



The Santa Barbara

July 2006

# MESSENGER

## CONVENTION UPDATE “A Simple Kit of Spiritual Tools”

As time marches on with only four months to go until the 22nd Annual Convention, the convention committee's rpm's are revving up with increasing fervor. The menus are in place promising a delicious Friday night Western BBQ with Tri-Tip, BBQ Chicken Quarters, Salad, Corn-on-the-Cob, Garlic Bread, and House Salsa. Dessert will be Special Surprise ala Dennee. Saturday night's banquet will feature Roast Sirloin Steak, Chicken Picatta with mushroom sauce, Saffron Rice, Green Beans *Amandine*, Caesar Salad, Rolls & Butter, and Cappuccino Silk Pie.

The theme, logo, and other information to be included on the mugs, tee shirts, and sweatshirts have been finalized, and there will be lots of the popular hooded sweatshirts. Word from the golf committee is to plan on a great time of fellowship, fun, and playing golf in the sun! Get your registration in now—single, two-some, or foursome. As mentioned last month, plans are afoot for an art exhibit and raffle featuring work by local artists in recovery. The theme of the artwork must be selected from any of the AA Conference Approved literature.

A terrific slate of speakers is in place; you can look forward to hearing inspirational pitches from sober members of Alcoholics Anonymous.

And we've just received the following announcement from MC & DJ Tibonious Funk:

This year's SB Annual Convention will be featuring one of the hottest funkafized, old school, disco dance parties of all time. If you love to dance, I mean really dance, and if you know people who love to shake their bodies down to the ground, then be sure and spread the word. We want to make this the biggest, hottest dance party the recovery world has ever seen. DJ Tibonious Funk (Tim C) will break out all the best old school dance jams of all times. (Sorry, no free bird, no alternative, no rock; I love that stuff, too, but this is going to be a Dance Party, old school style.) Just to sweeten up the night, the theme will be BOOGIE NIGHTS. Break out your best 70's disco outfit. There will be a \$100.00 cash prize for the best costume and \$50.00 for second place. Judges will be those attending the dance.

So—great food, golf & fun in the sun, memorabilia in abundance, sure-fire speakers, the biggest, hottest dance party the recovery world has ever seen, seeing old friends and making new friends—all promise to add up to a fantastic weekend of sobriety and renewal.

Be sure to mark your calendar:

22nd Annual Santa Barbara Convention  
Elks Lodge  
150 N. Kellogg  
Goleta, California  
October 20-22, 2006

Hope to see you there,

MMO for the Convention Committee

### A Declaration of Unity

This we owe to A.A.'s future: To place our  
common welfare first; To keep our fellowship  
united. For on A.A. unity depend our lives,  
And the lives of those to come.

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*In Step Seven, our book Twelve Steps and Twelve Traditions provides insight about humility. Here are excerpts from that chapter, pages 70-76 of the 12 X 12:*

“ . . . humility is the foundation of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober . . . Nearly all A.A.s have found, too, that unless they develop more of this precious quality than may be required just for sobriety, they . . . haven’t much chance of becoming truly happy.”

“ . . . we first see humility as a necessity. But this is the barest beginning . . . ”

“ . . . when we have taken a square look at some of these defects, have discussed them with another, and have become willing to have them removed, our thinking about humility commences to have a wider meaning . . . ”

“ . . . the whole emphasis of Step Seven is on humility . . . It is . . . saying to us that we ought to be willing to try humility in seeking removal of other shortcomings, just as we did when we admitted we were powerless over alcohol . . . If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope...respecting any other problem . . . ”

## 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.



## YOU HAD TO BE THERE

If you missed the Central Office 4th of July BBQ you may have missed the ‘sober’ event of the year. Man, did we have a blast! We had a feeling this year would be well attended. Boy, were we ever right. It seemed like one of those good-old-days happenings. We purchased enough food to feed 300 hundred people and by the end of the food line we had effectively run out of everything but a few hot dogs and a couple of off-brand sodas. We were actually starting to worry that we might have to make some refunds. So thank you to all of the people who showed up to support Central Office and have some fun.

There are a few people we need to single out for thanks. First, my wife. She stood there, sold tickets and collected money, for a very long stretch of time. So long in fact that she was one of those ‘hot dog only’ people. Also Andy R. for the great job with the 50/50 raffle. This year’s prize amount set a new record. And when the winner kicked back half of their winnings it was even better. Bev J for putting together the serving crew. Of course none of this could have taken place without Randy H and Steve, his one man crew. Randy has been such a blessing to Central Office, and by extension all of you, for a long time now. You really cannot have too successful a food event without a cook. Randy makes it look easy time after time. Thanks Randy! Last, but not least, SBYPAA (Santa Barbara Young People in AA) for their brilliant ‘dunk-tank’ contribution. Not only did all of us who went into the drink have a great time, it actually felt good in the weather we had, but it also raised \$350 plus for the office. It helped that an anonymous member underwrote the cost of renting the tank, so the entire income from it was profit. This event is usually the one time a year fundraiser that your Central Office does. My personal feeling is that, if we could have as much fun as we did, even if we broke even it would be worth doing this event. The fact that all of you helped create a profit of over \$1600 for the operations of your Central Office is just gravy on the cake. So to speak.

