



The Santa Barbara

MAY 2007

MESSENGER

2007 Convention Update:

Good messages, good fun, good fellowship and good AA!!!! That's what you will get at the 2007 Convention!

“SURRENDER TO WIN” - that's the theme this year - the logo has been chosen and should be up on the website in the near future.

Just a reminder - the convention committee meets the 2nd Thursday of every month at Maggie's pre - school. So, May 10th is the next meeting - 6:00 p.m.. We would love to see you there - your help is needed!!!

From the desk of special events: We are planning a “FUN-RAISER” fund-raising weekend to help cover the costs of the convention (pre-registration etc) ; PC and Nan S. are in charge of a Volley ball tournament (details will be forthcoming); also, we are attempting to do a 3 and 5k race; a softball tournament and a bar-b-que at the end of the summer. All interested athletes and volunteers are requested to speak to PC, Nan, Bev J., or Marcel.

We will be having the art auction again this year. Last year it was a huge success. We are requesting artists and craftsmen to begin considering their ideas for this year's pieces. This year promises to be bigger and more diverse than last year. What a great way to let everyone know how creative our community is. You can contact Bev's J. for more information - phone number is 455-1012.

For any general information you can go to the website: www.sbaaconvention.org or email Robbin B at “info@sbaaconvention.org” or call her at 969-5544.

Robbin B.

Information Chair



Do You Need A Commitment?

The last time we counted there were 158 meetings a week in this District. So it has always struck me as a little strange that the regular attendance at the IGR (Intergroup) meeting is usually somewhere between 12 and 15 reps. So, let me ask, does your Group have an Intergroup Representative? And if not, why not? This is actually a fairly low-key commitment. We meet once a month to share about what is going on with all the represented Groups, with Central Office, with H&I, and with GSR. The meeting (by Group conscience) never lasts over an hour, and frequently less than that. The requirements for being an IGR are 1 year of sobriety and the willingness to attend the meeting once a month and report back to your Group. We do a written handout that takes less than 30 seconds to read so you don't need to worry about boring your Group. The fact is that frequently there are fun things going on that people don't hear about because they don't hear an IGR report in their Group. Things like breakfasts, bbq's, volleyball games, and activities other Groups are doing which everyone is welcome to attend. So, if you have been looking for a fun, productive, worthwhile commitment, let me suggest you look into becoming an IGR. The monthly meeting takes place on the second Tuesday of the month at 6:00 p.m. in the garden room of the First Presbyterian Church at the corner of State and Constance. Please call Central Office at 962-3332 for more details.

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! 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.

WANT TO BE A STANDARD BEARER?

Greetings! As you are well aware by now, the 56nd Anual Southern California Convention of Alcoholics Anonymous will be held September 21-23 at the Hyatt Regency Orange County. This year's convention theme, "Keys to the Kingdom," is entirely fitting since we will be within shouting distance of the Magic Kingdom itself.

I am helping the entertainment chairman, Mark McCollum, with the opening ceremonies, which we believe will capture the fun, fellowship, commitment and good humor that Southern California AA's have always brought to such a gathering. We need your help.

The presentation of the flags representing each county has been a high point of every opening ceremony since the first gathering in 1955 and is a noisy, celebrative, and deeply symbolic moment, which sets the unifying tone for the whole weekend. It is an honor to carry such a banner on behalf of one's county, and we would like you to select someone to commit to this duty.

In the interest of an early start, I would like to get a name and contact information from you no later than FRIDAY, JUNE 22, so we can meet with all the flag bearers and familiarize them with their part in the ceremony so there are no last minute glitches. Your Central Service Office is best acquainted

with the people who will be most suited for this role, and Mark and I appreciate your help in this.

In keeping with the first half of our 11th Tradition, the person chosen should be willing to wear a dress shirt, tie, and sport coat (male) or skirt/pantsuit (female).

The preparatory meetings so far have been packed with your sober fellows, all eager to make this a memorable weekend for old-timers and newcomers alike. We hope you will share our enthusiasm and excitement in your choice of a standard-bearer.

Rooms at the Hyatt are filling up with unprecedented speed, so we recommend booking early at the hotel's special (very reasonable) convention rate. You and your fellow sober AA's and Al-Anons can call the Hyatt at 714-750-1234 for details and reservations.

Many thanks in advance for your help, and best regards in the fellowship.

Charlie
nocturna81@sbcglobal.net
818-845-2605

Mark
cartoon_mark@yahoo.com
626-224-8594

Origins of AA - Henrietta Seiberling



Transcript of Henrietta's remarks presented at Founder's Day, June 10, 1971

Henrietta Seiberling is the lady who introduced Bill Wilson to Dr. Bob Smith.

