



MESSENGER

On the 6th Step

"Were entirely ready to have God remove all these defects of character."

This step is most important because here we are ready for God (as we understand Him) to walk along with us and guide us as we seek to improve our character and eliminate the defects which contributed to our alcoholic problem.

With God's help we'll now apologize quickly when we are curt to others. We'll overcome our resentments. We'll become humble and remember it's our own character we want to improve, not the character of others. We'll remember that as we aren't perfect we haven't any particular right to be critical toward others.

We'll ask quickly for help each time we are aware of wrong thinking and whenever we begin to feel sorry for ourselves. When we wish to judge others, we'll remember that not so long ago we were in no position to judge anyone.

Resentments, our biggest stumbling block, can be dropped right here. Resentments against those who loved us and tried to help us; resentments against the boss, against our fellow-worker, and all the million other little and big resentments must be turned over to a higher power.

At a later date, as our character becomes sound, we'll find that these resentments disappear.

We must ask God to help us understand others.

It takes a continued program of doing and thinking our best each day to lead us ahead, out into the open, where we can join the company of our fellow men.

The same help we seek in dealing with our alcoholic problem must be used to overcome our other defects. Knowing our problem is in God's hands will give us serenity and peace of mind.

In other words, we will turn our will over to God, asking that His will be done, and we'll work on our defects one by one as they make themselves known to us.

Mark H.

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4th of July BBQ

To Benefit

Central Office

11 a.m. until 4:00 p.m.

(Meal served at Noon)

Tucker's Grove

N. Turnpike Rd & Cathedral Oaks

Games, Fellowship, Bake Sale,

50/50 Raffle and lots of Fun

\$5.00 per plate

Purchase tickets at

Central Office

or at the

BBQ





**JULY 4TH
BAKE SALE
CENTRAL OFFICE FUNDRAISER**



Baked goods will be sold at the July 4th BBQ at Tucker's Grove at 11:00 a.m. Please donate your baked goods on the day of the event. You can bring them in portion sized baggies to sell or bring it to the Bake Sale table and we will do it for you.

Any desserts are appreciated.

This year we will also be raffling off some whole cakes and pies.

For questions or to volunteer to help call Patsy 964-4443

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.

Convention News

JUNE 2009

CONVENTION UPDATE

“HOPE IS THE KEY”

Thank you to all those who submitted artwork for the logo. The number of submissions as well as the creativity of the artwork was truly impressive. The Committee is grateful to all who were willing to contribute to this year's logo effort.

That said, the Committee voted on and selected a logo to depict the theme for this year's convention and now the graphics chairperson will transform it into a workable design that will be used on all the various media and memorabilia to be produced.

The next Convention Committee meeting will take place on Thursday, June 11th at 6:00 PM. All are welcome to attend and be a part of the continuing planning process. Visit the website or call Central Office for directions. Many opportunities are available to get involved and be of service and, don't forget, we have a lot of fun too!

Please visit the convention website at sbaaconvention.org to get the up to date information as it becomes available. On-line registration will be available soon and early registration is encouraged.

October 23rd, 24th and 25th are the dates to mark on your calendar for this year's convention. Plan on a weekend of fun, fellowship, good food, and strong messages of the program of Alcoholics Anonymous.

Your Convention Committee

This Year's
Logo, still a
little work to
do on it



District 23 General Service

www.ccaadistrict23.com

Cooperation with the Professional Community (CPC)

The purpose of the CPC Committee is to provide accurate AA information about who we are and what AA does (and doesn't do) to those who have contact with alcoholics through their profession. This group includes Doctors, Lawyers, Nurses, Alcohol & Drug Counselors, Social Workers, Psychologists, Psychiatrists, Dept. of Social Services, Clergy, Treatment Facility Administrators, Educators, Human Resources Managers, etc.

