



MESSENGER

Thank you for the Service

For over 10 years, Tim W. has been the Manager/Administrator at your Central Office. When I first met Tim, he shared that it was the Santa Barbara Central Office that was there for him when he first became sober. I find it truly amazing that the place that was there for Tim when he first became sober, is where he has been of service now for over 10 years. Recently Tim celebrated 25 year sobriety. Seeing someone with so much time who is still involved in service and actively involved with A.A., shows me that if I want to get 25 years sober, I will also have to do those things.

I first met Tim when he shared at my home group, which at the time was the Big 4 Fellowship. The thought came to me that he had something I wanted. So as an alcoholic I began to ask questions of him and I watched his actions to see if he was actually doing what he suggested. I found that his honesty and openness in sharing with me and his acceptance of who I was, rang true to that part of me that knew the truth. I always remember whenever he shared, he would say when you come to Santa Barbara, call us and we will be there for you. That was new to me, for not many people wanted a person with my background any where around them.

Over the years, Tim brought the message of recovery with him on his Hospital and Institution Panel, and we became friends.

I learned from him to read the Big Book, to work the steps "in order", to be of service, and that I would never have to drink again if I didn't want to. I followed his instructions and have been able to remain sober for over 23 years.

A year ago, Tim asked me if I was interested in working part-time at Santa Barbara Central Office. I gratefully accepted the offer. Since then, I have been blessed with having the opportunity to learn what it is to be a manager of your Central Office. I have watched Tim being of service and working with others and I have seen the way he touches the lives that come into Central Office. It has been a truly amazing experience for me.

As of January 1, 2008, I was hired as the full-time Manager of Santa Barbara A.A. Central Office. Like Tim before me, I am now answering the same phone that I first called when I came to Santa Barbara. Tim's quiet, caring and loving nature has made Santa Barbara Central Office a safe and welcoming place to help people cope with the disease of alcoholism. He has daily practiced the AA Responsibility Statement, that "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that I am responsible." His caring and loving manner has made Santa Barbara Central Office a safe and welcoming place for alcoholics, both those sober and those struggling to get sober. I hope to carry the mantle and that I, following Tim's example, can also make a difference in the lives of those who come into Central Office.

I have no way of knowing how many of you have been touched by Tim, though I have had a few opportunities to listen to some of your stories as you have shared how his service changed your lives.

Tim will be moving on to be the IGR Board Chairman, but I know that his work as Manager of Central Office here will not be forgotten.

John S.



Happy New Years!

Happy New Year everyone. My hope for all of us is that we continue to have health, happiness, prosperity, peace of mind, and an ever closer relationship with our Higher Power, however we understand that Power. 2008 is special to me for a lot of reasons, but certainly the main one is that, as of the third of this month, I have achieved, by that Higher Power's grace, twenty-five years of continuous sobriety.

Of course, every day sober is special, but this one is a huge milestone for me. I can still recall being new and thinking no one, certainly not me, could ever be sober for one year, let alone twenty-five.

I would like to extend a blanket thank-you to all of you. You have all been examples of one kind or another, and I've learned from many of you what I've needed to learn to get through all these days, one day at a time.

Be safe. Be happy. You deserve it.

Tim W.

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! 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.

ATTENTION !!!

Looking for Volunteers

How time flies!

It's time to start work on planning our 2008 convention. Keeping with last year's schedule, committee meetings will be at 6 p.m. the 2nd Thursday of each month at Maggie's Pre-School, located at 3523 Modoc Rd. for directions call 682-6800 / 895-0716. Our first meeting will held January 10th, 2008. There are plenty of committee positions to be filled as well as other opportunities to help out. The January meeting will be about choosing the theme for 2008. Themes must be a direct quote from AA hard cover literature (as opposed to pamphlets). If you have suggestions for a theme, feel welcome to attend and share with us on January 10th at 6 p.m. or pass it on to another committee member. So come join the fun of planning our next year's convention. Looking forward to another great year, hope to see you on the path.
Maggie C.

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

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.

The Twelve Rewards Of Sobriety

These are twelve attributes of personal character that continued practice of the Twelve Steps of Alcoholics Anonymous and our continued Spiritual Fitness will bring to us, the "Recovered" Alcoholic.