Our book says “We absolutely insist on enjoying life” and that was certainly in evidence yesterday at Tuckers Grove

## Seventh Step Prayer:

“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.” (Big Book, p. 76)

## Tradition Seven Contemplation Questions

Tradition Seven: Every A.A. group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help A.A. (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can’t afford it yet? How generous was I when tanked in a barroom?

2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?

3. If GSO runs short on funds some year, wouldn’t be okay to let the government subsidize A.A. groups in hospitals and prisons?

4. Is it more important to get a big A.A. collection from a few people, or a smaller collection in which more members participate?

5. Is a groups treasurer’s report unimportant A.A. business? How does the treasurer feel about it?

6. How important in my recovery is the feeling of self respect, rather than the feeling of being always under obligation for charity received?

## Concept VII

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

—AA Service Manual

Bill Wilson's Letter To Dr. Carl Jung , Jan 23, 1961

The below is the text of the letter dated 1/23/61, written by Bill Wilson to the eminent Swiss psychologist and psychiatrist Dr. Carl Gustav Jung. Bill considered it a long overdue note of appreciation for Dr. Jung's contribution to A.A.'s solution for alcoholism. The Big Book refers to part of the story on pages 26 & 27.

My dear Dr. Jung:

This letter of great appreciation has been very long overdue.

May I first introduce myself as Bill W., a co-founder of the Society of Alcoholics Anonymous. Though you have surely heard of us, I doubt if you are aware that a certain conversation you once had with one of your patients, a Mr. Rowland H., back in the early 1930's, did play a critical role in the founding of our Fellowship.

Though Rowland H. has long since passed away, the recollections of his remarkable experience while under treatment by you has definitely become part of AA history. Our remembrance of Rowland H.'s statements about his experience with you is as follows:

Having exhausted other means of recovery from his alcoholism, it was about 1931 that he became your patient. I believe he remained under your care for perhaps a year. His admiration for you was boundless, and he left you with a feeling of much confidence.

To his great consternation, he soon relapsed into intoxication. Certain that you were his "court of last resort," he again returned to your care. Then followed the conversation between you that was to become the first link in the chain of events that led to the founding of Alcoholics Anonymous.

My recollection of his account of that conversation is this: First of all, you frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built.

Coming from you, one he so trusted and admired, the impact upon him was immense. When he then asked you if there was any other hope, you told him that there might be, provided he could become the subject of a spiritual or religious experience - in short, a genuine conversion. You pointed out how such an experience, if brought about, might remotivate him when nothing else could. But you did caution, though, that while such experiences had sometimes brought recovery to alcoholics, they were, nevertheless, comparatively rare. You recommended that he place himself in a religious atmosphere and hope for the best. This I believe was the substance of your advice.

Shortly thereafter, Mr. H. joined the Oxford Groups, an evangelical movement then at the height of its success in Europe, and one with which you are doubtless familiar. You will remember their large emphasis upon the principles of self-survey, confession, restitution, and the giving of oneself in service to others. They strongly stressed meditation and prayer. In these surroundings, Rowland H. did find a conversion experience that released him for the time being from his compulsion to drink.

Returning to New York, he became very active with the "O.G." here, then led by an Episcopal clergyman, Dr. Samuel Shoemaker. Dr. Shoemaker had been one of the founders of that movement, and his was a powerful personality that carried immense sincerity and conviction.

At this time (1932-34) the Oxford Groups had already sobered a number of alcoholics, and Rowland, feeling that he could especially identify with these sufferers, addressed himself to the help of still others. One of these chanced to be an old schoolmate of mine, Edwin T. ("Ebb"). He had been threatened with commitment to an institution, but Mr. H. and another ex-alcoholic "O.G." member procured his parole and helped to bring about his sobriety.

Meanwhile, I had run the course of alcoholism and was threatened with commitment myself. Fortunately I had fallen under the care of a physician - a Dr. William D. Silkworth - who was wonderfully capable of understanding alcoholics. But just as you had given up on Rowland, so had he given me up. It was his theory that alcoholism had two components - an obsession that compelled the sufferer to drink against his will and interest, and some sort of metabolism difficulty which he then called an allergy. The alcoholic's compulsion guaranteed that the alcoholic's drinking would go on, and the allergy made sure that the sufferer would finally deteriorate, go insane, or die. Though I had been one of the few he had thought it possible to help, he was finally obliged to tell me of my hopelessness; I, too, would have to be locked up. To me, this was a shattering blow. Just as Rowland had been made ready for his conversion experience by you, so had my wonderful friend, Dr. Silkworth, prepared me.