Some of the ongoing projects the committee does locally are:

- Attend health fairs at local hospitals, colleges, etc. and hand out AA literature.
- Provide literature "Adopt-A-Doctor" Packets for AA members to give to their own doctor

• AA presentations and information outreach to Health Professionals and Clergy. If anyone is interested in volunteering for any of the above, or has any ideas for new projects, please contact your group GSR or call/email your DCM at the numbers below.

Upcoming District 23 & GSR events:

Facilities Committee Meeting: 3rd Monday at 6 p.m., Central Office. Committee Chair: Earl U.

GSR Monthly Meeting: 1st Monday at 6 p.m., Holy Cross Church, 1740 Cliff Dr.

Delegate Report-Back Day

Area Delegate Jeff J.'s Presentation and Q&A from the recent General Service Conference. All Members Welcome!

Saturday, July 25 at 10 a.m., Veteran's Memorial Bldg (Upstairs)

For more info, please contact DCM (Don H.)
Phone: 630-4834 or email:
dcm@ccaadistrict23.com

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."

Kelly B.'s 12-Step Resume

1. Admitted to going to my first AA meeting at the age of 23 and kept coming back with a desire to stop drinking.
2. Came to on 12/22/2003 as my first day of true recovery.
3. Made a decision after the incomprehensible demoralization to stay willing and to go to any lengths to maintain my sobriety.
4. Made a searching and fearless inventory with the help of A.A. meetings, self-esteem and a couple of sponsors.
5. Admitted to HP, others and myself that I'm a spiritual being having a human experience.
6. Were entirely ready to let go and honor my progress not perfection.
7. Humbly asked my Creator for the gift of self-acceptance, taking action and letting go of the results.
8. Made a list and was willing to clear away the past and form open and honest relationships.
9. Made direct and living amends to be responsible by responding appropriately; honesty, tolerance, and love are my codes.
10. Continued to practice the first nine steps in order to keep myself conscious and focused on the moment.
11. Sought to be still and know. Prayer and meditation are a daily spiritual practice to connect me with the universe.
12. Having had a spiritual awakening, I am responsible to carry the AA message of hope and live in acceptance, harmony and joy! I am Co-Chairperson of the IGR Board overseeing operation of Santa Barbara's AA Central Office. I bring in a meeting monthly to the County Psychiatric lock up facility (PHF) and I live with inner peace and joy at the miracles that have occurred in my life the past 5 years!

Kelly B., Alcoholic



MAY 2009

BIRTHDAYS

Name	Years
Nancy I	1
Gary S	1
David C	1
Patrick O	2
Katie L	3
Michelle D	3
Kyle S	4
Monte M	4
Patricia C	4
Phil G	4
Matt D	5
Steve E	5
Gary I	6
Steven E	6
Emily W	7
Janice V	7
Elizabeth R	8
Carmen U	10
Joan G	14
Cynthia H	16
Louise G	16
Jeannie	17
Doug K	18
Helen	19
Debi S	24
Catherine S	25
Gary S	30
Theresa	31
Jean E	32
Barbara H	34
Armando R	40

The Messenger is published monthly by:

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

805-962-3332

JohnS@SantaBarbaraAA.com

Submissions Needed

The Messenger needs your submissions and letters. For the July 2009 Messenger, we are looking for articles for Step 7, Tradition 7, or Concept 7. 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 May 2009 your Central Office had:

AA Information calls	775
Al-Anon Referrals	65
Referrals to other programs	43
12 step via answering service	58
Out-of-town visitors	41
12-step via office	25
Office walk-ins	515
Hits on our Web site	1,325

Service Meetings

General Service Representatives (GSR) meet at 6:00 p.m. on the 1st 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 2nd 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 2nd Monday of each month at Central Office.

PI (Public Information) meets on the 4th Saturday of each month. Call 687-7673 for more information.

25th ANNUAL Santa Barbara Convention Committee meets at 6:00 p.m. on the 2nd Thursday of each month at 3523 Modoc Rd. Commitments Available!

