



The Santa Barbara

January 2006

MESSENGER

PRAASA 2006

Hi, I'm Gil and I'm an alcoholic and your District Committee Member (DCM) or chairperson for the District 23 General Service Representatives (GSRs). As part of my service commitment it's vital that I inform you of a great opportunity in which all members of District 23 can take part in the voice of alcoholics anonymous as a whole.

March 3-5 there will be a three-day event called PRAASA. The theme this year is "Sponsorship, Service, and Self-support for a Changing World." It will be held here in Central California.

Some of you may be asking what is PRAASA? The initials stand for Pacific Region Alcoholics Anonymous Service Assembly. The assembly is composed mainly of general service members such as DCMs, alternate DC|Ms, GSRs, and alternate GSRs along with area delegates all from our Pacific region of AA: Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, Utah, Washington, British Columbia and the Yukon Territory. Also participating, and available to listen to your message as well as to share their own experience, strength, and hope, will be staff members from G.S.O. World services and our AA Trustees.

The purpose of PRAASA is to develop a greater unity among the members, groups and areas of the Pacific region, by providing an assembly which encourages the exchange of ideas and each year to provide an opportunity for all members to discuss pertinent aspects of AA. The primary purpose of every assembly should always be recovery, unity and service. Each year the PRAASA is held within one of the above states or territories. This year you have a fantastic opportunity to take part because of its close location. For the first time ever this PRAASA will be held here in Area 93, at the Warner Center in the Marriott Hotel, 21850 Oxnard Street, Woodland Hills.

Each year PRAASA is developed around a theme for discussion. The 2006 primary theme for sharing your experience, strength and hope is "Sponsorship,

Service, and Self-support for a Changing World."

You may be asking why should you go, can you really participate and share? The answer is yes, a most emphatic yes! You may attend and participate in any of the variety of roundtables.

After most topic speakers you may want to go up to one of the several microphones made available, though you may have to wait for your turn in line to speak.

You can get a schedule of roundtables topics and presentations through the PRAASA link on your District 23 service Web site at www.ccaadistrict23.org or you can attend and participate in the discussions at your District 23 GSR meeting, which has our local committees which will be represented at those roundtables.

There are a few business meetings for GSO staff, trustees, past trustees, delegates, and past delegates, but all other roundtables and meetings are open to all AA Members

Because it is a service assembly it does have those who are primary participants, who have been sent there to share their district or area experience strength and hope with AA as a whole. It is the responsibility of those DCMs, alternate DCMs, district committee member chairs, GSRs, and alternate GSRs to be there to share and listen to how the triangle of unity, service and recovery is being applied around them.

So there it is. All about PRAASA. What about the members of District 23 (Santa Barbara, Goleta, Isla Vista, Montecito, Summerland, and Carpinteria)? How many times have you thought you wanted to be more a part of the service world of AA, encompassing AA as a whole with your own triangle of unity, service and recovery, but because of your hectic work, school, or family schedules you haven't been able to do so on a regular basis at the level that you wanted? Well this is your time, your opportunity, where you as a member of District 23 can take your

Continued on page 3

Happy New Year!

January is a special time for me. For one thing, it is my AA birthday month. It always feels good to reach that milestone again.

And perhaps because of it, I tend to go back to basics during this month.

It makes me think about the First Step, and the First Tradition, about bottoming out, and how that felt at the time. Reflecting upon that, and then looking at where I am today, always makes me aware of how far I've come and also how far I haven't come. It reminds me of the work I've done and also the work left to do. It reminds me about how, no matter how many times I have asked, I have still not been relieved of the bondage of self. And it reminds me that the unmanageability of my life is still there when I attempt to manage my life myself—and believe me, I will.

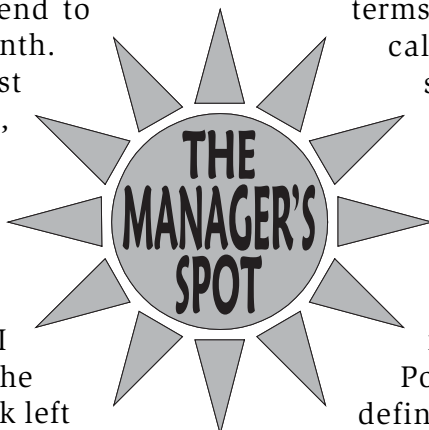
But the fact that our common welfare comes first allows me to stick around and it gives me something to think about, besides myself, from time to time.

