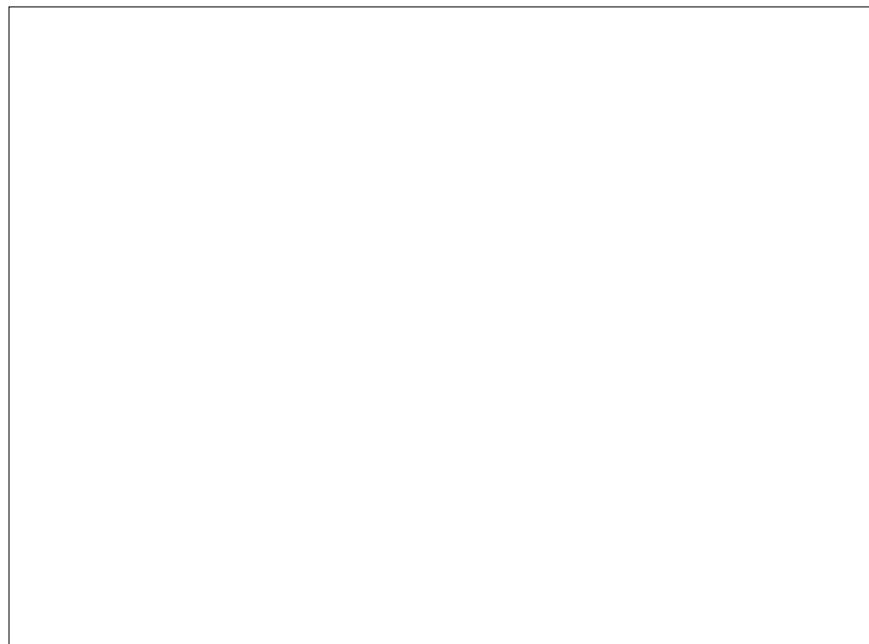


Central Office
1213 State Street, Suite H
Santa Barbara, CA 93101
(805) 962-3332



The Santa Barbara

October 2011

MESSENGER

Convention News



Register (on-line now available)

By the time you read this, the Convention will only be a few days away. If you haven't already registered, please do it soon. Of course we can use the income because there are many up-front costs that must be paid before the event happens, but there are benefits to you, also. You can take advantage of the "Convention Package" discount, which includes all events (except golf and the Al -Anon luncheon), a coffee mug and a short-sleeved T-shirt. Registering early will also save you time when you arrive at the Convention because you'll avoid the long lines and go directly to the "Pre-registered" station, pick up your registration envelope, and you're ready for the weekend.

You can register on-line at www.sbaaconvention.org. You can also find registration forms at meetings or Central Office, or download the form from the web site. Fill out the form and mail it and your payment to P.O. Box 91731, Santa Barbara, CA 93190.

Fellowship and Food

Don't miss the dinner on Friday night and the banquet on Saturday, with great food, excellently prepared in the Elks kitchen – guaranteed to be delicious. Both events offer the opportunity for wonderful fellowship – dinner conversation with old and new friends. Friday night, just give your ticket to the volunteer at the head of the serving line, then take your food to any available seat in the dining area.

Late Saturday afternoon, the entire main hall will be closed off so the banquet tables can be set up and the room decorated for a festive evening. The hall will open at about 5:50 so you can choose your table. Plenty of seats will be available, so please be patient and wait with everyone else for the doors to open. And remember to save room for the Elk's famous Mud Pie for dessert.

Come Join Us

We will see you Friday, October 21st, when we open the doors for this year's Convention. If we don't know you yet, we hope to meet you there. We know we'll see old friends we haven't seen since last year's convention, and look forward to catching up with them over a cup of coffee. Join us for a wonderful weekend of fun, fellowship, meetings, and strong messages of recovery. Until then ...



~ Your Convention Committee

Heard At Meetings

If you tell a person that there are 270,678, 934, 341 stars in the universe, he'll believe you. But if you tell an alcoholic to stay away from that first drink, he has to make a personal investigation.

Save on booze by drinking cold tea instead of whiskey. The following morning you can create the effects of a hangover by drinking a thimbleful of dishwashing liquid and banging your head repeatedly on the wall.

November is Gratitude Month

THE MANAGER'S CORNER

November is traditionally Gratitude Month in A.A. During the month of November a special collection is made during each meeting. A second basket is passed and the money collected is used to directly support the services of the Santa Barbara Central Office of Alcoholics Anonymous.