May, 1972

In the spring of 1971, the newspapers reported the passing of Bill Wilson of New York City, who was one of the two co-founders of Alcoholics Anonymous. The other co-founder, Dr Robert Smith of Akron, Ohio, had passed on some years earlier. Shortly after Bill's death, the Akron Alcoholics groups asked my mother Henrietta Seiberling, to speak at the annual "Founders Day" meeting in Akron, which is attended by members of Alcoholics Anonymous from all over the world. She lives in New York and did not feel up to traveling, so they asked me to speak in her place. I agreed to speak but felt that it would mean most to them to hear some of her own words, so I called her on the tele-

phone and asked her to tell me about the origins of Alcoholics Anonymous so that I could make sure my remarks were accurate. I made a tape recording of the conversation and played part of it at the 1971 Founders Day meeting, which was held in the gymnasium at the University of Akron with a couple of thousand people present. So many people have asked for a transcript of the recording that I have finally had one typed. Attached is a copy of the transcript, which follows the tape recording as closely as possible, with only my own remarks and some of the conversational asides and redundancies edited out. The first meeting of Bob and Bill, described in the attached transcript, took place in the summer of 1935 in Henrietta's house in Akron, which was the Gatehouse of Stan Hywet Hall, then my family's estate, now the property of Stan Hywet Hall Foundation. Henrietta was not an alcoholic. She was a Vassar college graduate and a housewife with three teenage children. She, like Bob and Bill, would be deeply disturbed by any inference that she or they possessed any extraordinary virtues or talents. On the contrary, they would all emphasize the power of ordinary people to change their lives and the lives of others through the kind of spiritual discipline so successfully exemplified in Alcoholics Anonymous. I am happy to make this transcript available to persons who are sincerely interested in learning more about Alcoholics Anonymous and its message. It is a way of sharing some of the insight's which made and still make Alcoholics Anonymous a vital force in people's lives. I ask only that the transcript be held in the spirit in which it is offered and not used for publicity or in an effort to magnify any individual.

John F. Seiberling



Henrietta's Home, The Gate Lodge
Where Bill W. and Dr. Bob met,
5:00 P.M., Mother's Day, May 12, 1935

I would like to tell about Bob in the beginning. Bob and Ann came into the Oxford Group, which, as you know, was the movement which tried to recapture the power of first Century Christianity in the modern world, and a quality of life which we must always exercise. Someone spoke to me about Bob Smith's drinking. He didn't think that people knew it. And I decided that the people who shared in the Oxford group had never shared very costly things to make Bob lose his pride and share what he thought would cost him a great deal.

to be continued in June Messenger.....

My experience participating in a panel at the Big Four AA meeting at the Men's Colony prison in San Luis Obispo.

I was excited and nervous when asked to participate in a panel at an AA meeting at the men's prison. I had never been in a prison let alone a high security prison with men doing time for serious crimes. From the good experiences of being of service in AA in the past, I knew that I couldn't pass up this opportunity.

The day came when myself and four other recovering alcoholics were set to go to San Luis Obispo. I had just been doing my taxes and was frustrated to the point of tears when I arrived to meet the others. I did not want to go but went any ways because I did not want to let anyone down and I knew that being of service would help me to get out of myself.

When we got to the prison I was scared, nervous and did not know what to expect. Upon entering the meeting we were welcomed by smiling faces and sincere warm handshakes. I was put at ease when the men came up to me and introduced themselves. I felt right at home when we talked program and I realized that those guys were just a bunch of drunks like me.

During the meeting some guys from the prison, myself and the others on the panel shared our experience, strength and hope. Listening to the men share I realized that this was not a glum lot. I know if I was doing a lot of time locked up I would be feeling sorry for myself. I did not see any evidence of self-pity in these guys. I learned that even though their physical freedom had been taken away they had found freedom from the oppression of their addictions. I also saw in these guys the freedom of the bondage of self that only a relationship with a power greater than ourselves will give us.

After the meeting I was thanked by the men with sincere gratitude and appreciation.



