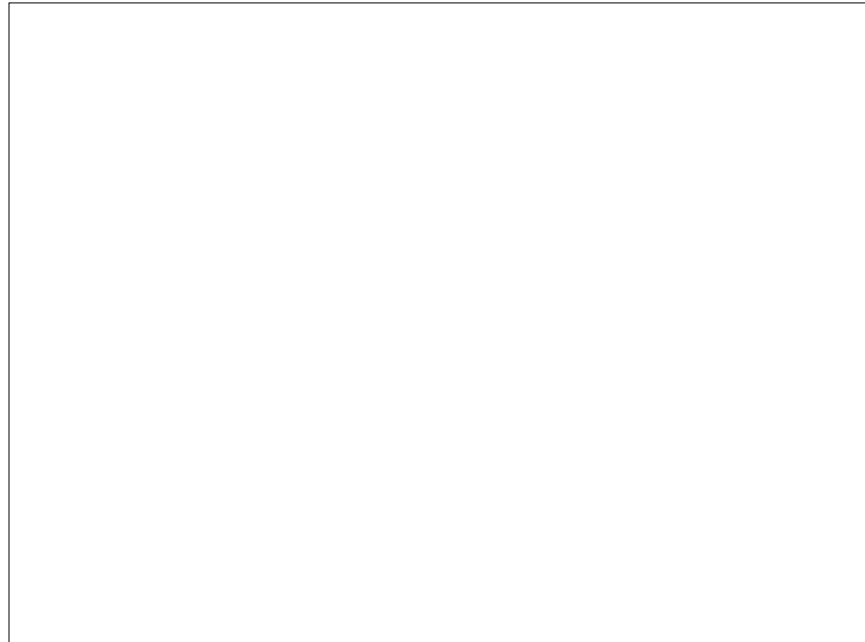


Central Office  
1213 State Street, Suite H  
Santa Barbara, CA 93101  
(805) 962-3332



*The Santa Barbara*

*February 2011*

# MESSENGER

## **New to Santa Barbara**

*I am responsible, when anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.*

At four years sober, a newly wed, and newly graduated from school, I had to move to Santa Barbara from northern California to be with my husband. It was the holiday season, and it was a shock to my system to be separated from my home group and my friends in the program who I had come to know and love so dearly. In addition, I had a huge licensing exam looming in the near future, and I had to really buckle down and study.

I wish I could say to you that I immediately ran out to groups and started putting my hand out, but I didn't. I wallowed in self-pity for a few days and drove my husband crazy. Then, I went to Central Office, put my hand out, and offered to be of service.

At Central Office, John put me to work and I was able to talk to other alcoholics about their favorite meetings. I started going to the meetings that were recommended to me and introducing myself as someone new to Santa Barbara. I felt like an idiot sometimes, but every once and a while someone would reach out and my loneliness would lift for a minute. I reached out to other alcoholics and accepted chances to fellowship as they came up. I also studied hard for the licensing exam and practiced putting it in God's hands while I did the necessary footwork.

Today, after three weeks of going to some of the meetings daily or on the days they meet, things have completely changed. I am starting to make friends here in my new town, and when I go to meetings, people are starting to know me and my story. I recently got a sponsor here in Santa Barbara, because I need face time to keep me accountable. Whenever an opportunity comes up for me to be of service to another alcoholic, I take it. Such opportunities can be as simple as giving someone a ride to or from a meeting. I am grateful to be of service and happy to be able to give back in whatever ways I can today.

I passed the licensing exam, and am certain that it was more than partially due to giving my will and my life completely over to the care of a God of my own understanding. Everything good in my life today is a result of working the steps and continuing to do maintenance steps on a daily basis. There is footwork required, but for me that is the easy part. The hardest thing is acceptance, and giving my life and my will over to God every day. As long as I continue to do so, I know I have a shot at staying sober one day at a time, and that more will be revealed.

Today, rather than feeling self-pity for the loss of my former sober home and friends, I feel gratitude for the new chapter in my sober life. Thank you for helping me to do so one day at a time.

Sara L., Alcoholic

## Take Your Sponsor to Breakfast—Breakfast

**MANAGERS CORNER** April 30th, 2011 at the Goleta Valley Community Center at 9:00am, we are having a Central Office FUN raiser, a “Bring your Sponsor to Breakfast”, breakfast. We will be having eggs, hotcakes, bacon, sausage, juice, yogurt, coffee and a lot of great fellowship. Noah D. of Santa Barbara will be our speaker. Food begins approximately at 9:00am, the 50/50 raffle and the speaker after we eat, should be out of there by 12:00pm at the latest, so look forward to seeing everyone out there for a great time of fellowship, food and fun.

