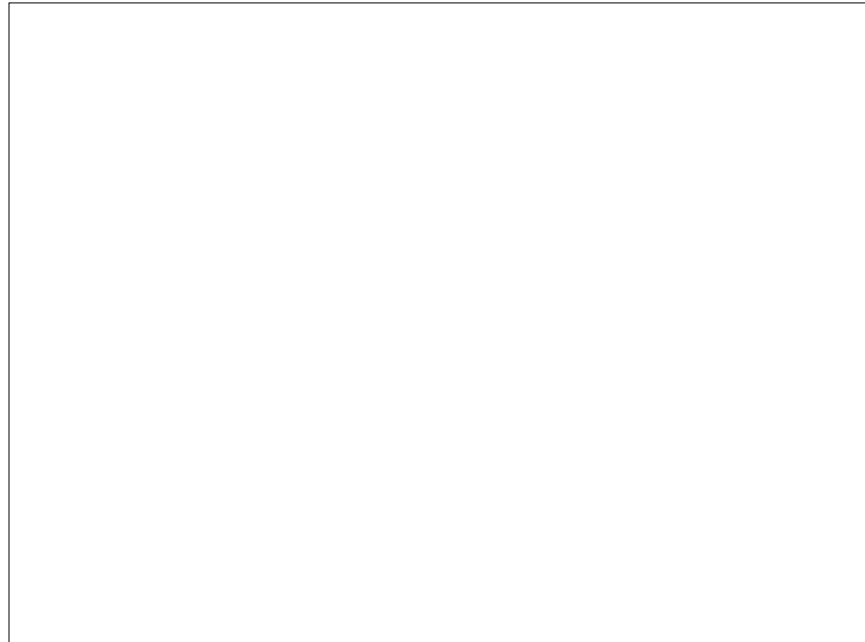


Central Office  
1213 State Street, Suite H  
Santa Barbara, CA 93101  
(805) 962-3332



*The Santa Barbara*

*July 2011*

# MESSENGER

## ***STEP SEVEN***

### ***Humbly asked Him to remove our shortcomings.***

“Since this Step so specifically concerns itself with humility, we should pause here to consider what humility really is and what the practice of it can mean to us. Indeed, the attainment of great humility is the foundation principle of each of AA’s Twelve Steps.”

- Twelve Steps and Twelve Traditions, Page 70

“Shortcoming: a failure, defect, or deficiency in conduct, thought or ability.”

- Webster’s Dictionary

“The chief activator of our defects has been self-centered fear — primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God.”

- Twelve Steps and Twelve Traditions, page 76

“Guilt is really the reverse side of the coin of pride. Guilt aims at self-destruction and Pride aims at the destruction of others. This is why I see ‘humility for today’ as that safe and secure stance midway between these violent emotional extremes. It is a quiet place where I can keep enough perspective and enough balance to take my next small step up the clearly marked road that points toward eternal values.”

- The Best of Bill, page 38

“The only footwork I must do is ‘humbly ask’, which for me means asking with the knowledge that of myself I am nothing, the Father will ‘doeth the works’.”

- Daily Reflections, page 210

“In the actual taking of Step Seven an unexpected dividend comes to the earnest applicant. When really ask, as the Step suggests, “humbly”, our major defect, pride, is already on the way to being removed.

- Emotional Sobriety, p. 58

### ***The Seventh Step Prayer***

(from page 76 of the Big Book of Alcoholics Anonymous)

My Creator,  
I am now willing that you should have all of me, good and bad.  
I pray that you now remove from me  
every single defect of character which stands in the way  
of my usefulness to you and my fellows.  
Grant me strength, as I go out from here, to do your bidding.  
Amen

**THE  
MANAGER'S  
CORNER**

**A GREAT BIG 4<sup>TH</sup> OF JULY THANK YOU.**

I would like to thank everyone who came out and participated in our 4<sup>th</sup> of July barbeque. It was a beautiful day and a great afternoon of fellowship, fun and a fantastic \$5.00 meal.

