



MESSENGER

Convention News

It looks like this year's convention is shaping up to be one to remember. Great speakers have been lined up for the Friday and Saturday night meetings, and for the Sunday morning "Spiritual Meeting". One of the speakers hails from Jamestown, North Dakota, another is from Cary, North Carolina, and, as we often do, we are drawing one from that rich recovery resource south of us, Los Angeles.

The committee always wants to involve as many groups within our recovery community as possible. This year we are happy to have a wider participation, perhaps, than we ever have.

Al-Anon has been a welcome participant in the Santa Barbara convention for years, and this year we are bringing back the Al-Anon luncheon on Saturday. More details will become available as plans are finalized for this popular event. Al-Anon will also have a hospitality room at the hotel, in addition to their marathon meeting room.

We welcomed two new committee members at the February meeting, who will head up the subcommittee that will bring Spanish speaking meetings to the convention. We are very happy to be able to carry the message in Spanish, as well as for the opportunity for fellowship with AA members we might otherwise have not met.

The Santa Barbara Young People's group will bring their energy and enthusiasm to the convention again. We expect they will be involved in all activities throughout the weekend, as well as having their own program of speaker meetings.

The gay and lesbian community has also been active in the convention for the past few years, and the same will be true for this year. Last year's committee members will again be arranging for speakers and meetings, and, judging from the feedback we got last year, these will be met with a warm response.

Having this diverse representation at the convention is a wonderful thing. It shows how broad the appeal of AA is, and how its principles can be applied in the lives of anyone who needs it. As the Big Book says (page 46), "To us, the realm of spirit is broad, roomy, all inclusive, never exclusive or forbidding to those who earnestly seek." What a wonderful thing!

So the planning goes on. The Site Coordinator is beginning to plan the how the Elks' facilities will be scheduled, as well as deciding what will be required at the hotel. Menus are being discussed. Special events are being planned. And it's all designed to produce a wonderful experience for everyone who attends. Don't miss it! Mark your calendars (if you haven't already) for the weekend of October 24-16, and we'll see you then, if not before.

If you want to participate in building the 2008 convention, the next committee meeting will be at 6 PM on April 10th, at Maggie's place. Go to www.sbaaconvention.org, the convention web site, and click on "participate" for directions to the meeting.

Your Convention Committee



**Chairperson's
Corner**

FEAR*

(*False Evidence Appearing Real)

I will be forever grateful to Bill W. for the simplicity of his message in our Big Book regarding the 4th Step inventory. For years I earned my living as a warehouseman by trade, so I understand what Bill meant about the need to “discover the truth about the stock-in-trade” regarding ourselves as ongoing human concerns. Of course, like many others, I at first had trouble identifying any resentment I was holding. I didn't think I was resentful. I just thought I was a very sensitive guy with a really good memory. However, when I followed the format suggested in the book and started writing about people and institutions with whom I was angry, I was amazed to discover the

sheer bulk of ill will I was harboring. Then, with the help of a sponsor, I could begin to look past the hurt and anger and see my own part in these matters. I could acknowledge what was being affected in me, and I could begin to see how spiritually sick I really was. I'm not saying I especially enjoyed the experience, but I am saying that I could begin to see how, by owning my part, I would be able to get free from the bonds with which I had ensnared myself.

Sometimes, in meetings, I will hear people with a little time talk about the 4th Step as if it is something to be afraid of. I really think we do the newcomer a disservice by spreading that message. Bill called it “a fact-finding and a fact-facing process.” Certainly it can be uncomfortable to face facts (for myself, I had very little experience with it) but it doesn't have to be scary. On the contrary, it is a process, which will eventually allow us to be free from many of the fears we have been saddled with.

Thank you for letting me share.

In other news: As you'll notice elsewhere in this edition we will be hosting a fundraiser breakfast for Central Office on May 10th at the Goleta Valley Community Center. Please show up to have some pancakes and hear a great speaker if you are able to do so. If you are not, please buy ticket(s) for someone else.

Tim W.

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.

The Serenity Prayer
God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Although known most widely in its abbreviated form above,
the entire prayer reads as follows:

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.

