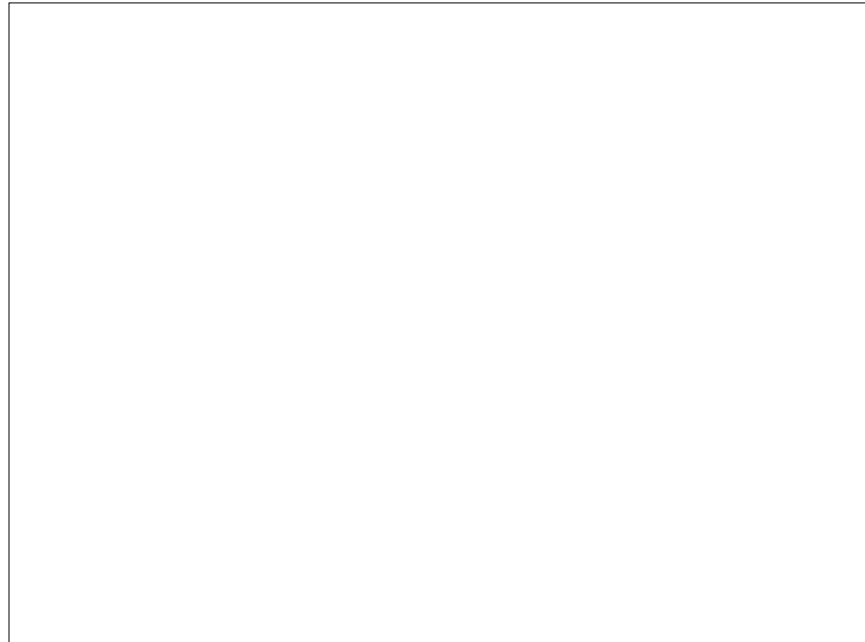


Central Office
1213 State Street, Suite H
Santa Barbara, CA 93101
(805) 962-3332



The Santa Barbara

May 2011

MESSENGER

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step Five is the most sacred Step to me. Finding someone to share the deep dark secrets of the soul with was nothing short of a miracle. It was also a heavenly experience that came from that power greater than myself whom I choose to call God. Admitting my secrets to God didn't take much courage, since He/She/It already knew them anyway. Finding someone to trust inside a federal prison required faith, but the Big Book says we must be willing to go to any length to stay sober: that includes taking risks. I took risks to get high, drinking and driving, breaking laws of man and of God just so I could satisfy the EGO's desire to find momentary relief from the sickness ruling my mind. Of course, even when I found what I thought I wanted, the day after was always one I wished to avoid; especially when I couldn't find something else to get high on. It was a miserable existence.

Step Five released the pressure and helped me come to terms with my many shortcomings. Listening to others share in meetings whom had had similar issues also helped, but the most rewarding aspect of the Fifth Step was when someone else honored me by sharing their Step Four with me. When they appeared to struggle or were hesitant about opening up the faucet to let the defects flow, I would stop them a moment and share some of my dirt. I had plenty of it. The things that I had struggled living with, and even admitting to myself, became easier throughout the years by sharing them with others. Some issues I even shared from the podium at the penitentiary in Lompoc. But had it not been for those who had trusted me enough to ask me to sponsor them and to then share their Fourth Step with me, I probably wouldn't have become near as comfortable with my own issues. I am truly grateful for all those great guys who helped me learn how to live the program by example.

It was Step Five that flushed out my many character defects that I asked God to remove from me in Step Six. My life changed for the better when I was truly able to let go and let God. April 5, 1995, was the last day I found it necessary to take a drink or to use any mind altering substance, but had I not released the monsters hidden beneath the filth inside the confines of my mind, I doubt I would have managed to stay clean and sober for all these years. Step Five opened the door to let the Sunlight of the Spirit shine on those dirty little secrets that were killing me, and thus helped clean it up. What a feeling it is to be free. Thanks for letting me share.

Wayne D., Alcoholic
Edgefield, SC

**THE
MANAGER'S
CORNER**

51

As of April 30, 2011, we have 51 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 — that is just \$8.33 each month (less than what I usually spend on my coffee and other daily drinks). I hope you will also consider being part of the 200 for 100 to help us reach our goal of 200. Thanks to everyone who showed up for the April 30th for the Take Your Sponsor to Breakfast breakfast. Special thanks to the cooks and volunteers who made this event such a success, and to everyone else who helped with set-up and clean-up. It was really awesome to see so many people enjoying good food and great fellowship.

