

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



# MESSENGER

## *STEP NINE*

*Made direct amends to such people whenever possible,  
except when to do so would injure them or others.*

Step Nine is one of those steps I believe where a sponsor or experienced program member is required. Having a sponsor for all of them works best, but some aren't as critical as Step Nine is when it comes to making decisions affecting other people. The Big Book cautions against clearing our conscious at the expense of another, which is not something that's easy to do when our sense of judgment is clouded by pain, shame, or guilt. In recent years, the news covered a story about a man who had made amends to a woman he had raped 20-years before. He was promptly arrested, and though the Big Book says we must be ready to take a charge, personally, I don't know if Bill W. and Dr. Bob would say the same thing today with mandatory minimum laws, which could land a person in prison for the rest of their lives for relatively simple crimes. Spiritually, in my opinion, our Step Eight "willingness" provision to make amends satisfies the requirement. I speak from experience on this issue.

Many years ago I did a home invasion and psychologically harmed an unintended victim. In sobriety I was consumed with guilt, one of the emotions I kept buried under a bottle, hidden in a syringe, or rolled between burning paper. I wanted to make amends and discussed the issue with a psychologist, who advised me not to do it, even though I was ready to take another case that would have sealed my fate in prison. I was reminded that Step Nine said, "[e]xcept when to do so would injure them or others." Another point was that the person had most likely recovered and received professional help, and for me to re-enter her life would re-traumatize her, which is what the rapist did when making his amends to the girl he had raped. Though I had never touched or physically harmed this person, I am certain my presence terrorized her, as I had heard her praying for Jesus to please keep me from harming her. Guilt ravished my soul when I was early in sobriety, the same guilt that would have led me to harm another person to rid myself of it by clearing my conscious at the expense of the person I had harmed. The guilt was more powerful than my fear of doing more time, but it wasn't about me having to do time, per se. It was about doing what I felt I had to do to stay sober. I was "willing to go to any length."

As of April 6, 2011, I have enjoyed over sixteen years of sobriety as a result of having that willingness to make direct amends. Fortunately, I had someone to guide me in my recovery. I had no sincere program friends at that prison, where I had gotten clean and sober through the therapy approach. God knew I needed help and sent me to the then USP Lompoc in 1996 to teach me about how to live by the principles of the program. He gave me a new life by sending me there to meet some great H & I volunteers who brought panels into the prison, a wonderful staff facilitator, and numerous men on the inside who were working a program and who taught me how to live life to its fullest. I found serenity even while serving the 35-year sentence I've been serving since August 18, 1988. The program is gratifying and works if I work it. I am forever grateful for the program of Alcoholics Anonymous.

In Sobriety, Wayne D., Edgefield, SC

### **A Ninth Step Prayer Higher Power,**

**I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I pray for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others and growing in spiritual progress.**

**THE  
MANAGER'S  
CORNER**

On November 12, 2011 at 9:00 a.m., your Central Office will be having a breakfast at the Carpinteria Community Church, on 1111 Valecito Road in Carpinteria. This will be the first time we will be hosting a breakfast at this venue. We have a great local speaker "Kathy N" of Montecito with over 30 years sobriety. Please come and enjoy a great time.

We hope to see all the usual crowd. And we hope that more people from the Carpinteria, Summerland and Montecito areas will show up to enjoy the fellowship, the food and to support your Central Office. Tickets are available at your Central Office for \$7.50 each., or can be purchased at the door.

Also, November is traditionally Gratitude Month, during which time we ask each group to pass a second basket throughout the month. All the money collected in this basket will go directly to support the services of the Santa Barbara Central Office. 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.

This practice is part of AA history. Bill and Bob knew that many of the groups were just able to pay the expenses to stay open. They decided to name a month Gratitude Month and ask each group to send the money collected in this second passing of the basket directly to the local Central Office. The original month selected was November. From my experience since this began in Santa Barbara, one of the great pleasures is for me to see a group who can't afford to donate to the office usually, bring in the money collected in Gratitude Month. Gratitude is truly a word that Alcoholics understand and appreciate.

