



MESSENGER

Central Office/Intergroup Manager's Meeting in Oklahoma City

In October, I was blessed with the opportunity to go to the Central Office/Intergroup Managers Meeting in Oklahoma City. Managers from all over the United States and Canada were there for the purpose of sharing information, and to participate in 15 workshops, which were held over a 4 day period. The workshops in which I participated were: Unity, Central Office/Intergroup and Area, Meeting Schedules, Outrageous AA Phone Calls, Websites and Email, and Newsletters. There were representatives from both AAWS (Alcoholics Anonymous World Services) and Grapevine Staff. These seminars were so informative I came back with a lot of great material and thoughts.

I was also able to talk to many people about the other workshops, the ones I couldn't attend because there were three workshops taking place at the same time. I had picked the ones that I felt would best serve Santa Barbara Central Office. I was able to collect the information from fellow conference participants about the other workshops that should also be helpful to us.

There were also many other meetings throughout the weekend, one was for those that are Central Office Managers or Intergroup Managers, both of these are the same job, just different terminology. During this meeting I heard from other Managers about some of the issues which we all have in common and others that I have not experienced yet. Plus some great ideas on how to better serve at your Central Office.

What I found out was that A.A. is alive and well. That our purpose for getting together for conferences like this is to help us grow to meet the demands of the A.A. As we grow we need to learn new ways to be able to get the message to those who have the desire to stop drinking. After getting a chance to talk with so many office managers I know that there are people all over the country who are in service, and helping recovering alcoholics. And although we all do it a little differently, the basic message of A.A. recovery is alive and well.

After hearing so many new ideas I made a list. One of the main ideas that came from these meetings is the need for communication between the Groups and Central Office. Without that, there is no ongoing dialogue. And, without that, there is no way for us to get information to your Group. So we recommend each Group have an IGR (Inter-Group Representative) to assist with getting the needed information to a Group. We have over 180 groups in Santa Barbara and only, maybe, 20 people come to the IGR meeting. This, by the way, is held on the 2nd Tuesday each month. It would be so great if every Group were represented. Each Group has the right to be represented, and to have a representative at the IGR meeting. If you have someone from your Group who is interested, please have them contact me with his/her name, phone number and email address so we can get them the information they need to get started. There are so many people at meetings who are looking for a way to be of service, and the IGR meeting is a great way to it. It requires one year of sobriety and is a one year commitment. The only other requirement is attendance at a one-hour monthly meeting.

You may have already seen some of the ideas brought back from our Managers conference. The new Meeting in a Pocket, a new 4th Edition Book Marker, and new links on your Web-site We are also working on others ideas we gathered that will be helpful additions to your Central Office.

In the forward to the Fourth Edition it states the following: "While our literature has preserved the integrity of the A.A. message, sweeping changes in society as a whole are reflected in new customs and practices within the Fellowship. Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country or around the world. In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A.'s speak the language of the heart in all its power and simplicity."

Nowadays it is possible to be in contact with so many people that there is no reason that we can not improve our ability to get the message to those who want it. It is up to us to make this happen

Please contact me at JohnS@SantaBarbaraAA.com if you are interested in being involved.



**NO NEED TO BE ALONE
FOR THANKSGIVING.**

CENTRAL OFFICE

**WILL BE OPEN FOR A
POT-LUCK DINNER AND
MARATHON MEETINGS**

Central Office
1213 State Street
Suite H,
Santa Barbara, CA

**ON
THANKSGIVING HOLIDAY
THURSDAY NOV. 22ND, 2007
FROM 9:00 AM TO 5:00 PM
CALL CENTRAL OFFICE AT 962-3332**

**TO SIGN UP
FOR LEADING A MEETING
OR DONATING FOOD**



Thank you,

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 _____

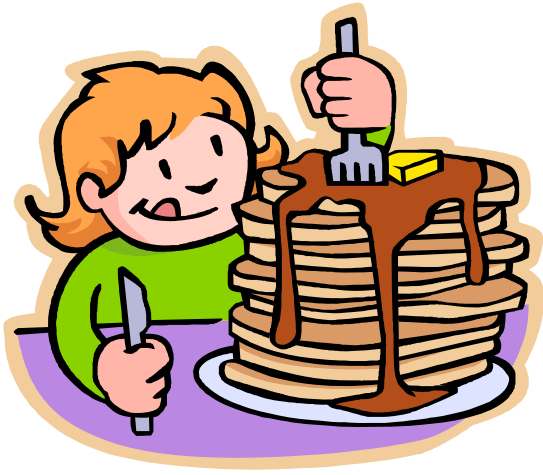
Street _____

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.



