

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



MESSENGER

STEP SIX

Were entirely ready to have God remove all these defects of character.

Steps 6 & 7 are each only a single paragraph in the Big Book, but in the Step book, they're thoroughly explained. Step 6 looks at our character defects. While it would seem obvious at first ("of course I want to be rid of them"), one needs to take into account what action will I replace that old behavior with? Besides, somehow and sometimes we may actually enjoy our character defects.

Looking at gossip- *"Gossip barbed with anger, a polite form of murder by character assassination, has its satisfactions for us, too. Here we are not trying to help those we criticize; we are trying to proclaim our own righteousness."* (12&12, p. 67.) THINK before I speak - is it Thoughtful, Helpful, does it have Integrity, is it Necessary and Kind? If not, don't say it. Steps 6 & 7 can take much more effort than Steps 4 & 5. It's now time to change old behaviors. The good news? The program reminds us to be content with patient and gradual progress. **Progress not perfection.**

Tradition 6 - ... lest problems of money, property and prestige divert us from our primary purpose.

Any time I am upset, I can usually trace the root cause back to a problem associated with money, property or prestige. Try it for yourself.

Do you have a resentment? See where there's a connection and a common link. At least 90% of the time, it's prestige. (Prestige- the power to impress or influence...reputation based on achievement.)

My 'look-good' is responsible for most of my upsets. At times, my primary purpose changes, and I need to stay focused with my primary purpose.

Example- A resident in rehab hears gossip about her, whispers that she drank. She's ready to get upset, defend herself and fight back at the one who started the gossip. But look at this situation through Tradition Six. A. --What's being affected? Not money, not property, but prestige, prestige in abundance. What's her primary purpose? To complete her treatment program, helping others along the way. Her purpose is not to argue, defend or explain herself, not to bother herself with the trivial pettiness of others. The only other "one" to answer to is..... the God of her own understanding.

23 Days

No matter the Time, Be Glad of Your Time

Recently I was talking with a gal at "the meeting before the meeting", She told me she was new to AA. When I asked her how much time she had, "I only have 23 days," she said. Only 23 days? No, it's **23 days!**

For those of us who *have lost the power of choice in drink,* & *'who are without defense against the first drink,'* (BB p24) being sober is an accomplishment... it's an achievement.

Congratulations to her and to every recovering alcoholic who has time. Any time.

Far too many who will never be able to say that...

No matter the time, be glad of your time.

**Seen on a refrigerator magnet:
"I never doubt your existence..."God**

It occurred to me that I'd often gotten into trouble after something had occurred to me. My thinking can be my problem.

***I came for my drinking;
I stayed for my thinking.***

Bring your problems
to your sponsor.
Bring your solutions
to a meeting.

**THE
MANAGER'S
CORNER**

57

Our annual FunRaiser will take be the 4th of July Picnic at Tuckers Grove. Lunch tickets are \$5.00 and are available at Central Office or at the picnic, and sodas and water will be sold at the picnic. The picnic starts at 11 am and we'll start serving the food at noon. There will be a cake walk and assorted bake goods for sale. If the bake sale is anything like last year, there will be lots of delicious, sweet goodies to choose from. We will also be having the 50/50 raffle and games for kids of all ages. So bring your lawn chairs and blankets, frisbees, sunscreen, and dogs, pack up the babies and grab the old ladies and let's everyone go. Anyone who's been in prior years knows it's a great way to spend the holiday with our friends in the fellowship. Hope to see you all there.

As of May 31, 2011, we have 57 people who have become 200 for 100 members. In case you haven't heard about the 200 for 100, we are looking for 200 new supporting members who are willing to donate \$100 for the year. It's OUR Central Office and your individual and groups contributions go a long way in helping keep our doors open to our community. I hope you will also consider being part of the 200 for 100 to help reach the goal of 200.