A special thanks goes to our speaker, Noah D., who did such a wonderful job of bringing a message of experience, strength and hope.

Who knew so many sponsees would enjoy taking their sponsor to breakfast?! It was a great morning of fellowship, and just a lot of fun.

Our next big FunRaiser is going to be the 4th of July Picnic at Tuckers Grove. It will be another great chance for a bunch of alcoholics to get together to enjoy each other's company and some great fun and food. Hope to see you all there. More information to follow on the BBQ.

Again, thanks to everyone who participated in the Take Your Sponsor to Breakfast breakfast. I hope all of you enjoyed it as much as I did.

In Service, John S., Alcoholic

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**

GROUP DONATION April 2011

	Apr 11	Mar 11	Jan - Apr		Apr 11	Mar 11	Jan - Apr
003 Eye Opener	200.00	210.00	1,030.00	114 Schooner Group	67.50	0.00	137.50
004 Monday At A Time	216.00	0.00	376.00	117 Way Of Life	0.00	0.00	231.59
007 Sound Off	0.00	0.00	48.00	120 Sat. Morn. Home Boys	0.00	0.00	613.00
010 Foundation Group	0.00	107.64	107.64	125 On Awakening	150.00	122.00	782.00
011 Sundowner Group	0.00	0.00	140.00	139 It's A Hell Of A Deal	0.00	0.00	538.80
013 New Pair Of Glasses	0.00	50.00	50.00	140 Gay Discussion, Sunday	0.00	0.00	126.33
014 El Montecito Saturday Night	162.00	0.00	162.00	141 Off Center	0.00	0.00	394.20
019 Onward & Upward	0.00	65.00	65.00	145 The How And Why Of It	0.00	49.20	100.20
020 Cambridge Group	0.00	107.20	107.20	153 Happy Destiny	0.00	400.00	791.86
021 Summerland Monday Group	24.00	20.00	116.00	156 Start Your Day Right	500.00	0.00	1,000.00
022 There Is A Solution	120.00	0.00	120.00	159 Speak Easy Step and Traditions	0.00	0.00	120.00
023 For Women Only	0.00	120.00	120.00	163 Mustard Seed	8.25	0.00	8.25
024, Mesa-Singleness of Purpose	0.00	40.00	120.00	164 Men Who Have Lost Their Legs	140.00	475.00	945.00
026 Carpinteria Study Group	102.00	0.00	206.00	166 Serenity Sisters	50.00	0.00	81.63
030 Sisters In Solution	0.00	65.00	65.00	170 Barefoot Group	0.00	0.00	2.00
034 Women of Change	0.00	0.00	248.47	173 Let it Go-11th Step Meditation	0.00	0.00	101.45
045 Alternative Group	44.00	0.00	110.40	177 Key Group	0.00	0.00	700.00
047 Tuesday Men's Stag	197.17	0.00	348.33	181 Keep Coming Back Group	167.91	0.00	271.99
055 Staying Alive	0.00	136.20	256.20	182 Just the Black Print	0.00	0.00	107.45
064 Women's Serenity Group	0.00	0.00	123.00	183 Summerland/Montecito, Thurs.	120.00	0.00	234.00
067 Rigorous Honesty	119.00	0.00	231.00	184 Jay Walker Book Study	0.00	0.00	51.00
068 Stepping Stones	0.00	0.00	159.51	189 Friday Night Book Study	0.00	0.00	41.00
070 Success Group	0.00	0.00	80.00	191 Men on a Mission	0.00	0.00	175.00
074 Casa Serena (BB Study)	144.00	0.00	144.00	196 Montecito Book Study	0.00	21.00	52.00
079 Harbor Group	104.74	176.68	685.29	197 Big Book Comes Alive Women's Meeting	0.00	84.00	84.00
083 Sober Students, Tues Eve	0.00	60.00	60.00	201 Birthday Donations	131.00	97.00	593.00
084, 83 - 87 Group	410.00	350.00	1,710.00	202 Supporting Members	1,221.22	1,041.22	4,899.60
094 Questions & Answers	13.00	0.00	20.00	204 Memorial Fund	0.00	0.00	250.00
097 Almost Saints	375.12	0.00	595.17	207 Gratitude Month	66.00	7.00	714.60
100 Student of Life	50.00	0.00	70.00	210 Convention Income	0.00	581.53	581.53
111 Carpinteria Canalino	207.00	0.00	318.00	211 Rent Received	157.50	169.00	426.00
112 Montecito/Carpinteria	200.00	100.00	300.00	212 Special Events	1,011.00	70.00	1,081.00
113 Sought Through Prayer & Meditation	13.00	14.00	58.00		\$6,491.41	\$4,738.67	\$24,586.19