Central Office Fundraiser Breakfast

Saturday December 1, 2007
Goleta Valley Community Center
5679 Hollister Ave
Breakfast at 9:00 am
Speaker Meeting after breakfast

You can purchase tickets
at Your Central Office

Tickets \$5.00 each

Call 962-3332 for information

On the 11th Step. . .

"Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out."

IT is often wisely said in A.A. that we should not become over-anxious, should not expect to get the whole program overnight, but should take the steps one at a time when we feel that we are ready for them. This means that although we are not ready at a given time to take this step or that one and are, therefore, not then taking it, we should be disposing ourselves toward it. It never means that we should plan on avoiding any of the steps.

Practice of the 11th Step is the surest method of disposing oneself toward all the other steps. It was only through seeking contact with God through meditation and prayer that some of us came to believe in Him and became willing to turn our wills and our lives over to Him. The wish to improve that contact, the searching for knowledge of His will for us and the power to carry it out, gives us strength to make amends, to do the things necessary to remake our lives.

Unless we improve our contact with God we will gradually lose it. There will be a slow return to indifference and we will suffer that let-down that so many experience after a few months in A.A. Gradually old desires return with increasingly great urgency. The alteration in conduct that we have made for a few months has not been sufficiently sustained to lead to a change in character, and the deeper habit patterns reassert themselves. Growth in spiritual understanding alone will dispose us to make the effort to recondition ourselves, to change our emotional attitudes and bring about a true character change.

For specific suggestions for practicing the 11th Step we turn to the book *Alcoholics Anonymous*, as we do on all A.A. questions, before going ahead on our own. Applying the wisdom we find there, we turn with newly awakened interest and intensity to the practices of our particular religious denomination, if we have one; we sometimes select and memorize a few set prayers; we may study the recorded thoughts of others; but in any event we make it a practice in the morning to ask God to guide us during the day, and thank Him at the day's close for His many blessings. We are careful never to pray for our own selfish ends, but ask especially for freedom from self-will and knowledge of God's will for us.

Some of us have found the following verse helpful on awakening, when all our wishes and hopes for the day rush at us like wild animals; the first thing we must do is shove them all back, and listen to that other voice, letting a calmer, quieter, stronger life flow into us: "Every morning rest your arms awhile upon the window-sill of Heaven and gaze upon your Lord, and with that vision in your heart turn strong to meet your day."

All of which, of course, is calculated to keep us from taking that first drink. It works –it really does.

R.D.

Quote of the Month

When, therefore, we AA's look to the future, we must always ask ourselves if the **spirit** which now binds us together in our common cause will always be stronger than those personal ambitions and desires which tend to drive us apart. . . Though the individual AA is under no human coercion, is at almost perfect personal liberty, we have, nevertheless, achieved a wonderful unity on vital essentials.

For examples, the Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world

Bill W.

Santa Barbara District 23

General Service Representatives

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.

Accessibilities / Special Needs

"While there are no special AA members, many members have special needs."

The goal of the Accessibilities / Special Needs committee is to meet the needs of our District and to make AA accessible to everyone. Your District #23 Accessibilities Committee explores, develops and offers resources to make the AA message and participation in our program available to anyone in our District who reaches out for it.

Accessibilities Committee activities include taking meetings to AA members who are house or hospital bound, driving members who have limited ambulatory ability to and from AA meetings and providing members with ASL video, audio, Braille and large-print editions of AA conference approved literature.

