



The Santa Barbara

February 2006

MESSENGER

PI Committee Report

Greetings from your Public Information Committee Chairperson, Joanne M.! This past year has been rewarding and busy. I want to take this opportunity to explain what Public Information (PI) is and describe some of the projects we have been involved with.

PI in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about AA. We carry the message by getting in touch with the media, schools, industry, and other organizations that can report on the nature and purpose of AA and what it can do for alcoholics. As our cofounder, Bill W, wrote:

Public Information takes many form—the simple sign outside a meeting place that says “AA meeting tonight;” listing in local phone directories; distribution of AA literature; and radio and television shows using sophisticated media techniques. Whatever the form, it comes down to “one drunk carrying the message to another drunk,” whether through personal contact or through the use of third parties and the media.

Here are some of the projects we have been working on:

Placards in Laundromats We have an ongoing project of putting up signs with tear-off phone numbers for the AA Central Office and have placed them in most every laundromat with a bulletin board in this district.

Hotels, Inns and Motels Every quarter we send letters to local hotels, inns, and motels offering them the opportunity to make available for their guests meeting directories.

Public Service Announcements We send public service announcements to four radio stations and three television stations locally. This is an exciting project because we can just turn on our radio or television and actually hear what we have been putting out there for the alcoholic who still suffers.

Newspaper Public Service Announcements Look for our PSA under “Healing Groups” in *The Independent*.

Public Libraries Public libraries in District 23 now have *The Twelve Steps and Traditions* available along with the *AA Big Book* for public use. There are also a few tapes we are in the midst of restocking in local libraries

PACT: Parolee Orientation Day Once a month, the police and Corrections Team have a Parolee Orientation Day. During this event, we make available a speaker sharing his/her experience, strength, and hope. We also make available what

we call “Parolee Packets” which contain pertinent literature that newly released parolees can find extremely useful in their recovery. PACT Day is usually held the last Thursday of every month at the Santa Barbara Rescue Mission.

Audio/Visual We have updated our tapes for video use by the public and AA members. Tapes can be checked out through me, Joanne M., at (805) 564-2484. Here is a list of available videos in VHS form: *Bill’s Own Story*, *Bill W. Discusses The 12 Traditions*, *Hope: Alcoholics Anonymous*, *Young People In AA*, *A.A. Rap With Us*, *A.A.: An Inside View*, *It Sure Beats Sitting In A Cell*, *Marking The Journey* (a service video).

Department of Welfare We provide the Department of Welfare with Newcomer Packets for local recovery centers and rehab facilities. This is a request from the Social Services Department after our presentation on what AA does and does not do. They call them our “Alcohol Intervention Packets.”

Santa Barbara County Child Care Protective Services The CPC division of Santa Barbara has asked us to take part in what they call “Client Intervention Meetings.” When one of their clients is in crisis, they set up an intervention to which they invite a number of recovery programs and nonprofit agencies to give a two-to-three minute presentation of what we do and don’t do and provide them with more information.

Web site for Santa Barbara District AA We now have our own Web site at ccaadistrict.com and you are welcome to log onto it and ask any questions about GSR work and talk to us GSRs and your DCM, Gil E.

As you can see, we have been extremely busy. Yet, we do have many more goals and projects planned for the future. These include sending letters to high schools offering AA literature and presentations on AA; sending letters to convalescent homes, rest homes, and senior centers offering AA literature and a presentation on AA; responding to speaking requests at non-AA meetings in the district; participating in health fairs; and attending assemblies and conventions (such as PRAASA, which is coming up in March). These are just a few of the many goals we have and we always need help. If you are interested in participating in any Public Information Committee activities, please contact me, Joanne M at (805) 564-2484 or e-mail me at jojobunny5@hotmail.com.

Thank-you for letting me be of Service,
—Joanne M, PI Chairperson

I Am Responsible

Let me begin by stating that anything I write here is my own opinion and has not the opinion of the Central Office or AA as a whole. That is probably very clear to anyone who bothers to read the Manager's Spot every month, but I need to make sure it is clear for this month especially.

