you walk on a path, which leads you to a higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world, leads the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouse so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Roland H. but I am risking it with you because I conclude from your very decent and honest letter, that you have acquired a point of view above the misleading platitudes, one usually hears about alcoholism.

You see, Alcohol in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: *spiritus contra spiritum*.

Thanking you again for your kind letter.

I remain yours sincerely,

C. G. Jung



July Birthdays

Sue F.	1
Will	2
Jill M.	2
Connie	2
Kelly K.	2
Cora P.	3
Patrick B.	3
Susan S.	3
Michael M.	4
Marta	7
Mike "Cadaver" N.	7
"Handsome" Richard M.	7
David H.	10
Paul S.	10
Brad B.	10
Cressana	11
Jay A.	11
Sandy M.	11
Eric M.	14
Kent	15
Paul D.	15
Zöe P.	16
Rodney U.	16
Kim W.	17
Richard K.	18
Kathy R.	19
Mary Anne D.	20
Jo R.	20
Roy N.	20
Larry V.	24
Dawn D.	25
Kathryn S.	27
Jean H.	30
Linda B.	33

The Messenger is published monthly by:

23rd District Intergroup of Alcoholics Anonymous
 1213 State Street, Suite H
 Santa Barbara, California 93101

805-962-3332
 sbaa@santabarbaraAA.com

Submissions Needed

The Messenger needs your submissions and letters. We especially seek submissions on the step or tradition associated with the month of the same number. For the ninth month, September, we need writing on Step 9 and Tradition 9. Send submissions to DinahMason@aol.com

Central Office Statistics

During July your Central Office had:

AA information calls	714
Al-Anon	50
Referrals to other programs	38
12-step via answering service	44
Out-of-town visitors	15
12-step via office	9
Office walk-ins	688
Hits on our Web site	702

Service Meetings

GSRs (Group Service Representatives) meet at 6:00 P.M. the first Monday each month at the Cottage Hospital, Conference Rooms E and F.
 IGRs (Intergroup Representatives) meet at 6:00 P.M. the second Tuesday each month at First Presbyterian Church, 21 E Constance, in Santa Barbara.
 H&I (Hospitals & Institutions) meets at 6:00 P.M. the second Monday each month at the Central Office.
 PI (Public Information) meets the fourth Saturday of each month. Call 687-7673 for more information.

Recovery Trivia

Q. What are the three legacies of Alcoholics Anonymous?
 A. See next month's Messenger.

Answer to last month's question:

Q. Where was the old Santa Barbara Alano Club located?
 A. Corner of Carrillo and Chapala Streets.

Casa Serena Reunion Planned

Melinda at Casa Serena would like to sponsor a Barbecue for all the Casa Serena Alumni. Since there are no lists available of the women who graduated from Casa and are still sober, she is now compiling a list. If you are an alumna of Casa Serena and are interested in attending such an event, please call Melinda at 805-884-8701.