1. Faith instead of despair.
2. Courage instead of fear.
3. Hope instead of desperation.
4. Peace of mind instead of confusion.
5. Real friendships instead of loneliness.
6. Self-respect instead of self-contempt.
7. Self-confidence instead of helplessness.
8. A clean conscience instead of a sense of guilt.
9. The respect of others instead of their pity and contempt.
10. A clean pattern of living instead of a hopeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a happy life instead of the bondage of an alcoholic obsession.

Originally by Ann C. (sober April 1, 1948) of Niles, Ohio and presented at the 1985 International Convention in Montreal, Canada

Did You know That Each Year A. A. As A Whole Takes It's Own Inventory? How & When Does This Happen & Who Should Participate?

Hi, everyone. I'm Mara and I'm an alcoholic and am currently serving as your District # 23 D.C.M.(District Committee Member). I chair the monthly G.S.R. (General Service Representatives) meeting. District # 23 is comprised of approximately 83 Groups registered with AA World Services from Isla Vista, Goleta, Santa Barbara, Montecito, Summerland and Carpinteria, and our District is one of over 32 Districts which comprise Alcoholics Anonymous Central California AREA #93 which in turn is part of the 11 states which make up the Pacific Region of Alcoholics Anonymous.

(Check out our District 23 website for a map of the area – www.ccaadistrict23.com and information about the Pacific Region Of AA.)

As your District D.C.M., in addition to continuing to apply the Twelve Steps to ensure my own Recovery, I have a number of suggested Service responsibilities which are covered within the AA Service Manual which uses A.A.s Twelve Traditions as well as A.A.s Twelve Concepts as its guidelines. One of the most important responsibilities that the GSRs and I have is to facilitate two way communication between the District Groups and individual members with other Groups in the Area, the Region, and GSO. One of the most important ways that we do this is through the annual Inventory which Alcoholics Anonymous as a whole takes using the Conference process.

How does this work? Well, just as we as an individual members might decide to do a 10th step on a particular area of our life, or your Home Group might decide to take a Group Inventory or a Group Conscience on a specific issue or question, each year AA as a whole takes its inventory about a specific theme as well as about questions that have come up from members of the A.A. fellowship during each year. In April, 2007 during this years annual Conference, the agenda committee after reviewing an assortment of themes from those submitted from the fellowship chose a one along with discussion topics related to this theme.

The 2008 Theme Is: Communication and Participation – The Key to Unity and Self Support.

The discussion topics are:

Communication and Participation:

Sharing the Message of Service, Our Key to Keeping A.A. Strong,
Leadership in A.A.: Building Communication

Unity:

Our Common Welfare Should Come First, Principles Before Personalities,
Diversity: Reaching Out to All Alcoholics

Self Support:

Self-Supporting Through Members' Voluntary Contributions Only,
Contempt Prior to Investigation, Responsibility to Communicate and Participate

Workshop Topic for 2008 General Service Conference:

Love and Tolerance, Now More Than Ever

These discussion topics along with questions which have come up from individual AA members, Groups, Districts or Areas. Who are these AA members? – You are an AA member when you say you are and any AA member can submit a question or concern by discussing it with their Group, their GSR their DCM and/or Delegate. Later this month, I should receive the completed list of these questions and discussion topics and then I will put them into a questionnaire format for you.

Who should discuss these questions and topics?

Well in order for AA as a whole to take its inventory thoroughly, the whole of A.A. needs to participate. So just as a Group needs as many members as possible to participate in order for its Group Conscience to be well informed, the more AA members that participate throughout the US and Canada the better the inventory. Any member from 24 hours sobriety to 100 years sobriety can and should participate for a successful inventory.

How do you get these topics questions? You can get a questionnaire in a number of ways:

You and/or your Home Group's GSR can attend the District 23 GSR meeting held at 6 pm on the first Monday of each month at Holy Cross Church 1740 Cliff Drive **or** by the end of January, you should be able to download a questionnaire from the District 23 website www.ccaadistrict23.com. **or** you can ask/call or Email me or contact any GSR for a questionnaire.

Where can you give your feedback and / or get more information about the Questions ?