Mostly I just feel grateful for my sobriety. I feel grateful for our blessed program that has given me the tools to deal with life on life's

terms with some degree of dignity and calm. And I feel grateful for the simple kit of spiritual tools laid at my feet that has given me the means to become comfortable in my own skin. Most of the time.

I am also grateful for the truly amazing grace that I have received through my Higher Power—grace that I have heard defined as *unmerited favor*. That fits for me. There was nothing I did to earn it, except surrender.

Finally, I am grateful for all of you, the Fellowship that upholds me and supports me. Thank you for my life.



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.

PRAASA *(Continued from page 1)*

individual experience, strength, and hope and share it with the total world of AA. This is your chance to listen to, and speak to, hundreds and hundreds of other members from all over AA, especially with those from within our pacific region.

We hope you can find the time to either attend one, two, or all three days of the assembly. If you have a desire to attend, please contact a District 23 GSRs as soon as possible to let us know how we can help. Make this PRAASA possibly your first of many to come.

You can reach us in several ways:

- E-mail Gil at GilEBWFriend@aol.com.
- Drop off a letter to the attention of the District 23 GSRs at the Central Office.
- Mail a letter to District 23 GSRs, PO Box 23416, Santa Barbara, CA 93121.
- Call Gil at (805) 403-0578 or call one of our special events cochairs: Mara R at (805) 403-0487 or Marta H at (805) 682-5830.

We don't know how to be of service to you until you inform us. Thanks for letting us be there for you now.

A First Step Prayer

God, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. Amen.

Tradition One Contemplation Questions

Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members inventories?
 2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
 3. Am I gentle with those who rub me the wrong way, or am I abrasive?
 4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
 5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
 6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of ?
 7. Am I as considerate of AA members as I want them to be of me?
 8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
 9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
 10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?
- Originally published in the *AA Grapevine*

Concept I

The final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole fellowship.

—*AA Service Manual*

Letters

Letter from a Friend

To All My Alcoholic Brothers and Sisters,

I am trusting that this message finds all of you in the best of health, with peace of mind, and high spirits. Hopefully you are taking it one day at a time, and enjoying the spirit of the season. I wish you all continued sobriety and a joyous upcoming holiday. Please know that you are in my prayers, and that I wish for you all the best life has to offer. Those of us here at CMC who are members of the Big Four Group just want to say thank you to everyone out there for your continued support.

With love, your friend,

—Malik

Suggested Meeting Topics

1. Acceptance
2. Attitude of gratitude
3. Belief in a Higher Power
4. Complacency
5. Contempt prior to investigation
6. Dependence
7. Fear
8. Forgiveness
9. Freedom through sobriety
10. Group inventory
11. Hope
12. Humility
13. Identification
14. Inadequacy
15. Inventory
16. Letting go of anger
17. Let's be friendly with our friends
18. Living one day at a time
19. Making amends
20. Meditation
21. Open-mindedness
22. Participation and action
23. Patience and tolerance
24. Personal spiritual experience and spiritual awakening
25. Plan the action — not the result
26. Practice these principles in all our affairs
27. Principles before personalities
28. Projection — living in the wreckage of the future
29. Resentments
30. Responsibility pledge
31. Rigorous honesty
32. Serenity
33. Service
34. Sponsorship
35. Staying away from the first drink
36. Surrender
37. Three legacies - Recovery, Unity and Service
38. Twelfth Stepping
39. Twelve Concepts
40. Understanding Anonymity
41. Ways of carrying the A.A. message
42. What is sobriety
43. Willingness
44. Working with others

—Service Material from the General Service Office



District #23 Accessibilities Committee Report

Each month on the first Monday the General Service Members meeting takes place at Cottage Hospital in conference rooms C and D. One of the seven committees that meet that evening is the Accessibility Committee. Over the years it has been chaired by Bill S, who has poured into it the kind of love and service that you would expect from someone who totally understands that aspect of AA. It is now chaired by a new GSR, David. Even though Bill has transferred the reins of the chairmanship to a new GSR, he and a few others have gone on to taking individuals to meetings who may not be able to get to them on their own and bringing meetings to members who for health reasons cannot make it to an outside meeting.

