



# MESSENGER

## Step 2: Came to Believe

Step Two as seen through the eyes of a woman in recovery and through the eyes of the women she sponsors who are asked to write and talk about how they “Came to believe that a Power greater than ourselves could restore us to sanity.” The “how” and the “why” are so important!

After admitting to being powerless over alcohol and recognizing life as unmanageable what on earth was there to replace the image of self that I had so long clung to? Almost without thought I was beginning to shed the cloak of self deception that comes with relying on one self but then what?

My initial surrender to my disease began when I made the call to Central Office but I had no idea what would happen in the next few weeks. It was as though I was blind folded being led by an unknown force. I did not realize what was happening to me. I was going through the motions of many meetings, book studies and finally finding a sponsor in whom I placed my trust and in so doing began to embrace the meaning of Step 2.

You see, I believed I was a believer. I was church member and a student of the Bible who continued to drink; whose mind, body and spirit was broken and who was giving only lip service to God. I had not surrendered to my alcoholism so how could God find a place in my soul? I had been allowing him in when it was convenient not recognizing the tugging in my gut that something was not right. Little did I know that He was the one who was what I described above as that “unknown force” propelling me to act on my surrender with my belief that his power could heal me if I would give in to Him.

I could only come to believe in a power greater than myself as I began to trust others with my inner most self. I craved authenticity but my authentic self was hidden behind many masks and cloaks and to discard them would be to give up the woman I wanted you to see. I had to relinquish my former self by seeking out a greater power and for me that came through complete reliance on the intermediaries in Alcoholics Anonymous. Only after placing myself in the loving arms of a sponsor could I begin to strip away the facades that so long had served me. I had been living in direct opposition to the humility I found when I accepted Step 2 completely.

I was six years old in AA time on January 19, 2010 and would not turn back the hands of time for one minute.

**THE  
MANAGER'S  
CORNER**

I want to wish everyone a safe and sober 2010. I would like to thank everyone who has been part of making your Central Office a Safe and Friendly place to come.

Anyone who is looking for a commitment, ask your home group if it currently has an IGR representative. It is a one hour commitment, once a month. Where you come to our monthly IGR meeting and get updates from the various parts of Santa Barbara Alcoholics Anonymous. I believe getting the message of what is going on in Alcoholics Anonymous. It is a great way to be of service to your group and learn more about what Alcoholics Anonymous is doing in your community.

I would like to thank our outgoing IGR Board, who did such a great job being of service for the past two years.

Tim W. Chairperson, Charlie L. Treasurer, Mary Michael Member at Large, whose service, experience and hard work has made such a difference to so many. Thank you.

I would also like to welcome our new IGR Board Officers and look forward to a great year working with all of you. The following are your new IGR Board Members.

- a) Kelly B. was elected as Chairperson
- b) Diane F. was elected as Vice Chairperson.
- c) Kevin C. was elected Secretary
- d) Dinah M was elected Treasurer.

Look forward to seeing everyone at the "Take Your Sponsor to Breakfast, Breakfast", February 27<sup>th</sup>, at the Goleta Valley Community Center, see the flier on page 4. It will be a great time of fellowship and looks like we will be having blueberry pancakes as part of our breakfast.

John S., Manager

## 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.

## **IN THE Second Step we "Came to believe that a Power greater than ourselves. . . ."**

That word "believe." Isn't it just the very beginning of our spiritual awakening that holds such an important place in the Program way down in the Twelfth Step? Just as there are many words and sentences between these two Steps isn't there perhaps quite a broad mental expanse between that first belief and our eventual complete and thorough awakening to the spiritual power of AA?

For how do we use the word "believe" in normal, every-day conversation? "I believe you're right"--meaning: "Why, that's so, I hadn't thought of it that way before." Not a very strong expression of opinion, perhaps merely a cautious admission that the person who we are talking with at the moment has made a good point.

Some of us doubtless took the Second Step in just this way--But as time went on our tentative belief became strengthened: we *were* being restored to sanity, the fog *was* rolling back, things *were* beginning to shape up. Our belief became faith--and we found "faith" a much stronger word.