In Service, John S., Manager

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**

	May 11	Apr 11	Jan - May 11		May 11	Apr 11	Jan - May 11
003 Eye Opener	250.00	200.00	1,280.00	125 On Awakening	150.00	150.00	932.00
004 Monday At A Time	0.00	216.00	376.00	130 Saturday Night Sobriety	33.00	0.00	33.00
007 Sound Off	0.00	0.00	48.00	139 It's A Hell Of A Deal	0.00	0.00	538.80
010 Foundation Group	0.00	0.00	107.64	140 Gay Discussion, Sunday	195.67	0.00	322.00
011 Sundowner Group	0.00	0.00	140.00	141 Off Center	0.00	0.00	394.20
013 New Pair Of Glasses	0.00	0.00	50.00	145 The How And Why Of It	36.00	0.00	136.20
014 El Montecito Saturday Night	0.00	162.00	162.00	146 Out Of Town Speaker, NH II	42.90	0.00	42.90
019 Onward & Upward	0.00	0.00	65.00	153 Happy Destiny	0.00	0.00	791.86
020 Cambridge Group	0.00	0.00	107.20	156 Start Your Day Right	0.00	500.00	1,000.00
021 Summerland Monday Group	50.00	24.00	166.00	159 Speak Easy Step and Traditions	0.00	0.00	120.00
022 There Is A Solution	0.00	120.00	120.00	163 Mustard Seed	0.00	8.25	8.25
023 For Women Only	120.00	0.00	240.00	164 Men Who Have Lost Their Legs	0.00	140.00	945.00
024, Mesa-Singleness of Purpose	40.00	0.00	160.00	165 Junkyard Dogs	420.00	0.00	420.00
026 Carpinteria Study Group	0.00	102.00	206.00	166 Serenity Sisters	0.00	50.00	81.63
030 Sisters In Solution	0.00	0.00	65.00	167 Women's Big Book Study	100.00	0.00	100.00
034 Women of Change	0.00	0.00	248.47	170 Barefoot Group	0.00	0.00	2.00
045 Alternative Group	0.00	44.00	110.40	171 Gratitude Solutions	57.00	0.00	57.00
047 Tuesday Men's Stag	0.00	197.17	348.33	173 Let it Go-11th Step Meditation	0.00	0.00	101.45
055 Staying Alive	0.00	0.00	256.20	177 Key Group	0.00	0.00	700.00
064 Women's Serenity Group	128.00	0.00	251.00	181 Keep Coming Back Group	0.00	167.91	271.99
067 Rigorous Honesty	24.00	119.00	255.00	182 Just the Black Print	0.00	0.00	107.45
068 Stepping Stones	75.00	0.00	234.51	183 Summerland/ Montecito, Thurs.	0.00	120.00	234.00
070 Success Group	0.00	0.00	80.00	184 Jay Walker Book Study	0.00	0.00	51.00
074 Casa Serena (BB Study)	0.00	144.00	144.00	189 Friday Night Book Study	0.00	0.00	41.00
079 Harbor Group	111.73	104.74	797.02	191 Men on a Mission	0.00	0.00	175.00
083 Sober Students, Tues Eve	0.00	0.00	60.00	196 Montecito Book Study	22.00	0.00	74.00
084, 83 - 87 Group	250.00	410.00	1,960.00	197 Big Book Comes Alive Women's Meeting	0.00	0.00	84.00
089 Here & Now	125.00	0.00	125.00	201 Birthday Donations	435.00	131.00	1,028.00
093 Into Action, Thurs	147.00	0.00	147.00	202 Supporting Members	804.22	1,221.22	5,703.82
094 Questions & Answers	0.00	13.00	20.00	204 Memorial Fund	0.00	0.00	250.00
097 Almost Saints	0.00	375.12	595.17	207 Gratitude Month	0.00	66.00	714.60
100 Student of Life	0.00	50.00	70.00	210 Convention Income	0.00	0.00	581.53
111 Carpinteria Canalino	0.00	207.00	318.00	211 Rent Received	150.00	157.50	576.00
112 Montecito/Carpinteria	0.00	200.00	300.00	212 Special Events	50.00	1,011.00	1,131.00
113 Sought Through Prayer & Meditation	12.00	13.00	70.00				
114 Schooner Group	0.00	67.50	137.50				
117 Way Of Life	470.41	0.00	702.00				
120 Sat. Morn. Home Boys	0.00	0.00	613.00				
				TOTAL:	\$4,298.93	\$6,491.41	\$28,885.12

TRADITION SIX

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.



The "related facility" may be an outside group combating alcoholism- or an enterprise that A.A.'s want to start. It was the latter that most often confronted the young Fellowship. Outside agencies were pretty scarce in those days, and some members thought A.A. should cover the whole alcoholism field. Led by a super-promoter" (as the Twelve and Twelve describes him), one group built an all-purpose center, including a section for drying-out treatment. Picture any group tack-

ling such a project! Arguments over cost, architecture, staff, fees, medication and rules might even make the local paper. (And pity the poor newcomer straying into the group — "We'll get to you in a minute.") Though that ambitious center failed, some individual members have since founded successful clubhouses, rest farms, halfway houses, etc. The enterprises are run by these A.A.'s and patronized by other members or prospective members.

But money and property *are* involved. Therefore, it has proved wise to keep the operation of the facility completely separate from that of any A.A. group, and to keep "A.A." or terms like "Twelfth Step" out of the name.

