



The Santa Barbara

July 2007

# MESSENGER

## Convention Update

*SURRENDER TO WIN" - the theme of this year's convention - this phrase is sure to ring true with many of us alcoholics!.*

*The registration forms are done and on line and you should also be seeing them at your meetings. If you have attended in the past, you should be getting one in the mail any day now. Please grab one or go on line to register. You can get a discount if you register early!! The "package" is the best deal and provides you with another way to save money! You get to go to all events (except golf) and also a t-shirt or tote bag. The tote bags are new this year but we will also have the T-shirts, Sweatshirts and coffee mugs that are always a big hit. Be sure to mark which one you want by circling it on the registration form. Register Early for the best deal and to help the committee with the up front costs of the convention.*

*We'd really like to see everyone at the Friday night BBQ! The food is always great and there will be a lot of good fellowship there! If you attend the BBQ, you will also get a ticket for that night's 50/50 raffle - your winnings could pay for your entire weekend!*

*The Public Information department has mailed out flyers to more than 120 AA Clubs and Central Offices all over California as well as Arizona and Nevada. Every year we get people from all over the country. We are planning a "FUN-RAISER" fund-raising weekend to help cover the costs of the convention (pre-registration etc); There will be a Volley ball tournament, 3 and 5k race; a softball tournament and a bar-b-que at the end at the summer (details will be forthcoming); All interested athletes and volunteers are requested to speak to, Bev J. at 455-1012*

*We will be having our 2nd Annual Arts and Crafts Auction this year. Last year it was a huge success and we are hoping to get more artists from our community involved this year. We want to be bigger and more diverse than last year. What a great way to let everyone know how creative our community is! We will begin accepting pieces in September and you can contact Bev J. for more information - phone number is 455-1012.*

*Are you a golfer?? There will be a golf tournament, with mulligan, raffle, closest to the pin and longest drive prizes. Oh yea, a whole lot of fun and fellowship!*

*We are in need of an Al-Anon person to head the Al-Anon part of the convention. You will have help, but we need someone to be in charge. If we don't get someone, we may not have any Al-Anon meetings at the convention and that would be a real shame. Please call Robbin B. - 729-3022 - if you would like to help.*

*Once again, the convention is shaping up to be a big, festive party - a celebration of sobriety. There is sure to be plenty of fun and laughter to go around, as well as somber moments when we all remember where we came from COME JOIN US! Share a cup of coffee and quiet conversation with your friends (old and new). Go to a Marathon Meeting and the speaker meetings. You might even win one of the raffles or the Sober Bingo.*

*Just a reminder - the convention committee meets the 2nd Thursday of every month at Maggie's pre-school. So, July 12th is the next meeting - 6:00 p.m.. We would love to see you there - your help is needed!!!*

*For any general information you can go to the website: [www.sbaaconvention.org](http://www.sbaaconvention.org) or email Robbin B at "[info@sbaaconvention.org](mailto:info@sbaaconvention.org)" or call her at 969-5544.*

*Robbin B.*

*Information Chair*



*“Yes, there is a substitute and it is vastly more than that. It is a Fellowship in Alcoholics Anonymous.”*

*A Vision For You*

*Alcoholics Anonymous, page 152*

A guy took a one-year cake at my home-group last night. During his remarks upon taking the cake, he mentioned that one of the really big things for him was that, looking around the room, he realized that he knew at least half the people in the room. Knew them by face, by name, by conversations that he had with them. He remarked how one year ago in the same meeting he had not known anyone, had been afraid, and lonely. It struck me that he had been one of the guys who

had availed himself of the opportunity to participate in the group discussion when it was offered. That was the way we all began to get to know him. He made an effort to be part of our group. Like most groups ours can seem to have a clique and a hierarchy that can be intimidating to a new member. What we figured out years ago was that it seemed like there was a clique because there was a clique. I think that holds true in most groups. What we chose to do about it was to make sure that there was always time built into every meeting where people who were new would have the chance to participate. I can think of a lot of guys who are now established members who began by taking the risk of letting us get to know them by speaking up. Also by taking one of the commitments that are always available. We also elected a new Secretary last night. Here again it is a guy who stepped up, took commitments,, and made an effort to become a member of the group. I am grateful to be a member of my home group. I am grateful it is the type of group that makes an effort to get the new people included.