I am one of those people who has a problem with one prayer that is being used in AA meetings. Not, let me hasten to say, with the prayer itself, but with the fact that it could be construed as affiliation with certain sects or denominations. Moreover, it is actually a prayer that I do use myself, in the privacy of my own observances. So, you see, it is not the prayer itself that causes me concern.

What brought this to mind (again) is the fact that last night at the book study I attend we were discussing this issue when someone suggested using the Responsibility Declaration as a way to close the meeting. I suddenly remembered that we had done that at the last national IGR conference I attended, and I was struck by how right it felt at that time. However, for some reason it did not occur to me at the time that this was something we might do here in town. But last night's experience got me to thinking. Why shouldn't we begin to attempt some change? Something akin to using the Third Step Prayer in meetings, as some people have

begun doing.

When I called World Services in New York, I was informed that the AA meeting they have there once a week usually closes with the Serenity Prayer, but that they do sometimes use the other prayer. They did, however, say that at many of the service meetings held there, including one recently of the delegates to the General Service Conference, they use the Responsibility Declaration.

I'm just throwing this out there for you to think about. How's this? Can you see how it might make sense to say:



**"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"**

This is just a question, and a suggestion. I would be happy to hear any (carefully considered) feedback.

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.

25th Annual Southern California H&I Conference

You're invited to join in the 25th Annual Southern California H&I Conference on the weekend of April 28–30, 2006 in Orange, California.

Every time you put a dollar in the H&I can, you are helping a miracle to happen.

This year's program features AA speakers who got sober through the combined efforts of AA and correctional facilities, hospitals, and treatment centers. Talks also include H&I members and the professional community who have trudged long and arduously to help alcoholics find recovery.

The conference also hopes to improve the mutual understanding between AA members and medical and correctional communities that have so much contact with alcoholism.

The easy-on-the-pocket \$10 registration includes all workshops, panel presentations, speakers, general sharing, fellowship, and hospitality room!

A complete conference package, which includes registration and Friday and Saturday ticketed meals and entertainment, is only \$116.

Registration scholarships are available for those who cannot afford to attend the conference. Please call (714) 926-9573 to arrange a scholarship.

For more information please call 714-926-9573 (AA) or 714-979-8524 (Al-Anon), or e-mail: info@SCHII.org

A Second Step Prayer

I pray for an open mind so I may come to believe in a power greater than myself.

I pray for humility and the continued opportunity to increase my faith.

I don't want to be crazy any more.

Tradition Two Contemplation Questions

For our group purpose there is but one ultimate authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? newcomers? oldtimers?
2. Am I absolutely trustworthy, even in secret, with AA twelfth step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group consensus and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

—Originally published in the *AA Grapevine*

Concept II

When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society.

—*AA Service Manual*

H&I Committee Report

The Santa Barbara South County Hospital & Institutions Committee (SBSCHIC) is organized under the Ninth Tradition of Alcoholics Anonymous, "A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." Hospital & Institutions is a committee whose sole purpose is to carry the message to those confined in hospitals, jails, prisons and other facilities. We share our experience, strength, and hope in harmony with the Fifth Tradition and are not affiliated with these facilities in accordance with Tradition Six. These panels and meetings are listed on the H&I calendar and not listed in the meeting schedule produced by Central Office. This committee operates under the Twelve Traditions of AA in all its affairs.

We had a great year with panels and participation! Especially with your contributions and the literature we were able to provide to the facilities that we service. Because of your generous donations of \$6,738 we purchased a total of 912 conference approved books (682 of which were Big Books) and hundreds of pamphlets. We distributed literature to Cottage Hospital's 5 East Unit, ARC, California Men's Colony-East, Cottage Recovery Center, Detox-Project Recovery, Juvenile Hall, Lompoc USP, Los Prietos Boys Camp and Boys Academy, Santa Barbara Psychiatric Facility and, of course, Santa Barbara County Jail.

