



# MESSENGER

## Convention News

Did you have fun at the 2007 convention? We committee members sure did, and hope you did too. As always, the speakers, the food and the fellowship were all outstanding. Many thanks to all who participated - by working on the committee, by volunteering, and, most importantly, by attending. Without all of you, we wouldn't have a convention at all, much less the successful one we had last year.

Hard as it is to believe, we're already starting to work on the 2008 convention, and there are plenty of opportunities for you to participate. Keeping last year's schedule, committee meetings will be at 6 PM on the 2<sup>nd</sup> Thursday of each month at Maggie's preschool. See the convention web site ([www.sbaaconvention.org](http://www.sbaaconvention.org)) and click the "participate" button for directions to the meeting place if you would like to be part of the fun, planning the next convention and making it happen. There are plenty of committee positions to be filled, as well as other opportunities to help out.

The first committee meeting for this year was held on January 10<sup>th</sup>, and a number of suggestions were offered as themes for this year's convention. After much discussion and a couple of votes, the committee chose the following:

### Age of Miracles

It may seem incredible that these men are to become happy, respected, and useful once more. How can they rise out of such misery, bad repute and hopelessness? The practical answer is that since these things have happened among us, they can happen with you. Should you wish them above all else, and be willing to make use of our experience, we are sure they will come. The age of miracles is still with us. Our own recovery proves that!

*Big Book, Alcoholics Anonymous, page 153*

Now that we have our theme, we need a logo to represent this year's convention, and we are calling on our local AA talent to provide it. So get your creative juices flowing and submit a design. The logo will be used on the Convention web site ([www.sbaaconvention.org](http://www.sbaaconvention.org)), registration forms, badges, tee shirts, coffee mugs, and on the big banner above the speaker podium. You can give your artwork to any committee member, mail it to Central Office (1213 State St., Suite H. Santa Barbara, CA 93101), drop it off there, or bring it to the next committee meeting. Be sure to give us a way to contact you if you don't submit your work in person.

**NOTE:** In deference to the romantics among us, (the 2<sup>nd</sup> Thursday in February falls on Valentine's Day this year), the February meeting will be held the following week, on the 21st. We will select the logo at that meeting. If you mail your artwork or drop it off at Central Office, it must arrive by February 21st.

And to everyone in the recovery community, mark your calendar for the weekend of October 24, 25 and 26. We look forward to another great convention this year, and hope to see you along the way and at the event itself.

# **TIM W. IS RETIRING!**

**Come and celebrate the transition and show your appreciation for Tim's decade of service as Central Office Manager.**

**Join us for lunch and fellowship**

**When: Sunday, February 10<sup>th</sup>  
1:00 p.m. to 3:00 p.m.**

**Where: Goleta Valley Community Center  
5679 Hollister Avenue**



## YESTERDAY. . .TODAY AND TOMORROW

**THERE** are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is **YESTERDAY** with its mistakes and cares, its faults and blunders, its aches and pains. **YESTERDAY** has passed forever beyond our control.

All the money in the world cannot bring back **YESTERDAY**. We cannot undo a single act we performed; we cannot erase a single word we said. **YESTERDAY** is gone.

The other day we should not worry about is **TOMORROW** with its possible adversaries, its burdens, its large promise and poor performance. **TOMORROW** is also beyond our immediate control.

**TOMORROW'S** sun will rise, either in splendor or behind a mask of clouds--but it will rise. Until it does, we have no stake in **TOMORROW** for it is as yet unborn.

This leaves only one day--**TODAY**--. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities--**YESTERDAY** and **TOMORROW** that we break down.

It is not the Experience of **TODAY** that drives men mad--it is remorse or bitterness for something which happened **YESTERDAY** and the dread of what **TOMORROW** may bring.

**LET US, THEREFORE, LIVE BUT ONE DAY AT A TIME**

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### 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 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, delining outside contributions. – Seventh Tradition (short form), reprinted by permission of A World Services, Inc.