**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. Encloses in my first contribution of \$ \_\_\_\_\_. I will continue to donate this amount on (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, delining outside contributions. – Seventh Tradition (short form), reprinted with permission of A World Services, Inc.

Being in service to AA here in Santa Barbara is one of the most rewarding things I have done in sobriety. For what I have received from AA, namely, a redeemed life and the blessings I enjoy every day -- simply by being able to be present -- being in service is a very, very small price, and in fact, a great honor to serve my group and the greater SB community. In various capacities, as a newcomer making coffee, cleaning cups, greeter, phone list girl, and now, with 5 years of continuous sobriety – being an IGR and lately having been elected to serve you on the Executive Committee for Central Office, the capacity for growth in my program of sobriety through service seems endless.

Over the last year, I have noticed that we have an average of only about 12 to 15 IGR's attending our monthly committee meetings. This is kind of sad, being that it is less than 10% representation of all of the meetings in the area, don't you think?

If you, personally, have a year of sobriety or more, and are ready for more significant contribution of service to your meeting and the community, then I invite you to speak with your group about your interest in becoming an IGR.

On the other hand, this note is also to invite and challenge groups here in SB, all 155 meetings, to elect an IGR, Inter-Group Representative, to represent your meeting at our monthly IGR Committee Meetings.

They are held the 2<sup>nd</sup> Tuesday of every Month at 6:00 pm til about 6:45 at the Methodist Church at State and Constance. It's a fun way to stay connected to what's really going on in our thriving and growing community of fellow alcoholics trudging the road to happy destiny. The fellowship is great and the sharing of information within the SB AA community is the purpose. For more information about this service commitment, please read the Conference approved pamphlet "Smooth Sailing with Intergroup"

Yours in the sunlight of the spirit, Jessica M.

## STEP 6

### **"Were entirely ready to have God remove all these defects of character"**

When I was drinking, my biggest problem was my drinking and the trouble that followed. It really didn't occur to me that I had any other problems or personality issues. How wrong can one person be?

But I did revel in my self-righteous anger; I liked to gossip; I enjoyed thinking myself superior to some persons. And, truth be known, some of these defects still rear their ugly head today. Envy, too, can envelope me when I spend time wishing for things that others have, when I see talent in other people that I wish that I had been given.

Well, no one is perfect I say to myself and thus justify my defects because everyone else has them too! Don't they?

The longer I practice the 12 Steps in all my affairs, the less I tolerate these "sins" in myself. I become uncomfortable when assassinating someone's character, all in the name of constructive criticism; I squirm a little when I see that I'm envious of this or that; I stop myself when I see that I'm judging another's actions or behavior. Oh yes, I can rationalize anything. I can fool myself, but the longer I'm sober, the easier it is for me to see where I'm falling short of my goal. That goal is to be the best person I can be with the help of my Higher Power. By becoming a better person, I have been privileged to be able to pass along the principles of our great program to others. By becoming a better person, I am convinced that having an open mind to God's will for me has been key to my recovery.

It's progress, not perfection!!