Wow! That is something to give one a warm feeling! If you want to know how much your group contributed, we post our financial information monthly at Central Office. It is, also, helpful if you get an H&I Representative to attend our monthly business meetings. We meet the second Monday of each month at 6:00 P.M. at Central Office.

We thank you for your support and look forward to another great year!

Much love to you all,
Natalie B, SBSCHIC Treasurer

Food and Fellowship Forum

Hi I'm Mara and I'm an alcoholic. I currently serve as the cochair of the Special Events Committee for the District 23 General Service Representatives (GSRs) as well as being the district's recorder. I cochair this committee with Marta H, who also serves as our district's treasurer.

Did you know that each year Alcoholics Anonymous as a whole takes it's own inventory? Our latest project has to do with the AA inventory questionnaire now being distributed by our current DCM, Gil E, and the GSRs. AA is asking us for our informed opinion on the questions. Our local District 23 forum, where we will have information, food, and fellowship will be Sunday, March 12 from 9:00 A.M. to noon upstairs at the Veterans Memorial Building.

Every year questions and topics are generated by AA members like us. At last year's conference, AA members asked the delegates at the conference in New York to con-

sider topics and questions for this year's inventory questionnaire and after considerable review of all those topics and questions by the conference, a list was carried forward and given to our delegate this January so that we can discuss them and form an informed group conscience before this April's conference in New York. Like any good group conscience, the more informed members who participate are, the more informed is the group conscience. This means that all members of Alcoholics Anonymous should participate in giving our delegate, Vicki B, feedback. If you are a newcomer within your first 30 days, we urge you ask questions and get more information and begin to be a part of the AA process. Your voice is so vital for our future. AA wants your participation.

In April, after the Central Coast Area Assembly of Alcoholics Anonymous (Area 93) Pre-conference Topic Workshop in Lompoc, Vicki will go to New York to share our feedback and questions with delegates from all over the United States and Canada who will also be sharing feedback from members in their Areas. After the Conference ends, we give Vicki a few days to rest and compile her information. Then our district will have another free food and fellowship day, except that on this day Vivki will share her experience, strength, and hope about what it was like at the conference, what happened, and what it's like since she has shared of our area's combined feedback and additional questions from members in Area 93.

This year's theme is "Sponsorship, Self Support and Service in a Changing World," and there are several questions and discussion topics about these three ideas. In addition, there are several questions about possible changes to AA conference-approved literature as well as the potential creation of new conference-approved literature.

The Free Food and Fellowship Discussion event is our local District 23 forum for AA members within Carpinteria, Summerland, Montecito, Santa Barbara, Goleta, and Isla Vista to share their experience, strength, and hope on this year's topics and questions with each other. Besides the questionnaire, we will provide background information and pertinent conference-approved literature. At this sharing forum we will have large Post-Its on the wall to record your answers, and further questions and ideas to broaden discussion. Our DCM will be bringing back more background information if it's needed from PRAASA, held March 3-5.

We truly hope you can drop by that morning sometime between 9:00 A.M. and noon to eat, relax and enjoy the ocean view with other AA members while you share your experience, strength, and hope and listen to and read the feedback of others.

You or your home group GSR can obtain a questionnaire in advance by attending the District 23 GSR meeting held at 6:00 P.M. the first Monday of each month at SBCH Conference Rooms C & D. If your meeting doesn't have a GSR then we welcome you to call. Gil E, our current DCM/registrator. He can tell you how to elect a GSR and update your group's registration information with GSO World Services in New York. You can contact Gil at (805) 403-0587 or

GilEBWFrnd@aol.com. You can also download a questionnaire from the District 23 Web site at <http://www.ccaadistrict23.org>. Once you have a questionnaire, you can share your experience, strength and hope in as many or as few as you care to. It's not necessary for you to answer all the of the questionnaire. If you feel you only want to answer one question, that's fine. If you want to answer a few questions, that's fine. If you want to answer the entire questionnaire, that's fine too. It's all up to you and how much you want to participate and have your voice heard in AA as a whole.