I would like to also thank all the people who showed up and helped with the set-up and the meal, especially the newcomers who provided invaluable service in getting the food from the serving table to the hungry crowd.

A special thanks to everyone who came out to help us set up and prepare and serve the food. Also to the Mission who is always such a great help to us in our fun-raisers.

Also thanks to the folks who organized and participated in the bake sale. A special thanks to everyone who organized and participated in the bake sale. Especially those who brought bake goods, the cupcakes and star cookies were awesome as were all the cakes used in the cake walk. It was another great success and the children of all ages truly had a lot of fun. Thank you for all your service at the BBQ.

It was really awesome to see so many people show up. The energy around and fun had by all was heart-warming. And once again, the cake walk was a big hit with lots of participation and lots of laughter. Next year, we hope to see all of you again to continue our July 4<sup>th</sup> tradition of enjoying a great day, good food and warm fellowship.

Any new ideas are welcome about possible games and activities for all the children attending. (Please email any ideas you have to me at JohnS@SantaBarbaraAA.com.)

So, once again, thanks to everyone who was there, and for everyone's support of your Central Office and our Fun raisers.

In Service  
John S.

**GROUP DONATIONS THROUGH JUNE 30,**

	Jun 11	May 11	Jan - Jun 11
003 Eye Opener	210.00	250.00	1,490.00
004 Monday At A Time	184.40	0.00	560.40
007 Sound Off	0.00	0.00	48.00
010 Foundation Group	0.00	0.00	107.64
011 Sundowner Group	0.00	0.00	140.00
013 New Pair Of Glasses	50.00	0.00	100.00
014 El Montecito Saturday Night	0.00	0.00	162.00
019 Onward & Upward	130.00	0.00	195.00
020 Cambridge Group	0.00	0.00	107.20
021 Summerland Monday Group	0.00	50.00	166.00
022 There Is A Solution	0.00	0.00	120.00
023 For Women Only	0.00	120.00	240.00
024, Mesa-Singleness of Purpose	0.00	40.00	160.00
026 Carpinteria Study Group	30.00	0.00	236.00
030 Sisters In Solution	0.00	0.00	65.00
034 Women of Change	0.00	0.00	248.47
045 Alternative Group	48.00	0.00	158.40
047 Tuesday Men's Stag	0.00	0.00	348.33
055 Staying Alive	65.00	0.00	321.20
064 Women's Serenity Group	0.00	128.00	251.00
067 Rigorous Honesty	24.00	24.00	279.00
068 Stepping Stones	116.40	75.00	350.91
070 Success Group	0.00	0.00	80.00
074 Casa Serena (BB Study)	0.00	0.00	144.00
079 Harbor Group	279.26	111.73	1,076.28
083 Sober Students, Tues Eve	0.00	0.00	60.00
084, 83 - 87 Group	240.00	250.00	2,200.00
089 Here & Now	0.00	125.00	125.00
093 Into Action, Thurs	0.00	147.00	147.00
094 Questions & Answers	0.00	0.00	20.00
097 Almost Saints	144.00	0.00	739.17
098 Keep It Simple, Saturday	30.00	0.00	30.00
100 Student of Life	0.00	0.00	70.00
111 Carpinteria Canalino	0.00	0.00	318.00
112 Montecito/Carpinteria	0.00	0.00	300.00
113 Sought Through Prayer & Meditation	20.90	12.00	90.90
114 Schooner Group	0.00	0.00	137.50
117 Way Of Life	0.00	470.41	702.00
120 Sat. Morn. Home Boys	160.00	0.00	773.00