Toward outside agencies dealing with alcoholism, the A.A. policy is "cooperation but not affiliation." A Group cooperates, for example, by welcoming referrals from clinics or by sponsoring A.A. Groups in institutions. But in one area, money for a rehab was solicited at an A.A. meeting—implying affiliation. In another, A.A. was listed among beneficiaries of a United Fund drive.

A.A. members employed by outside agencies "wear two hats" - but Tradition Six cautions any such member against wearing both at once! On the job, they may be alcoholism counselors; they are *not* "A.A. counselors" at meetings. At meetings, they're just A.A., not alcoholism experts.

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Fourth of JULY



BARBECUE

To Benefit Central Office

11 am until 4pm

Tucker's Grove

(Meal served at Noon)

Games, Fellowship, Fun

\$5 per plate

Tickets Available at Central Office

AND

BAKE SALE



Once again, baked goods will be sold and there will be a Cake Walk at the July 4th BBQ at Tuckers Grove at 11:00 a.m.

Donations of baked goods are appreciated.

They can be brought in portion sized baggies to sell or bring your goods to the Bake Sale table and we will do it for you.

Hopefully the girls from Casa Serena will be baking.

Whole cakes and pies are needed for the Cake Walk.

All proceeds go directly to Central Office

If you would like to volunteer to help or have questions call

Patsy .A. at 964-4443

CONVENTION NEWS

This year the Marathon Meetings will be in a room at the South Coast Inn, instead of in the tent where they've been held for several years. This will be more comfortable, as well as being quieter and more private. Another first this year is the opportunity for your group to host a Marathon Meeting. If your group is interested in hosting a meeting, contact Tiara D. at 453-6691 to set it up.

Remember, all meetings are available for the low cost of registration. Yes, you must register to attend convention events. If you can't afford the registration fee, scholarships are available, thanks to donations from our generous AA community. We will provide more information about scholarships in a subsequent Messenger article.

Attendees staying at the South Coast Inn (across from the Elks Lodge) should mention the "Rule 62 Discount" when making their reservation to get a discount.. The discount applies to rooms reserved by September 30st.

There are still opportunities to get involved. Come to the next meeting, June 9th at 6 PM, to find out more. If you want to participate in the 2011 convention, contact Central Office or any committee member for directions to the meeting.

Don't miss it! Mark your calendars for the weekend of October 21-23, and we'll see you then, if not before.

~ Your Convention Committee

Responsibility Declaration:

"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."

Group Contributions to AA Make check payable to:

Santa Barbara Central Office
1213 State Street, Suite H
Santa Barbara, CA 93101

Include your meeting name, and local meeting number (from the meeting guide)

Central Office will collect donations for Hospitals and Institutions and GSR through the office when you bring your Central Office Donation.

Central California Area 93
606 Alamo Pintado #140
Solvang, CA 93463

Include your meeting name, GSO group number

General Service Office
P.O. Box 459
Grand Central Station
New York, NY 10163

Include your meeting name, GSO group number

Any questions please call Santa Barbara Central Office at 805 962-3332

May 2011 Birthdays

Name	Years
Brooke.	1
Courtney Y.	1
Erin.	1
Jack	1
Janet D..	1
Krista H..	1
Megan G.	1
Phil	1
Rachel B.	1
Susan S.	1
Todd.	1
Will	1
Elizabeth H.	2
Larry H.	2
Gary S.	3
Greg H.	3
Patrick O.	4
Michelle	5
Shannon	5
Jeff S.	6
Jon F.	6
Kyle S.	6
Phil G.	6
Steve	6
Matt D..	7
Stacy	7
Gary I..	8
Steven E.	8
Janice V.	9
Michael	9
Tiara D.	9
Melinda J.	11
Carmen U.	12
John	13
Joan G.	16
Maryjean	16
Mimi	17
Bev J..	18
Cynthia H.	18
Louise G.	18
KCB Group	19
Doug K.	20
Judge	20
Helen	21
Curtis J.	22
Dick	25



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 at 6:00 p.m. on the 2nd Tuesday of each month at the First Presbyterian Church, 21 East 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.

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 July, we need writing on Step 7 and Tradition 7. Send submissions to johns@santabarbaraaa.com

Central Office Statistics

During May, 2011, your Central Office had:

AA Information calls	465
Al-Anon Referrals	31
Referrals to other programs	27
12step via answering service	26
Out-of-town visitors	29
12-step via office	28
Office walk-ins	287
Hits on our Web site	1,445

The Messenger is published monthly by:

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