



The Santa Barbara

June 2006

# MESSENGER

## Convention Update

Wow! What a terrific response we've had for getting the 2006 Santa Barbara Annual Convention underway. Over thirty energetic, dedicated members have signed up to serve on this year's convention committee! At our monthly meetings Maggie's room literally buzzes with enthusiasm and creativity. It's been a great start, promising yet another wonderful convention. There are still plenty of opportunities to participate in the convention as a committee member or as a volunteer. Check out our web site, call Central Office, or attend one of our monthly meetings for more information. We meet at 6:00 PM, the second Thursday of every month at Maggie's School. Here's a summary of our goings-on since our first meeting in February.

Our first task was to choose a theme for this year's convention. Committee members had done their homework and presented at least 20 ideas for consideration. After a few lively rounds of voting, *A Simple Kit of Spiritual Tools* emerged as the clear winner for this year's theme.

We especially want to thank all of you who responded to our call for artwork for a logo to represent the theme. There were so many terrific ideas it was hard to settle on just one, so after several rounds of voting (again), the committee, with the permission of the artists, decided to combine two of the entries. Our graphics chair and co-chair are currently working on the finishing details so that we can order the t-shirts, sweats, and mugs.

The committee's decoration chair has some terrific ideas and is putting out this special notice to A.A. community:

**CALLING ALL ARTISTS** in the AA Community: This year, for the first time, we are reaching out to all our talented members to create and donate artwork as part of a fundraiser for the convention. We are really excited about this opportunity to display your work in the hall as part of the decorations for the convention. Your inspiration can be drawn from any AA conference-approved literature (which certainly covers a lot!). As for the fundraiser, we will be having an auction filled with fun and laughs, and in accordance with the seventh tradition, manage to be self-supporting through our own contributions. So start thinking about what you might want to do. There will be more information about the logistics next month. Stay tuned.

It's going to be a great year! Marathon Meetings will again be held in the enclosed tent outside the Elks' main building. The food plans have been underway and are being finalized as we write this. The ice cream social is always a blast. Of course there will be the Friday night barbeque and Saturday's dinner, also known as the banquet. The speakers for the entire weekend are in place; in fact, our program co-chair is listening to tapes to select speakers for the 2007 Convention. The golf course for the Friday golf tournament has been reserved. And this year, as in the past, the YPAA rocks and is adding their wonderful energy to all the groundwork for this year's convention.

Don't forget the dates: October 20, 21, and 22— that's only five months away! Be sure to mark your calendars and save the weekend. All the great fun and laughs won't mean as much if you are not there.

—Beverly J and Mary Michael O

# 1986 General Service Conference Closing Talk

This is my 18th General Service Conference—the first two as a director of the Grapevine and AAWS, followed by four as a general service trustee. In 1972, I rotated out completely, only to be called back two years later as general manager of GSO, the service job I held until late 1984. Since the 1985 International Convention, of course, I have been senior adviser. This is also my last Conference, so this is an emotionally charged experience.

I wish I had time to express my thanks to everyone to whom I am indebted for my sobriety and for the joyous life with which I have been blessed for the past nearly 25 years. But since this is obviously impossible, I will fall back on the Arab saying that Bill quoted in his last message, “I thank you for your lives.” For without your lives, I most certainly would have no life at all, much less the incredibly rich life I have enjoyed.

Let me offer my thoughts about AA’s future. I have no truck with those bleeding deacons who decry every change and view the state of the Fellowship with pessimism and alarm. On the contrary, from my nearly quarter-century’s perspective, I see AA as larger, healthier, more dynamic, faster growing, more global, more service-minded, more back-to-basics, and more spiritual—by far—than when I came through the doors of my first meeting in Greenwich, Connecticut, just one year after the famous Long Beach Convention. AA has flourished beyond the wildest dreams of founding members, though perhaps not of Bill himself, for he was truly visionary.

I echo those who feel that if this Fellowship ever falters or fails, it will not be because of any outside cause. No, it will not be because of treatment centers or professionals in the field, or non-Conference-approved literature, or young people, or the dually-addicted, or even the “druggies” trying to come to our closed meetings. If we stick close to our Traditions, Concepts, and Warranties, and if we keep an open mind and an open heart, we can deal with these and any other problems that we have or ever will have. If we ever falter and fail, it will be simply because of us. It will be because we can’t control our own egos or get along well enough with each other. It will be because we have too much fear and rigidity and not enough trust and common sense. If you were to ask me what is the greatest danger facing AA today, I would have to answer: the growing rigidity; the increasing demand for absolute answers to nit-picking questions; pressure for GSO to “enforce” our Traditions; screening alcoholics at closed meetings; prohibiting non-Conference-approved literature, i.e., “banning books;” laying more and more rules on groups and members.