**23rd District Central Office
Donations by Group
July 2006**

	<u>Jul 06</u>	<u>Jun 06</u>	<u>Jan - Jul 06</u>		<u>Jul 06</u>	<u>Jun 06</u>	<u>Jan - Jul 06</u>
002 Courage To Change	0.00	0.00	120.00	093 Into Action, Thurs	0.00	0.00	80.00
003 Eye Opener	320.00	505.00	2,232.00	097 Almost Saints	0.00	0.00	237.00
004 Monday At A Time	0.00	0.00	356.15	099 Sink Or Swim	0.00	0.00	140.00
006 Start Your Week Right	0.00	0.00	140.00	100 UCSB Discussion	0.00	0.00	127.89
007 Sound Off	15.00	0.00	75.00	101 Big Book Study, Friday	0.00	0.00	3.05
010 Foundation Group	79.44	42.00	492.44	111 Carpinteria Canalino	200.00	0.00	600.00
011 Sundowner Group	264.00	0.00	736.00	112 Montecito/Carpinteria	95.00	0.00	321.00
013 No Shenanigans	0.00	0.00	40.00	113 Sought Through Prayer & Meditati	0.00	10.00	56.00
020 Cambridge Group	100.00	0.00	200.00	114 Schooner Group	0.00	0.00	439.00
021 Summerland Monday Gro	75.00	0.00	180.00	115 Eleventh Step Meditation	26.25	0.00	67.96
022 There Is A Solution	255.00	0.00	255.00	117 Way Of Life	325.00	0.00	1,350.00
023 For Women Only	0.00	108.00	214.00	120 Sat. Morn. Home Boys	244.00	0.00	753.76
025 Grateful Group	0.00	0.00	120.00	130 Saturday Night Sobriety	0.00	72.00	144.00
026 Carpinteria Study Group	72.00	0.00	172.00	133 Action Participation	0.00	0.00	648.00
028 The Mother Group	64.00	0.00	64.00	139 It's A Hell Of A Deal	0.00	108.00	396.00
030 Sisters In Solution	0.00	0.00	70.00	140 Gay Discussion, Sunday	0.00	75.00	150.00
034 Women of Change	0.00	0.00	179.62	141 Off Center	0.00	114.00	1,098.20
035 12 & 12 Study, Tues.	0.00	0.00	140.00	144 Back To Basics, Young People	0.00	144.00	227.40
036 Tuesday Trudgers	0.00	0.00	100.00	146 Out Of Town Speaker, NH II	0.00	0.00	15.00
045 Alternative Group	81.00	0.00	251.00	149 Getting To Know You	0.00	0.00	544.00
047 Tuesday Men's Stag	117.00	0.00	243.00	150 Goleta Sun. Night Speaker	0.00	0.00	80.00
051 Men's Group At St. Mary's	0.00	128.00	230.00	153 Happy Destiny	0.00	0.00	350.00
052 As Bill Sees It, Weds.	0.00	0.00	71.29	156 Start Your Day Right	0.00	400.00	400.00
053 Both Oars In The Water	0.00	0.00	140.00	161 Back To Basics Group	0.00	0.00	5.80
055 Staying Alive	0.00	139.75	330.05	164 Men Who Have Lost Their Legs	120.00	96.00	1,155.00
056 Women By The Books	0.00	0.00	70.00	165 Junkyard Dogs	0.00	0.00	134.35
062 Do The Steps Or Die	48.80	36.70	287.19	166 Serenity Sisters	0.00	50.00	168.00
064 Women's Serenity Group	0.00	0.00	141.00	170 Barefoot Group	5.00	7.00	55.00
067 Rigorous Honesty	105.00	204.00	353.00	177 Key Group	420.00	0.00	1,720.00
068 Stepping Stones	38.50	0.00	130.50	181 Keep Coming Back Group	336.84	0.00	918.28
070 Success roup	0.00	80.00	80.00	183 Summerland, Thurs.	681.00	0.00	1,135.40
071 The Loft	180.00	0.00	730.00	186 Turning Point	0.00	150.00	958.00
073 Young People's	0.00	0.00	181.68	200 Anonymous Donations	0.00	15.00	81.00
074 Casa Serena (BB Study)	0.00	0.00	6.00	201 Birthday Donations	340.00	46.00	434.00
076 11th Step	0.00	0.00	165.00	202 Supporting Members	1,576.00	1,431.00	10,075.09
079 Harbor Group	446.38	0.00	2,637.17	203 SBYPAA	0.00	0.00	105.65
083 Sober Students, Tues Eve	0.00	0.00	120.00	204 Memorial Fund	0.00	0.00	100.00
089 Here & Now	0.00	0.00	85.00	211 Central Office Rent Received	155.00	165.00	1,149.00
091 New Life	0.00	200.00	440.00	212 Special Events	2,870.00	0.00	4,174.00
				TOTAL	<u>9,655.21</u>	<u>4,326.45</u>	<u>43,174.92</u>

Central Office
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