



The Santa Barbara

March 2007

MESSENGER

Convention Update

The first meeting for the 2007 convention meeting was held in February. It was very well attended and a lot of people stepped up to take the lead. The following chair positions are still open and in need of someone to take over: Entertainment, Spanish Community, H & I Rep, SBYPAA, Gay & Lesbian Rep. The next meeting will be held on Thursday, March 8th - 6:00 p.m., at Maggie's pre-school. We will be deciding on the them for 2007 and would love to have your ideas and input!!

There is also talk of a volleyball tournament - with meeting groups creating the teams, and a walk/race/picnic. Anybody interested in helping out with this, please contact Robbin B. at 969-5544.

Also, there will be an art auction again this year, as it was so well received last year. We are in need of any art you would like to contribute painting, jewelry, sculpture, etc. Please contact Beverly J. 845-6336 to get involved.

You find more information at sbaaconvention.org.

Sure hope to see you at the next meeting!!

Robbin B.



I am now officially one of those guys who may begin to relate something to you with the words “back when I was new we.....” And then go on to tell you about the good old days and how we did AA right. Not like these young whippersnappers today by golly!

I do at least have the awareness that there were decrepit old guys doing the same thing when I was new. And I know I looked and reacted toward them very much the same way I see newer members react to me sometimes. Especially when I am harkening back to the golden age of Alcoholics Anonymous. In my case that would be 1983.

But you know how your parents became smarter at some point, can you remember that? Well the same thing has gone on for me in AA. Those old guys, it turns out, actually did know something. It just took becoming one for me to figure that out.

I was greatly heartened recently when I was informed that there are several Groups in our community that are actually studying the Traditions of Alcoholics Anonymous. That is something that seems to happen less these days than it did when I was new.

I really do appreciate the people who try to fight that rearguard action against change in our Fellowship. Often they are actually doing a good thing. If it were not for the preservation of our Traditions, and the maintenance of singleness of purpose we could well go the way of other societies from the past who flourished and then, by trying to become all things to all people, eventually died away. I need to do my part to make sure that doesn't happen to the Fellowship that continues to save my life.

That's all I wanted to say. Maybe next month I'll write about the really cool names we had for people way back then. Because that seems to be fading away too. I mean where are old slow-talking-Peggy and overcoat Ron and forehead Bob when you need them?

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.



Central Office

Fundraiser Breakfast

When: Saturday March 24th 2007

Where: Goleta Valley

Community Center

5679 Hollister Ave

Breakfast at 9:00

Speaker Meeting at 9:30

Tickets \$5 each

Call 962-3332 for information

Attention All Friends of Bill W.

Please Join Us On March 10, 2007

For Our District 23 Free Food and Fellowship Sharing & Background Information Day
For A.A.'s 2007 Conference Questions and Topics

Hi I'm Mara and I'm an alcoholic. I currently serve as your DCM (District Committee Member) chairperson for the District #23 GSRs (General Service Representatives)

Did You Know That Each Year Alcoholics Anonymous As A Whole Takes It's Own Inventory?

Well, AA is asking us for our informed opinion on the AA inventory questionnaire that is now being distributed by the G.S.Rs and myself. At our local District #23 forum on Saturday March 10th from 9 am to 12 pm upstairs at the Veterans Memorial Building we will have available more background information for the questions AA is asking our opinion on.

What Makes This A Special Event ?

Every year questions and topics are generated by AA members all over the fellowship and passed on to their service representatives. At Last years Conference AA members asked all the Delegates at the Conference in New York to consider Topics and Questions for this years inventory questionnaire and after considerable review of all of them by the Conference a list was carried forward and given to our Area 93 Delegate this January so that all of the members within Districts within AREA #93 can discuss them and form an Informed individual member or a Groups Group Conscience before this April's Conference in New York. Like any good Group Conscience, the more informed members who participate, the more informed is the Group Conscience. This means that all or as many as possible members of Alcoholics Anonymous should participate in giving our Delegate, Debbie J. feedback.

If you are a newcomer within your first 30 days, we urge you ask questions and get more information and begin to be a part of the A.A. process. Your voice is so vital for our future. A.A. wants your participation.

In April, after the Alcoholics Anonymous Central Coast (Area 93) Pre-conference Topic Workshop and AREA Assembly in Reseda, Debbie, our Delegate will go to New York to share our feedback plus questions with Delegates from all over our country and Canada who will also be sharing feedback from the members in all their

Areas and Districts. After the Conference ends we give Debbie a few days to rest and compile all her information. Then, on May 12th our District will have another Free Food and Fellowship Day, where she will share her experience, strength and hope about what happened and what it was like at the Conference, plus what it's like now after her sharing of our Area's combined feedback and additional questions that she may have been asked to share on by members within our Area. This year's theme is "Our 12th Step Responsibility – Are We Going to Any Lengths?" There are several questions and discussion topics about on this idea. In addition, there are several questions about possible changes to A.A. Conference approved literature as well as the potential creation of new A.A. conference approved videos.

