



MESSENGER

CONVENTION NEWS

It's hard to believe that the 2008 Annual Santa Barbara AA Convention is only a couple of months away!! We encourage you to take the time to go to the website and register online (www.SBAAConvention.org), or send in the printed registration form. If you've attended before, you got a form in the mail, or you can find one at most meetings as well as at Central Office.

The benefits of registering early are that you save money and that you make a commitment to yourself to attend this year's convention. It's so easy to forget about it or make other plans for that weekend and then you may regret missing out on all the wonderful sober fun the convention has to offer. So do yourself and your sobriety a favor and REGISTER NOW. You'll be glad you did and we know you won't be disappointed with the experience you'll have by fully participating.

There are lots of plans underway for a great convention: awesome speakers; lots of great meetings; a fabulous barbeque and banquet; plus hundreds of sober friends and acquaintances to talk to and share with. The Hospitality area has bottomless coffee (free if you bring this year's memorabilia mug) and there are tables and chairs where we can relax and visit with friends new and old.

There will be a golf tournament again this year for those of you who want to participate. It's great fun with lots of giveaways and prizes. The awards are being presented on Friday night at the barbeque, so be sure to include that in your list of things to do. Sober golf is definitely a good way to connect with other sober members, learn patience and tolerance (not to mention humility), and HAVE FUN!!

This year there will be a new event: Al-Anon is putting on a "TALENT SHOW" which should be a lot of fun and laughs. Who knows, we might even discover some new superstars; think sober American Idol!! Other events worth mentioning are the H & I Breakfast, which is always inspiring, and meditation meetings in the Elk's Grove on Saturday. The Marathon Meetings will be held continuously as at previous conventions. They provide an opportunity for sobriety and sharing in a smaller, more familiar format and setting.

We ask that you register now, the sooner the better. It helps to pay for the facility and for bringing the out of town speakers here to highlight the Friday Night, Saturday Night and Sunday Morning meetings. Scholarships are available for those who can benefit from them. Please contact the Convention Chair, Maggie, or call Central Office for assistance with this.

This is an exciting time for the Convention Committee, as plans and ideas take shape and fall into place. We are looking forward to a great 2008 Convention Week-End and look forward to seeing you, newcomers to long-timers, on October 24, 25, and 26.

Your Convention Committee

Here is a list of pamphlets
that are available at your
Central Office.

Pamphlet Name

12 Traditions Illustrated
44 Questions
A Brief Guide to A.A.
A Member's Eye View of A.A.
A Message To Teenagers
A Newcomer Asks
A.A. At A Glance
A.A. For The Woman
A.A. Legacy of Service
A.A. Member - Med. & other Drugs
AA for the Older Alcoholic
AA In Correctional Facilities
AA In Treatment Facilities
AA In Your Community
AA The Gay/Lesbian Alcoholic
AA Traditions. How it Developed
Alcoholic in the Workplace?
Carrying The Message
Concepts Checklist
Do You Think You're Different?
How It Works
Information on A.A.
Inside AA
Is A.A. for You?
Is AA For Me?
Is there an Alcoholic in your Life?
Jack Alexander Article about A.A.
Lets Be Friendly With Our Friends
Memo To An Inmate
Problems Other Than Alcohol
Problems other than Alcohol Excerpt
Questions & Answers on Sponsorship
Serving Alco. W/ Special Need - LP
Speaking at Non A.A. Meeting
Sure Beats Sitting In A Cell
The A.A. Group
The Co-Founders of A.A.
This is AA
Too Young?
Twelve Concepts Illustrated
Twelve Steps Illustrated
Twelve Traditions Flyer
Understanding Anonymity
Young People & A.A.

On the 8th Step . . .

"Made a list of all persons we had harmed, and became willing to make amends to them all.

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style.

And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

Webster's New International Dictionary defines it thus --"To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . ."

There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.

The definition continues:

". . . to change or modify in any way for the better; to recover from illness."

It was written for us!

We have often heard that our sobriety should be founded on "unselfish selfishness", that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us.

When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the specifications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to "handle" alcohol and it seemed then that the step we were taking was at least in part --a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that "unselfish selfishness" was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength.

The principle of "unselfish selfishness" is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that --recalling the definition of the word --we may "change . . . for the better" and "recover from illness."

The alternative is retrogression. If we fail to "repair", we can only impair.

MAKING A LIST, CHECKING IT TWICE



I will be going on retreat this coming weekend. This is something I do twice a year. Myself and forty other guys spend the weekend going through the Steps as a group. I mention this for a couple of reasons. One is that, as usual, I am really looking forward to it. It always seems to happen just when I am really feeling the need for it. I am also interested in what will come out of doing this work one more time. As I mentioned, we do this twice a year, and have been doing so for the last fifteen years at least. My experience over that period of time has been that when I remove myself from the workaday world, something more is always revealed.

We are focusing on Step Eight in our Messenger this month. That is what brought going on retreat to mind for me. Because, one of the things that seems to always happen, when I have time to get away and reflect, is that stuff seems to surface that I haven't dealt with yet. Amends that need to be made. Relationships that could use some healing. Actions I have taken in the last six months that need to be reviewed. When I list these things, when I look at my own part in them as honestly as possible, it helps me understand what measures need to be taken to rectify these matters. Utilizing Step Eight, where I look at a 'list' created by taking inventory, then add those other things that come to mind but are perhaps not on the inventory, all this lends itself to the clarification I am seeking. I can then move forward with the actions I need to take to set these matters right, but I find I need the 'list' to help me remember. Also, when it is there in front of me in black and white, it helps me stay away from the temptation to forget or rationalize things that need to be handled.