March Birthdays

Douglas M.....	1
Victoria T.	1
Stuart S.....	1
Alison	2
Patricia C.....	2
Adam P.....	2
Scott S.....	2
Vicki B	3
Ron O	4
Gary	4
Kris D.....	4
Emily W.....	5
Janice	5
Mandi M.....	5
Guy M.....	5
Don R.	6
Juan	7
Linda H	9
Daniella	9
Buddy	10
John P.....	13
Traci L.....	14
Nan S.....	15
Sherrie S.....	16
Steve C.....	17
Tom W.....	18
Blanca O.....	19
John R.....	19
Bob G.	20
Jill D.....	21
David S	30
Craig B.	30
Pat F.	31
Betty	35
Bill V.	41

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

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 sixth month, June, we need writing on Step 6 and Tradition 6. Send submissions to DinahMason@aol.com or jssbaaco@yahoo.com

Central Office Statistics

During April your Central Office had:

AA information calls.....	1,003
AI-Anon Referrals.....	68
Referrals to other programs	51
12-step via answering service.....	59
Out-of-town visitors	25
12-step via office	22
Office walk-ins	901
Hits on our Web site	993

Service Meetings

General Service Representatives (GSR) 1st Monday at 6:00pm meet at:
Holy Cross Church Hall 1740 Cliff Dr. Behind the Church

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.

22nd ANNUAL Santa Barbara Convention Committee -2nd Thursday of Month, 6:00 PM @ 3523 Modoc Rd. Commitments Available!

Recovery Trivia

Q. What was the name of the first AA group in Santa Barbara?

A. See next month's Messenger

Answer to last month's question:

Q. What was the name of the first women's recovery house in Santa Barbara?

A. Casa Serena [1959 on Bath St.]

Donations by Group
April 2007

	Apr 07	Mar 07	Jan - Apr 07
001 Sunrisers	0.00	154.00	154.00
003 Eye Opener	0.00	220.00	410.00
004 Monday At A Time	0.00	379.20	379.20
006 Start Your Week Right	0.00	0.00	80.00
008 Beginner's Group	0.00	0.00	20.00
010 Foundation Group	0.00	0.00	111.00
011 Sundowner Group	0.00	528.00	1,116.00
013 New Pair Of Glasses	40.00	0.00	70.00
014 El Montecito Saturday Night	60.00	0.00	160.00
020 Cambridge Group	0.00	0.00	60.00
022 There Is A Solution	0.00	0.00	44.00
023 For Women Only	0.00	138.00	138.00
025 Grateful Group	70.00	0.00	70.00
028 The Mother Group	0.00	0.00	60.00
034 Women of Change	35.00	112.00	147.00
045 Alternative Group	0.00	80.00	135.00
047 Tuesday Men's Stag	117.00	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	0.00	80.00
055 Staying Alive	0.00	0.00	80.00
035 12 & 12 Study, Tues.	0.00	0.00	80.00
062 Do The Steps Or Die	44.86	33.00	260.86
067 Rigorous Honesty	12.00	200.00	380.00
068 Stepping Stones	34.00	29.55	183.26
071 The Loft	0.00	0.00	250.00
073 Young People's	210.00	0.00	210.00
079 Harbor Group	388.00	310.00	1,412.20
083 Sober Students, Tues Eve	120.00	0.00	120.00
076 11th Step	0.00	0.00	80.00
091 New Life	0.00	0.00	232.00
094 Questions & Answers	0.00	0.00	39.80
097 Almost Saints	245.40	0.00	1,035.40
099 Sink Or Swim	0.00	0.00	80.00
100 UCSB Discussion	0.00	0.00	55.00
112 Montecito/Carpinteria	0.00	0.00	112.00
113 Sought Through Prayer & Meditation	33.00	22.00	84.00
114 Schooner Group	0.00	0.00	97.00
115 Eleventh Step Meditation	49.00	35.61	96.61
117 Way Of Life	0.00	0.00	50.00
118 Speaker Connection	0.00	0.00	231.58
120 Sat. Morn. Home Boys	202.00	0.00	493.60
122 Came to Believe Candlelight	0.00	0.00	60.00
133 Action Participation	0.00	0.00	500.00
139 It's A Hell Of A Deal	0.00	0.00	408.00
141 Off Center	820.00	0.00	820.00
144 Back To Basics, Young People	0.00	78.00	78.00
149 Getting To Know You	160.00	0.00	160.00
156 Start Your Day Right	300.00	300.00	850.00
158 Isla Vista Sobriety	29.10	0.00	29.10
164 Men Who Have Lost Their Legs	391.00	0.00	826.00
170 Barefoot Group	62.00	70.00	258.50
177 Key Group	0.00	0.00	420.00
181 Keep Coming Back Group	322.71	0.00	726.51
183 Summerland, Thurs.	0.00	0.00	316.80
201 Birthday Donations	60.00	55.00	139.00
202 Supporting Members	1,186.00	925.00	4,764.00
204 Memorial Fund	30.00	125.00	255.00
210 Convention Income	0.00	0.00	3,156.75
211 Rent Received	125.00	125.00	375.00
212 Special Events	80.00	1,150.00	1,230.00
TOTAL	5,226.07	5,069.36	24,560.17

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(805) 962-3332