For more information or to volunteer, please contact the Accessibilities chair at accessibilities@ccaadistrict23.com

www.ccaadistrict23.com

4th Edition Big Book Index

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October 2007 Birthdays

| | |
|------------|----|
| Denise M | 1 |
| Jocelyn C. | 1 |
| Laurie | 1 |
| Sheena S | 1 |
| Jack C | 2 |
| Liz K. | 2 |
| Blue | 3 |
| Nina V. | 3 |
| Vicki D. | 3 |
| Nancy I | 4 |
| John D | 5 |
| Jon E. | 5 |
| Pete A | 7 |
| Bob M | 10 |
| Jack B | 12 |
| Pam I | 12 |
| Al C | 19 |
| Mike A | 19 |
| Alison D. | 20 |
| Norm C | 20 |
| Laurette | 21 |
| Leslie H. | 21 |
| Pat L. | 21 |
| Bryant C | 22 |
| Pete L | 22 |
| Jean A. | 23 |
| Penny | 23 |
| Nick C | 26 |
| Ellen B | 28 |
| Paul | 31 |
| Linda H. | 34 |
| George W. | 35 |

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

Submissions Needed

The Messenger needs your submissions and letters. We are looking for articles for the step or tradition associated with the month of the same number. For the Twelfth month, December we need writing on Step 12 and Tradition 12. Send submissions to **JohnS@santabarbaraAA.com**

Central Office Statistics

During the August 2007 your Central Office had:

| | |
|------------------------------------|-------|
| AA Information calls | 875 |
| Al-Anon Referrals | 51 |
| Referrals to other programs | 40 |
| 12step via answering service | 61 |
| Out-of-town visitors | 22 |
| 12-step via office | 24 |
| Office walk-ins | 695 |
| Hits on our Web site | 1,049 |

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 October 2007

| | Oct 07 | Sep 07 | Jan - Oct 07 |
|---------------------------------|--------|--------|--------------|
| 001 Sunrisers | 0.00 | 75.00 | 229.00 |
| 003 Eye Opener | 210.00 | 285.00 | 2,340.00 |
| 004 Monday At A Time | 212.10 | 0.00 | 748.10 |
| 006 Start Your Week Right | 80.00 | 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 | 328.00 | 2,436.00 |
| 013 New Pair Of Glasses | 0.00 | 0.00 | 120.00 |
| 014 El Montecito Saturday Night | 0.00 | 140.00 | 320.00 |
| 019 Onward & Upward | 0.00 | 0.00 | 160.00 |
| 020 Cambridge Group | 0.00 | 0.00 | 60.00 |
| 021 Summerland Monday Group | 0.00 | 0.00 | 200.00 |
| 022 There Is A Solution | 0.00 | 0.00 | 394.00 |
| 023 For Women Only | 138.54 | 0.00 | 372.54 |
| 024, Mesa-Singleness of Purpose | 0.00 | 40.00 | 75.00 |
| 025 Grateful Group | 0.00 | 0.00 | 70.00 |
| 028 The Mother Group | 0.00 | 0.00 | 110.00 |
| 034 Women of Change | 0.00 | 70.00 | 217.00 |
| 045 Alternative Group | 0.00 | 95.00 | 396.00 |
| 047 Tuesday Men's Stag | 0.00 | 133.00 | 280.00 |
| 051 Men's Group At St. Mary's | 0.00 | 0.00 | 386.00 |
| 053 Both Oars In The Water | 80.00 | 0.00 | 240.00 |
| 055 Staying Alive | 0.00 | 0.00 | 270.00 |
| 035 12 & 12 Study, Tues. | 80.00 | 0.00 | 240.00 |
| 062 Do The Steps Or Die | 55.12 | 32.24 | 565.75 |
| 067 Rigorous Honesty | 12.00 | 0.00 | 848.00 |
| 068 Stepping Stones | 47.00 | 63.00 | 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 |
| 077 Briefly Big Book | 0.00 | 50.00 | 85.00 |
| 079 Harbor Group | 315.00 | 357.00 | 4,172.20 |
| 083 Sober Students, Tues Eve | 0.00 | 0.00 | 120.00 |
| 076 11th Step | 80.00 | 0.00 | 240.00 |
| 089 Here & Now | 0.00 | 0.00 | 145.00 |
| 091 New Life | 0.00 | 0.00 | 232.00 |
| 093 Into Action, Thurs | 0.00 | 0.00 | 160.00 |
| 094 Questions & Answers | 0.00 | 0.00 | 39.80 |
| 097 Almost Saints | 260.40 | 0.00 | 1,497.40 |