Tradition Five -

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose — that of carrying its message to the alcoholic who still suffers.

I have a friend in recovery who told me that she got a DUI and turned up for the drunk driving school under the influence.

That says it all, doesn't it? It reminds me of all the crazy and dangerous things I did under the influence because not being under the influence was not an option. I absolutely could not 'not drink' no matter what the occasion. I went to work drunk. I got drunk driving home from work. I did housework and prepared meals drunk. I went to my daughter's birthday parties drunk.

Alcohol saw to it that I broke every principle that I had ever held dear. I constantly risked my own life and the lives of my family because I had to drink. I rationalized that I was just getting a little buzz on, but that buzz inevitably turned into a dangerous blackout. I had an allergy of the body and I had an obsession of the mind. I was diseased.

I came into AA in 1990. At that time, the U.S. Supreme Court considered drunkenness to be "Willful Misconduct". That's pretty much how our families and the public viewed us drunks, too. Alcoholism sure looks like willful misconduct. But as an ex-drunk, knowing first-hand of the obsession that takes over, I know it is a disease.

A few celebrities in the news these days look like hopeless, diseased addicts/alcoholics to me because I can relate to their behavior 100%;. But to the non-alcoholic public they may look willful and arrogant.

Before I crossed the line into full blown alcoholism, my drinking may have been willful misconduct, but once I crossed that line it became a disease. Maybe that's why I see so many young people in AA these days - maybe some of them have not yet crossed the line and are just teetering on the line with their willful misconduct. I don't know. I hope they don't have to cross the line and fall into Hell like I did. But maybe they will have to. I don't know.

Thank God the courts these days consider the disease concept of alcoholism so that more of us have a chance at recovery.

I'm not a religious person but if there is a devil, I believe that devil watches closely us drinkers teetering on that line and works hard at pushing us over it so he can take our souls. When an alcoholic comes into AA, those of us already there, who have conscious contact with our Higher Powers, fight with the devil for the newcomers' souls. Some of the time, we win that fight and a lot of the time we lose it. In AA, we call that fight **carrying the message**. We share our experience, strength and hope in AA meetings but we never give advice. If a newcomer wants sobriety, she will hear what she needs to hear.

I hope I never stop carrying the message and hearing what I need to hear. I don't want that devil taking my soul and my family to Hell ever again.

Ex-drunk and soul fighter, Tall Beth

Convention News



We Have A Logo!

We had a remarkable response to our call for logo artwork!

We are grateful to all the artists who submitted their ideas for the 2011 Convention logo. So many good ideas were submitted that it took

four ballots for the committee to make a final selection. But now we have our logo, and it's in the hands of the Graphics Committee who will turn it into camera-ready artwork to be used on registration forms, name badges and programs. Graphics will also be working with the Memorabilia Committee to incorporate the logo onto tee shirts, coffee mugs and other items which will be available at the Convention.

Out of Town Guests

Because many of the Convention's events will be held at The South Coast Inn (across the street from the main Convention Hall), the hotel has made special arrangements for our out-of-town guests who stay with them. Simply mention that you would like the "Rule 62 discount" when you book your room and your room charge will be significantly less than the regular rate. You must book your room by October 1st to get this discount. Cancellations require a 24-hour notice to avoid being charged for the room. (For those unfamiliar with "Rule 62", see p. 149 in *The Twelve Steps and Twelve Traditions*).