	Jun 11	May 11	Jan - Jun 11
125 On Awakening	180.00	150.00	1,112.00
130 Saturday Night Sobriety	0.00	33.00	33.00
139 It's A Hell Of A Deal	258.84	0.00	797.64
140 Gay Discussion, Sunday	0.00	195.67	322.00
141 Off Center	0.00	0.00	394.20
145 The How And Why Of It	44.40	36.00	180.60
146 Out Of Town Speaker, NH II	0.00	42.90	42.90
150 Goleta Sun. Night Speaker	30.00	0.00	30.00
153 Happy Destiny	400.00	0.00	1,191.86
156 Start Your Day Right	0.00	0.00	1,000.00
159 Speak Easy SStep and Traditions	0.00	0.00	120.00
163 Mustard Seed	0.00	0.00	8.25
164 Men Who Have Lost Their Legs	435.00	0.00	1,380.00
165 Junkyard Dogs	0.00	420.00	420.00
166 Serenity Sisters	30.00	0.00	111.63
167 Women's Big Book Study	0.00	100.00	100.00
170 Barefoot Group	0.00	0.00	2.00
171 Gratitude Solutions	0.00	57.00	57.00
173 Let it Go-11th Step Meditation	0.00	0.00	101.45
177 Key Group	0.00	0.00	700.00
181 Keep Coming Back Group	0.00	0.00	271.99
182 Just the Black Print	20.00	0.00	127.45
183 Summerland/Montecito, Thurs.	0.00	0.00	234.00
184 Jay Walker Book Study	0.00	0.00	51.00
189 Friday Night Book Study	0.00	0.00	41.00
191 Men on a Mission	0.00	0.00	175.00
196 Montecito Book Study	17.00	22.00	91.00
197 Big Book Comes Alive Women's Meeting	0.00	0.00	84.00
201 Birthday Donations	45.00	435.00	1,073.00
202 Supporting Members	214.22	804.22	5,918.04
204 Memorial Fund	0.00	0.00	250.00
207 Gratitude Month	0.00	0.00	714.60
210 Convention Income	0.00	0.00	581.53
211 Rent Received	45.00	150.00	621.00
212 Special Events	150.00	50.00	1,281.00
Totals:	3,601.42	4,298.93	32,486.54

**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**

## TRADITION SEVEN (Long Form)

*The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.*

### **SELF-SUPPORT: WHERE MONEY AND SPIRITUALITY MIX (GSO Pamphlet)**

From its earliest beginnings, A.A. has always incurred expenses — whether it be the cost of a pot of coffee or the price of a place to meet. In the early days, these costs were often absorbed by individual A.A.s or nonalcoholic friends who offered their parlors and living rooms for A.A.s to meet in. However, as A.A. outgrew the generosity of these early friends and members, the Fellowship's need for income became more and more apparent.

Bill W. and some of the early A.A. members initially felt the only way for the Fellowship to survive was to solicit financial support from philanthropic institutions or individuals outside AA. These “high rollers” could then supply the funds the Fellowship would need to carry out the vital Twelfth Step work the early AAs envisioned — to bankroll the army of paid missionaries, the chain of AA hospitals, and the library of books they were certain to write.

One potential A.A. patron, however, when approached by the pioneering members for money, instead helped to lay the groundwork for A.A.'s Tradition of self-support: “I am afraid that money will spoil this thing,” said John D. Rockefeller Jr., while at the same time endorsing the work of the fledgling Fellowship.

This marked a turning point in A.A. history and, as the reality of Mr. Rockefeller's statement sank in and A.A. members began to see the truth in the old cliché, “Who pays the piper calls the tune,” the seed of the Seventh Tradition took root.

### **“We Cannot Skimp”**

With the realization that A.A. must steer clear of outside contributions in order to maintain its autonomy and independence came the understanding that the money necessary for AA's survival would have to come from individual AA members and groups. As Bill W. put it in 1957, “Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility —one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid.

“When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who still suffer.”