### 200 for 100

We are looking for 200 new supporting members who would be willing to donate 100 for the year, that is just \$8.33 each month (which is less than what I usually spend on my coffee and other daily drinks), I will be doing a countdown monthly until we meet our goal of 200. Hope you will consider being part of the 200 for 100 supporting member drive for 2011.

### Group Donations for 2010

In March Messenger we will be listing donations for all the groups in Santa Barbara Alcoholic’s Anonymous. I am doing this because some people have called and asked why their group shows no donations. The list will show all the groups active in Santa Barbara and the money donated by each group. This will not include the Gratitude Month Donations which are a separate donation. Any questions, please feel free to call Central Office at 805 962-3332.

In Service,  
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.

## GROUP DONATIONS January 2011

	Jan 2011	Dec 2010
001 Sunrisers	0.00	280.00
003 Eye Opener	200.00	150.00
004 Monday At A Time	0.00	282.85
011 Sundowner Group	140.00	0.00
019 Onward & Upward	0.00	80.00
021 Summerland Monday Group	0.00	61.00
023 For Women Only	0.00	120.00
024, Mesa-Singleness of Purpose	80.00	27.50
026 Carpinteria Study Group	104.00	0.00
034 Women of Change	248.47	0.00
045 Alternative Group	0.00	92.00
064 Women's Serenity Group	123.00	0.00
067 Rigorous Honesty	33.00	20.00
070 Success Group	80.00	0.00
079 Harbor Group	155.66	84.27
084, 83 - 87 Group	600.00	0.00
094 Questions & Answers	7.00	0.00
100 Student of Life	20.00	20.00
111 Carpinteria Canalino	111.00	0.00
113 Sought Through Prayer & Meditation	20.00	0.00
114 Schooner Group	70.00	0.00
117 Way Of Life	18.00	51.00
120 Sat. Morn. Home Boys	550.00	0.00
125 On Awakening	310.00	0.00
126 Squirrel Crossing	0.00	100.00
145 The How And Why Of It	51.00	0.00
149 Getting To Know You	0.00	94.91
153 Happy Destiny	391.86	0.00
156 Start Your Day Right	500.00	0.00
159 Speak Easy SStep and Traditions	120.00	0.00
164 Men Who Have Lost Their Legs	330.00	225.00
166 Serenity Sisters	31.63	0.00
170 Barefoot Group	0.00	4.00
173 Let it Go-11th Step Meditation	0.00	36.00
181 Keep Coming Back Group	104.08	0.00
183 Summerland/Montecito, Thurs.	114.00	0.00
184 Jay Walker Book Study	51.00	0.00
189 Friday Night Book Study	41.00	0.00
201 Birthday Donations	365.00	71.01
202 Supporting Members	1,032.44	1,371.00
204 Memorial Fund	250.00	0.00
207 Gratitude Month	512.00	2,507.65
211 Rent Received	51.50	50.00
	<b>\$6,815.64</b>	<b>\$5,728.19</b>

**Classic Lines from Tradition 2: ‘Our leaders are but trusted servants; they do not govern.’**

p. 133- ‘Besides, look at all the good we’ve done these drunks. They should be grateful.’  
Uh oh- anytime, I think someone ‘should be grateful’ for anything I do--- I’m setting myself up for problems.

p. 135- ‘...the true voice of AA...the group conscience...They do not drive by mandate; they lead by example.’ **The highest status you get in AA is sober. Service is a privilege, not a punishment.**

**When I was concerned about how to sponsor- would I say the right words?: my sponsor offered these pearls of wisdom: “If someone wants to get sober, anything you say will help. If they don’t want to get sober, nothing you say will help.”**

**Classic Lines from Step 2-**

**p. 26- ‘...sponsor probably says, “Take it easy. The hoop you have to jump through is a lot wider than you think.”** I’ve not heard many people say that sobriety was as difficult as their *resistance* to getting sober.

**p. 31- ‘...defiance is the outstanding characteristic of many an alcoholic.’** Need I say more?

**p. 27- ‘I must quickly assure you that A.A.’s tread innumerable paths in their quest for faith.’** What’s important is that someone is on a path- I was always reminded to ‘allow people their humanness.’ Women and men get to AA, they get sober in God’s time, not my time.