"I have faith in that man;" "a faithful friend;" "a faith that will move mountains;"--stronger phrases these, that imply we now have found something we can cling to, something in which to set our teeth. Faith in our fellow man is restored to us, faith in the world about us; we begin to have faith in ourselves, to realize that this thing can be done, that by faith in a Higher Power we can become sober and stay that way. A rather wonderful word, "faith."

But there is a yet finer word to add to our daily vocabulary: "Trust." Just as we said above: "I have faith in that man" so now we decide: "I put my trust in him." And by capitalizing just one letter of the alphabet we at last accomplish what many of us feel the Second Step urges us to do: "My trust is in Him."

When we were very young didn't we place our trust in our mothers, our fathers? As we wandered afield in our alcoholic journeys this trust was forgotten--but a Power greater than ourselves never forgot us. Perhaps we do not yet fully realize that we are being offered the chance to develop a trust even greater than that we bore our parents, who possibly are no longer with us to guide and encourage us. But that Higher Power is *always* with us, if we but search him out. He will restore us to sanity if we have a believing faith that He, in turn, trusts us.

Anonymous

Boston, Massachusetts, December 1950

Reprinted with permission by The AA Grapevine Inc

### **CONVENTION 2010**

**Calling All Alcoholics!!!!** The 26th Annual Santa Barbara AA Convention Committee needs you!!

We will be holding our 1st convention meeting on February 11th, (all meetings will be the 2nd Thursday evening of each month) at 6:00 p.m. at Maggie's Pre-School. Contact your Central Office at 805 962-3332 for directions or more info. Please come and help make the 2010 convention the best yet!!! Get involved! Be of service!!

Your Convention Committee

## TRADITION TWO

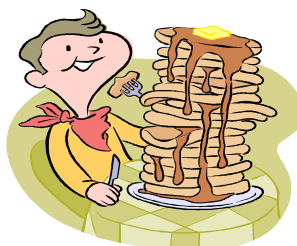
**For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

Does this tradition really work if we work it? How many times do our egos try to trip us up and take over a meeting and, just in time, someone suggests we take a group conscience and all is well again. I truly feel our collective Higher Power's voice speaks through the group conscience in the very best interest of us all. There have been times when the group conscience turns out differently than what I had in mind but always, always I feel a peace come over me knowing that God's will has been done.

I'd like to share a little trivia: Just prior to the AA's adoption of the Traditions at the 1950 International AA Convention in Cleveland, Ohio, there was only what's now known as the "Long Form" of the Traditions. An AA member, who was also a New York writer and editor, went to Bill W. and suggested they be shortened because (paraphrasing here) "AAs need small, bite-sized chunks of information or they won't pay any attention to what you're giving them." Bill agreed and the "Short Form"-- the version we hear at meetings and see hanging on meeting room walls -- was developed and subsequently adopted by the Fellowship at the 1950 convention. Eleven of the Twelve Traditions are shorter than in the Long Form, most of them significantly shorter. Only one, Tradition Two, became longer. The last sentence, "**Our leaders are but trusted servants; they do not govern,**" was pulled over from Tradition Nine of the Long Form.

Considering the egos involved in AA, including my sick inflated one, I can well understand why "**Our leaders are but trusted servants; they do not govern,**" was emphasized in Tradition Two. In my humble opinion the primary reason groups fall apart is because they either do not understand or do not listen to this beautiful thing we have in AA called the group conscience. It is a reminder that we must sacrifice individual ambitions and pride so that our society can remain anonymous which, at its core, means sacrifice for the greater good of our AA community.