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.*

**GROUP DONATIONS**

**August 2011**

	Aug 11	Jul 11	Jan - Aug
003 Eye Opener	320.00	210.00	2,020.00
004 Monday At A Time	0.00	0.00	560.40
007 Sound Off	0.00	0.00	48.00
010 Foundation Group	89.00	0.00	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	0.00	0.00	195.00
020 Cambridge Group	92.00	0.00	199.20
021 Summerland Monday Group	89.00	0.00	255.00
022 There Is A Solution	122.00	0.00	242.00
023 For Women Only	0.00	120.00	360.00
024, Mesa-Singleness of Purpose	0.00	40.00	200.00
026 Carpinteria Study Group	0.00	0.00	236.00
030 Sisters In Solution	0.00	0.00	65.00
034 Women of Change	0.00	140.00	388.47
045 Alternative Group	50.00	0.00	208.40
047 Tuesday Men's Stag	195.95	0.00	544.28
051 Men's Group At St. Mary's	240.00	0.00	240.00
055 Staying Alive	0.00	0.00	321.20
064 Women's Serenity Group	70.00	0.00	321.00
067 Rigorous Honesty	12.00	0.00	291.00
068 Stepping Stones	0.00	0.00	350.91
070 Success Group	0.00	0.00	80.00
074 Casa Serena (BB Study)	0.00	0.00	144.00
079 Harbor Group	352.95	654.90	2,084.13
083 Sober Students, Tues Eve	0.00	0.00	60.00
084, 83 - 87 Group	240.00	240.00	2,680.00
089 Here & Now	0.00	0.00	125.00
093 Into Action, Thurs	0.00	0.00	147.00
094 Questions & Answers	0.00	13.60	33.60
097 Almost Saints	177.00	0.00	916.17
098 Keep It Simple, Saturday	0.00	0.00	30.00
100 Student of Life	0.00	0.00	70.00
111 Carpinteria Canalino	180.00	0.00	498.00
112 Montecito/Carpinteria	200.00	0.00	500.00
113 Sought Through Prayer & Meditation	9.25	17.22	117.37
114 Schooner Group	0.00	60.50	198.00

	Aug 11	Jul 11	Jan - Aug
117 Way Of Life	504.84	0.00	1,206.84
120 Sat. Morn. Home Boys	0.00	0.00	773.00
125 On Awakening	200.00	170.00	1,482.00
130 Saturday Night Sobriety	0.00	0.00	33.00
139 It's A Hell Of A Deal	151.80	0.00	949.44
140 Gay Discussion, Sunday	0.00	64.07	386.07
141 Off Center	308.95	0.00	703.15
145 The How And Why Of It	0.00	44.00	224.60
146 Out Of Town Speaker, NH II	80.16	0.00	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	105.00	0.00	1,105.00
159 Speak Easy STep and Traditions	0.00	0.00	120.00
163 Mustard Seed	30.00	0.00	38.25
164 Men Who Have Lost Their Legs	0.00	495.00	1,875.00
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	161.91	433.90
182 Just the Black Print	130.00	189.30	446.75
183 Summerland/Montecito, Thurs.	0.00	60.00	294.00
184 Jay Walker Book Study	0.00	0.00	51.00
189 Friday Night Book Study	0.00	0.00	41.00
191 Men on a Mission	126.00	0.00	301.00
196 Montecito Book Study	0.00	15.00	106.00
197 Big Book Comes Alive Women's Meeting	120.00	0.00	204.00
201 Birthday Donations	136.00	7.00	1,216.00
202 Supporting Members	647.22	1,192.22	7,757.48
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	39.35	21.00	681.35
212 Special Events	0.00	2,315.00	3,596.00
<b>TOTAL</b>	<b>\$5,018.47</b>	<b>\$6,230.72</b>	<b>\$43,735.73</b>



Coming Soon !!

It's already September. That means the AA Convention is just around the corner.

There's so much to look forward to – food, fun and fellowship, a dance, games, plus meetings, meetings and more meetings. In addition to the main speakers Friday and Saturday nights and Sunday morning, there are marathon meetings, Young People's meetings, Spanish speaking meetings, Al-Anon meetings and the free H&I breakfast meeting. All of this is yours for the low \$20 cost of registration. Yes, you must register to attend any Convention event, but if you cannot afford the registration fee, scholarships are available, thanks to the many donations from our generous AA community.

So it's time to register now. Take advantage of the "package" available during pre-registration, which gets you a special price on registration, Friday dinner and Saturday banquet, a T-shirt (or optional sweatshirt) and a coffee mug (with free coffee throughout the weekend).

You can find registration forms at meetings or Central Office. You can also download the form from the web site (click "Register" at [www.sbaaconvention.org](http://www.sbaaconvention.org)). Fill out the form and mail it and your payment to P.O. Box 91731, Santa Barbara, CA 93190.