**Controversy Corner**  
**Wanted to start this section until I remembered Tradition 10:** “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.” **If AA doesn’t engage in controversy, why on earth would I?**

it makes a difference to me. Kneeling is a unique position reserved for praying- it helps put me in a specific frame of mind for conscious contact. My God doesn’t care how I pray. I don’t take actions *for God’s convenience*; I take them *for my benefit*. And as usual, *I benefit*. Works for me- perhaps it will work for someone else.

*Our problems are basically of our own making’. BB p.103  
This line is so good, it’s repeated elsewhere in our book. .*

**Your resistance to spiritual solutions will cause you more discomfort than taking the actions for the spiritual solutions. Isn’t that so true- it walks hand in hand with defiance being an outstanding alcoholic characteristic.**

Q...Why is it suggested that we get on our knees to pray?  
A. It probably doesn’t make a difference to whoever I pray to, but

**Dictionary Definition: 12&12 - Step 1 P. 21 Rapacious** [ruh-pey-shuh s]  
**“No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands.”**  
**Rapacious:** subsisting by the capture of living prey, inordinately greedy; predatory; given to seizing for plunder or the satisfaction of greed. Alcohol may work for other people, and that’s fine. For me, though, alcohol is *not my friend*.

**CONVENTION NEWS**

The Convention Committee held the first of many monthly planning meetings in January to begin the task of organizing what is to be the 27<sup>th</sup> Annual Santa Barbara Alcoholics Anonymous Convention. The turnout of volunteers to serve on this year’s committee was impressive and lots of enthusiasm and ideas were expressed. Charlie A. is the Chair for the 2011 convention, and Judy M. is his Co-Chair. There were many familiar faces from previous years’ committees, but we also saw many new people eager to help plan the event and make it happen.

**Help us find a theme.**

At the next meeting, the committee will pick a theme for the convention. Themes must be a direct quote from conference-approved literature – hardcover books such as the Big Book, Twelve and Twelve, or Daily Reflections, not pamphlets. As an example, last year’s theme was “Join Us on the Broad Highway” (Big Book, page 55).

So we are calling on everyone in our recovery community to submit their ideas for a theme. Bring any and all suggestions to the next meeting, drop them off at Central Office, or give them to a committee member. Please include the quote itself, as well as where it came from including the publication and the page number.

**The next committee meeting.**

The next meeting will be held at 6:00 PM on February 10<sup>th</sup>. Go to the convention web site (www.sbaaconvention.org) and click the “participate” button for directions to the meeting place if you would like to attend and be part of the process. Lots of volunteer opportunities will be available all year right up to and during the convention weekend.

**Remember the dates.**

Finally, please mark your calendars with the dates for the 27<sup>th</sup> annual convention: October 21<sup>st</sup>, 22<sup>nd</sup>, and 23<sup>rd</sup>, 2011. This year’s convention is sure to provide a weekend of fun, fellowship, recovery and renewal for all. Don’t miss it.

~Your Convention Committee

*District 23 General Service News & Events*  
**RESULTS OF A MEMBER’S VOICE HEARD THROUGH THEIR GSR!**

A Member of Area 93 thought the following words would be a great asset as an appendix to the AA Big Book. Through the GSR this idea has been brought to Area 93 to be voted on at our next Service Assembly on Feb. 20<sup>th</sup>. If passed, our Delegate will then take the appropriate actions to get this idea to the GSO for consideration and placement of asterisks (\*). Let your voice be heard on this idea through your GSR. Proposed Sponsorship Appendix to the Alcoholics Anonymous Big Book:

“Most present members of Alcoholics Anonymous owe their sobriety to the fact that someone else took a special interest in them and was willing to share a great gift with them. Sponsorship is merely another way of describing the continuing interest of a seasoned member that can mean so much to a Newcomer turning to A.A. for help. Individuals and Groups cannot afford to lose sight of the importance of Sponsorship, the importance of taking a special interest in a confused alcoholic who wants to stop drinking. Experience shows clearly that the members getting the most out of the AA program, and the Groups doing the best job of carrying the A.A. message to the still-suffering alcoholics are those for whom Sponsorship is too important to be left to chance. By these members and groups sponsorship responsibilities, are welcomed and accepted as opportunities to enrich personal A.A. experience and to deepen the satisfactions that come from working with others.”

**For More Info: Contact your Group’s GSR, -or- your DCM: Matt D. (886-1904) 1964goletian@gmail.com**

We do have an important position that still needs to be filled:

**District 23 TREASURER is an OPEN POSITION!**

Jim S. has done a great job in the past year making this an automated task using QuickBooks. If you are a GSR or former GSR, and are willing to serve as Treasurer, PLEASE contact Matt D., DCM, as soon as possible.