Tall Beth., Alcoholic



**We will be having both Blueberry pancakes and regular pancakes,**

### ***Central Office FUNraiser Breakfast "Take Your Sponsor to Breakfast"***

**Saturday February 27, 2010**

**Goleta Valley Community Center**

**5679 Hollister Ave**

**Breakfast at 9:00 am**

**Speaker, Meeting after breakfast, 50/50 Raffle,**

**You can purchase breakfast tickets**

**at Your Central Office or at the breakfast**

**Tickets \$5.00 each**

**Call 962-3332 for information**



## Desire and Willingness

The only requirement for membership is an honest desire to stop drinking. This seems like an easy enough step to take, but it truly wasn't. I first entered AA in the year 2001, but not truly for myself, more so to get everyone off my back. I stayed sober for a week and decided I was doing well and could go back to the life I had been leading. In no time I was drinking again. This continued on and off for the next two years. Finally, I got a DUI and took my drinking problem more seriously. I became very active in AA, worked the steps and became part of the fellowship. When I had three years of sobriety, I went back to work full time and slowly started cutting back on my meetings and commitments. I really thought I would be fine. I started stopping at the local bar to hang out with my husband and friends. I really believed I was on the road to recovery and did not need the fellowship of AA as much as before. I chose to ignore the little voice in my head and the feeling in my stomach trying to warn me of impending doom. I began drinking non-alcoholic beer and deluded myself into believing it was OK. It was only six months down the road I started drinking again secretly and then I got really drunk. The next three years were complete hell with two trips to the hospital, the last almost resulting in death. Even then I could not stop. The desire was there but not the willingness. It wasn't until I became willing to go to any lengths and had a true desire to stop drinking that my life turned around. I have nearly four months of sobriety and they are the absolute best I've ever had in my entire sobriety.

Debbie S., Alcoholic

## District 23 General Service

www.ccaadistrict23.com

### Opportunities for Service!

District 23 General Service and the GSR's have a lot of opportunities for members to help carry the message in the local community:

#### Volunteers needed (anyone can help!)

- **PUBLIC INFORMATION PROJECTS:**
  - AA Posters at the DMV
  - AA Books in Public library's
  - Outreach to High Schools with Literature and Presentations
  - Deliver PSA's to Radio & TV Stations
  - Post Pull-Tab flyers
  - Outreach to Senior Centers & Convalescent Homes with Literature and Presentations
- **FACILITIES COMMITMENTS:**
  - **Desperately need members to attend book study meetings at the following facilities:** All Star Recovery, Casa Esperanza Homeless Center, Hotel de Riviera, New House Grad House, New House II & III, Salvation Army Hospitality House, Santa Barbara Rescue Mission, Stalwart Clean & Sober 1 & 2, Transition House.
  - To get involved, attend the Facilities Meeting (1st Monday at C.O. at 6 PM) or contact Earl U. (facilities@ccaadistrict23.com)

#### GSR's (or Former GSR's) needed to fill the following positions:

- CPC Committee Chair
- Website Committee Chair
- Archives Committee Chair
- Public Information Committee Chair

For more info: Contact DCM: Don H.  
(donmspi@yahoo.com or call 630-4834)

#### Upcoming Service Meetings & Events:

- **Facilities Committee Meeting (1st Monday, Feb. 3):** 6 PM, SB AA Central Office. Chair: Earl U.
- **Public Information /CPC Committee Meeting (3rd Tuesday, Feb. 16):** 6 PM, SB AA Central Office. Chair: Don H.
- **GSR Monthly Meeting (Mar. 1): 1<sup>st</sup> Monday at 6PM, Holy Cross Church, 1740 Cliff Dr.**

#### Responsibility Declaration:

"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."