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## FOOT WORK

A man has a severe infection on his big toe. He keeps trying to control it on his own, but the infection only gets worse. Finally, the pain is so bad that he decides to seek help. He decides to go to the podiatrist and on his way into the office he stubs the bad toe, and falls flat on his face. Demoralized he makes his way to the waiting room. There he finds the waiting room full of people. "At least I am not in this thing alone." He thinks to himself. In the waiting room, the conversation centers on everyone's foot problems, and our friend is comforted to find some people he can relate to about his problem. Some seem to be in the same amount of pain as he is, some of them he can't relate to, and still others are not so bad. One woman blames her problems on genetics." My parents both had bad feet!" She exclaims. "If it were not for them, my feet would be normal, like other people's!" A few of the men and women are just contently sitting there." They do not appear to be in any pain at all." Thinks our friend. "They just keep talking about how to properly care for feet." The coffee is good, and our friend and his fellow sufferers enjoy engaging in stories about how it was having problem feet. One by one each foot sufferer sees the doctor, and exit the exam room with a prescription to be filled, but most prefer to hang around and chat about their hurting feet. A few really get a kick out of judging the other sufferers. One man even hooks up with an attractive female, and the new couple leave with never having seen the doctor. Next comes our friend's chance to see the doctor. With the doctor his wound is dressed, and he too gets a prescription." This is how it works." Says the doctor as he hands him a list of instructions, and a prescription. "You should follow these suggestions, and take the 12 steps to the pharmacy, get your medicine, and take it as prescribed." "I will." Says our friend. "I have to!" However, on exiting the doctor's office our friend goes no further and balks at leaving the waiting room. "Why should I leave?" Says our friend. "I feel better already just sitting here, taking some wait off my feet, and talking about my problems! ...and that set of 12 steps is just the length I am not willing to go to right now." He sits down with his coffee. "My feet need to get a little better, before I can take those steps." he says. Our friend never leaves the waiting room to fill his prescription, and he never gets his medicine. The next day our friend returns to the waiting room. He again spends an hour or more with his fellow sufferers, and again avoids his chance to get what he needs. This goes on and on for some time and eventually our friend loses his toe. The next time our friend comes to the doctors office, a kind man with a content smile approaches him. "Hello." Says the kind man. "I would be happy to help you take the 12 steps to get what you need." "You've been there?" Inquires our friend. "Yes." Says the kind man. "It is not as painful as you may think it is. Follow me, and I'll show you how I did it." Our friend follows this man, and to his amazement, it is not as painful as he thought. As a matter of fact, he amazed before he is half way through! He gets his medicine and our friend recovers his stride. "What can I do to repay you for your kindness?" Our friend asks this kind man. "Go back to the waiting room and look for the man that is still sick, sick as you once were, and then offer to help that man take these simple 12 steps." Our friend now walks free of the pain he once had, and he walks with his head held high in confidence. "All it took was a little footwork." He thinks to himself. "Footwork."

### May Birthdays: Missed

**Mara F. 29 yrs**

**Jean E. 30 yrs**



### BIRTHDAYS:

If you or someone you know is having a birthday and you would like to have it listed in the Messenger, please either come to the Central Office and put their name on the office list, call the Central Office at 962.3332 to have us place it on the list or email us at [JohnS@SantaBarbaraAA.com](mailto:JohnS@SantaBarbaraAA.com),

Birthdays will be listed in the month following. Example June birthdays will be listed in July Messenger.

Thank you,

### A GOOD DAY

A good day is when everything goes my way, and I stay sober.  
A great day is when nothing goes my way, and I still stay sober.  
An awesome day is when God uses a drunk like me to help someone else stay sober!

Anonymous

## A.A. Unity

Every time I enter the doors to this place.  
I always leave with a smile on my face.  
You tell me to stay sober and keep coming back  
And it helps me stay on the right track  
As a newcomer, I know I have a lot to learn  
But at least now, I know where to turn  
The fellowship makes me feel not so alone,  
I feel the unity, like I have another home.  
Find a sponsor and you will start discovering,  
Working the 12 steps is the first part of recovering.  
Living life one day at a time.  
Helps my problems start to unwind  
I owe you all so much, I don't know what to say.  
Except thank you all, and all see you here everyday.  
By Bruce L.

Santa Barbara District 23  
General Service Representatives  
*Responsibility Pledge*

"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."

Reprinted from Pamphlet P-1, This Is A.A., page 24,  
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C.P.C.

Cooperation with the Professional Community

The purpose of the C.P.C. committee is to provide accurate A.A. information to those who have contact with alcoholics through their profession. This group includes health care professionals, educators, members of the clergy, lawyers, social workers, union leaders, and industrial managers, as well as those working in the field of alcoholism. Information is provided about where we are, what we do, and what we cannot do.

Your local C.P.C. committee maintains a supply of GSO conference approved literature to give to directors and staff of any facility who requests information on what AA does and does not do. Currently CPC committee members attend the local PACT Parolee Orientation each month as well as any local Health Fairs.