**Hope to see you there!**

**Upcoming Meetings & Events:**

**Feb. 7 & Mar.7: GSR Monthly Meeting (1<sup>st</sup> Monday):** 6 PM, Holy Cross Church, 1740 Cliff Dr.

**Feb. 20: Area Assembly:** Santa Clarita, CA  
*For More Info: Contact your Group’s GSR, -or- your DCM: Matt D. (886-1904) 1964goletian@gmail.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.”

# GRATITUDUE MONTH DONATIONS FOR 2010

Below are the Gratitude donations from each group total donations listed.

This is calculated through December 31, 2010.

If you do not see your group listed or have any questions, please feel free to contact Central Office at 805 962.3332

Thank you for your support.

#002 Courage to Change	105.00	#079 Harbor	109.00
#003 Eye Opener	358.00	#084 83-87 Group	105.00
#004 Monday at a Time	77.00	#111 Carpinteria Canalino	21.00
#007 Ladies Sound Off	47.00	#114 Schooner Group	81.00
#010 Foundation Group	43.00	#117 Way of Life	42.00
#011 Sundowners	25.65	#125 Upon Awakening	30.00
#019 Onward & Upward	17.00	#126 Squirrel Crossing	57.00
#020 Cambridge Group	33.87	#133 Action Participation	98.65
#021 Summerland	61.00	#139 It's a Hell of a Deal	48.00
#023 For Women Only	84.00	#140 Gay Discussion	41.00
#025, Grateful Group	15.00	#156 Start Your Day Right	597.24
#026, Carpinteria Study Group	28.33	#159 Speak Easy	23.60
#030 Sisters of Gratitude	29.00	#164 Men without Legs	165.00
#043 Tea at Twelve	7.00	#170 Walking Barefoot	30.50
#045 Alternative Group	30.00	#173 Let it Go Meeting	72.00
#047 Men's Stag	122.75	#177 Key Group	143.35
#055 Staying Alive	99.50	#197 BB Comes Alive Women's	79.21
#064 Casa Wed. Night	25.00	Anonymous	81.00
#067 Rigorous Honesty	96	Maribella Gratitude Solutions Meeting	113.00
#068 Stepping Stones	75.40	<b>Total Donations through 01-31-11:</b>	<b>\$3,337.05</b>
#070 Success Group	20.00		

## January 2011 BIRTHDAYS

Name	Years
Brandon M	1
Matt W	1
Arrielle D	2
Catherine D	2
Ginny F	2
Linda K	2
Pete A	2
Susan R	2
Gabrielle V.H.	3
Sarah A	3
Curtis S	4
Louie	5
Susan H	5
Jim B	6
Lloyd	7
Yvonne C	7
Jimmy	8
Sarah AL	9
Vince B	9
Deb	10
Steve R	10
Chucky U	11
Woody W	11
Dawn N	14
Stephen E.P	14
Geoff	16
Anne B	17
Rudy S	19
Sky J	19
Irwin L	20
Lisa	21
Don H	22
Joe S.	22
Bob T	23
Jim B	23
Susan D	23
Cathy M	24
Mary Pat	24
Chris M	25
Denise McF	25
Frances K	26
Tim W	28
Mike	30
Luwana K	31
Bill Sk	32
Kathie	32
Neice	32
William S	32
Doris W	33
Kurt F.	33
Paul Z	34



The Messenger is published monthly by:  
**23<sup>rd</sup> District Intergroup of Alcoholics Anonymous**  
 1213 State Street, Suit H  
 Santa Barbara, California, 93101  
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 Email: [sbaa@santabarbaraAA.com](mailto: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 3<sup>rd</sup> month, March, we need writing on Step 3 & Tradition 3.

Send submissions to  
**JohnS@santabarbaraAA.com**

### Central Office Statistics

During the January 2011 your Central Office had:

AA Information calls	501
Al-Anon Referrals	35
Referrals to other programs	26
12step via answering service	15
Out-of-town visitors	22
12-step via office	25
Office walk-ins	204
Hits on our Web site	1,107

### Service Meetings

General Service Representatives (GSR) meet at 6:00 p.m. on the 1<sup>st</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> Monday of each month at Central Office.

PI (Public Information) meets at 6:00 p.m. on the 3<sup>rd</sup> 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.

### 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