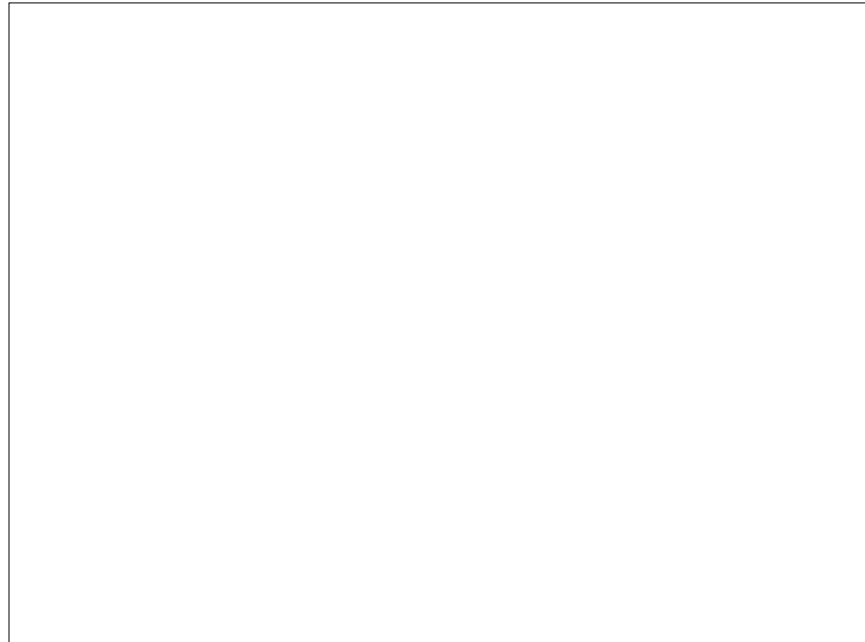


Central Office
1213 State Street, Suite H
Santa Barbara, CA 93101
(805) 962-3332



The Santa Barbara

December 2010

MESSENGER

Tradition 11:

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

Attraction rather than promotion- this means that I *encourage* rather than force or demand. Service is based on attraction, too. When I see others enjoying service and its benefits, service becomes more attractive to me, especially General Service. However, involvement in General Service seems to have gotten a bad reputation in AA. How can General Service be attractive when it's bad-mouthed as 'too long, too boring, too mundane?' It was some of the best AA service work I've ever experienced, and it's surely based on attraction rather than promotion. Or, consider 'contempt prior to investigation.'

Attraction- someone/something comes to me....Promotion- I chase them down. And of course, my idea of chasing them down is controlling, manipulative and generally unwelcomed. Does it work? We think not.

Some days I'm a good example of AA in action, some days I'm not. Inside the rooms and out, I need to remember that every day I may be the only example of a Big Book in action that either an active or sober alcoholic will see. I can ask myself on any given day or situation, 'What kind of example am I displaying?'

My actions reflect my spiritual values; choose them carefully and consciously.

Regarding anonymity- if you had the choice, who would *you* pick as a spokesperson for AA? Would you pick your sponsor, someone who's been sober for a long time, or a celebrity? A relaps-er who's successfully returned and stayed sober? A medical professional or religious person? It would be a difficult choice, wouldn't it? What if that person then drank- how would that reflect on the success of our program?

Better than any individual, let our combined actions and successes represent us.

Court cards may get folks here, but they don't keep them coming back- we do- in a little bit by words, but people forget words. My actions are what people remember- how I act, how I treat others, how I treat myself, and how I protect this wonderful program. 'What you do screams so loudly, I can't hear your words.'

Or- **Show, teach and live our AA program to others; sometimes it's necessary to use words.'**

Tradition 12- Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.'

Anonymity asks that I 'give up personal desires for the common good. (pg 184) It's the natural conclusion to Step 1 and Tradition 1, where 'I' thinking is replaced with 'we' thinking. Anonymity relieves me of the burden (bondage) of self, allows me to be a worker among workers, and 'just another Bozo on the bus.'

(Continued on page 6)

In Gratitude

**MANAGERS
CORNER**

I am truly grateful for everyone who helped make 2010 such a great year at Central Office. My thanks go out for the support of all of the group secretaries and treasurers, the IGR Board, and especially the office volunteers and helpers who show up and make our Central Office a safe, comfortable place to come.