If you can't attend this local District 23 forum, you still have a number of opportunities to participate. You can attend PRAASA in Woodland Hills March 3–5 to become more informed on the topics. You can attend the Central Coast AA Area 93 Pre-conference Topic Workshop in Lompoc March 18–19 to share your feedback. You can pick up a questionnaire and background materials and give your feedback to Gil E or to any GSR.

We hope you participate because Alcoholics Anonymous needs your voice.

I want to take this opportunity to say thank you for giving me this chance to be more a part of. Over the last 16 of my 25 years of sobriety, I have been able to take part and participate more in Alcoholics Anonymous' inventory process. As an individual member I have been able to voice my opinion on each years' questionnaires and in their discussions. As a GSR, I have been a link between my group and our delegate. As a past District 23 DCM, I have had the privilege of presenting on the topic "I Am Responsible" at PRAASA and on "Rituals in AA" at the Pacific Regional Forum along with facilitating District 23 forums. Each of these experiences has taught me a little more about how to be part of a group and how to work and communicate with other AA members and helped me grow up and become a little more responsible for my own sobriety and for the future of Alcoholics Anonymous. I am grateful that my commitment as a group GSR and as your district recorder along with cochairing with Marta H your District 23 Special Events committee once again gives me the opportunity to be a part of our three legacies of unity, service and recovery.

If you have any further questions about the questionnaire, background information, PRAASA, the local District 23 Free Food and Fellowship Forum, or the Central Coast AA Area 93 Pre-conference Topic Workshop/Assembly, or if there is anything we can do to help you to participate, please contact your current DCM/Registrar Gil E, or myself at MARAA2@aol.com or (805) 403-0487, or Marta H at HENSONSATHOME@cox.net or (805) 682-5830.

Our Bid for the 35th ACYPAA

Alcoholism has no barriers, age included. Young people suffering from alcoholism have turned to Alcoholics Anonymous and found help there since AA's earliest days. In 1945, one of the first young people's groups in Alcoholics Anonymous was formed in Los Angeles to help carry the message

of recovery to young people in AA.

The number of young people suffering from alcoholism who turn to AA for help continues to grow. At the 1960 AA convention, Bill W noted the age of new members to be much lower in 1960 than when he and Dr. Bob founded AA 25 years earlier. The 1998 AA Membership survey reported 11% of the respondents under 30 years of age and 2% under 21 years of age.

The aim of young people's groups is to help newcomers understand that they need not experience years of drinking, loss of family, friends, and finances to be ready for sobriety. They help bring the newcomers into the mainstream of AA recovery, unity, and service through the 12 Steps, the 12 Traditions, and the 12 Concepts for World Service by carrying AA's message to the suffering alcoholic.

Young people's groups are in no way separate from Alcoholics Anonymous as a whole. Members are involved in and committed to twelfth step work, hospital and institution work, public information, general service, and every other facet of AA service. Newcomers are shown by people their own age that using AA principles in their daily lives and getting involved in AA service can lead to a lasting and comfortable sobriety.

The purpose of young people's groups is to carry the Alcoholics Anonymous message to alcoholics no matter what their age.

In 1973, the All California Young People in Alcoholics Anonymous Roundup was established as an annual gathering in California to provide an opportunity for young AAs to come together and share their experience, strength, and hope. ACYPAA is visible evidence that large numbers of people are achieving a lasting and comfortable sobriety in Alcoholics Anonymous. AAs who attend an ACYPAA Roundup return home better prepared to receive young alcoholics who come to AA seeking recovery.