One of the more pleasant responsibilities as your District Committee Member is to listen to all of our members within the district, which includes Santa Barbara, Goleta, Isla Vista, Montecito, Summerland, and Carpinteria. I have learned that by listening to many voices, not just a few, I get a better picture of what is being asked of us rather than what may look good.

Over the past several months I have tried to ask this question, which you probably have heard it more times than you would like during announcements:

If you are a single parent, would you like the opportunity to have a meeting brought to you? This could be after you lay the little one or ones down to sleep. Maybe the Accessibilities Committee would be able to help. Please speak with me in person, call me at 403-0578, or e-mail me at GilEBillWFriend@aol.

After sharing the feedback I received from members who have children and members who gave me their phone numbers wanting to be a part of this form of meeting, the GSRs felt that now would be the time to present it further to the AA community

through *The Messenger*, since it reaches many members that we the GSRs would not be able to reach on our own.

(Another possible beneficiary of such meetings could be new members who, because they are wearing a court-ordered bracelet may not be able to attend outside meetings.)

As your DCM, I hope this article brings more e-mails, more phone messages, and more members wanting to help the accessibilities committee. Please feel free to get in touch with me and let me know what you think, positive or negative, about what this possible way of bringing meetings to people represents to our district.

On a personal note I want to thank you all for giving me this opportunity to serve in the district. This service position gives me the great opportunity to increase my sobriety each day, even though there are sometimes misconceptions or misunderstandings about what it is I do as your DCM. It gives me time to be outside of myself more often than not, and since like every other member, selfishness and self-seeking had been my dilemma, service work keeps me far away from that. I guess I should say thank you for helping me more than I'm really helping you.

As it says on the back of most of our AA literature, you are giving me the opportunity to be more responsible.

Again, thanks for letting us the GSRs be of service to you, our District #23 AA community.

And forever I will be grateful for how the GSRs end each months meeting with our responsibility pledge:

When Anyone Anywhere,
Reaches Out For Help, I Want
The Hand Of A.A. Always To Be There
And For That I Am Responsible.

—Gil E District #23 DCM /Registrar



December Birthdays

Chelsea	1
Scott D	1
Chris D	1
Paul	1
Aiko	1
Jersey Dave	2
Mike C	3
Lisa N	3
Manny B	6
John L	7
Martha K	7
Georgia	11
Natalie B	14
Dinah S	16
Lee C	18
Chris M	20
Scott H	20
Spencer W	23
Joe R	27
Marilyn A	28
Jack W	31
Tony C	31

Santa Barbara AA Trivia

What was the name of the first AA group in Santa Barbara?

Answer next month.

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 second month, February, we need writing on Step 2 and Tradition 2. Send submissions to jimstoic@hotmail.com.

Central Office Statistics

During December your Central Office had:

AA information calls	843
Al-Anon	38
Referrals to other programs	66
12-step via answering service	49
Out-of-town visitors	23
12-step via office	18
Office walk-ins	742
Hits on our Web site	678

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 Changes

Friday Night Women to Women The meeting has moved from Veteran's Memorial to Harbor Room 218 above the Post Office. The time stays the same: 5:45. Contact secretary Judy at 682-6012 for additional information.

