



# SEPTEMBER BIRTHDAYS

<u>NAME</u>	<u>YEAR:</u>
Charlie A.	27
Peter C.	32
George C.	19
Lia	8
Rebekah W.	4
Isaac	1
Sal S.	14
Phil	33
Teresa G.	4
Jessica E.	21
John M.	23
Nicole L.	2

**The Messenger is published monthly by:**

23rd District Intergroup of Alcoholics Anonymous

Santa Barbara, California 93101

805-962-3332  
sbaa@santabarbaraAA.com

**Have an AA birthday? Please let your Central Office know so that we can print it in The Messenger.**

## Central Office Statistics

**During Sept., your Central Office had:**

AA Information calls	81
Al-Anon referrals	3
Referrals to other programs	2
12-step via answering service	2
Out-of-town visitors	19
12-step via office	4
Office walk-ins	123
Hits on our Website	5

The Central Office of Santa Barbara, 23rd District, Is YOUR Central Office. Please feel free to visit and/or volunteer to make it the best service center we can make it. Thank you for all your support in the past, present, and future.

### I'm a New Member

I see you at meetings;  
but you never say "Hello,"  
you're busy all the time you're there  
with those you already know.  
I sit among the others,  
lonesome, nervous and shy;  
frightened of this brand new world  
as you old-timers pass me by.  
But darn it, you folks asked me in,  
and talked of fellowship.  
You could just step across the room,  
but you never made the trip.  
Why can't you nod and say "Hello,"  
or stop and shake my hand;  
then go and sit among your friends?  
Now, that, I'd understand.  
Perhaps I'll be at your next meeting.  
Why don't you start a trend?  
Come over and introduce yourself;  
I really need a friend.  
—Author Unknown

From the February 1953 magazine

## Tradition Ten

### The tenth of a new series of articles explaining The Twelve Traditions

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for as one old-timer recently declared, "Practically never have I heard a heated religious, political or reform argument among AA members. So long as we don't argue these matters privately, it's a cinch we never shall publicly." As by some deep instinct, we AAs have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which AA was born, and by God's grace has nevertheless flourished.

Let us re-emphasize that this reluctance to fight each other or anybody else is not counted as some special virtue in which we feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to AA as a whole, that's quite a different matter. In this respect we do not enter into public controversy, because we know that our society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

Maybe this sounds as though the alcoholics in AA had suddenly gone peaceable, and become one great big happy family. Of course this isn't so at all. Human beings that we are, we squabble. Before we leveled off a bit, AA looked more like one prodigious squabble than anything else, at least on the surface. A corporation director who had just voted a company expenditure of a hundred thousand dollars would appear at an AA business meeting and blow his top over an outlay of twenty-five dollars' worth of needed postage stamps. Disliking the attempt of some to manage a group, half its membership might angrily rush off to form another group more to their liking. Elders, temporarily turned Pharisee, have hurled rocks. Bitter attacks have been directed against people suspected of mixed motives. Despite their din, our puny rows never did AA a particle of harm. They were just part and parcel of learning to work and live together. Let it be noted, too, that they were almost always concerned with how to make AA more effective, how to do the most good for the most alcoholics.

The Washingtonian Society, a movement among alcoholics of a century ago, almost discovered the answer to alcoholism. At first the society was composed entirely of alcoholics trying to help each other. The early members foresaw that they should dedicate themselves to this sole aim. In many respects, the Washingtonians were akin to AA of today. Their membership passed the hundred-thousand mark. Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer. But this didn't happen. Instead, the Washingtonians permitted politicians and reformers, both alcoholic and non-alcoholic, to use the society for their own purposes. Abolition of slavery, for example, was a stormy political issue then. Soon Washingtonian speakers violently and publicly took sides on this question. Maybe the society could have survived the Abolition controversy, but it didn't have a chance from the moment it determined to reform America's drinking habits. When the Washingtonians became crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics.

The lesson to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early AA members resolved to keep our society out of public controversy. Thus was laid the cornerstone for Tradition Ten: "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy."

-- Bill W.

## On the Tenth Step

From the January 1949 Grapevine

### Who Says There Is No Such Thing

WE hear much said by various speakers about "slips." Some people are of the opinion that there is no such thing as a slip; that taking another drink is a deliberate act. With the latter part of that statement this writer agrees: the taking of a drink is a deliberate act. However, in my opinion, I cannot agree with the statement that there is no such thing as a slip.

I have found that in my own case the taking of a drink after being in A.A. was not the slip itself, but rather the result of a slip that started anywhere from an hour to a week or more prior to taking that drink. In looking back and thinking over each slip that I have had, a definite pattern was noticed in connection with each one: The slip always came when I was physically or mentally tired, or both; it was always preceded by a nervous irritation which eventually got out of control; prior to the nervous irritation I was critical of the shortcomings of my fellow workers; I was intolerant of the other man because he disagreed with me or could not comprehend my feelings --that old "egotism" sprouting out again! And, if I go back far enough, to the very beginning of the slip, it usually disclosed the fact that I was missing a meeting here or there; I was not continuing to take the moral inventory as suggested in the 10th Step; I was not practicing and living the A.A. Program, but instead I was putting one or two nights a week aside for this purpose, provided nothing else came up.