Participate

There are still plenty of opportunities for you to get involved in this year's convention. Come to the next meeting, September 8<sup>th</sup> at 6 p.m. to find out more. If you want to participate in building the 2011 convention, contact Central Office or any committee member for directions to the meeting.

Mark Your Calendars

Don't miss it! Mark your calendars (if you haven't already) for the weekend of October 21-23, and we'll see you then, if not before. Don't forget to check the convention web site ([www.sbaaconvention.org](http://www.sbaaconvention.org)) for more convention news and information.

~ Your Convention Committee

New meeting announcement

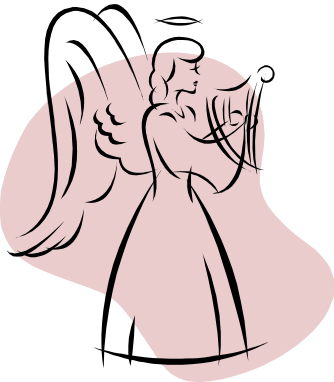
Heard It Through the Grapevine—  
Holy Cross Church Hall on Tuesday's at 12 o'clock noon.

*Heard it Through the Grapevine* is a participation group that centers on stories read from our "Meeting in Print"- The AA Grapevine magazine. The magazine is a monthly periodical with stories submitted from the Fellowship across the nation. It covers one of the 12 Steps/Traditions for every month of the year.

The Holy Cross Church Hall is at **1740 Cliff Dr.** on the Mesa. Small signs will be posted to direct you to the Church Hall behind the main worship facility headed towards back parking lot.

**Tradition 9- A.A. as such, ought never be organized, but we may create service boards directly responsible to those they serve. "Each A.A. group needs the least possible organization."** encourages the least amount of rules and regulations, keeping in mind Rule #62- 'Don't take yourself too damn seriously.' There is no 'boss' in AA. Indeed, '**Our leaders are but trusted servants; they do not govern.**' There's a chilling line in Tradition 9 ... '**Unless each A.A. member follows to the best of his ability our suggested Twelve Steps, he almost certainly signs his own death warrant.**' It's not as dismal as it first may sound- in early sobriety, complete disrespect and disdain for the rules of society and life were common. But after 8 Steps, we don't fight as much. We are **a society without organization, animated only by the spirit of service.** (S9, p175) There was a recent TV show whose theme song said, 'You're not the boss of me.' That's certainly true for AA. The highest level you get in AA is sober. That's good enough for me.

Maryjean B.



My Stepfather passed, sober, with 36 years in the program. He died two months before my first sober day. Because of this, I have always felt that he was my AA angel, on the other side leading me into the program. My Stepfather's last physical act was to walk down a hallway, in an effort to help my Mother., who is an amputee. She had slipped from the bed onto the floor and could not reach the telephone. Over the years his knees had pretty much given out on him. The doctors said his heart could not withstand surgery. He attempted with his walker to get down that hallway to the kitchen phone. He fell, breaking both his legs, and passed that night during surgery.

So "men without legs" is part of his story and entrance into the "Big meeting in the Sky". I attended his memorial, drunk. I was twelve-stepped in Edmonton by double-digit pallbearers. I returned to Santa Barbara for the last weeks of my drinking. Soon I hit a skidding, speed bump filled bottom that landed me in Detox and ultimately Casa Serena. I was beginning my love affair with AA. I searched the rooms for old-timers who might have known my stepfather in Santa Barbara AA, 1970-1977. Winking at the guys with more than 30 years had become a habit. I finally found one, George. He's my second favorite old-timer. He actually remembers him. As often happens in families, I received word that my Stepfather's belongings were being divvied out. I wanted a favorite sweater for remembrance and I asked for his AA books. I wanted his notes in the margins. There were whispers that he had a First Edition. One branch of the family was searching e'bay for its value. I passed on that.

A wonderful woman named Nettie had taken me under her wing, and directed me to just wait and see what arrived. I was sent a box of many different AA books that belonged to him, wrapped in the sweater. I was glad to get them. I set aside a special time, hoping to see what he had highlighted, underlined, emphasized. I found pristine pages. But on the back page of a hardbound Twelve and Twelve, I found- in pencil—simply, this- to facilitate ... to advocate ... to perpetuate I felt it all, right then, and made it my own. It takes spiritual heroism to lift, as an angel would, a man without legs. I kinda think they grow new ones...on the other side. I wear his sweater at the Alano; it feels like snug hug from an old-timer. my favorite one, Roman.