For more information or to volunteer, please contact the CPC chair at [cpc@ccaadistrict23.com](mailto:cpc@ccaadistrict23.com)

[www.ccaadistrict23.com](http://www.ccaadistrict23.com)

## A LOOK OF H AND I FROM BOTH SIDES

My name is John S., I am an alcoholic, I know from experience what the message that the people bring to those inside hospitals and Institutions means to those they serve. My home group for over 20 years was the Big Four Fellowship of CMC-East, and the people who came in to share with us, who participated in H and I, brought the message of hope and so much more. They told us, when you get out, come find a AA meeting, we will be there waiting for you. This was during a time when we were being told that we would never be released from prison, and would probably be there for the rest of our lives. To hear this from the media, papers and many other sources can really wear on you. But every Friday, between 6:30pm and 8:30pm, we had a meeting of Alcoholics Anonymous, and those who came on there panels, shared their stories about how living the program changed their life. That so many miracles had happened due to working the Steps and being of service it was truly the promises realized in their lives. I sensed the truth of their message, and left the meeting knowing that one day if I worked the program I would also find the promises alive in my life. That my prison was in my mind and thoughts, and once I started working and living the principles of AA, my life got better. I began being of service to those inside with me. Then in 2005, I was released from prison after doing 26 years. The first thing I did was call AA in my home town and true to everything I heard from those who came in on H and I, they came and picked me up and took me to a meeting. I was welcomed and accepted as an Alcoholic and given cards and made a part of. Today, I am working as the manager of the same AA office that I called when released, the promises and miracles of AA have been realized in my life. To all of you who have never participated in H and I. I would suggest you give it a try, because your message of hope will be making a difference in the lives you touch. Your experience, strength and hope will bring hope and love to those you need it the most. From someone who has experienced this from both sides, thank you for being of service. I now understand why those who do H and I do it. It is a feeling that I can't explain, just grateful that was able to find H and I and now participate, giving the message back to others.

John S.




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The Messenger is published monthly by:

**23<sup>rd</sup> District Intergroup of Alcoholics Anonymous**  
**1213 State Street, Suit H**  
**Santa Barbara, California, 93101**

**805-962-3332**  
**sbaa@santabarbaraAA.com**

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**June Birthdays**

<b>Billy S.</b>	<b>2</b>
<b>Lance L.</b>	
<b>Bernie C</b>	<b>3</b>
<b>Sue L.</b>	<b>4</b>
<b>Patrick D</b>	<b>5</b>
<b>Bruce M.</b>	<b>6</b>
<b>Jerry S.</b>	<b>6</b>
<b>Darcee D</b>	<b>8</b>
<b>Amy</b>	<b>8</b>
<b>Darcee D.</b>	<b>8</b>
<b>Gordon D</b>	<b>9</b>
<b>David R</b>	<b>11</b>
<b>Mike H.</b>	<b>12</b>
<b>Beverly J.</b>	<b>13</b>
<b>Robert</b>	<b>16</b>
<b>Charm</b>	<b>19</b>
<b>Lars</b>	<b>20</b>
<b>John S.</b>	<b>22</b>
<b>Mary W</b>	<b>26</b>
<b>Steve</b>	<b>26</b>
<b>Kathy S.</b>	<b>28</b>
<b>Peggy E.</b>	<b>30</b>
<b>Peggy E.</b>	<b>30</b>
<b>Lee R.</b>	<b>36</b>

**Submissions Needed**

The Messenger needs your submissions and letters. We especially seek submission for the step or tradition associated with the month of the same number. For the Eight month, August we need writing on Step 8 and Tradition 8. Send submissions to JohnS@santabarbaraAA.com

**Central Office Statistics**

During the March your Central Office had:

AA Information calls .....	921
Al-Anon Referrals .....	66
Referrals to other programs .....	47
12step via answering service .....	49
Out-of-town visitors .....	23
12-step via office .....	25
Office walk-ins .....	785
Hits on our Web site .....	1125

**Service Meetings**

General Service Representatives (GSR) st Monday at 6:00pm meet at:  
 Holy Cross Church Hall, 1740 Cliff Dr. Behind the Church  
 IGR's (Intergroup Representatives) meet at 6:00 P.M. the second Tuesday each month at First Presbyterian Church 21 East Constance in Santa Barbara  
 H&I (Hospitals & Institutions) meets at 6:00 P.M. at 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.  
 22<sup>nd</sup> ANNUAL Santa Barbara Convention Committee – 2<sup>nd</sup> Thursday of each Month, 6:00 P.M. at 3523 Modoc Rd. Commitments Available!