And in this trend toward rigidity, we are drifting farther and farther away from our co-founders. Bill, in particular, must be spinning in his grave, for he was perhaps the most permissive person I ever met.

—Bob Pearson (senior adviser)

## 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.*

# The Convention is coming, the convention is coming!



And there is plenty of work to do. The committee meets on the second Thursday of every month. Call your Central Office at 962-3332 for details.

Several key positions are still open. They are:

- Decorations co-chair
- Secretary co-chair
- Special events co-chair
- Volunteer co-chair
- SB Young Peoples AA rep

There is a rotation system in place on the committee, so if you take one of the co-chair positions this year you automatically become a chairperson for the following year if you wish. This is a tremendous chance to be of service in a long-term position.

*Tim*

## A Sixth Step Prayer

Dear God, I am ready for your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

## Tradition Six Contemplation Questions

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

1. Should my fellow group members and I raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is requires to carry the message to them, shouldn't we have these facilities?

—Originally published in the *AA Grapevine*

## Concept VI

On behalf of AA as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

—*AA Service Manual*

## Casa Serena Reunion Planned

Melinda at Casa Serena would like to sponsor a Barbecue for all the Casa Serena Alumni. Since there are no lists available of the women who graduated from Casa and are still sober, she is now compiling a list. If you are an alumna of Casa Serena and are interested in attending such an event, please call Melinda at 805-884-8701.

Thanks,  
Doris W

## New Messenger Editor Needed

Dear Readers in Recovery:

I have had the privilege of serving as editor of the *Messenger* since last July. Like all service commitments, this one has helped keep me sober, and I've enjoyed using the abilities my higher power gave me. If my plate weren't so full—thanks to recovery, of course—I might have tried to hold onto the commitment beyond a year, but my work and school load are such that I need to limit my service positions to the group level for now.

That means we'll need a new *Messenger* editor starting with the July issue.

The responsibility requires knowledge of Adobe PageMaker or another page-layout program such as Adobe InDesign or Microsoft Publisher.

Knowledge of Adobe Acrobat, Microsoft Excel, and Microsoft Word is helpful. Our current system involves a lot of e-mail communication with the Central Office. Tim sends me the financial information in an Excel file and many other files reach me in Microsoft Word format. I import or copy and paste the information into PageMaker. Access to a scanner is also beneficial, for those cases when you want to add artwork.

When the newsletter is complete, I e-mail it to Tim as an Adobe Acrobat PDF. Tim deals with the printer.

If you are interested in the role, talk to Tim or contact me. You can reach me at jimstoic@hotmail.com.

Thanks very much to those who have helped me: Bert, who supplied the cartoons; Jacque, the previous editor, who helped me get started; Tim, without whom I wouldn't have been able to do anything; and all of the people who have submitted articles and letters.

Sincerely,  
Jim S

## RENT-A-SPONSOR

- **Are you tired of being told like it is?**
- **Still looking for that easier, softer way?**
- **Had enough of that same old time-tested direction?**
- **No Reading! No Writing! No Deadlines!**

**STANDARD FEATURES INCLUDE:** Listening to your sniveling without constant reference to the Big Book or steps! Co-signing your excuses and rationalizations! Work only the steps you want, in the order you choose! Learn the secret of giving it away before you even have it! Why walk the walk when you can just talk the talk? Remember, it's better to look good than to feel good! Why save your butt at the cost of losing your face?

**FOURTH STEP WRITING SERVICE NOW AVAILABLE .  
YES, WE WILL WRITE YOUR INVENTORY FOR YOU!**

***We know how unique you are!  
We do understand!***

**HALF MEASURES ARE  
OUR SPECIALTY!  
Call 1-900-POUR-ME-1**



**Fourth of July BBQ**  
**To benefit Central Office**  
**11 A.M. to 4:00 P.M.**  
**(Meal served at Noon)**  
**Tucker's Grove**  
**Games, Fellowship, Fun**  
**\$5 per plate**





## May Birthdays

Phil G .....	1
Patricia C .....	1
Dakota S .....	1
Antonio R .....	1
Matt D .....	2
Steven E .....	3
Gary .....	3
Emily W .....	4
Janice D .....	4
Elizabeth .....	5
Luis G .....	6
Judy Mc .....	8
Scott L .....	8
Joan G .....	11
Cynthia H .....	13
Doug K .....	15
Helen .....	16
Norm F .....	18
Jill D .....	20
Debi S .....	21
Jean E .....	29
Brian B .....	30
Dave D .....	34

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### **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

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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 seventh month, July, we need writing on Step 7 and Tradition 7. Send submissions to jimstoic@hotmail.com.