Denise M., Alcoholic

## H&I Announcements and Service Opportunities

H&I stands for Hospitals and Institutions, whose sole purpose is to carry the message to those confined in hospitals, jails, prisons and other facilities. We share our experience, strength and hope in harmony with the 5th Tradition.

-H&I is looking for a GSR Liaison. This person attends the H&I meeting the 2<sup>nd</sup> Monday of the month at 6:00 p.m. at Central Office and reports H&I business to the GSR's the 1<sup>st</sup> Monday of the month at 6:00 p.m., at Holy Cross Church. Liaisons give their report at the beginning of the meeting so it is not necessary to attend the whole GSR meeting.

-Women's County Jail could use more female volunteers, especially on Sunday nights. You must be cleared prior to going in. Lompoc Federal Penitentiary could use panelists. You must be cleared prior to going in.  
- Clearance papers for both facilities are available at Central Office.

-SB County Psychiatric facility could use more volunteers- especially for 5<sup>th</sup> Sunday of the month. The meeting is from 4-5:00 p.m., No clearance required.

-H&I will host a breakfast meeting at the 2011 SB Convention, Saturday the 22<sup>nd</sup> at 9:00 am. There will be **free food** and speakers share about how H&I affected their sobriety. — both those we take panels inside and those who have been on the inside attending those meetings.

Come to the next H & I meeting on Monday, Sept. 12 at 6:00 p.m. to take a commitment or just see what it's all about.



### Schooner Group

**We are Celebrating our 50<sup>th</sup> Anniversary !!**

September 16<sup>th</sup>, 5:30pm to 7:30p.m .at the Good Shepherd Lutheran Church 380 N. Fairview, we are having a BBQ to Celebrate our 50<sup>th</sup> anniversary. We will be serving tri-tip and chicken. A \$5.00 donation is requested. Please call one of these members if you plan to attend. Bill S. 964-5998, Doris W. 964-8111, Jerry C. 294-2937, Matt D .886-1904, J.R. 705-1631 or Jim S. 886-2444.

We hope to see you there to help us celebrate our 50<sup>th</sup> year of being of service.

#### **Group Contributions to AA**

**Make check payable to:**

#### **Santa Barbara Central Office**

1213 State Street, Suite H  
Santa Barbara, CA 93101

*Include your meeting name, and local meeting number (from the meeting guide)*

*Central Office will collect donations for **Hospitals and Institutions and GSR** through the office when you bring your Central Office Donation.*

#### **Central California Area 93**

606 Alamo Pintado #140  
Solvang, CA 93463

*Include your meeting name, GSO group number*

#### **General Service Office**

P.O. Box 459  
Grand Central Station  
New York, NY 10163

*Include your meeting name, GSO group number*

*Any questions please call Santa Barbara Central Office at 805 962-3332*

### August 2011 Birthdays

Chris H..	1
Greg R.	1
Morris	1
Ryan M.	1
Victor S.	1
Christine Z.	2
Randy W.	2
Annie W.	3
Emily A.	3
Stacey W.	3
Alejandra A.	4
Stuart K.	4
Sue K.	4
Jeff T..	4
Cheryl R.	5
Gary N.	5
Jackie N.	5
Mike L.	5
Mike V.	6
Cleaver C.	7
Darren	9
Lorilee	9
Ed M.	10
Kirsten M.	13
Dan M.	14
Tom P.	14
Michael S.	14
Ernie	14
Amanda M.	15
Henry M.	15
John R.	15
Andy R.	16
Noah D.	17
Lisa E.	18
Michael W.	21
Alex K.	22
Kirsten S.	22
Marcie	22
Richard K.	23
Mary Michael	24
Carl	25
Dolores M.	29
Elinor O.	29
Ralph B.	29
Rick M.	52
George H.	54
Gardiner L.	63



## 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 October, we need writing on Step 10 and Tradition 10.

Send submissions to [johns@santabarbaraaa.com](mailto:johns@santabarbaraaa.com)

### Central Office Statistics

During August, 2011, your Central Office had:

AA Information calls .....	545
Al-Anon Referrals .....	38
Referrals to other programs .....	37
12step via answering service .....	25
Out-of-town visitors .....	20
12-step via office .....	13
Office walk-ins .....	251
Hits on our Web site .....	1,502

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

23<sup>rd</sup> District Intergroup of Alcoholics Anonymous

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Website: <http://www.SantaBarbaraAA.com>