Isn't it a blessing that we have these tools? A way to stay straight with the world, so we can walk around with our heads up? Isn't it wonderful that it can be as simple as it is? Just a matter of making a list.

Be good to yourselves, you deserve it.

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, declining outside contributions. – Seventh Tradition (short form), reprinted by permission of AA World Services, Inc.

“IT’S OKAY TO FEEL BAD”

When I use to drink, I believed I had the best reason for getting drunk, and that being that I was feeling bad about some given situation. Whether I was mad, uneasy, or pissed off, I felt bad. The longer I continued to feel this way, I slowly fell into a feeling of misery. I grew comfortable there. It was a place I went to very often.

When I walked into the rooms of Alcoholics Anonymous in May of 1990, I was curious and didn’t know what to expect. I told myself that I would give the program a chance by attending and listening to what others had to say about their drinking problems. What I heard at these meetings was so very true of the things I had experienced and felt when I desired a drink, or two, or three. And by the same token, their reasons were the same that I used for drinking, and this was that they felt bad.

By working the program of Alcoholics Anonymous, I took to heart the 12 Steps and their suggestions, to change the way I felt and acted when I felt the need to take a drink. I surrendered to the disease of alcohol and the desire to get drunk whenever I was feeling bad.

What I’ve learned over the 18 plus years that I’ve participated in the program of Alcoholics Anonymous, is that I can get through any bad situation and ill feelings, by giving it to my Higher Power, the God of my understanding, and also by sharing what I’m feeling with another alcoholic in the program. It’s no longer my will and desire to control the negative situations and feelings in my life by drinking. It’s God’s will as I made the commitment in Steps Two and Three, in believing that a power greater than myself could restore me to sanity, and turning my will and life over to the care of God as I understand him. Of those decisions that I’ve made, I live by them.

Therefore, as an alcoholic in recovery, by working and living the program, I’ve accepted the fact that things will not always go my way, and that it’s okay to feel bad, and I that I will get through it.

**In Serenity,
Dave Q, Alcoholic**

**If you are interested in being of service at your Central Office
by working a shift, please contact John S. by calling 805.962.3332,
or emailing him at JohnS@SantaBarbaraAA.com**

**The shifts are Monday thru Friday,
morning from 9:30am – 1:30pm**

And afternoon 1:30pm – 5:30pm

There are currently shifts available

This is a great way to be of service to fellow alcoholics.

Santa Barbara District 23
General Service Representatives
<http://www.ccaadistrict23.com>
CPC

Cooperation With the Professional Community

The Purpose of C.P.C. is to provide accurate AA information about Where to find us, What we are, What A.A. does, and What A.A. doesn't do to those who have contact with alcoholics through their profession. This group includes health care professionals, educators, clergy, lawyers, social workers, union leaders, and industrial managers. Locally, CPC attends the monthly PACT Parolee Orientation as well as any Local Health Fairs.

One way that you can participate is by taking a CPC info packet to your personal doctor through our Adopt your Doctor program.

For an Adopt a Doctor packet, more info or to volunteer please contact us:
CPC@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."

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**BACK TO BASICS, GROUP #161:
NEEDS SUPPORT:**

These meetings which meet at Santa Barbara Cottage Hospital, (Meeting rooms E & F) at Pueblo & Bath Streets, are still active and can use your support.

Friday 8:00pm
(Big Book/Steps/Traditions)

Saturday 2:00pm
(Daily Reflections/As Bill Sees it)

Convention Notes:

All New this year....

AA/Alanon Talent Variety Show.

Saturday 2-5pm in the grove. If you have a talent or a variety of talents please show us your stuff and sign up for the talent show. Music, comedy, skits, magic, etc. Kids welcome too.

Please contact:

Laurie M. 696-8016 or Gail B 801-8976

to sign up or get more info.

There will also be continuous raffles for the entire weekend.



I MUST BE ONE OF THEM SOCIAL DRINKERS, JOE. I GOTTA DOWN A QUART OR SO BEFORE I CAN EVEN SAY A CIVIL WORD ABOUT SOCIETY."

NOTICE !!!
THE ALTERNATIVE GROUP #045
MONDAY AT 7:30PM
IS STILL ACTIVE



The Messenger is published monthly by:

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

July Birthdays

Name	Years
Alejandro	1
Cathy M	1
David D.	1
Denise S.	1
Frank H.	1
Gail B	1
Lola	1
Nick T.	1
Carol L.	2
Gabe	2
Mike M.	3
Shannon	3
Kelly K	4
Kenneth M	5
Patrick B	5
Michael M	6
Sarah A.	6
Arno J.	7
Mike N.	9
Ruthie M	9
Bradley B.	12
David H	12
Paul S	12
Pete	12
Jay A.	13
Leslie S.	13
Sandy M	13
Tom W.	14
Michael S	16
Ken C	17
Paul D.	17
Jo R	22
Peter G.	25
Larry V	26
Chuck	27
Rick B.	29
Jean H.	32
Kay H.	36
George H.	51

805-962-3332

JohnS@SantaBarbaraAA.com

Submissions Needed

The Messenger needs your submissions and letters. For the September 2008 Messenger we are looking for articles for Step 9, Tradition 9, or Concept 9. 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 July 2008 your Central Office had:

AA Information calls	875
Al-Anon Referrals	70
Referrals to other programs	41
12step via answering service	47
Out-of-town visitors	33
12-step via office	34
Office walk-ins	645
Hits on our Web site	1,393

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!

Central Office
1213 State Street, Suite H
Santa Barbara, CA 93101
(805) 962-3332