The ACYPAA Roundup is held anywhere in California where young people's groups can demonstrate: (1) the need for an activity like this to stimulate greater involvement and participation by young people in their area, (2) the ability of their group to function responsibly within the principles of Alcoholics Anonymous, and (3) the ability of the group to host a roundup representative of the diversity of California young people in Alcoholics Anonymous. The ACYPAA Advisory Council selects the site for future ACYPAA Roundups from groups that present formal bids and it has been established as the custodian of the roundups experience.

Santa Barbara Young People in Alcoholics Anonymous (SBYPAA) is putting in its second formal bid for ACYPAA February 25 at the 34th annual ACYPAA Roundup. This year it will be hosted by Young People from the San Francisco Peninsula area. It will be held February 23–26 at the Santa Clara Marriot.

SBYPAA was created in November 2004 as a service committee directly responsible to those they serve. We are very grateful for the support from our local fellowship and extend our hand in service. If you are thinking of joining us in Santa Clara for our bid, check out the current roundup Web site for information: www.acypaaxxiv.org. In love and service, SBYPAA



January Birthdays

Michael B	1
Augie R	1
Chris R	1
Amy L	1
Linda	2
Barbara	2
Barb B	2
Robbin B	3
Joanne M	3
Matt F	4
Michael H	5
Heather C	5
Nicole	5
Steve H	6
Mike H	6
Chris D	6
Tom W	7
Glenn 8	8
Troy M	9
Dawn L 9	9
Steve P	10
Barrett M	11
Jennifer	2
Kevin S	12
Ruth B	15
Don H	17
Yvonne R	8
Bob T	18
Kevin P	18
Shannon A	19
Laura R	20
Frances K	21
Tim W	23
Luwana K	26
Bill S	27
Kathy H	27
Doris W	28
Gabriel A	28
Carlton P	36
Sally A	43
Jim F	45

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 third month, March, we need writing on Step 3 and Tradition 3. Send submissions to jimstoic@hotmail.com.

Central Office Statistics

During January your Central Office had:

AA information calls	958
Al-Anon	43
Referrals to other programs	68
12-step via answering service	62
Out-of-town visitors	14
12-step via office	12
Office walk-ins	683
Hits on our Web site	914

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.

Meeting Change

The Thursday night 8:00 P.M. New Life meeting moved permanently to the Burtness Auditorium in Cottage Hospital February 9.

Santa Barbara Recovery Trivia

What was the name of the first men's recovery house in Santa Barbara? (Answer in next month's *Messenger*.)

Answer to last month's question:

The name of the first AA group in Santa Barbara was the Mother Group of AA (1945).

**J
A
N
U
A
R
Y**

	<u>January</u>		<u>January</u>
003 Eye Opener	305.00	112 Montecito/Carpinteria	130.00
004 Monday At A Time	173.66	114 Schooner Group	277.00
006 Start Your Week Right	60.00	115 Eleventh Step Meditation	13.00
007 Sound Off	60.00	117 Way Of Life	375.00
010 Foundation Group	65.00	120 Sat. Morn. Home Boys	138.05
025 Grateful Group	120.00	141 Off Center	325.00
034 Women of Change	37.62	149 Getting To Know You	83.00
035 12 & 12 Study, Tues.	60.00	165 Junkyard Dogs	36.30
053 Both Oars In The Water	60.00	166 Serenity Sisters	58.00
055 Staying Alive	130.30	170 Barefoot Group	16.00
062 Do The Steps Or Die	46.23	181 Keep Coming Back Group	169.69
067 Rigorous Honesty	20.00	183 Summerland, Thurs.	293.30
068 Stepping Stones	56.00	200 Anonymous Donations	46.00
076 11th Step	60.00	201 Birthday Donations	19.00
079 Harbor Group	788.63	202 Supporting Member	1,659.00
093 Into Action, Thurs	30.00	203 SBYPAA	105.65
097 Almost Saints	115.00	204 Memorial Fund	100.00
099 Sink Or Swim	60.00	211 Central Office Rent Received	155.00
		TOTAL	6,246.43

**F
I
N
A
N
C
I
A
L
S**

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