**January 2010**

| Name         | Years |
|--------------|-------|
| Arielle D.   | 1     |
| Catherine    | 1     |
| Ginny P.     | 1     |
| Jessica R.   | 1     |
| Linda K.     | 1     |
| Nancy I      | 1     |
| Scott P.     | 1     |
| Steve V      | 1     |
| Susan F.     | 1     |
| Brendan L.   | 2     |
| David P      | 2     |
| Gabrielle E. | 2     |
| Rob W.       | 2     |
| Sarah A      | 2     |
| Brian K.     | 3     |
| Lena A       | 4     |
| Louie        | 4     |
| Susan H      | 4     |
| Allen S.     | 5     |
| Amy L.       | 5     |
| Dave H.      | 5     |
| Jim B.       | 5     |
| Joanna       | 7     |
| Joanne       | 7     |
| Sarah AL     | 8     |
| Steve R      | 9     |
| Tom W.       | 11    |
| Dawn         | 13    |
| Stephen      | 13    |
| Barb         | 15    |
| Sky J        | 18    |
| Don H        | 21    |
| Lisa         | 21    |
| Bob T        | 22    |
| Mary Pat O.  | 23    |
| Chris M      | 24    |
| Denise R.    | 24    |
| Ruby S.      | 24    |
| Judy G.      | 25    |
| Roxanne      | 25    |
| Tim W.       | 27    |
| Frances K.   | 29    |
| Luwana K     | 30    |
| Bill Sk      | 31    |
| Kathy H      | 31    |
| Doris W.     | 32    |
| Jim W.       | 39    |
| James F. Jr  | 49    |

**The Messenger is published monthly by:  
 23<sup>rd</sup> District Intergroup of Alcoholics Anonymous  
 1213 State Street, Suit H  
 Santa Barbara, California, 93101  
 Phone: 805-962-3332  
 Email: [sbaa@santabarbaraAA.com](mailto:sbaa@santabarbaraAA.com)  
 Website: <http://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 3rd month, March, we need writing on Step 3 and Tradition 3. Send submissions to [JohnS@santabarbaraAA.com](mailto:JohnS@santabarbaraAA.com)

**Central Office Statistics**

During the January 2010 your Central Office had:

|                                    |       |
|------------------------------------|-------|
| AA Information calls .....         | 645   |
| AI-Anon Referrals .....            | 48    |
| Referrals to other programs .....  | 37    |
| 12step via answering service ..... | 31    |
| Out-of-town visitors .....         | 43    |
| 12-step via office .....           | 39    |
| Office walk-ins .....              | 368   |
| Hits on our Web site .....         | 1,725 |

**Service Meetings**

General Service Representatives (GSR) meet at 6:00 p.m. on the 1<sup>st</sup> Monday of each month at Holy Cross Church Hall, 1740 Cliff Dr. Behind the Church.

IGR's (Intergroup Representatives) meet at 6:00 p.m. on the 2<sup>nd</sup> Tuesday of each month at First Presbyterian Church, 21 East Constance in Santa Barbara.

H&I (Hospitals & Institutions) meets at 6:00 p.m. on the 2<sup>nd</sup> Monday of each month at Central Office.

PI (Public Information) meets at 6:00 p.m. on the 3<sup>rd</sup> Tuesday of each month at Central Office.

Facilities Committee meets at 6:00 p.m. on the first Wednesday of each month at Central Office.