H&I Breakfast Meeting

The H&I Breakfast Meeting will again be a featured event Saturday morning at this year's convention. This is a great way to start your day, and it's not just for people who are now involved in H&I. It is for anyone wanting to hear the experience, strength and hope of speakers who have been directly affected by H&I work, either through carrying the message into prisons, hospitals or institutions, or by having it brought to them while on the inside. If you attended last year's meeting, you know how moving these stories can be, all examples of the 12th Step in action. Although the meeting is not an attempt to recruit you to serve on the H&I committee or on a panel, after hearing these speakers you may decide you want to participate in this important AA work. No matter what, you will certainly find something worthwhile to take away from this meeting, so plan to join us for coffee, a continental breakfast, and great messages of recovery.

Participate

There are still plenty of opportunities for you to get involved in this year's convention. Come to the next meeting, May 12th at 6 PM, to find out more. If you want to participate, go to ww.sbaaconvention.org, the convention web site, and click on "participate" for directions to the meeting, or contact Central Office or any committee member.

Mark Your Calendars

All the committee members' plans are beginning to advance, and they are all designed to produce a wonderful experience for everyone who attends. 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.

~ Your Convention Committee



PUFF THE MAGIC DRAGON

For some, PUFF is a scary word. But we're not going to talk about Magic Dragons right now. I just wanted to get your attention! "PUFF" is how Santa Barbara locals pronounce PHF, which stands for Psychiatric Health Facility of Santa Barbara County. It's the County mental health lockup institution over by the County Jail. It's for those folks who are psychiatrically impaired or dually-diagnosed (Co-Occurring Disorders as my SBCC instructor says is now more correct) and cannot afford private hospitalization or treatment. It's part of the continuum of Hospitals and Institutions (H&I) where ongoing twelve-step service work is greatly needed here in Santa Barbara. H&I stands for Hospitals and Institutions, 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 Traditions 6 and 9.

The "PHF" patients only have access to one Alcoholics Anonymous meeting per week on Sundays from 4 to 5 PM. We need volunteers to help bring panels into the facility on a weekly basis. If your sponsor recommends more twelve-step or service work and you have at least 6 months of continuous sobriety, feel free to contact me. Or maybe you just need to feel grateful on a Sunday afternoon and be of service to an alcoholic who still suffers. I can be reached through Central Office or better yet, come on down to Central Office on the second Monday of each month from 6 to 7 PM to attend our lively H&I Committee meeting. One day you may just meet a Magic Dragon on your sober path.

Kelly B., PHF Coordinator

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."

<p>Group Contributions to AA Make check payable to:</p> <p>Santa Barbara Central Office 1213 State Street, Suite H Santa Barbara, CA 93101</p> <p><i>Include your meeting name, and local meeting number (from the meeting guide)</i></p> <p><i>Central Office will collect donations for Hospitals and Institutions and GSR through the office when you bring your Central Office Donation.</i></p>	<p>Central California Area 93 606 Alamo Pintado #140 Solvang, CA 93463</p> <p><i>Include your meeting name, GSO group number</i></p> <p>General Service Office P.O. Box 459 Grand Central Station New York, NY 10163</p> <p><i>Include your meeting name, GSO group number</i></p> <p><i>Any questions please call Santa Barbara Central Office at 805 962-3332</i></p>
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April 2011 Birthdays

Name	Years
Angie C.	1
Briana I.	1
Charlotte T.	1
Chris P.	1
Danielle S.	1
David E.	1
Hollie	1
Joy Z..	1
Sara P.	1
Scott B.	2
Ginny B.	4
Jane R.	5
John	5
Alison S.	6
Jane B.	6
Peter N.	6
Sergio M.	6
Greg O.	7
Vicki B.	7
Ron O.	8
Judy Mac	13
Linda H.	13
John P.	16
Jill M..	17
Traci L.	18
Nan S..	19
Art C.	20
Sherrie S..	20
Delores.	22
Blanca O.	23
John R.	23
Melody	23
Richard P.	25
Ruby S.	25
John C.	27
Jeannie R.	29
Mara F.	33
Teri R.	33
Pat F. .	35
Jim Mc.	39



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 June, we need writing on Step 6 and Tradition 6. Send submissions to johns@santabarbaraaa.com

Central Office Statistics

During April, 2011, your Central Office had:

AA Information calls	475
Al-Anon Referrals	35
Referrals to other programs	32
12step via answering service	15
Out-of-town visitors	38
12-step via office	31
Office walk-ins	208
Hits on our Web site	832

The Messenger is published monthly by:

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