If you wish to be able to declare the donation on your taxes, please drop a check into the basket and your Central Office will send you a receipt acknowledging your donation.

Count the blessings you have been given as a result of your sobriety. Be generous with your donations so that we may continue to support you and your group and most importantly to... Help us carry the message to the still suffering alcoholic!

Please give what you can.

Call us anytime at:
(805) 962-3332

Local group contributions can be dropped off at or mailed to:
Santa Barbara Central Office of A.A.
1213 State Street Ste. H
Santa Barbara, CA 93101

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**

GROUP DONATIONS September 2011

	Sep 11	Aug 11	Jan - Sep 11
003 Eye Opener	200.00	320.00	2,220.00
004 Monday At A Time	0.00	0.00	560.40
007 Sound Off	0.00	0.00	48.00
010 Foundation Group	0.00	89.00	196.64
011 Sundowner Group	0.00	0.00	140.00
013 New Pair Of Glasses	0.00	0.00	100.00
014 El Montecito Saturday Night	0.00	0.00	162.00
019 Onward & Upward	115.00	0.00	310.00
020 Cambridge Group	0.00	92.00	199.20
021 Summerland Monday Group	0.00	89.00	255.00
022 There Is A Solution	0.00	122.00	242.00
023 For Women Only	0.00	0.00	360.00
024, Mesa-Singleness of Purpose	40.00	0.00	240.00
026 Carpinteria Study Group	33.00	0.00	269.00
030 Sisters In Solution	0.00	0.00	65.00
034 Women of Change	0.00	0.00	388.47
045 Alternative Group	0.00	50.00	208.40
047 Tuesday Men's Stag	0.00	195.95	544.28
051 Men's Group At St. Mary's	0.00	240.00	240.00
055 Staying Alive	79.00	0.00	400.20
056 Women By The Books	48.55	0.00	48.55
064 Women's Serenity Group	0.00	70.00	321.00
067 Rigorous Honesty	538.00	12.00	829.00
068 Stepping Stones	127.20	0.00	478.11
070 Success Group	0.00	0.00	80.00
074 Casa Serena (BB Study)	0.00	0.00	144.00
079 Harbor Group	0.00	352.95	2,084.13
083 Sober Students, Tues Eve	0.00	0.00	60.00
084, 83 - 87 Group	300.00	240.00	2,980.00
089 Here & Now	0.00	0.00	125.00
093 Into Action, Thurs	0.00	0.00	147.00
094 Questions & Answers	0.00	0.00	33.60
097 Almost Saints	0.00	177.00	916.17
098 Keep It Simple, Saturday	40.00	0.00	70.00
100 Student of Life	0.00	0.00	70.00
111 Carpinteria Canalino	0.00	180.00	498.00
112 Montecito/ Carpinteria	0.00	200.00	500.00
113 Sought Through Prayer & Meditation	6.00	9.25	123.37
114 Schooner Group	0.00	0.00	198.00
117 Way Of Life	0.00	504.84	1,206.84

	Sep 11	Aug 11	Jan - Sep 11
120 Sat. Morn. Home Boys	0.00	0.00	773.00
125 On Awakening	0.00	200.00	1,482.00
130 Saturday Night Sobriety	0.00	0.00	33.00
139 It's A Hell Of A Deal	0.00	151.80	949.44
140 Gay Discussion, Sunday	121.00	0.00	507.07
141 Off Center	110.36	308.95	813.51
145 The How And Why Of It	37.00	0.00	261.60
146 Out Of Town Speaker, NH II	0.00	80.16	123.06
150 Goleta Sun. Night Speaker	0.00	0.00	30.00
153 Happy Destiny	0.00	0.00	1,191.86
156 Start Your Day Right	561.00	105.00	1,666.00
159 Speak Easy SStep and Traditions	0.00	0.00	120.00
163 Mustard Seed	0.00	30.00	38.25
164 Men Who Have Lost Their Legs	650.00	0.00	2,525.00
165 Junkyard Dogs	0.00	0.00	420.00
166 Serenity Sisters	0.00	0.00	111.63
167 Women's Big Book Study	0.00	0.00	100.00
170 Barefoot Group	0.00	0.00	2.00
171 Gratitude Solutions	0.00	0.00	57.00
173 Let it Go-11th Step Meditation	0.00	0.00	101.45
177 Key Group	0.00	0.00	700.00
181 Keep Coming Back Group	0.00	0.00	433.90
182 Just the Black Print	0.00	130.00	446.75
183 Summerland/ Montecito, Thurs.	0.00	0.00	294.00
184 Jay Walker Book Study	0.00	0.00	51.00
189 Friday Night Book Study	0.00	0.00	41.00
190 Living Sober Book Study	47.14	0.00	47.14
191 Men on a Mission	0.00	126.00	301.00
196 Montecito Book Study	24.00	0.00	130.00
197 Big Book Comes Alive Women's Meeting	0.00	120.00	204.00
201 Birthday Donations	29.00	136.00	1,245.00
202 Supporting Members	1,046.22	647.22	8,803.70
204 Memorial Fund	0.00	0.00	250.00
207 Gratitude Month	0.00	0.00	714.60
210 Convention Income	0.00	0.00	581.53
211 Rent Received	28.00	39.35	709.35
212 Special Events	0.00	0.00	3,596.00
	\$2,653.72	\$2,074.48	\$29,854.84

