



MESSENGER

Convention Update:

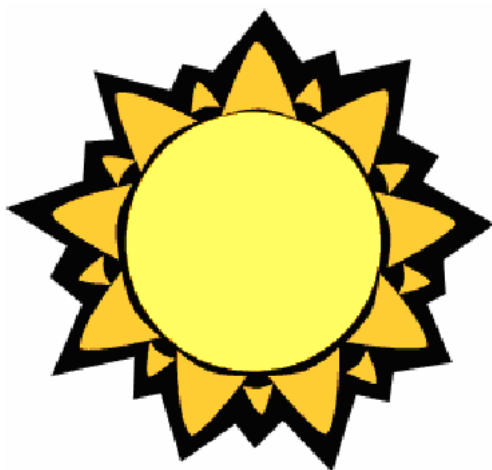
"WE SURRENDER TO WIN" The 2007 convention planning is well under way!! We have our theme and our logo design in place.. Plans are in the works for a FUNdraiser to take place sometime in September, with a BBQ, a walk/run and a volleyball tournament. If you are interested in participating or putting a team together, please contact P.C., or Nan. Call 455-1012 for more information.

We are already getting submissions for the art auction. If you want to have your work auctioned off, it must be AA related and/or inspired by printed material It can be in any medium. We will also be accepting craft items this year. Anyone having any questions contact Beverly J. at 455-1012..

You can also find more information about the convention on the website:

www.sbaaconvention.org. Our next meeting will be Thursday, June 14th, 6:00p.m. at Maggie's pre-school, 3523 Modoc Road (Near Los Positas and Modoc) Call 682-6200 for directions.

WERE ENTIRELY READY



“This is the Step that separates the men from the boys.” That line caught my attention the first time I read it in the Twelve and Twelve. I had just finished what felt like the arduous task(s) of not only writing an inventory, but also sharing it with my sponsor. I had made such a big deal out of both those things, I now realize, that I felt drained. Elated at having done them, but drained. And now, here was more work to do, and hard work at that, if it was going to make a man out of me. However my sponsor talked frequently about Steps Six and Seven being the ones that he came back to, and worked, over and over again. So I was interested, if hesitant. We had discussed the defects in my character at length when we did Step Five, and I had begun to see how these things held me back. I had admitted they were

objectionable, but was I really willing to let them go? The truth is that when I began the process I was not willing. In fact I was a little surprised at how much I resisted the idea of some of these things being removed. What would I do without these old friends of mine? How would I act, who would I be? My sponsor had emphasized willingness, so I began working on being willing. I began by praying for the willingness to be willing. It took a while, I can tell you that much. But it happened. I wasn't even aware it was happening until one day, or so it seemed, I realized that not only had willingness come, but I was ready to move forward. I wish I could tell you that I felt everything leave at that instant, but that was not my experience. What has happened is that, slowly, over time, all those objectionable things have lessened. They don't own me the way they used to. That's not to say they don't jump up once in awhile, but they don't own me. Hopefully, if I keep doing the things I've been doing, I'll keep getting the things I've been getting. I don't realistically expect my defects to ever be completely gone, but I try to remain willing for that to happen.

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 (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 permission of A World Services, Inc.

4th of July BBQ

To Benefit

The Central Office

11 a.m. until 4:00 p.m.

(Meal served at Noon)

Tucker's Grove

N. Turnpike Rd and Calle Real

Games, Fellowship, Fun

\$5 per plate

Purchase Tickets at the

Central Office



HOW AN OLD TIMER GREET'S A NEWCOMER

His name is Bill. He has wild hair, wears a T-shirt with holes in it, jeans, and no shoes. This was literally his wardrobe for the past four years of life. He is brilliant, kind of profound and very, very bright. He became an alcoholic while attending college. Things have only gone downhill since.

Across the street from the campus is a well-dressed, very conservative A.A. club. They want to develop a meeting for the students but are not sure how to go about it.

One day Bill decides to go there. He walks in with no shoes, dirty jeans and T-shirt and wild hair.

The meeting has already started and so Bill starts looking around the room for a seat. The room is completely packed and he can't find a seat.

By now, the well dressed people are really looking a bit uncomfortable, but no one says anything.

Bill gets closer and closer and closer to the front of the room, and when he realizes there are no seats, he just squats down right on the carpet.