## **INTER-GROUP REPS. WANTED**

**Are you looking for a way to be of service  
to your home group?**

**Why not ask if your group has a  
Intergroup Group Representative (IGR)?**

**The IGR's meet at 6:00 pm on the  
2<sup>nd</sup> Tuesday of each month  
at 21 East Constance**

**(the corner of State and Constance).**

**The meetings last approximately 30 minutes,  
and at the meeting you will find out  
what is going on in**

**Santa Barbara Alcoholics Anonymous.**

**We pass out items of interest, Messengers,  
and information on activities**

**that are planned in the A.A. community.**

**It is a great way to be of service to your home group.**

**John S.**

## **Santa Barbara District 23**

### **General Service Representatives**

<http://www.ccaadistrict23.com>

#### **Public Information**

**Public Information (P.I.) in Alcoholics Anonymous  
means carrying the message of recovery to the still-  
suffering alcoholic by informing the general public about  
A.A. Your District 23 P.I. Committee carries the message:**

- **PACT Parolee Orientation & Health Fairs**
- **PSAs – press, radio, television**
- **Placards & Telephone Tear-off Signs**
- **Meeting Guides at hotels, inns and motels**

**Public Information takes many forms.... Whatever the  
form, it comes down to “one drunk carrying the message to  
another drunk,” whether through personal contact or  
through the use of third parties and the media.**

**For more info or to volunteer: [pi@ccaadistrict23.com](mailto:pi@ccaadistrict23.com)**

#### ***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, with  
permission of A. A. World Services, Inc.**

## **MEETING CHANGES**

**IT'S A HELL OF A DEAL**

**Sunday 11:00 am**

**Has Moved back to the**

**Cottage Hospital**

**in the Burtness Auditorium**

**My name is Mac D. and I am an Alcoholic. I'd like to wish everyone at the Central Office and at H & I a Happy New Year. I drank for a 35 year period and spent 20 plus years in state prisons, county jails and am currently in a federal prison. I was granted the gift of sobriety while on my knees in a cell seeking relief from a God I didn't know or understand.**

**I have been able to maintain and care for this gift by working and living the steps and principles of the A.A. program.**

**H & I has been a big part of my receiving and carrying the message of life after my disease. For that I am grateful and a little concerned about our program at USP Lompoc. A year ago we had 4 scheduled meetings a week, in which H & I showed up like clockwork. Today we have 3 meetings per week and are fortunate if we get H & I members once or twice a month.**

**I look forward to the H & I attendance, they bring us a different perspective from the life we see inside these prison walls. It gives us hope. I know better the God who I pray to today. Though still don't always understand him, but know I am a better man for having taken the time to pray. I'll stay the course and maybe one day I'll meet some of you as I trudge the road of Happy Destiny.**

## **A Spiritual Program**

Webster defines spirit as “the vital principle of animating force ... within living beings.” This spirit resides in each of us. The spiritual journey we begin by acknowledging a Higher Power is not a journey of sudden conversion of instant religious insight. Instead, recovery itself is the journey. Our spiritual journey can be the process of unleashing the vitality of life that lies within each of us. This vitality is simply the richness of an authentic and honest existence directed by our Higher Power.

Spirituality is an essential, vital, and necessary ingredient to recovery. Without recognizing the spiritual nature of the program we may be inclined to rely upon ourselves in those trying times that are most assuredly to come.

Spirituality is not organized religion. The only thing organized about the program is the way we conduct ourselves as recovering alcoholics. In this notion we are organized in our inability to drink or use like normal people. Welcome to the club.

Spirituality allows us the ability to learn from the past, to think about the purpose of existence, to think about and implement self-improvement, to reflect on the long-term consequences of our actions, to delay gratification, and to distinguish right from wrong and act accordingly. To have the strength of character to be in touch with our thinking, feelings, and our needs. When we exercise these abilities we are spiritual. Our spirituality influences the way we treat ourselves and more importantly the way we respond to others in their time of need.

Spirituality allows us to grow in character when our thoughts, feelings and behavior are influenced by valuable lessons from the past. Not only from our mistakes but from the mistakes of other members of the program as well.

Strength in character is enhanced when we reflect on our past mistakes and we make a conscious decision to take the time each day to be better human beings. This is accomplished by doing what is good and right in God’s sight. By doing so we can live in peace with no second thoughts.

Steve E.