You can share your experience, strength and hope on as many or as few questions as you care to. You can give your written or verbal feedback about the questionnaire to any District 23 GSR, me or your Area 93 Delegate, Debbie J.. You can also ask any of those people for background information on any question. You can contact me at any time at 403 – 0487 or through our website or at **DCM@ccaadistrict23.com**. I can also give you our Delegates phone number and/or email so you can talk to her directly. There are several ways to do this. One is to attend our March 1st local pre conference event from 9 am to 12 pm at the Veterans Memorial Building for free food, fellowship and background information and where you can also pick up a questionnaire. Another way is you could attend P.R.A.A.S.A. (Pacific Regional Alcoholics Anonymous Service Assembly) in Anchorage, Alaska on March 6,7 and 8th to get more background information and/or speak directly with G.S.O. (General Service Office) staff, Trustees and Delegates. If you can't make it to PRAASA this year, you can speak to your District #23 Alternate DCM, Gil E., as he will be attending for us. You can reach him at 403 – 0578 or **ALTDCM@CCAADistrict23.com** . Or On March 15th and 16th, you can attend the CCAA AREA#93 (Central Coast AA Area #93) Pre-conference Topic Workshop in Pismo Beach to get more background information and to share your feedback with other members of the Area and with the Delegate directly. Please remember, it's not necessary for you to answer all of the questionnaire if you want to answer a few questions on a few topics that's fine and of course if you want to answer all the questionnaire that's fine too. It's all up to you and how much you want to participate and have your voice heard in AA as a whole.

In mid April, Debbie your AREA #93 Delegate will attend the Conference in New York with the other the Delegates of the other 92 Areas, the Trustees and the G.S.O. staff. Debbie will be sharing our feedback that she has gathered from all of us As well as listening to other shared experience strength and hope from all the AREAs. We will set up a date for her to come to us to share her report with all of our members here after she makes her report to the AREA.

If you would like to get an idea of what happened at the last annual conference, in April, 2007, I have a conference report reserved for every registered Group in District 23. If your Group hasn't received theirs and would like to please contact me and I'll get it to you. If you or your Group would like any more information about how you can be part of, how your Group can elect a GSR or about any of the AA literature referenced in this piece, please don't hesitate to contact me at any time at 403-0487 or DCM@ccaadistrict23.com and I would be very happy to get that to you.

Thank you for letting me be of Service,

Mara R. Your District 23 DCM



December 2007 Birthdays

Courtney	1
Damon B	1
Darla H.	1
Linny H.	1
Kim D.	2
Radheka	2
Aiko	3
Chelsea V.	3
Icho	3
Naomi	3
Celeste	4
Cheryl G.	4
Jersey Dave	4
Laurie R.	5
Mike C.	5
Chris D.	6
Clay C.	7
Manny B.	8
John L.	9
Marna K.	9
Susan B.	14
Natalie B.	16
Dinah M.	18
Jay F.	18
Joan L.	21
Bo S.	23
Hank V	25
Spenser	25
Bill M	31
Tony C.	33
Muriel	35

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1213 State Street, Suit H
Santa Barbara, California, 93101**

**805-962-3332
sbaa@santabarbaraAA.com**

Submissions Needed

The Messenger needs your submissions and letters. For the February 2008 Messenger we are looking for articles for Step 2, Tradition 2. or Concept 2. 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 December 2007 your Central Office had:

AA Information calls	876
Al-Anon Referrals	51
Referrals to other programs	43
12step via answering service	38
Out-of-town visitors	35
12-step via office	31
Office walk-ins	625
Hits on our Web site	996

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.

22nd ANNUAL Santa Barbara Convention Committee – 2nd Thursday of each Month, 6:00 P.M. at 3523 Modoc Rd. Commitments Available!