## Central Office Statistics

During March your Central Office had:

AA information calls .....	795
Al-Anon .....	61
Referrals to other programs .....	43
12-step via answering service .....	55
Out-of-town visitors .....	14
12-step via office .....	6
Office walk-ins .....	575
Hits on our Web site .....	702

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

A. See next month's *Messenger*.

**Answer to last month's question:**

Q. Where was the first Central Office in Santa Barbara?

A. Fellowship Hall, 718½ State St. (1959).

# May Financials

	May	April	YTD		May	April	YTD
002 Courage To Change	0.00	120.00	120.00	097 Almost Saints	0.00	0.00	237.00
003 Eye Opener	175.00	385.00	1,407.00	099 Sink Or Swim	80.00	0.00	140.00
004 Monday At A Time	182.49	0.00	356.15	100 UCSB Discussion	0.00	0.00	127.89
006 Start Your Week Right	80.00	0.00	140.00	101 Big Book Study, Friday	3.05	0.00	3.05
007 Sound Off	0.00	0.00	60.00	111 Carpinteria Canalino	0.00	400.00	400.00
010 Foundation Group	75.00	90.00	371.00	112 Montecito/Carpinteria	0.00	96.00	226.00
011 Sundowner Group	208.00	0.00	472.00	113 Sought Through Prayer & Meditation	11.00	26.00	46.00
013 No Shenanigans	0.00	0.00	40.00	114 Schooner Group	0.00	162.00	439.00
020 Cambridge Group	0.00	100.00	100.00	115 Eleventh Step Meditation	12.00	0.00	41.71
021 Summerland Monday Group	0.00	105.00	105.00	117 Way Of Life	350.00	75.00	1,025.00
023 For Women Only	0.00	0.00	106.00	120 Sat. Morn. Home Boys	138.71	233.00	509.76
025 Grateful Group	0.00	0.00	120.00	130 Saturday Night Sobriety	0.00	0.00	72.00
026 Carpinteria Study Group	0.00	0.00	100.00	133 Action Participation	648.00	0.00	648.00
030 Sisters In Solution	0.00	70.00	70.00	139 It's A Hell Of A Deal	0.00	0.00	288.00
034 Women of Change	72.00	0.00	179.62	140 Gay Discussion, Sunday	0.00	75.00	75.00
035 12 & 12 Study, Tues.	80.00	0.00	140.00	141 Off Center	659.20	0.00	984.20
036 Tuesday Trudgers	0.00	0.00	100.00	144 Back To Basics, Young People	0.00	29.40	83.40
045 Alternative Group	95.00	0.00	170.00	146 Out Of Town Speaker, NH II	0.00	0.00	15.00
047 Tuesday Men's Slag	0.00	0.00	126.00	149 Getting To Know You	114.00	128.00	544.00
051 Men's Group At St. Mary's	0.00	102.00	102.00	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	350.00	350.00
053 Both Oars In The Water	80.00	0.00	140.00	161 Back To Basics Group	0.00	5.80	5.80
055 Staying Alive	0.00	40.00	190.30	164 Men Who Have Lost Their Legs	194.00	330.00	939.00
056 Women By The Books	0.00	70.00	70.00	165 Junkyard Dogs	0.00	0.00	134.35
062 Do The Steps Or Die	51.05	28.06	201.69	166 Serenity Sisters	60.00	0.00	118.00
064 Women's Serenity Group	91.00	0.00	141.00	170 Barefoot Group	9.00	2.00	43.00
067 Rigorous Honesty	0.00	0.00	44.00	177 Key Group	600.00	0.00	1,300.00
068 Stepping Stones	0.00	36.00	92.00	181 Keep Coming Back Group	0.00	411.75	581.44
071 The Loft	0.00	200.00	550.00	183 Summerland, Thurs.	0.00	0.00	454.40
073 Young People's	0.00	0.00	181.68	186 Turning Point	175.00	0.00	808.00
074 Casa Serena (BB Study)	0.00	0.00	6.00	200 Anonymous Donations	0.00	20.00	66.00
076 11th Step	90.00	0.00	165.00	201 Birthday Donations	29.00	0.00	48.00
079 Harbor Group	450.00	576.12	2,190.79	202 Supporting Members	969.09	991.00	7,068.09
083 Sober Students, Tues Eve	120.00	0.00	120.00	203 SBYPAA	0.00	0.00	105.65
089 Here & Now	85.00	0.00	85.00	204 Memorial Fund	0.00	0.00	100.00
091 New Life	0.00	0.00	240.00	211 Central Office Rent Received	187.00	152.00	829.00
093 Into Action, Thurs	0.00	50.00	80.00	212 Special Events	0.00	0.00	1,304.00
				<b>TOTAL</b>	<b>\$6,173.59</b>	<b>\$5,459.13</b>	<b>\$29,193.26</b>

**Central Office**  
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**(805) 962-3332**