**Donations by Group
May 2008**

	May 09	Apr 09	Jan - May 09		May 09	Apr 09	Jan - May 09
001 Sunrisers	0.00	0.00	216.00	113 Sought Through Prayer & Meditation	20.00	18.03	83.75
003 Eye Opener	200.00	231.00	1,096.00	114 Schooner Group	0.00	118.00	206.00
004 Monday At A Time	0.00	0.00	356.57	115 Eleventh Step Meditation	10.00	83.00	93.00
005 Noon Step Study	0.00	0.00	9.00	120 Sat. Morn. Home Boys	0.00	158.00	518.60
006 Start Your Week Right	0.00	120.00	220.00	122 Came to Believe Candlelight	0.00	50.00	50.00
010 Foundation Group	0.00	263.77	263.77	130 Saturday Night Sobriety	0.00	0.00	72.00
011 Sundowner Group	140.00	0.00	350.00	133 Action Participation	0.00	206.63	372.83
019 Onward & Upward	0.00	0.00	294.00	139 It's A Hell Of A Deal	0.00	0.00	209.00
020 Cambridge Group	0.00	0.00	100.00	144 Back To Basics, Young People	0.00	60.00	253.96
021 Summerland Monday Group	0.00	0.00	325.19	145 The How And Why Of It	0.00	0.00	90.00
022 There Is A Solution	0.00	132.00	252.00	148 San Ysidro	84.00	0.00	84.00
023 For Women Only	0.00	0.00	70.20	150 Goleta Sun. Night Speaker	0.00	100.00	100.00
024, Mesa-Singleness of Purpose	40.00	0.00	80.00	153 Happy Destiny	0.00	0.00	350.00
035 12 & 12 Study, Tues.	0.00	120.00	220.00	163 Mustard Seed	0.00	0.00	75.00
045 Alternative Group	0.00	0.00	203.20	164 Men Who Have Lost Their Legs	280.00	435.00	940.00
047 Tuesday Men's Stag	54.00	156.00	270.00	165 Junkyard Dogs	0.00	0.00	190.00
051 Men's Group At St. Mary's	0.00	0.00	79.00	166 Serenity Sisters	0.00	0.00	65.38
053 Both Oars In The Water	0.00	120.00	220.00	170 Barefoot Group	10.00	16.00	101.00
055 Staying Alive	0.00	0.00	216.00	177 Key Group	0.00	840.00	1,540.00
062 Do The Steps Or Die	0.00	0.00	75.33	180 Thursday Ladies Night	0.00	110.00	110.00
064 Women's Serenity Group	0.00	173.61	173.61	181 Keep Coming Back Group	0.00	493.91	1,045.46
067 Rigorous Honesty	0.00	132.26	368.56	183 Summerland, Thurs.	0.00	0.00	360.00
068 Stepping Stones	61.20	30.00	148.20	186 Sunday Night Alternative, NH III	0.00	0.00	67.00
070 Success Group	80.00	0.00	90.00	187 Turning Point	0.00	50.00	50.00
076 11th Step	0.00	120.00	220.00	197 Big Book Comes Alive Women's Meeting	0.00	0.00	70.00
079 Harbor Group	50.00	125.00	547.00	201 Birthday Donations	400.00	135.00	1,588.00
084, 83 - 87 Group	241.00	0.00	632.48	202 Supporting Members	1,622.00	707.50	8,218.99
089 Here & Now	0.00	0.00	80.00	204 Memorial Fund	550.00	0.00	800.00
093 Into Action, Thurs	0.00	0.00	100.00	207 Gratitude Month	0.00	0.00	51.95
094 Questions & Answers	35.00	0.00	35.00	210 Convention Income	0.00	0.00	2,706.00
097 Almost Saints	0.00	0.00	375.00	211 Rent Received	60.55	169.00	476.55
099 Sink Or Swim	0.00	120.00	220.00	212 Special Events	685.53	100.00	785.53
112 Montecito/Carpinteria	0.00	0.00	124.00				
				Totals:	\$4,623.28	\$5,693.71	\$29,754.11

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