Central Office couldn't keep its doors open without those dedicated volunteers. This year's take Your Sponsor to breakfast - breakfast and 4th of July barbecue were great successes, filled with good food, good fellowship and good fun. I look forward to next year's breakfast and the 4th of July barbecue. More information will be coming on that later, but we can all look forward to another great day of fellowship and recovery. Thanks to everyone who participated in our Gratitude month in November, so far we have taken in over \$2,200.00 and counting, this will help provide the financial support Central Office needs in order to keep serving the local AA community. There is a special place in Alcoholics Anonymous for the word "gratitude". I know I am blessed and have much to be grateful for, including the opportunity to be District 23's "special worker". In 2011 I am looking forward to finding more ways for your Central Office to even be of more service to our Santa Barbara fellowship, ideas are always welcome. Hope to see more people participate as representatives as IGR "Intergroup Representatives" for the group at our monthly "hourly" meeting. I look forward to seeing everyone again in 2011. For those of you who have never stopped by the office, I invite you to come down and take a look. You are always welcome and I would sure enjoy meeting each and every one of you. I would like to wish everyone a great Holiday and a safe new year, and pray that all of the promises bless you this upcoming year.

John S., Manager`

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.

	Nov 10	Oct 10	Jan - Nov 10
002 Courage To Change	0.00	0.00	278.30
003 Eye Opener	150.00	0.00	2,050.00
004 Monday At A Time	400.00	0.00	1,051.26
006 Start Your Week Right	0.00	300.00	330.00
010 Foundation Group	0.00	90.90	320.42
011 Sundowner Group	140.00	231.00	1,351.00
013 New Pair Of Glasses	0.00	0.00	100.00
014 El Montecito Saturday Night	250.00	0.00	410.00
019 Onward & Upward	0.00	0.00	135.00
020 Cambridge Group	78.80	0.00	198.95
022 There Is A Solution	166.80	0.00	457.80
023 For Women Only	0.00	0.00	407.40
024, Mesa-Singleness of Purpose	40.00	50.00	330.00
026 Carpinteria Study Group	0.00	0.00	286.00
034 Women of Change	0.00	0.00	105.00
035 12 & 12 Study, Tues.	0.00	300.00	330.00
045 Alternative Group	0.00	85.00	586.50
047 Tuesday Men's Stag	0.00	148.70	512.70
049 IN Your Face Book Study	94.02	0.00	134.02
051 Men's Group At St. Mary's	0.00	0.00	199.00
053 Both Oars In The Water	0.00	300.00	330.00
055 Staying Alive	0.00	0.00	261.00
056 Women By The Books	0.00	0.00	144.00
064 Women's Serenity Group	0.00	0.00	491.60
067 Rigorous Honesty	57.00	74.00	956.01
068 Stepping Stones	200.00	0.00	459.00
074 Casa Serena (BB Study)	0.00	324.00	445.10
076 11th Step	0.00	300.00	330.00
079 Harbor Group	361.46	0.00	1,752.75
083 Sober Students, Tues Eve	0.00	50.00	160.00
084, 83 - 87 Group	360.00	300.00	3,625.00
089 Here & Now	0.00	0.00	189.33
093 Into Action, Thurs	0.00	160.20	160.20
094 Questions & Answers	0.00	0.00	30.01
097 Almost Saints	100.00	207.20	1,157.20
098 Keep It Simple, Saturday	0.00	0.00	45.00
099 Sink Or Swim	0.00	300.00	330.00
100 Student of Life	0.00	25.00	121.00
111 Carpinteria Canalino	0.00	0.00	379.00
112 Montecito/Carpinteria	0.00	0.00	416.78
113 Sought Through Prayer & Meditation	10.00	8.26	133.16
114 Schooner Group	0.00	82.00	343.00
115 Eleventh Step Meditation	0.00	50.00	150.00