By now the people are really uptight, and the tension in the air is thick. About this time, the evening's speaker realizes that from way at the back of the meeting, an "old timer" is slowly making his way toward Bill.

Now the "old timer" is in his eighties, and has silver-gray hair, and a three-piece suit.

A spiritual man, very elegant, dignified and courtly.

He walks with a cane and, as he starts walking toward this boy.

Everyone is saying to themselves that you can't blame him for what he's going to do.

How can you expect a man of his age and of his background to understand some college kid on the floor?

It takes a long time for the man to reach the boy.

The meeting is utterly silent except for the clicking of the old man's cane.

All eyes are focused on him.

You can't even hear anyone breathing.

The speaker can't even continue the meeting until the "old timer" does what he has to do.

And now they see this elderly man drop his cane on the floor.

With great difficulty, he lowers himself and sits down next to Bill and welcomes him so he doesn't feel outcast and alone.

Everyone chokes up with emotion. When the speaker gains control, he says,

"What I'm about to say, you will never remember.

What you have just seen, you will never forget."

"Be careful how you live. You may be the only Big Book some people will ever read".

Dear Messenger:

I gratefully celebrated twelve years of sobriety on April 6th, 2007. I am currently serving a thirty-five year sentence, and have been inside since 1988. Several years of my sobriety were celebrated at the United States Penitentiary at Lompoc, California. Some of your readers and H&I members would probably remember me from there. Words cannot express how grateful I am for having been part of the lives of the many friends I made there, that are now out and living the A.A. way of life. Some people question the benefit of prison sobriety. Let me say that prison sobriety counts. Just as the disease of alcoholism can affect the lives of others, so can sobriety. I learned many valuable aspects of sobriety while at Lompoc, and I have now shared those things with others from coast to coast. My Higher Power, whom I choose to call God, has used me to start five meetings since I left Lompoc and transferred to this new prison in August of 2001. Some members from those groups have transferred and started still more groups. I know several other guys from Lompoc who have done the same thing, because we learned that we have to give it away to keep it.

One thing I've had to get rid of was some dirty little secrets. The fourth and fifth steps are what helped me to clean house, but it was the ninth step that freed me from the pain of the resentments that were revealed through steps four and five. And for that I am grateful.

**In Fellowship,
Wayne D.
Edgefield, S.C**

Hospitals and Institutions....

I have had the opportunity to serve on H&I panels a number of times, most recently at Project Recovery. My friend Earl U. brings a panel in every Thursday night to speak for a group of folks that are participating in a two week detox. I have known Earl for nearly the entire time I have been sober and was happy to participate when he asked. As with all of the service work I have done, I left feeling like I had gotten more from it than any of the other people there could have! I shared what it was like, what happened and what it was like now for about 20 minutes and could tell by the nodding heads that some of the folks there identified with the actions I had taken and the hopeless and pitiful demoralization I had felt. It is always healing for me to share about my drinking, both in the beginning when I thought it was still working and at the end when I knew that it was never going to get any better. Being in a hospital or institution is not part of my story, but I believe today that it is one of the many yet's that is there waiting for me should I stray from the middle of the herd. When I participate with a H&I panel, I get the opportunity to see that we are all the same and that the actions that helped me get and stay sober can pull anyone from the gates of insanity or death. That night, I met a young woman that I have since seen at a number of meetings get a sponsor and start to work the steps, which is a joy. I also took something away from the meeting that night that Earl shared that was very helpful to me, "those that matter don't mind and those that mind don't matter". I currently serve as a representative for H&I for two meetings that I regularly attend and I cannot speak highly enough about this unique opportunity to be of service. I hope that all who read this will try at least once to carry the message of the twelve steps of Alcoholics Anonymous to those that are in a hospital or institution.

Susan B.



The Messenger is published monthly by:

**23rd District Intergroup of Alcoholics Anonymous
1213 State Street, Suit H
Santa Barbara, California, 93101**

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

May Birthdays

Douglas M	1
Kurt T.	1
Marc R	1
Sandra R	1
Patricia C	2
Phil G.	2
Matt D	3
Gary	4
Jimmy S.	4
Steven E	4
Emily W	5
Janice V	5
Laurie Lea	5
Elizabeth R.	6
Joan G	12
Cynthia H	14
Louise G	14
Doug K	16
Helen	17
Curtis T.	18
Patrick G	21
Debi S	22
Barbara H.	32
Armando R.	38

Submissions Needed

The Messenger needs your submissions and letters. We especially seek submission the 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 JohnS@santabarbaraAA.com

Central Office Statistics

During the March your Central Office had:

AA Information calls	1005
Al-Anon Referrals	72
Referrals to other programs	49
12step via answering service	61
Out-of-town visitors	21
12-step via office	19
Office walk-ins	869
Hits on our Web site	977

Service Meetings

General Service Representatives (GSR) st 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!