My story...

On Monday, September 12th, my world caved in.

I am unemployed and I received notice my benefits had run out. Good news, I had a second interview with a company that I was really excited about. I drove on fumes to the appointment just to find out they had hired someone else. I came home to a notice that my cable/internet/TV had been shut off. I went to call them and found my phone dead because of none payment. I live alone in a studio. I panicked. No phone, no internet, no TV, no car...no one knew where I lived because I had just moved and I had \$20 to my name. I was truly alone and I freaked. I did the only thing I know how to do being an alcoholic... I drank. I took all my money and bought two, big bottles of red wine and got drunk for two days staring at the ceiling and wondering how to kill myself. On the third day after pacing and crying for hours, I looked around the room for something to distract me...the only reading material I had was the Big Book. It took me another day of not showering and being in total fear that I picked up the book just to get out of my head.

I started reading at 11am and didn't put the book down until I had read the whole thing sometime around 10 that night. It was then something amazing happened! They say people in the program have a spiritual experience and I never in the 4 years of trying to get sober had ever remotely understood what they were talking about and actually never cared.

For the first time in my life I got on my knees and told "God" I give. I said "Thy will, not mine, be done". For 5 days all I did was repeat this over and over...I asked God to direct my thinking, I read the Big Book again cover to cover. I tried to be still. I started to feel calmer.

For the next week I wrote, I underlined important parts of the book to me. I started to take walks and pray. I tried to not freak about not having rent, food (except top ramen) a phone, any communication with anyone. And then here's the miracle... I went to mailbox and I had a check for back EDD money owed to me and an extension for 3 months! I started to shake because I understood, I had nothing to do with this...my higher power did.

Today, September 29th, I'm 15 days sober again but so different, so changed, so humbled, so blessed and I get it. I'm not in control and never will be again. I have my Higher Power to guide me—

Sheila C .



Set Aside Prayer

Lord, today help me set aside
Everything I think I know about You,
Everything I think I know about myself,
Everything I think I know about others, and
Everything I think I know about my own recovery
For a new experience in myself
A new experience in my fellows
And my own recovery

STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it.

I'm a woman who drank a lot of booze. I often blacked out and woke up with a hellish hangover not knowing what time of day it was. When I hit my bottom and slithered into AA, I thought all I had to do to survive was to stop drinking. I didn't know about 'emotional sobriety' until one day when I listened to this reading of Step 10:

"When a drunk has a terrific hangover because he drank heavily yesterday he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like."

I began to recognize this kind of emotional hangover in my own life and how I had become addicted to the drama that created it. I was terribly disappointed that I could no longer get angry or gossipy or have a burst of temper—it seemed that my life would be awfully boring without the high drama these emotions excited. But slowly I began to do what I was told in AA—stop judging others, pray for people who piss me off and to recognize what Step 10 also says:

"... that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurts us and we are sore, we are in the wrong also."

In other words, I spot it, I got it. Owing my own part was a hard fought battle but slowly I began to experience the serenity and freedom it gave me. I began to mature and became more the woman God meant for me to be. And I was surprised to discover that there is no freedom like the aftermath of a sincere amends nor better insurance for staying sober - I got confirmation on that when I read page 70, How It Works in our Big Book:

"If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience."