(The Language of the Heart, p. 221.)<sup>6</sup>

## TRADITION SEVEN (Short Form)

*Every A.A. group ought to be fully self-supporting, declining outside contributions.*

*Today I pay my own way; I contribute.* If you don't have money to contribute, don't worry - AA needs you more than it needs your money." But spending \$3- \$4 on a fancy coffee, or \$6 on cigarettes and then passing the basket? It may be time to re-think priorities. Step 7 (p. 165) says “*the irresponsible had become responsible.*” In the past, any free ride was a good one. Today in recovery, self-support is in style. Our 7th Tradition is about so much more than money- it's about contributing. If I don't have money for the basket, I think of other ways to contribute- help set up, greet, clean up afterwards. I try to be less of a taker and more of a giver.

Maryjean B.

## Convention News

### **A Special Panel**

Have you heard of the “Akron Manual”? This was a booklet put out by the Akron Group in about 1940, roughly a year after the Big Book was published. It was addressed to newcomers and sponsors, providing the former with an introduction to AA and guidance to the latter. There will be a panel featured at this year's convention discussing the Akron Manual and other aspects of early AA history. Come join us and learn about what it was like when AA was just getting underway.

### **Registration and Scholarships**

Remember, all of these meetings are available to you for the low cost of registration. Yes, you must register to attend any Convention events, but if you cannot afford the registration fee, scholarships are available, thanks to the many donations from our generous AA community.

### **Participate**

There are still plenty of opportunities for you to get involved in this year's convention. Come to the next meeting, July 14<sup>th</sup> at 6 PM, to find out more. If you want to participate in building the 2011 convention, contact Central Office or any committee member for directions to the meeting.

### **Mark Your Calendars**

Don't miss it! Mark your calendars (if you haven't already) for the weekend of October 21-23, and we'll see you then, if not before. Don't forget to check the convention web site ([www.sbaaconvention.org](http://www.sbaaconvention.org)) for more convention news and information.

~ Your Convention Committee

R. H. SMITH, M. D.  
2ND NATIONAL BLDG. AKRON, OHIO  
TELEPHONE: HE-8523 REG. NO.  
FOR alcoholics  
ADDRESS DATE Feb 1937  
always remember it  
1. Trust God  
2. Clean house  
3. Help others  
NR 1 2 3 INF. M. D.

## SB Hospitals and Institutions Committee

**Statement of Purpose:** *Hospitals and 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 5th tradition and are not affiliated with these facilities in accordance with the 9th tradition.*

### H & I GROUP CONTRIBUTIONS

	May 2011	Jan 1 - May 31, 2011		May 2011	Jan 1 - May 31, 2011
182 - Just the Black Print	26.05	117.05	114 - Schooner/Intergroup	0.00	35.50
125 - On Awakening	0.00	99.98	117 - Way of Life	78.40	115.31
084 - 83-87	50.00	450.00	130 - Sat Night Alternative	12.00	12.00
020 - Cambridge	0.00	26.80	139 - It's a Hell of a Deal	0.00	110.30
074 - Women's Big Book Study	0.00	48.00	140 - Sun Morn Gay Discus	140.00	161.11
197 - BB Comes Alive Women	0.00	28.00	141 - Off Center Group	0.00	66.00
003 - Eye Opener	15.00	100.00	145 - How & Why of It	12.00	28.40
094- Questions & Answers	0.00	20.00	146 - NW II/Out of Town Spkr	14.30	14.30
045 - Alternative Group	0.00	16.60	153 - Happy Destiny	0.00	111.96
007 - Sound Off	0.00	8.00	156 - Start Your Day Right	0.00	600.00
010 - Foundation Group	0.00	53.82	163 - Mustard Seed	0.00	1.65
011 - Sundowners	0.00	20.00	165 - Junkyard Dogs	140.00	140.00
021 - Summerland Group	0.00	20.00	166 - Serenity Sisters	0.00	20.00
022 - There is a Solution	0.00	60.00	181 - KCB Group	0.00	27.20
024 - Mesa Singleness of Purp.	20.00	60.00	183 - Summerland Thurs Nite	0.00	79.00
034 - Women of Change	0.00	106.49	210 - SB Convention	0.00	38.77
047 - Tuesday Men's Stag	0.00	58.04	Donation Cans	0.00	0.01
055 - Staying Alive	0.00	128.10	Unidentified Receipts	0.00	42.00
067 - Rigorous Honesty	65.50	171.90			
068 - Stepping Stones	0.00	53.17			
079 - Harbor Group	0.00	106.25			
089 - Women's Here & Now	12.50	12.50			
093 - Into Action Group	49.00	49.00			
097 - Almost Saints	0.00	53.59			
111 - Carpinteria Canalino	0.00	106.00			
<b>Total Contributions</b>				<b>634.75</b>	<b>3576.80</b>