	Nov 10	Oct 10	Jan - Nov 10
117 Way Of Life	1,120.00	0.00	1,910.00
120 Sat. Morn. Home Boys	0.00	0.00	871.30
125 On Awakening	150.00	165.00	1,586.00
128 Ladies Night Thursday	0.00	0.00	100.00
130 Saturday Night Sobriety	0.00	0.00	216.00
133 Action Participation	0.00	0.00	188.40
139 It's A Hell Of A Deal	0.00	0.00	142.20
140 Gay Discussion, Sunday	0.00	0.00	326.10
141 Off Center	0.00	0.00	154.27
144 Back To Basics, Young People	0.00	0.00	215.00
145 The How And Why Of It	44.00	52.20	294.60
146 Out Of Town Speaker, NH II	0.00	67.00	345.07
148 San Ysidro	0.00	0.00	260.00
150 Goleta Sun. Night Speaker	0.00	50.00	50.00
153 Happy Destiny	0.00	640.00	1,340.00
156 Start Your Day Right	0.00	0.00	300.00
158 Isla Vista Sobriety	0.00	37.50	37.50
159 Speak Easy Step and Traditions	0.00	80.00	80.00
161 Back To Basics Group	0.00	0.00	102.00
163 Mustard Seed	0.00	25.00	25.00
164 Men Who Have Lost Their Legs	320.00	315.00	2,820.00
165 Junkyard Dogs	0.00	487.00	1,021.00
166 Serenity Sisters	55.00	0.00	129.96
167 Women's Big Book Study	0.00	0.00	120.00
170 Barefoot Group	0.00	0.00	43.00
173 Let it Go-11th Step Meditation	0.00	75.00	330.00
177 Key Group	566.17	0.00	2,946.17
181 Keep Coming Back Group	0.00	389.44	1,104.49
182 Just the Black Print	0.00	0.00	182.70
183 Summerland/Montecito, Thurs.	0.00	84.00	136.00
190 Living Sober Book Study	81.60	0.00	81.60
191 Men on a Mission	0.00	0.00	155.00
197 Big Book Comes Alive Women's Meeting	55.20	0.00	120.00
198 Noon Naked Step Study Group	23.69	0.00	51.11
201 Birthday Donations	0.00	23.00	1,914.00
202 Supporting Members	989.22	675.22	8,213.82
204 Memorial Fund	0.00	0.00	283.79
207 Gratitude Month	226.40	0.00	312.40
211 Rent Received	72.85	64.90	1,665.91
212 Special Events	0.00	0.00	3,273.00
Totals:	\$6,112.21	\$6,616.52	\$55,429.88

How Good is it!

We have it sooooooooooooooooooooo good here in Santa Barbara. The Alcoholics Anonymous in Santa Barbara, which includes Santa Barbara, Isla Vista, Goleta, Montecito, Summerland, Carpinteria, are fantastic.

We have over 200 meetings per week. There are many open meetings where one can come and learn about Alcoholics Anonymous. A safe place where people can come and learn without the fear of identifying himself or herself, and decide whether he or she wants to participate in the program.

No one is required to participate. Everyone is allowed to make a choice. There is no pressure to participate - it is one's own decision.

However, if one comes with another "member" one finds that he or she is often "restless, hopeless and discontent." That is the magic of Alcoholics Anonymous- unless one comes, there is never an opportunity to learn and understand the magic of Alcoholics Anonymous.

I have invited people from Sacramento to attend the local Speaker Meetings. They marveled at how many young people we have in the program. They commented that there are only "old people that attend their meetings."

We have it sooooooooooooooooooooo good!!!!!!!!!!!!!!

Rick L. Alcoholic

Tradition 12

(continued from page 1)

The spiritual substance of anonymity is sacrifice. (pg. 184) It's not about my convenience- it's about giving back to AA that which was so freely given to me. That's why it's valuable to take the commitment I hesitate about, why I make the phone call I'm reluctant to make, why I give my time and myself to others when it may not be my first choice. Remember the powerful words of our **Responsibility Statement- 'When anyone, anywhere reaches out for help, I want the hand of AA always to be there, and for that, I am responsible.'**

Many people regularly chant '...principles before personalities.' Just what does this mean? In one respect, it means that I don't get sidetracked by other peoples' personalities. Look for the principle- look past the personality. If someone is available for a service commitment, I don't vote against them because I don't like them. Politically, I don't vote the same way my friends do - it's the same in AA. I don't vote the way my sponsor does. Another example- I don't stay away from a meeting because I don't like someone who goes there.

A personality can be undesirable at times, but principles are solid, stable and reliable, so keep them a priority.

My actions (my personality) are supported by my principles, so keep principles a priority. Instead of focusing on what I think of other people, focus on the principle of our program- love and service, tolerance of others...

By doing that, the importance of 'personalities' fade.

Maryjean B, Alcoholic

District 23 General Service News & Events

When You're a GSR

As the General Service Representative, you are linking your home group with the whole of AA, exchanging up-to-date info between your group and the General Service Office (GSO). You transmit ideas and opinions; Through you, the group conscience becomes a part of "the collective conscience of our whole Fellowship".