Our local District #23 Free Food and Fellowship Discussion event is a forum for all AA members within our District which encompasses Santa Barbara, Goleta, Isla Vista Montecito, Summerland and Carpinteria, to share their Experience, Strength and Hope on this years Topics and Questions with each other. Besides the questionnaire, we will provide all background information and AA conference approved literature that pertains to it. At this sharing forum we will also have large Post Its on the wall to record your answers and further questions and ideas to share with fellow members and broaden discussion.

We truly hope you can drop by that morning sometime between 9am and 12 pm to eat, relax and enjoy the ocean view with other A.A. members while you share your individual Experience, Strength and Hope and listen to and /or read all the feedback of others.

You Can Get A Questionnaire Before Your Local District #23's Forum 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 1740 Cliff Drive behind Holy Cross Church. If your meeting doesn't have a GSR then we welcome you to call. Gil E. our Current Registrar and he will have all information available as to how to elect a GSR plus update your Groups registration information with GSO World Services in New York.

You can contact me your District #23 DCM Mara R. @ (805) 403 – 0487 or by E-Mail at dcm@ccadistrict23.com or at Maraa2@aol.com

You can also contact us through the District 23 website at <http://www.ccadistrict23.com>

Once you have a questionnaire, you can share your experience, strength and hope on as many or as few as you care to.

If you can't attend this local District #23 forum, you still have a number of opportunities to participate. You can attend the Central Coast AA Area #93 Pre-conference Topic Workshop in Reseda March 17 and 18th to share your feedback. You can pick up a questionnaire and background materials here at our local District #23 and give your feedback to Mara R., our current DCM, or to any of your local Groups' GSRs.

Please remember, it's not necessary for you to answer all the of the questionnaire if you feel you only want to answer one question in a Topic that's fine or 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.

We Hope You Participate Because Alcoholics Anonymous, Needs and Wants Your Voice.

On a personal note, I have a special fondness for our 2nd Tradition and I have grown to love being a part of an Informed Group Conscience whether it be at the Group, District, Area or World level of Alcoholics Anonymous. I have also come to appreciate our 5th Concept which ensures that the minority voice is heard and cherished. In A.A. meetings, I never know who my Higher Power will choose to carry the message that I need to hear that day – Someone with 1 day or 30 years, someone I like or someone I don't – That's how the minority voice works for me as well.

So in a selfish way I hope that every member in the District will share their feedback with us and help me be informed. I want to also say that I am very grateful to be of service as your DCM for the next two years because it is a joy for me to be able to be a part of AAs service entity of carrying the message through sharing of AA Conference approved information with fellow members plus gathering their feedback about AA.

If you have any further questions about the questionnaire, background information, the local District #23 Free Food Fellowship forum, or the Central Coast AA Area #93 Pre – Conference Topic Workshop / Assembly or if there is anything we can do to help you to participate, please contact me, your current DCM Mara R. @ 403-0487 or by E-Mail at dcm@ccaadistrict23.com or Maraa2@aol.com

The first time I was hospitalized for alcoholism was in 2001. I spent days in the psychiatric ward at Cottage Hospital from 2001 to 2003. After each one of these hospitalization and rehabilitation, I went right back out and started drinking. It was the only thing I knew how to do to help me ease the deep pain and fill the hole in my soul, if only temporarily.

Throughout this time I continued to go to meetings. I continued to take commitments like making coffee and set up the chairs for my home group, often while so hung-over from a binge I could hardly walk or function. I do not know why I kept coming back and doing my commitments, but I did. I wanted to die but my subconscious would not let me.

I took my last drink on august 30, 2004. I got sober and I was diagnosed bipolar. I later learned that often this goes hand in hand with alcoholism and other substances. Having been dually diagnosed was a disappointment but with the help of a psychaiatrist I am now living a fully function, emotionally healthy life. I never thought that this was possible.

Today I am sober, I have a sponsor, a home group and commitments. I stay connected to the AA Community. I also bring meetings into Hospitals and Institutions. The experience of introducing AA to people who may need it, but don't know how or where to find it is invaluable. When I am of service to others and commit myself to telling my story to others that are in the position I was, I am continually amazed at how absolutely destructive and horrifying this disease is. If I can help one person to find their way into the rooms, it's been worth it.

By sharing my experience, strength and hope, I am able to show other struggling alcoholics that there is a solution. I am a grateful recovering alcoholic and I love the program of AA, It saved my life.
–Alex A.