Amen.

by Reinhold Niebuhr (1892-1971)

Santa Barbara District 23
General Service Representatives

Why have a GSR?

Bill W. called them the
“Guardians of the Traditions”

The G.S.R. is the group's link with the General Service conference, through which groups share their experience and voice and contribute to A.A.'s Collective Conscience.

Why Else?

- Commitments are thought to enhance one's sobriety!
- Learn more about how AA works as a whole.
- Help to inform your meeting's Group Conscience with Conference Approved information.
- Service, not politics.

The GSR meeting is held the 1st Monday of every month at 6:00 PM @ Holy Cross, 1740 Cliff Drive.

Ask your secretary if your group has a GSR!

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.”

www.ccaadistrict23.com

Reprinted from Pamphlet P-1, This Is A.A., page 24,
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ST. MARY'S MEETINGS

New Locations:

Until further Notice:

Monday: 8 :00 PM

Men's Group at St. Mary's

Meeting # 51

St. Mary's Seminary

1964 Las Canoas Road

Santa Barbara, CA

Tuesday: 6:30 PM

Sought Through Prayer & Meditation

Meeting # 113

St. Mary's Seminary

1964 Las Canoas Road

Santa Barbara, CA.

ST. MARY'S MEETING

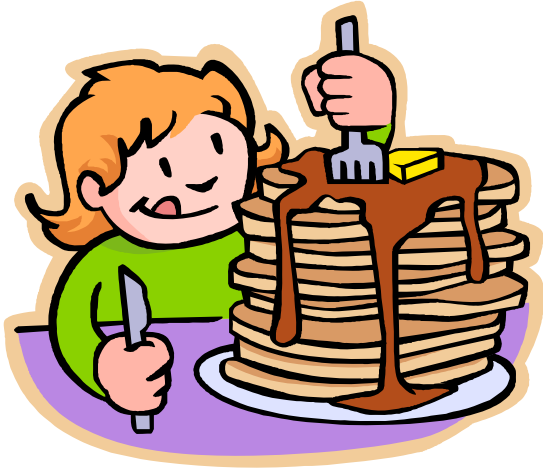
Thursday: 6:00 PM

Eleventh Step Meditation

Meeting #115

**will be temporarily meeting
in the basement of the Unity House .
227 E. Arrellaga St.**

**Please Do Not Park in the
Church Parking Lot**



Central Office Fundraiser Breakfast

Saturday May 10th, 2008

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

Lest We Forget There Is a Solution

We, of Alcoholics Anonymous, know thousands of men and women who were once just as hopeless as Bill. All have recovered. They have solved the drink problem.

We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer alcoholism.

An illness of this sort. . .and we have come to believe it an illness. . .involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the alcoholic illness, for with it there goes annihilation of all the things worth while in life. It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents. . .anyone can increase the list.

We hope this volume will inform and comfort those who are, or who may be affected. They are many.

Highly competent psychiatrists who have dealt with us, found it sometimes impossible to persuade an alcoholic to discuss his situation without reserve. Strangely enough, wives, parents and intimate friends usually find us even more unapproachable than do the psychiatrist and the doctor.

But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, can generally win the entire confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished.

That the man who is making the approach has had the same difficulty, that he obviously knows what he is talking about, that his whole deportment shouts at the new prospect that he is a man with a real answer, that he has no attitude of holier than thou, nothing whatever except the sincere desire to be helpful; that there are no fees to pay, no axes to grind, no people to please, no lectures to be endured. . .these are the conditions we found most effective. After such an approach many take up their beds and walk again.