| | Oct 07 | Sep 07 | Jan - Oct 07 |
|--|-----------------|-----------------|------------------|
| 099 Sink Or Swim | 80.00 | 0.00 | 240.00 |
| 100 UCSB Discussion | 0.00 | 100.00 | 210.00 |
| 101 Big Book Study, Friday | 0.00 | 50.00 | 50.00 |
| 103 Munch Bunch | 0.00 | 0.00 | 41.22 |
| 111 Carpinteria Canalino | 0.00 | 0.00 | 400.00 |
| 112 Montecito/Carpinteria | 0.00 | 0.00 | 242.06 |
| 113 Sought Through Prayer & Meditation | 0.00 | 23.01 | 189.86 |
| 114 Schooner Group | 0.00 | 0.00 | 278.00 |
| 115 Eleventh Step Meditation | 0.00 | 15.00 | 186.51 |
| 117 Way Of Life | 0.00 | 0.00 | 300.00 |
| 118 Speaker Connection | 0.00 | 0.00 | 231.58 |
| 120 Sat. Morn. Home Boys | 180.00 | 0.00 | 1,010.40 |
| 122 Came to Believe Candlelight | 0.00 | 50.00 | 110.00 |
| 130 Saturday Night Sobriety | 72.00 | 0.00 | 144.00 |
| 133 Action Participation | 0.00 | 0.00 | 1,280.00 |
| 139 It's A Hell Of A Deal | 192.00 | 0.00 | 1,284.00 |
| 140 Gay Discussion, Sunday | 87.00 | 0.00 | 234.00 |
| 141 Off Center | 0.00 | 182.65 | 1,387.65 |
| 144 Back To Basics, Young People | 0.00 | 0.00 | 78.00 |
| 149 Getting To Know You | 0.00 | 0.00 | 376.00 |
| 150 Goleta Sun. Night Speaker | 115.00 | 0.00 | 115.00 |
| 151 Our Meeting | 50.00 | 0.00 | 85.00 |
| 153 Happy Destiny | 0.00 | 0.00 | 400.00 |
| 156 Start Your Day Right | 0.00 | 0.00 | 1,300.00 |
| 158 Isla Vista Sobriety | 0.00 | 0.00 | 43.65 |
| 163 Mustard Seed | 0.00 | 15.00 | 30.00 |
| 164 Men Who Have Lost Their Legs | 285.00 | 0.00 | 1,594.77 |
| 165 Junkyard Dogs | 665.00 | 0.00 | 1,366.00 |
| 166 Serenity Sisters | 0.00 | 0.00 | 243.15 |
| 170 Barefoot Group | 65.00 | 44.00 | 602.56 |
| 177 Key Group | 1,260.00 | 0.00 | 2,510.00 |
| 181 Keep Coming Back Group | 271.78 | 0.00 | 1,390.47 |
| 183 Summerland, Thurs. | 0.00 | 0.00 | 721.80 |
| 186 Sunday Night Alternative, NH III | 0.00 | 48.58 | 312.18 |
| 200 Anonymous Donations | 0.00 | 32.00 | 538.00 |
| 201 Birthday Donations | 23.00 | 98.00 | 1,069.00 |
| 202 Supporting Members | 636.67 | 2,349.00 | 9,585.17 |
| 204 Memorial Fund | 0.00 | 125.00 | 580.00 |
| 210 Convention Income | 0.00 | 0.00 | 3,156.75 |
| 211 Rent Received | 125.00 | 125.00 | 1,000.00 |
| 212 Special Events | 0.00 | 0.00 | 4,005.00 |
| | 4,107.45 | 3,257.24 | 38,921.78 |

Central Office
1213 State Street, Suite H
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(805) 962-3332