How do you, as GSR, do this?

At District Meetings (The 1st Monday of the month, 6 PM at the Holy Cross Church, 1740 Cliff Dr), you join with GSR's from other groups. You will be given information from the local District, the Area, GSO, and AA as a whole that you can share with your group. You will share your group's conscience concerning various AA matters. There will be reports from various service committees that you can be a part of. Once every 2 years, you will elect the District Committee Member (DCM).

At Area Assemblies (4 times a year at different locations throughout Area 93), you will gather with other GSR's and DCM's from all of the Districts in the Area. There are 35 Districts in our area, and approximately 1026 AA Groups. Once every 2 years you will elect Area Officers, including the Area Delegate. AA groups in US and Canada rely on the **General Service Conference** for maintaining the unity and strength of our Fellowship. This is made up of all the Area Delegates and various Trustees. At our **"Pre-Conference Feedback and Fellowship Day"** in March; You will see to it that your group's conscience on matters of importance to all AA becomes a part of the consensus when these matters are discussed at the annual Conference meeting in April. In return, you will share the results of this Conference meeting with your group via our **"Delegate Report-Back Service Day"**.

You are a **"Guardian of the Traditions"**. You will become knowledgeable about how they were developed, and how they protect our AA Fellowship. You can help when your group faces a problem involving one of the Traditions.

At your Group meetings; You will give periodic reports to your group at the business meetings, or at the break in the regular meetings.

Thank you for your service to AA and helping to keep AA available for the alcoholic who still suffers: for today, tomorrow, and in the future!

For More Information: Contact your Group's GSR, -or- DCM: Don H. (630-4834), donmspi@yahoo.com

Responsibility Declaration:

"I am responsible. When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there.
And for that: I am responsible."

Group Contributions to AA

Make check payable to:

Santa Barbara Central Office

1213 State Street, Suite H
Santa Barbara, CA 93101

Include your meeting name, and local meeting number (from the meeting guide)

Central Office will collect donations for Hospitals and Institutions and GSR through the office when you bring your Central Office Donation.

Central California Area 93

606 Alamo Pintado #140
Solvang, CA 93463

Include your meeting name, GSO group number

General Service Office

P.O. Box 459
Grand Central Station
New York, NY 10163

Include your meeting name, GSO group number

Any questions please call Santa Barbara Central Office at 805 962-3332

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new AAs. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol. (From the *Box 459 Holiday Issue*, 2003.)



1 Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to AA friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your AA telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an AA.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an AA with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

November 2010 BIRTHDAYS

Brent	1
Deanna	1
Debra R	1
Keith I	1
Mike	1
Nick	1
Raylene	1
Sherrie M	1
Allison	2
Brian H	2
Mandy H	2
Nena Q	2
Olivia C	2
Lisa R	3
Louie R	3
Melissa	3
Marcus J	4
Ricardo F.	4
Brian H	5
Laura R	5
Nathan	7
Don G	8
Tim C	10
Harvey	11
Jim S	11
Marcia R	12
Nancy S	13
Mark S	14
Diane	15
Sarah H	16
Whitney	18
Erica P.E.	20
Jay B	21
Marlene H	21
Robert B	21
Steve O	21
Mayanna K	22
Shelly S	22
Norm C	23
Pat L	23
Patricia E	25
Jill S.	29
John M	30
Eddie H	39
George G	45



The Messenger is published monthly by:
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 1213 State Street, Suit H
 Santa Barbara, California, 93101
 Phone: 805-962-3332
 Email: sbaa@santabarbaraAA.com
 Website: <http://www.SantaBarbaraAA.com>

Submissions Needed

The Messenger needs your submissions and letters. We are looking for articles for the step or tradition associated with the month of the same number. For the 1st month, January, we need writing on Step 1 & Tradition 1.

Send submissions to
JohnS@santabarbaraAA.com

Central Office Statistics

During the November 2010 your Central Office had:

AA Information calls	521
Al-Anon Referrals	38
Referrals to other programs	26
12step via answering service	21
Out-of-town visitors	19
12-step via office	22
Office walk-ins	251
Hits on our Web site	1,450

Service Meetings

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

IGR's (Intergroup Representatives) meet at 6:00 p.m. on the 2nd Tuesday of each month at First Presbyterian Church, 21 East Constance in Santa Barbara.

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 first Wednesday of each month at Central Office.