Donations by Group December 2007

	Dec 07	Nov 07	Jan - Dec 07
001 Sunrisers	0.00	0.00	229.00
002 Courage To Change	200.00	0.00	200.00
003 Eye Opener	240.00	270.00	2,850.00
004 Monday At A Time	0.00	0.00	748.10
006 Start Your Week Right	0.00	0.00	240.00
007 Sound Off	0.00	0.00	75.00
008 Beginner's Group	0.00	0.00	20.00
010 Foundation Group	0.00	0.00	386.50
011 Sundowner Group	0.00	372.00	2,808.00
013 New Pair Of Glasses	0.00	30.00	150.00
014 El Montecito Saturday Night	73.00	0.00	393.00
019 Onward & Upward	0.00	0.00	160.00
020 Cambridge Group	399.13	0.00	459.13
021 Summerland Monday Group	0.00	268.00	468.00
022 There Is A Solution	200.00	0.00	594.00
023 For Women Only	100.20	0.00	472.74
024, Mesa-Singleness of Purpose	0.00	0.00	75.00
025 Grateful Group	0.00	0.00	70.00
028 The Mother Group	0.00	0.00	110.00
030 Sisters In Solution	0.00	18.00	18.00
034 Women of Change	0.00	0.00	217.00
035 12 & 12 Study, Tues.	0.00	0.00	240.00
045 Alternative Group	0.00	65.00	461.00
047 Tuesday Men's Stag	112.00	0.00	392.00
051 Men's Group At St. Mary's	148.00	0.00	534.00
053 Both Oars In The Water	0.00	0.00	240.00
055 Staying Alive	90.00	150.00	510.00
062 Do The Steps Or Die	40.07	54.47	660.29
067 Rigorous Honesty	157.00	12.00	1,017.00
068 Stepping Stones	0.00	0.00	468.26
070 Success Group	0.00	0.00	80.00
071 The Loft	0.00	0.00	250.00
073 Young People's	0.00	0.00	210.00
074 Casa Serena (BB Study)	0.00	0.00	137.00
076 11th Step	0.00	0.00	240.00
077 Briefly Big Book	0.00	0.00	85.00
079 Harbor Group	181.37	401.19	4,754.76
083 Sober Students, Tues Eve	0.00	70.00	190.00
089 Here & Now	78.00	0.00	223.00
091 New Life	0.00	0.00	232.00
093 Into Action, Thurs	135.00	0.00	295.00
094 Questions & Answers	0.00	0.00	39.80
097 Almost Saints	0.00	0.00	1,497.40
099 Sink Or Swim	0.00	0.00	240.00
100 UCSB Discussion	50.00	0.00	260.00

101 Big Book Study, Friday	0.00	0.00	50.00
103 Munch Bunch	0.00	34.87	76.09
106 Woman To Woman	71.80	0.00	71.80
111 Carpinteria Canalino	0.00	0.00	400.00
112 Montecito/Carpinteria	324.68	0.00	566.74
113 Sought Through Prayer & Meditation	32.66	37.00	259.52
114 Schooner Group	0.00	79.00	357.00
115 Eleventh Step Meditation	0.00	35.00	221.51
117 Way Of Life	40.00	0.00	340.00
118 Speaker Connection	0.00	0.00	231.58
120 Sat. Morn. Home Boys	220.00	0.00	1,230.40
122 Came to Believe Candlelight	70.00	0.00	180.00
130 Saturday Night Sobriety	0.00	0.00	144.00
133 Action Participation	0.00	0.00	1,280.00
139 It's A Hell Of A Deal	77.00	0.00	1,361.00
140 Gay Discussion, Sunday	0.00	0.00	234.00
141 Off Center	0.00	0.00	1,387.65
144 Back To Basics, Young People	196.05	0.00	274.05
145 The How And Why Of It	0.00	50.00	50.00
149 Getting To Know You	197.00	0.00	573.00
150 Goleta Sun. Night Speaker	0.00	0.00	115.00
151 Our Meeting	0.00	0.00	85.00
153 Happy Destiny	0.00	0.00	400.00
156 Start Your Day Right	0.00	400.00	1,700.00
158 Isla Vista Sobriety	78.03	0.00	121.68
163 Mustard Seed	0.00	0.00	30.00
164 Men Who Have Lost Their Legs	0.00	0.00	1,594.77
165 Junkyard Dogs	0.00	0.00	1,201.00
166 Serenity Sisters	0.00	100.00	343.15
170 Barefoot Group	67.00	51.00	720.56
177 Key Group	0.00	0.00	2,510.00
181 Keep Coming Back Group	0.00	0.00	1,390.47
183 Summerland, Thurs.	0.00	0.00	721.80
186 Sunday Night Alternative, NH III	0.00	0.00	312.18
186 Turning Point	111.55	0.00	111.55
195 Vision for You	19.52	0.00	19.52
200 Anonymous Donations	500.00	0.00	1,038.00
201 Birthday Donations	294.00	0.00	1,363.00
202 Supporting Members	1,161.60	717.00	11,463.77
204 Memorial Fund	0.00	0.00	580.00
210 Convention Income	0.00	3,234.96	6,391.71
211 Rent Received	0.00	125.00	1,125.00
212 Special Events	1,146.00	230.00	5,381.00
Totals:	6,810.66	6,804.49	72,007.48

Central Office
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Santa Barbara, CA 93101
(805) 962-3332