Your group's contributions are currently serving the following facilities:

Santa Barbara County Jail (Men & Women's facilities including Honor Farms), Los Prietos Boys Camp, SB Rescue Mission, Sanctuary House, Meetings by Mail, SB County Mental Health Unit (PHF), Cottage Hospital (5 East), Cottage Residential Center (CRC), California Men's Colony at SLO (CMC), and Detox Facility (Project Recovery). If you would like to volunteer or know a facility that may benefit from H & I, by bringing a meeting in and providing literature, please contact Central Office for details.

Name	Years
David	1
Jerry C	1
Jimmy R	1
John P	1
Marianne H	1
Niki B	1
Shannon	1
Stephen	1
Steve V	1
David	2
Jennifer C	2
Karla L	2
Valerie C.	2
Dave C	3
Kim L	3
Richard W.	3
Summer	3
Syllvia	3
Joan B	4
Josh M	4
Julie H	4
Mike M	4
Tracey K	4
Gabe W.	5
Grant	5
Lauren S.	5
Liz R	5
Marc G	5
Russell	5
Margaret C	6
Barb L	7
Bernie C	7
Evan P.	7
Stacey	8
Patrick D	9
Brian C	11
Carmen V	12
Darcee D	12
Elena	12
Donette B	14
Joe	18
Vicky	19
Jude	20
Robert F.	20
Scott G	20
Monica A	21
Dottie G	23
Alan B	24
Lars O.	24
James B	25
Tom R	25
Mike B.	26
Mary W	30
Gary S.	31
Lane	33
Jean H	35
Big Mike	36



## J U N E 2 0 1 1 B I R T H D A Y S



### Service Meetings

**GSR** (General Service Representatives) meets at 6:00 p.m. on the 1st Monday of each month at Holy Cross Church Hall, 1740 Cliff Drive, behind the church.

**IGR** (Intergroup Representatives) meets the 2nd Tuesday of the month at 6:00 p.m. at First Presbyterian, 21 E. Constance.

**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 1st Wednesday of each month at Central Office.

Come support the Action Participation Group meeting Saturday night at Grace Lutheran Church. Attendance has decreased and because of this so has the prudent reserve. The Group would love more members to attend so that this meeting can continue to thrive as it has for years. We hope to see you Saturday night. - Melody M.

### Submissions Needed

*The Messenger* needs your articles and letters. We especially seek submissions on the step or tradition associated with the month of the same number. For August, we need writing on Step 8 and Tradition 8. Send submissions to [johns@santabarbaraaa.com](mailto:johns@santabarbaraaa.com)

### Central Office Statistics

During June, 2011, your Central Office had:  
 AA Information calls ..... 521  
 Al-Anon Referrals ..... 32  
 Referrals to other programs ..... 26  
 12step via answering service ..... 24  
 Out-of-town visitors ..... 25  
 12-step via office ..... 27  
 Office walk-ins ..... 274  
 Hits on our Web site ..... 1,591

### **The Messenger is published monthly by:**

23<sup>rd</sup> District Intergroup of Alcoholics Anonymous  
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 Website: <http://www.SantaBarbaraAA.com>