3rd Step Prayer:

*God, I offer myself to Thee - to build with me
and do with me as Thou wilt.
Relieve me of the bondage of self, that I may
better do Thy will.
Take away my difficulties, that victory
over them may
bear witness to those I would help
of Thy Power, Thy Love, and Thy Way of life.
May I do Thy will always!*

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



February Birthdays

Jennifer	1
John Paul G.....	1
Melanie	1
Michael C.....	1
Ann D.....	2
Mike Z.....	2
Burby.....	2
Allen O.....	3
Dianna Y.....	3
Patrick N.....	3
Andrea L.....	4
Laura C.....	5
Chris D.....	7
Peter D.....	8
Brad D.....	9
Eric L.....	9
Sally M.....	10
Barton H.....	11
Christie G.....	11
Barret M.....	12
Dina O.....	12
Mark L.....	13
Maggie H.....	15
Lowell B.....	16
Liz K.....	17
Charlie.....	20
Jan H.....	20
Tim W.....	20
Will W.....	20
Denise R.....	21
Ron G.....	21
David S.....	22
Chuck H.....	23
Jim F.....	23
Julia R.....	23
Brian S.....	24
Jean V.....	24
John M.....	24
Evans S.....	25
Joan SK.....	27
John K.....	27
John S.....	27
PC-21.....	27
Renee.....	30
Roy.....	35
Eva.....	43

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 fourth month, April, we need writing on Step 4 and Tradition 4. Send submissions to DinahMason@aol.com

Central Office Statistics

During February your Central Office had:

AA information calls.....	902
AI-Anon Referrals.....	61
Referrals to other programs	44
12-step via answering service.....	73
Out-of-town visitors	18
12-step via office	6
Office walk-ins	888
Hits on our Web site	1,024

Service Meetings

GSRs (Group Service Representatives) Meeting Change:

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 year was the first International AA Convention held?

A. See next month's Messenger

Answer to last month's question:

Q. What were the first three cities AA groups were formed in and in what order?

A. 1. Akron 2. New York 3. Cleveland

Donations by Group February 2007

	Feb 07	Jan 07	Jan - Feb 07
003 Eye Opener	0.00	190.00	190.00
006 Start Your Week Right	80.00	0.00	80.00
008 Beginner's Group	0.00	20.00	20.00
010 Foundation Group	55.00	56.00	111.00
011 Sundowner Group	32.00	556.00	588.00
013 New Pair Of Glasses	0.00	30.00	30.00
014 El Montecito Saturday Night	0.00	100.00	100.00
020 Cambridge Group	0.00	60.00	60.00
022 There Is A Solution	44.00	0.00	44.00
028 The Mother Group	0.00	60.00	60.00
035 12 & 12 Study, Tues.	80.00	0.00	80.00
045 Alternative Group	0.00	55.00	55.00
051 Men's Group At St. Mary's	173.00	0.00	173.00
053 Both Oars In The Water	80.00	0.00	80.00
055 Staying Alive	80.00	0.00	80.00
062 Do The Steps Or Die	40.60	142.40	183.00
067 Rigorous Honesty	0.00	168.00	168.00
068 Stepping Stones	61.75	57.96	119.71
071 The Loft	250.00	0.00	250.00
076 11th Step	80.00	0.00	80.00
079 Harbor Group	0.00	714.20	714.20
091 New Life	0.00	232.00	232.00
094 Questions & Answers	39.80	0.00	39.80
097 Almost Saints	0.00	790.00	790.00
099 Sink Or Swim	80.00	0.00	80.00
100 UCSB Discussion	55.00	0.00	55.00
112 Montecito/Carpinteria	0.00	112.00	112.00
113 Sought Through Prayer & Meditation	10.00	19.00	29.00
114 Schooner Group	0.00	97.00	97.00
115 Eleventh Step Meditation	0.00	12.00	12.00
117 Way Of Life	0.00	50.00	50.00
118 Speaker Connection	231.58	0.00	231.58
120 Sat. Morn. Home Boys	125.00	166.60	291.60
122 Came to Believe Candlelight	0.00	60.00	60.00
133 Action Participation	0.00	500.00	500.00
139 It's A Hell Of A Deal	408.00	0.00	408.00
156 Start Your Day Right	250.00	0.00	250.00
164 Men Who Have Lost Their Legs	0.00	435.00	435.00
170 Barefoot Group	45.00	81.50	126.50
177 Key Group	0.00	420.00	420.00
181 Keep Coming Back Group	0.00	403.80	403.80
183 Summerland, Thurs.	316.80	0.00	316.80
201 Birthday Donations	0.00	24.00	24.00
202 Supporting Members	654.00	1,999.00	2,653.00
204 Memorial Fund	0.00	100.00	100.00
210 Convention Income	0.00	3,156.75	3,156.75
211 Rent Received	0.00	125.00	125.00
TOTAL	3271.53	10,993.21	14,264.74

Central Office
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