Hearing of my plight, my friend Edwin T. came to see me at my home where I was drinking. By then, it was November 1934. I had long marked my friend Edwin for a hopeless case. Yet there he was in a very evident state of "release" which could by no means be accounted for by his mere association for a very short time with the Oxford Groups. Yet this obvious state of release, as distinguished from the usual depression, was tremendously convincing. Because he was a kindred sufferer, he could unquestionably communicate with me at great depth. I knew at once I must find an experience like his, or die.

Again I returned to Dr. Silkworth's care where I could be once more sobered and so gain a clearer view of my friend's experience of release, and of Rowland H.'s approach to him.

Clear once more of alcohol, I found myself terribly depressed. This seemed to be caused by my inability to gain the slightest faith. Edwin T. again visited me and repeated the simple Oxford Groups' formulas. Soon after he left me I became even more depressed. In utter despair I cried out, "If there be a God, will He show Himself." There immediately came to me an illumination of enormous impact and dimension, something which I have since tried to describe in the book "Alcoholics Anonymous" and in "AA Comes of Age", basic texts which I am sending you.

My release from the alcohol obsession was immediate. At once I knew I was a free man. Shortly following my experience, my friend Edwin came to the hospital, bringing me a copy of William James' "Varieties of Religious Experience". This book gave me the realization that most conversion experiences, whatever their variety, do have a common denominator of ego collapse at depth. The individual faces an impossible dilemma. In my case the dilemma had been created by my compulsive drinking and the deep feeling of hopelessness had been vastly deepened by my doctor. It was deepened still more by my alcoholic friend when he acquainted me with your verdict of hopelessness respecting Rowland H.

In the wake of my spiritual experience there came a vision of a society of alcoholics, each identifying with and transmitting his experience to the next - chain style. If each sufferer were to carry the news of the scientific hopelessness of alcoholism to each new prospect, he might be able to lay every newcomer wide open to a transforming spiritual experience. This concept proved to be the foundation of such success as Alcoholics Anonymous has since achieved. This has made conversion experiences - nearly every variety reported by James - available on an almost wholesale basis. Our sustained recoveries over the last quarter century number about 300,000. In America and through the world there are today 8,000 AA groups.

So to you, to Dr. Shoemaker of the Oxford Groups, to William James, and to my own physician, Dr. Silkworth, we of AA owe this tremendous benefaction. As you will now clearly see, this astonishing chain of events actually started long ago in your consulting room, and it was directly founded upon your own humility and deep perception.

Very many thoughtful AAs are students of your writings. Because of your conviction that man is something more than intellect, emotion, and two dollars worth of chemicals, you have especially endeared yourself to us. How our Society grew, developed its Traditions for unity, and structured its functioning will be seen in the texts and pamphlet material that I am sending you.

You will also be interested to learn that in addition to the "spiritual experience," many AAs report a great variety of psychic phenomena, the cumulative weight of which is very considerable. Other members have - following their recovery in AA - been much helped by your practitioners. A few have been intrigued by the "I Ching" and your remarkable introduction to that work.

Please be certain that your place in the affection, and in the history of the Fellowship, is like no other.

Gratefully yours,  
William G. W.  
Co-founder Alcoholics Anonymous

*The letter from Carl Jung to Bill W. will appear in next month's messenger*



## June Birthdays

Bernie C.....	2
Carmen.....	3
Patrick D.....	4
Bruce .....	5
Brien .....	6
Darcee D.....	7
Amy .....	7
David R.....	10
Bev J .....	12
Robert F .....	15
Jude.....	15
Adrian L.....	16
Sandy S.....	16
Michael C.....	17
Paul S.....	19
Tom R.....	20
Bob K.....	20
Roy N.....	20
Claire .....	20
Jennifer O.....	21
Mary W .....	25
Peggy E.....	29
Sue C.....	33
Judith.....	37

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The Messenger is published monthly by:

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## 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 eighth month, August, we need writing on Step 8 and Tradition 8. Send submissions to DinahMason@aol.com

## Central Office Statistics

During March your Central Office had:

AA information calls .....	688
Al-Anon .....	48
Referrals to other programs .....	56
12-step via answering service.....	52
Out-of-town visitors .....	12
12-step via office .....	6
Office walk-ins .....	743
Hits on our Web site .....	728

## 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.

## Santa Barbara Recovery Trivia

Q. Where was the old Santa Barbara Alano Club located?

A. See next month's Messenger.

Answer to last month's question:

Q. Who was the manager of the first Central Office in Santa Barbara?

A. Katy Doty

# June Financials

	Jun 06	May 06	Jan - Jun 06		Jun 06	May 06	Jan - Jun 06
002 Courage To Change	0.00	0.00	120.00	097 Almost Saints	0.00	0.00	237.00
003 Eye Opener	505.00	175.00	1,912.00	099 Sink Or Swim	0.00	80.00	140.00
004 Monday At A Time	0.00	182.49	356.15	100 UCSB Discussion	0.00	0.00	127.89
006 Start Your Week Right	0.00	80.00	140.00	101 Big Book Study, Friday	0.00	3.05	3.05
007 Sound Off	0.00	0.00	60.00	111 Carpinteria Canalino	0.00	0.00	400.00
010 Foundation Group	42.00	75.00	413.00	112 Montecito/Carpinteria	0.00	0.00	226.00
011 Sundowner Group	0.00	208.00	472.00	113 Sought Through Prayer & Meditation	10.00	11.00	56.00
013 No Shenanigans	0.00	0.00	40.00	114 Schooner Group	0.00	0.00	439.00
020 Cambridge Group	0.00	0.00	100.00	115 Eleventh Step Meditation	0.00	12.00	41.71
021 Summerland Monday Group	0.00	0.00	105.00	117 Way Of Life	0.00	350.00	1,025.00
023 For Women Only	108.00	0.00	214.00	120 Sat. Morn. Home Boys	0.00	138.71	509.76
025 Grateful Group	0.00	0.00	120.00	130 Saturday Night Sobriety	72.00	0.00	144.00
026 Carpinteria Study Group	0.00	0.00	100.00	133 Action Participation	0.00	648.00	648.00
030 Sisters In Solution	0.00	0.00	70.00	139 It's A Hell Of A Deal	108.00	0.00	396.00
034 Women of Change	0.00	72.00	179.62	140 Gay Discussion, Sunday	75.00	0.00	150.00
035 12 & 12 Study, Tues.	0.00	80.00	140.00	141 Off Center	114.00	659.20	1,098.20
036 Tuesday Trudgers	0.00	0.00	100.00	144 Back To Basics, Young People	144.00	0.00	227.40
045 Alternative Group	0.00	95.00	170.00	146 Out Of Town Speaker, NH II	0.00	0.00	15.00
047 Tuesday Men's Stag	0.00	0.00	126.00	149 Getting To Know You	0.00	114.00	544.00
051 Men's Group At St. Mary's	128.00	0.00	230.00	150 Goleta Sun. Night Speaker	0.00	0.00	80.00
052 As Bill Sees It, Weds.	0.00	0.00	71.29	153 Happy Destiny	0.00	0.00	350.00
053 Both Oars In The Water	0.00	80.00	140.00	156 Start Your Day Right	400.00	0.00	400.00
055 Staying Alive	139.75	0.00	330.05	161 Back To Basics Group	0.00	0.00	5.80
056 Women By The Books	0.00	0.00	70.00	164 Men Who Have Lost Their Legs	96.00	194.00	1,035.00
062 Do The Steps Or Die	36.70	51.05	238.39	165 Junkyard Dogs	0.00	0.00	134.35
064 Women's Serenity Group	0.00	91.00	141.00	166 Serenity Sisters	50.00	60.00	168.00
067 Rigorous Honesty	204.00	0.00	248.00	170 Barefoot Group	7.00	9.00	50.00
068 Stepping Stones	0.00	0.00	92.00	177 Key Group	0.00	600.00	1,300.00
070 Success roup	80.00	0.00	80.00	181 Keep Coming Back Group	0.00	0.00	581.44
071 The Loft	0.00	0.00	550.00	183 Summerland, Thurs.	0.00	0.00	454.40
073 Young People's	0.00	0.00	181.68	186 Turning Point	150.00	175.00	958.00
074 Casa Serena (BB Study)	0.00	0.00	6.00	200 Anonymous Donations	15.00	0.00	81.00
076 11th Step	0.00	90.00	165.00	201 Birthday Donations	46.00	29.00	94.00
079 Harbor Group	0.00	450.00	2,190.79	202 Supporting Members	1,431.00	969.09	8,499.09
083 Sober Students, Tues Eve	0.00	120.00	120.00	203 SBYPAA	0.00	0.00	105.65
089 Here & Now	0.00	85.00	85.00	204 Memorial Fund	0.00	0.00	100.00
091 New Life	200.00	0.00	440.00	211 Central Office Rent Received	165.00	187.00	994.00
093 Into Action, Thurs	0.00	0.00	80.00	212 Special Events	0.00	0.00	1,304.00
				<b>TOTAL</b>	<b>4,326.45</b>	<b>6,173.59</b>	<b>33,519.71</b>

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