**D
E
C
E
M
B
E
R**

	<u>December</u>	<u>November</u>	<u>2005</u>		<u>December</u>	<u>November</u>	<u>2005</u>
001 Sunrisers	0.00	0.00	40.00	100 UCSB Discussion	0.00	0.00	55.00
002 Courage To Change	0.00	0.00	75.00	110 Focus On Recovery	0.00	0.00	34.17
003 Eye Opener	384.00	240.00	4,239.00	111 Carpinteria Canalino	0.00	0.00	759.00
004 Monday At A Time	0.00	0.00	376.11	112 Montecito/Carpinteria	0.00	0.00	420.00
005 Noon Step Study	0.00	0.00	50.00	113 Sought Through Prayer & Meditation	45.00	0.00	142.00
006 Start Your Week Right	0.00	0.00	180.00	114 Schooner Group	0.00	0.00	369.00
007 Sound Off	0.00	0.00	150.00	115 Eleventh Step Meditation	0.00	0.00	127.38
008 Beginner's Group	0.00	0.00	84.85	117 Way Of Life	0.00	125.00	2,752.00
010 Foundation Group	115.00	70.00	870.15	120 Sat. Morn. Home Boys	180.00	0.00	1,407.10
011 Sundowner Group	470.00	0.00	1,120.00	121 Problems And Solutions	0.00	0.00	21.00
013 No Shenanigans	40.00	0.00	216.00	130 Saturday Night Sobriety	0.00	0.00	240.00
016 Big Book Workshop	0.00	0.00	46.00	133 Action Participation	1,000.00	0.00	2,000.00
020 Cambridge Group	0.00	170.00	170.00	139 It's A Hell Of A Deal	144.00	0.00	805.50
021 Summerland Monday Group	0.00	0.00	274.00	140 Gay Discussion, Sunday	0.00	0.00	206.05
022 There Is A Solution	180.00	0.00	638.60	141 Off Center	60.00	0.00	1,827.16
023 For Women Only	90.00	0.00	490.00	143 Sunday Go To Meeting	0.00	0.00	70.00
026 Carpinteria Study Group	0.00	0.00	100.00	144 Back To Basics, Young People	36.00	0.00	266.31
030 Sisters In Solution	0.00	0.00	15.00	146 Out Of Town Speaker, NH II	20.00	142.00	552.60
034 Women of Change	62.40	0.00	324.32	148 San Ysidro	0.00	130.00	260.00
035 12 & 12 Study, Tues.	0.00	0.00	100.00	149 Getting To Know You	177.00	0.00	645.00
045 Alternative Group	80.00	0.00	349.00	150 Goleta Sun. Night Speaker	0.00	0.00	79.00
047 Tuesday Men's Stag	162.00	0.00	741.00	153 Happy Destiny	0.00	0.00	300.00
051 Men's Group At St. Mary's	152.00	0.00	572.59	156 Start Your Day Right	0.00	0.00	80.00
052 As Bill Sees It, Weds.	120.00	0.00	150.00	158 Isla Vista Sobriety	0.00	0.00	49.50
053 Both Oars In The Water	0.00	0.00	180.00	161 Back To Basics Group	0.00	0.00	4.32
055 Staying Alive	20.00	20.00	407.00	162 No Frills	0.00	0.00	187.35
056 Women By The Books	0.00	0.00	98.40	164 Men Who Have Lost Their Legs	377.00	0.00	1,826.18
062 Do The Steps Or Die	38.85	36.17	556.69	165 Junkyard Dogs	61.92	74.26	832.49
064 Women's Serenity Group	50.00	0.00	487.00	166 Serenity Sisters	46.78	0.00	180.78
067 Rigorous Honesty	0.00	152.00	1,047.00	170 Barefoot Group	0.35	15.00	164.46
068 Stepping Stones	0.00	18.00	255.64	177 Key Group	1,200.00	0.00	2,400.00
070 Success roup	0.00	0.00	210.00	181 Keep Coming Back Group	0.00	0.00	1,089.99
071 The Loft	0.00	0.00	435.00	183 Summerland, Thurs.	207.20	0.00	1,771.95
072 Discussion Gay Wednesday	0.00	0.00	48.00	186 Turning Point	0.00	0.00	383.00
073 Young People's	0.00	0.00	177.08	196 Powerful Cement	0.00	0.00	50.00
076 11th Step	0.00	400.00	580.00	200 Anonymous Donations	40.00	5.00	198.04
077 Briefly Big Book	0.00	0.00	21.00	201 Birthday Donations	31.00	0.00	959.00
079 Harbor Group	377.08	366.32	4,586.17	202 Supporting Member	1,862.00	928.00	13,396.00
083 Sober Students, Tues Eve	0.00	0.00	210.00	203 SBYPAA	0.00	0.00	53.42
089 Here & Now	70.00	0.00	210.00	204 Memorial Fund	0.00	0.00	160.00
091 New Life	0.00	0.00	240.00	205 Refunds	0.00	0.00	243.27
093 Into Action, Thurs	0.00	0.00	80.00	209 Meeting Guide	120.00	135.00	1,105.00
097 Almost Saints	140.00	0.00	1,010.13	210 Convention Income	0.00	5,178.00	5,989.79
098 Keep It Simple, Saturday	0.00	0.00	66.00	211 Central Office Rent Received	154.00	165.00	1,957.80
099 Sink Or Swim	0.00	0.00	180.00	212 Special Events	0.00	0.00	3,063.50
				TOTAL	8313.58	8369.75	71940.84

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

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