—*Tall Beth*, Recovering alcoholic, Home Group: 11th Step Meditation Meeting, Thursday noon, Veterans Bldg.

District 23 General Service News & Events

Please Help Us With Our Grapevine Drive

District 23's Facilities Committee is going strong! This committee holds meetings in non-lockdown facilities around the Santa Barbara area.

Please help us to bring one more tool of recovery into these facilities by donating your old Grapevine magazines (our meetings in print) to the Facilities Committee this month. You can make a personal donation, or a group donation as some groups have a large Grapevine library and might be able to pass some along.

Your donations will all come together at the November 7th GSR Meeting. Then the committee members will distribute them to those of us that are new on the road of recovery.

This is easy and free! It's just one more way to let God (or a higher power if you wish) work through us as an instrument of love to carry the message of AA to another alcoholic seeking a solution to the drink problem.

You can give them to your GSR, or contact Matt D. for more information.

District 23 DCM (Matt D.) Phone: 886-1904 or email: 1964goletian@gmail.com

Upcoming Meetings & Events:

November 7 & December 5: GSR Monthly Meeting (1st Monday): 6 PM, Holy Cross Church, 1740 Cliff Dr.

For More Info: Contact your Group's GSR, -or- your DCM: Matt D. (886-1904) 1964goletian@gmail.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."

TRADITION 10

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Tradition 10 Contemplation Questions

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this tradition? Where would I be?
6. Do I breach this or any of its supporting traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this tradition in my personal life outside AA? Inside AA?

—Originally published in the AA Grapevine

If someone finds our Traditions uninteresting, one way to liven them up is to go back and re-read them, substituting 'family' or 'relationship' for 'AA' and 'group.'

- Day 1. I walk down the street. There's a large hole in the street. I fall in the hole. I'm stuck. I don't know how to get out.
Day 2. I walk down the street. There's a large hole in the street. I fall in the hole. It takes me forever to get out of it.
Day 3. I walk down the street. There's a large hole in the street. I walk around the hole.
Day 4. I walk down a different street.

- SPONSOR- Sober Person Offering Newcomers Suggestions On Recovery
NUTS- Not Using the Steps
TRUST- Try Relying Upon Steps and Traditions

Every day I stand at the turning point- I choose to live on character defects or spiritual principles. When I act on character defects, I know what I'll get in return- irritation, impatience, aggravation, anger and frustration. When I act on spiritual principles, life is an adventure and full of surprises. I don't know what I'll get, but when I walk hand-in-hand with the Sunlight of the Spirit, it's always better than walking with character defects.

One way to get out of bed in the morning...When I put one foot on the floor I say "Thank" and when I put the other foot on the floor, I follow it with "You."

- Maryjean B.

September 2011 Birthdays

Name	Years
Clay A.	1
Karena J.	1
Chris R..	2
Clint V.	2
Tom	2
Erin B..	3
Tammy N.	3
Chris M.	4
Heather M.	4
Susie F.	4
Chester	5
Dirk B.	5
Steve R.	7
Judy J.	8
Mac N.	8
Brook R..	9
P.J.	10
Rueben	11
Stan	12
George C..	13
Harold R.	14
Jessica E.	15
Rey A.	16
Cody F.	17
Rey A.	17
Stephen G.	20
Charlie A.	21
Barry K.	25
Don M.	25
Kathie O	25
Laurette	25
Robbin O.	25
Emilio R.	26
Phil	27
Ron N.	27
Ron S.	30



Service Meetings

GSR (General Service Representatives) meets at 6:00 p.m. on the 1st Monday of each month at Holy Cross Church Hall, 1740 Cliff Drive, behind the church.

IGR (Intergroup Representatives) meets at 6:00 p.m. on the 2nd Tuesday of each month at the First Presbyterian Church, 21 East Constance.

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

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

Facilities Committee meets at 6:00 p.m. on the 1st Wednesday of each month at Central Office.

Submissions Needed

The Messenger needs your articles and letters. We especially seek submissions on the step or tradition associated with the month of the same number.
For November, we need writing on Step 11 and Tradition 11. Send submissions to johns@santabarbaraaa.com

Central Office Statistics

During September, 2011, your Central Office had:
AA Information calls 485
Al-Anon Referrals 35
Referrals to other programs 24
12step via answering service 26
Out-of-town visitors 20
12-step via office 28
Office walk-ins 255
Hits on our Web site1,598

***The Messenger* is published monthly by:**

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