Anyone who is interested in being of service at the central office, please come down and talk with me and fill out the volunteer information form.

Thank you,
John S.

Donations by Group May 2007

	May 07	Apr 07	Jan - May 07
001 Sunrisers	0.00	0.00	154.00
003 Eye Opener	175.00	260.00	1,045.00
004 Monday At A Time	0.00	0.00	379.20
006 Start Your Week Right	80.00	0.00	160.00
007 Sound Off	75.00	0.00	75.00
008 Beginner's Group	0.00	0.00	20.00
010 Foundation Group	23.50	0.00	134.50
011 Sundowner Group	476.00	0.00	1,592.00
013 New Pair Of Glasses	0.00	40.00	70.00
014 El Montecito Saturday Night	0.00	60.00	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	96.00	0.00	234.00
025 Grateful Group	0.00	70.00	70.00
028 The Mother Group	0.00	0.00	60.00
034 Women of Change	0.00	35.00	147.00
045 Alternative Group	86.00	0.00	221.00
047 Tuesday Men's Stag	0.00	117.00	117.00
051 Men's Group At St. Mary's	0.00	0.00	173.00
053 Both Oars In The Water	80.00	0.00	160.00
055 Staying Alive	110.00	0.00	190.00
035 12 & 12 Study, Tues.	80.00	0.00	160.00
062 Do The Steps Or Die	54.00	44.86	314.86
067 Rigorous Honesty	166.00	12.00	546.00
068 Stepping Stones	52.00	34.00	235.26
071 The Loft	0.00	0.00	250.00
073 Young People's	0.00	210.00	210.00
079 Harbor Group	447.00	388.00	1,859.20
083 Sober Students, Tues Eve	0.00	120.00	120.00
076 11th Step	80.00	0.00	160.00
089 Here & Now	85.00	0.00	85.00
091 New Life	0.00	0.00	232.00
094 Questions & Answers	0.00	0.00	39.80
097 Almost Saints	0.00	245.40	1,035.40
099 Sink Or Swim	80.00	0.00	160.00
100 UCSB Discussion	0.00	0.00	55.00
112 Montecito/Carpinteria	0.00	0.00	112.00
113 Sought Through Prayer & Meditation	0.00	33.00	84.00
114 Schooner Group	92.00	0.00	189.00
115 Eleventh Step Meditation	0.00	49.00	96.61
117 Way Of Life	250.00	0.00	300.00
118 Speaker Connection	0.00	0.00	231.58
120 Sat. Morn. Home Boys	110.00	202.00	603.60
122 Came to Believe Candlelight	0.00	0.00	60.00
130 Saturday Night Sobriety	72.00	0.00	72.00
133 Action Participation	0.00	0.00	500.00
139 It's A Hell Of A Deal	302.00	0.00	710.00
140 Gay Discussion, Sunday	147.00	0.00	147.00
141 Off Center	0.00	820.00	820.00
144 Back To Basics, Young People	0.00	0.00	78.00
149 Getting To Know You	0.00	160.00	160.00
156 Start Your Day Right	0.00	300.00	850.00
158 Isla Vista Sobriety	14.55	29.10	43.65
164 Men Who Have Lost Their Legs	0.00	391.00	826.00
166 Serenity Sisters	96.85	0.00	96.85
170 Barefoot Group	59.00	62.00	317.50
177 Key Group	830.00	0.00	1,250.00
181 Keep Coming Back Group	0.00	322.71	726.51
183 Summerland, Thurs.	405.00	0.00	721.80
200 Anonymous Donations	96.00	0.00	96.00
201 Birthday Donations	313.00	60.00	452.00
202 Supporting Members	500.50	926.00	4,804.50
204 Memorial Fund	100.00	30.00	355.00
210 Convention Income	0.00	0.00	3,156.75
211 Rent Received	125.00	125.00	500.00
212 Special Events	0.00	80.00	1,230.00
TOTAL:	5,758.40	5,226.07	30,318.57

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