March 2008 Birthdays

Name	Years
Domouique L.	1
Jeanette R.	1
Jennifer C.	1
Kate D.	1
Mark C.	1
Matt S.	1
Bob D.	2
Eric R.	2
Michael M	2
Tommy C.	2
Jacklyn W	3
Kathleen M	3
Scott S.	3
Linda G	4
Patsy A	4
Joe W	8
Winston L.	9
Peter	9
Scot M	12
Carmel D	15
Kim M	15
Robert D.	15
Pam D.	16
Tony A.	16
Nancy R	17
Wayne R.	17
Alexa P.	20
Will W.	21
Richard K-G	24
Paul J.	26
Tracy	26
Joan	28
Peter Mc.	33
Helen C.	60

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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 May 2008 Messenger we are looking for articles for Step 5, Tradition 5. or Concept 5. 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 March 2008 your Central Office had:

AA Information calls	990
Al-Anon Referrals	68
Referrals to other programs	45
12step via answering service	61
Out-of-town visitors	28
12-step via office	22
Office walk-ins	675
Hits on our Web site	1,015

Service Meetings

General Service Representatives (GSR) on the 1st Monday of each month at 6:00pm at: Holy Cross Church Hall, 1740 Cliff Dr. Behind the Church

IGR's (Intergroup Representatives) meet at 6:00 P.M. the 2nd Tuesday each month at First Presbyterian Church 21 East Constance in Santa Barbara

H&I (Hospitals & Institutions) meets at 6:00 P.M. on the 2nd Monday each month at the Central Office.

PI (Public Information) meets the 4th 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
March 2008**

	Mar 08	Feb 08	Jan - Mar 08		Mar 08	Feb 08	Jan - Mar 08
001 Sunrisers	0.00	100.00	100.00	113 Sought Through Prayer & Meditation	0.00	27.00	27.00
003 Eye Opener	190.00	260.00	720.00	114 Schooner Group	0.00	0.00	101.00
004 Monday At A Time	115.50	0.00	298.00	115 Eleventh Step Meditation	12.00	35.00	59.00
006 Start Your Week Right	0.00	0.00	80.00	120 Sat. Morn. Home Boys	0.00	0.00	150.00
011 Sundowner Group	300.00	0.00	612.00	133 Action Participation	0.00	0.00	881.00
016 Big Book Workshop	20.00	0.00	20.00	139 It's A Hell Of A Deal	0.00	0.00	149.55
021 Summerland Monday Group	0.00	216.00	216.00	141 Off Center	0.00	0.00	374.85
024, Mesa-Singleness of Purpose	0.00	40.00	80.00	144 Back To Basics, Young People	58.11	0.00	58.11
030 Sisters In Solution	0.00	0.00	25.00	150 Goleta Sun. Night Speaker	50.00	0.00	50.00
035 12 & 12 Study, Tues.	0.00	0.00	80.00	156 Start Your Day Right	250.00	250.00	800.00
045 Alternative Group	111.00	0.00	186.00	161 Back To Basics Group	162.19	32.43	194.62
047 Tuesday Men's Stag	194.28	0.00	250.88	164 Men Who Have Lost Their Legs	175.00	0.00	637.00
051 Men's Group At St. Mary's	0.00	96.00	96.00	165 Junkyard Dogs	350.00	0.00	350.00
053 Both Oars In The Water	0.00	0.00	80.00	166 Serenity Sisters	66.40	0.00	124.12
055 Staying Alive	60.00	0.00	120.00	170 Barefoot Group	36.00	70.75	196.75
062 Do The Steps Or Die	30.92	58.50	119.86	181 Keep Coming Back Group	0.00	0.00	371.03
067 Rigorous Honesty	0.00	30.00	30.00	186 Sunday Night Alternative, NH III	173.85	0.00	173.85
068 Stepping Stones	0.00	126.21	126.21	200 Anonymous Donations	44.68	1,271.00	1,425.68
076 11th Step	0.00	0.00	80.00	201 Birthday Donations	35.00	121.00	184.00
079 Harbor Group	173.60	149.10	513.70	202 Supporting Members	534.00	356.00	1,524.46
093 Into Action, Thurs	100.00	0.00	100.00	204 Memorial Fund	0.00	25.00	25.00
097 Almost Saints	0.00	0.00	174.00	211 Rent Received	165.00	125.00	415.00
099 Sink Or Swim	0.00	0.00	80.00	212 Special Events	5,634.05	0.00	5,634.05
100 Student of Life	50.00	0.00	50.00	Totals:	9,103.08	3,388.99	18,395.22
101 Big Book Study, Friday	11.50	0.00	11.50				
111 Carpinteria Canalino	0.00	0.00	240.00				

Central Office
1213 State Street, Suite H
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