## Donations by Group June 2007

	Jun 07	May 07	Jan - Jun 07
001 Sunrisers	0.00	0.00	154.00
003 Eye Opener	275.00	175.00	1,320.00
004 Monday At A Time	0.00	0.00	379.20
006 Start Your Week Right	0.00	80.00	160.00
007 Sound Off	0.00	75.00	75.00
008 Beginner's Group	0.00	0.00	20.00
010 Foundation Group	0.00	23.50	134.50
011 Sundowner Group	0.00	476.00	1,592.00
013 New Pair Of Glasses	0.00	0.00	70.00
014 El Montecito Saturday Night	20.00	0.00	180.00
019 Onward & Upward	160.00	0.00	160.00
020 Cambridge Group	0.00	0.00	60.00
022 There Is A Solution	350.00	0.00	394.00
023 For Women Only	0.00	96.00	234.00
024, Mesa-Singleness of Purpose	35.00	0.00	35.00
025 Grateful Group	0.00	0.00	70.00
028 The Mother Group	0.00	0.00	60.00
034 Women of Change	0.00	0.00	147.00
045 Alternative Group	0.00	86.00	221.00
047 Tuesday Men's Stag	0.00	0.00	117.00
051 Men's Group At St. Mary's	0.00	0.00	173.00
053 Both Oars In The Water	0.00	80.00	160.00
055 Staying Alive	0.00	110.00	190.00
035 12 & 12 Study, Tues.	0.00	80.00	160.00
062 Do The Steps Or Die	55.84	54.00	370.70
067 Rigorous Honesty	12.00	166.00	558.00
068 Stepping Stones	26.00	52.00	261.26
070 Success roup	80.00	0.00	80.00
071 The Loft	0.00	0.00	250.00
073 Young People's	0.00	0.00	210.00
074 Casa Serena (BB Study)	137.00	0.00	137.00
079 Harbor Group	455.00	447.00	2,314.20
083 Sober Students, Tues Eve	0.00	0.00	120.00
076 11th Step	0.00	80.00	160.00
089 Here & Now	0.00	85.00	85.00
091 New Life	0.00	0.00	232.00
093 Into Action, Thurs	80.00	0.00	80.00
094 Questions & Answers	0.00	0.00	39.80
097 Almost Saints	0.00	0.00	1,035.40
099 Sink Or Swim	0.00	80.00	160.00
100 UCSB Discussion	55.00	0.00	110.00
103 Munch Bunch	41.22	0.00	41.22
112 Montecito/Carpinteria	0.00	0.00	112.00
113 Sought Through Prayer & Meditation	52.60	0.00	136.60
114 Schooner Group	0.00	92.00	189.00
115 Eleventh Step Meditation	0.00	0.00	96.61
117 Way Of Life	0.00	250.00	300.00
118 Speaker Connection	0.00	0.00	231.58
120 Sat. Morn. Home Boys	0.00	110.00	603.60
122 Came to Believe Candlelight	0.00	0.00	60.00
130 Saturday Night Sobriety	0.00	72.00	72.00
133 Action Participation	780.00	0.00	1,280.00
139 It's A Hell Of A Deal	0.00	302.00	710.00
140 Gay Discussion, Sunday	0.00	147.00	147.00
141 Off Center	385.00	0.00	1,205.00
144 Back To Basics, Young People	0.00	0.00	78.00
149 Getting To Know You	0.00	0.00	160.00
156 Start Your Day Right	200.00	0.00	1,050.00
158 Isla Vista Sobriety	0.00	14.55	43.65
163 Mustard Seed	15.00	0.00	15.00
164 Men Who Have Lost Their Legs	277.77	0.00	1,103.77
165 Junkyard Dogs	701.00	0.00	701.00
166 Serenity Sisters	0.00	96.85	96.85
170 Barefoot Group	58.00	59.00	375.50
177 Key Group	0.00	830.00	1,250.00
181 Keep Coming Back Group	0.00	0.00	726.51
183 Summerland, Thurs.	0.00	405.00	721.80
200 Anonymous Donations	0.00	96.00	96.00
201 Birthday Donations	30.00	313.00	482.00
202 Supporting Members	439.00	500.50	5,243.50
204 Memorial Fund	100.00	100.00	455.00
210 Convention Income	0.00	0.00	3,156.75
211 Rent Received	125.00	125.00	625.00
212 Special Events	400.00	0.00	1,630.00
<b>TOTAL</b>	<b>5,345.43</b>	<b>5,758.40</b>	<b>35,664.00</b>

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