**Donations by Group January 2010**

|   | <b>Jan 10</b> | <b>Dec 09</b> | <b>Jan 10</b> |   | <b>Jan 10</b>     | <b>Dec 09</b>     | <b>Jan 10</b>     |
|---|---------------|---------------|---------------|---|-------------------|-------------------|-------------------|
| <b>002 Courage To Change</b>                      | 65.00         | 0.00          | 65.00         | <b>125 On Awakening</b>                         | 140.00            | 0.00              | 140.00            |
| <b>003 Eye Opener</b>                             | 275.00        | 210.00        | 275.00        | <b>130 Saturday Night Sobriety</b>              | 72.00             | 0.00              | 72.00             |
| <b>004 Monday At A Time</b>                       | 106.40        | 203.06        | 106.40        | <b>133 Action Participation</b>                 | 0.00              | 220.00            | 0.00              |
| <b>011 Sundowner Group</b>                        | 140.00        | 0.00          | 140.00        | <b>139 It's A Hell Of A Deal</b>                | 0.00              | 192.00            | 0.00              |
| <b>019 Onward &amp; Upward</b>                    | 0.00          | 44.00         | 0.00          | <b>140 Gay Discussion, Sunday</b>               | 0.00              | 140.00            | 0.00              |
| <b>022 There Is A Solution</b>                    | 0.00          | 78.00         | 0.00          | <b>148 San Ysidro</b>                           | 100.00            | 0.00              | 100.00            |
| <b>023 For Women Only</b>                         | 0.00          | 200.00        | 0.00          | <b>153 Happy Destiny</b>                        | 210.00            | 0.00              | 210.00            |
| <b>024, Mesa-Singleness of Purpose</b>            | 0.00          | 40.00         | 0.00          | <b>165 Junkyard Dogs</b>                        | 324.00            | 0.00              | 324.00            |
| <b>026 Carpinteria Study Group</b>                | 0.00          | 65.00         | 0.00          | <b>170 Barefoot Group</b>                       | 2.00              | 0.00              | 2.00              |
| <b>045 Alternative Group</b>                      | 76.50         | 0.00          | 76.50         | <b>177 Key Group</b>                            | 0.00              | 630.00            | 0.00              |
| <b>047 Tuesday Men's Stag</b>                     | 72.00         | 72.00         | 72.00         | <b>181 Keep Coming Back Group</b>               | 263.13            | 0.00              | 263.13            |
| <b>051 Men's Group At St. Mary's</b>              | 0.00          | 50.00         | 0.00          | <b>183 Summerland/Montecito, Thurs.</b>         | 0.00              | 186.00            | 0.00              |
| <b>067 Rigorous Honesty</b>                       | 110.45        | 72.21         | 110.45        | <b>190 Living Sober Book Study</b>              | 0.00              | 89.50             | 0.00              |
| <b>068 Stepping Stones</b>                        | 27.00         | 62.40         | 27.00         | <b>197 Big Book Comes Alive Women's Meeting</b> | 0.00              | 61.64             | 0.00              |
| <b>074 Casa Serena (BB Study)</b>                 | 121.10        | 0.00          | 121.10        | <b>201 Birthday Donations</b>                   | 193.00            | 257.00            | 193.00            |
| <b>079 Harbor Group</b>                           | 70.00         | 30.00         | 70.00         | <b>202 Supporting Members</b>                   | 306.00            | 699.00            | 306.00            |
| <b>084, 83 - 87 Group</b>                         | 300.00        | 150.00        | 300.00        | <b>204 Memorial Fund</b>                        | 0.00              | 150.00            | 0.00              |
| <b>089 Here &amp; Now</b>                         | 0.00          | 45.00         | 0.00          | <b>207 Gratitude Month</b>                      | 71.00             | 2,488.38          | 71.00             |
| <b>094 Questions &amp; Answers</b>                | 15.05         | 0.00          | 15.05         | <b>210 Convention Income</b>                    | 0.00              | 500.00            | 0.00              |
| <b>097 Almost Saints</b>                          | 0.00          | 155.00        | 0.00          | <b>211 Rent Received</b>                        | 62.00             | 193.00            | 62.00             |
| <b>112 Montecito/Carpinteria</b>                  | 135.17        | 0.00          | 135.17        | <b>TOTAL</b>                                    | <b>\$3,525.80</b> | <b>\$8,220.19</b> | <b>\$3,525.80</b> |
| <b>113 Sought Through Prayer &amp; Meditation</b> | 15.00         | 7.00          | 15.00         |   |                   |                   |                   |
| <b>114 Schooner Group</b>                         | 91.00         | 0.00          | 91.00         |   |                   |                   |                   |
| <b>115 Eleventh Step Meditation</b>               | 0.00          | 150.00        | 0.00          |   |                   |                   |                   |
| <b>117 Way Of Life</b>                            | 0.00          | 780.00        | 0.00          |   |                   |                   |                   |
| <b>120 Sat. Morn. Home Boys</b>                   | 163.00        | 0.00          | 163.00        |   |                   |                   |                   |

**\*Note: Because this is the start of a new year, the totals shown here reflect only donations made in January 2010. If you do not see your group here, this is because no donations were received for January. We look forward to seeing you in the coming months!**

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