**I JUST READ AN ARTICLE ON  
THE DANGERS OF DRINKING...  
IT SCARED THE CRAP OUT OF ME.  
SO THAT’S IT!!  
AFTER TODAY,  
NO MORE READING**

**anonymous**



**January 2008 Birthdays**

Brian	1
Darla H.	1
Jerrett M.	1
Mary	2
Susan H	2
Augie	3
Barb B	4
Robbin B.	5
Steve R	7
Tom W.	9
Dean	10
Dawn	11
Linda P.	14
Jennifer	14
Kevin M.	15
Jean	16
Jean	17
Don H	19
Bob T	20
Mary Pat	21
Arnold L.	21
Shannon A	21
Chris M	22
Dave C.	23
Gregg J.	24
Tim W.	25
Cindy D.	26
Luwana K	28
Bill S.	29
Kathy H	29
Kurt F.	30
Doris W.	30
Pat N.	30
Tony C.	33
Sally A.	45
Jim F.	47

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**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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**Articles Needed**

The Messenger needs your articles and letters. For the March 2008 Messenger, we are looking for articles for Step 3, Tradition 3. or Concept 3. Or any other AA related story, H and I, or any on your experience, strength and hope. Send submissions to **JohnS@SantaBarbaraAA.com**

**Central Office Statistics**

During the January 2008 your Central Office had:

AA Information calls .....	892
Al-Anon Referrals .....	47
Referrals to other programs .....	41
12step via answering service .....	33
Out-of-town visitors .....	41
12-step via office .....	35
Office walk-ins .....	701
Hits on our Web site .....	1,150

**Service Meetings**

**General Service Representatives (GSR) 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 January 2008

	Jan 08	Dec 07	Jan 08		Jan 08	Dec 07	Jan 08
002 Courage To Change	0.00	200.00	0.00	115 Eleventh Step Meditation	12.00	0.00	12.00
003 Eye Opener	270.00	240.00	270.00	117 Way Of Life	0.00	40.00	0.00
004 Monday At A Time	182.50	0.00	182.50	120 Sat. Morn. Home Boys	150.00	220.00	150.00
006 Start Your Week Right	80.00	0.00	80.00	122 Came to Believe Candlelight	0.00	70.00	0.00
011 Sundowner Group	312.00	0.00	312.00	133 Action Participation	881.00	0.00	881.00
014 El Montecito Saturday Night	0.00	73.00	0.00	139 It's A Hell Of A Deal	149.55	77.00	149.55
020 Cambridge Group	0.00	399.13	0.00	141 Off Center	374.85	0.00	374.85
022 There Is A Solution	0.00	200.00	0.00	144 Back To Basics, Young People	0.00	196.05	0.00
023 For Women Only	0.00	100.20	0.00	149 Getting To Know You	0.00	197.00	0.00
024, Mesa-Singleness of Purpose	40.00	0.00	40.00	156 Start Your Day Right	300.00	0.00	300.00
030 Sisters In Solution	25.00	0.00	25.00	158 Isla Vista Sobriety	0.00	78.03	0.00
045 Alternative Group	75.00	0.00	75.00	164 Men Who Have Lost Their Legs	462.00	0.00	462.00
047 Tuesday Men's Stag	56.60	112.00	56.60	166 Serenity Sisters	57.72	0.00	57.72
051 Men's Group At St. Mary's	0.00	148.00	0.00	170 Barefoot Group	90.00	67.00	90.00
053 Both Oars In The Water	80.00	0.00	80.00	181 Keep Coming Back Group	371.03	0.00	371.03
055 Staying Alive	60.00	90.00	60.00	186 Turning Point	0.00	111.55	0.00
035 12 & 12 Study, Tues.	80.00	0.00	80.00	195 Vision for You	0.00	19.52	0.00
062 Do The Steps Or Die	30.44	40.07	30.44	200 Anonymous Donations	110.00	500.00	110.00
067 Rigorous Honesty	0.00	157.00	0.00	201 Birthday Donations	28.00	294.00	28.00
079 Harbor Group	191.00	181.37	191.00	202 Supporting Members	634.46	1,161.60	634.46
076 11th Step	80.00	0.00	80.00	212 Special Events	0.00	1,146.00	0.00
089 Here & Now	0.00	78.00	0.00	<b>TOTAL:</b>	<b>5778.15</b>	<b>6,810.66</b>	<b>5778.15</b>
093 Into Action, Thurs	0.00	135.00	0.00				
097 Almost Saints	174.00	0.00	174.00				
099 Sink Or Swim	80.00	0.00	80.00				
100 Student of Life	0.00	50.00	0.00				
106 Woman To Woman	0.00	71.80	0.00				
111 Carpinteria Canalino	240.00	0.00	240.00				
112 Montecito/Carpinteria	0.00	324.68	0.00				
113 Sought Through Prayer & Meditation	0.00	32.66	0.00				
114 Schooner Group	101.00	0.00	101.00				

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