This pattern, with some slight deviations, was so consistent on each slip that it was worth while thinking about it to pull myself in check once and for all so as to be able to recognize the next potential slip when it first starts. If I can recognize that first apparently insignificant but tremendously important deviation from "Route A.A.," pulling back on the main highway before getting lost on some side road will not be too difficult. To me, the ability to recognize this first indication of a slip, and thereby avoid the processes of alcoholic thinking which it brings, is as important as avoiding the first drink which always brings on a drunk. My mind has been so used to following the road of least resistance that if something is not done to pull in at the very first sign of a deviation and if some real effort is not made to get back on the right road I know I will follow the old course to the first drink and finally to who-knows-how-much trouble.

The remedy is not too difficult, once you get used to it. It is simply to apply the 10th Step; put it into practice. The 10th Step does not say, "Take another moral inventory;" it says "continue to take a moral inventory." To me it merely means check over your life within the recent past. Do not go back to some of the things you did while on a binge; that is covered by the 4th Step. Merely continue to check your current past to see if you have improved in your normal living, in your dealings with others, and in your dealings with yourself. If you are not honest and fair and square with yourself you cannot be so with others.

I, as an alcoholic, cannot stand still in life: I must either progress or slide back. If I want to progress I must work at it; otherwise I know I will eventually slip. I try to make this progress by applying the 10th Step every time my mind becomes idle and I momentarily have nothing to do; or when things begin to "pile up" and seem to be getting out of control. I find it takes only a split second to swerve off the highway and start down the wrong road. It is then that our little slogans help me a lot: Easy Does It; First Things First. If I find myself getting worked up over something and ready to "fly off the handle," I pray for the wisdom to know whether or not I can do anything to remedy the situation at hand, and if I can, for the courage to do so, and if not, for the serenity to accept it. Then I try to relax, do the best I can, and leave the rest to God, asking Him to help me and let me know what He wants me to do.

I have found that this has helped me tremendously in my fight with John Barleycorn. I know I cannot lick the Old Man, but with the help of God and A.A. I can keep him from licking me.

-- T.J.P.

Richmond Hill, New York



## Welcome to the 33rd Annual Santa Barbara Convention with Al-Anon Participation!!

**When: October 13th, 14th and 15th, 2017**

**Where: Veterans' Memorial Bldg.**

**112 W Cabrillo Blvd, Santa Barbara, CA 93101**

**Cost: \$40 Cash and Check or \$41.50 Online - Come join the fun!**

### Convention News

*Registration includes:*

- *Friday Night - BBQ Hamburgers and Hot Dogs*
- *Saturday Night - Family Style Dinner*
- *Sunday Morning - Continental Breakfast*

*There will be an Al Anon Luncheon!*

*Memorabilia available in limited quantities onsite only through Saturday!*

*Be part of the fun, come help organize the 33rd annual convention! We need chairs, co-chairs, volunteers...for fun and for free!*

If you are interested in being of service at the convention, please let us know...

**REGISTRATION LIMITED to 450 Attendees *Register Early***

**The  
Manager's  
Corner**

When I drank I managed to find people who drank the same way I did. Of course, this became increasingly more difficult to do as my alcoholism progressed. I became the guy in my group about whom my hard-drinking friends would say, "If I ever get as bad as him, I'll stop."

I became more and more isolated in my drinking. The few members of my family who were still living had distanced themselves from me, and my cronies began to do the same. Consequently, one of my strongest memories about the end of my drinking is how lonely it was.

I mention all this because I've lately been reflecting on how many people I am connected to in this Fellowship. I just returned from a trip to New York City where I had the great pleasure of breaking bread with my old friend, Eva S. Some of you may remember Eva from when she lived here, but for the last twenty-plus years, she has been a special worker at AA World Services' Office in New York. We shared a few laughs, a few sadnesses, and some tasty bagels.

When I was new in recovery, one of the first things I was told was that I was not alone any more. That has proven to be true and I find it difficult to fully express my gratitude for that fact.

Have a good month. Look forward to seeing you at the SB Convention.

— By Tim W.

IGR meets 2<sup>nd</sup> Tuesday of every month at 6:00 at Central Office 14 W. Anapamu

Hospitals & Institutions meets 2<sup>nd</sup> Monday of every month at First Presbyterian Church, 21 E. Constance. Orientation meeting at 5:30. Regular business meeting at 6:00.

GSR meets 1<sup>st</sup> Monday of every month 6:00 p.m. at Holy Cross Church 1740 Cliff Drive

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**We are looking for submissions for next month: The topic is: Step 11**

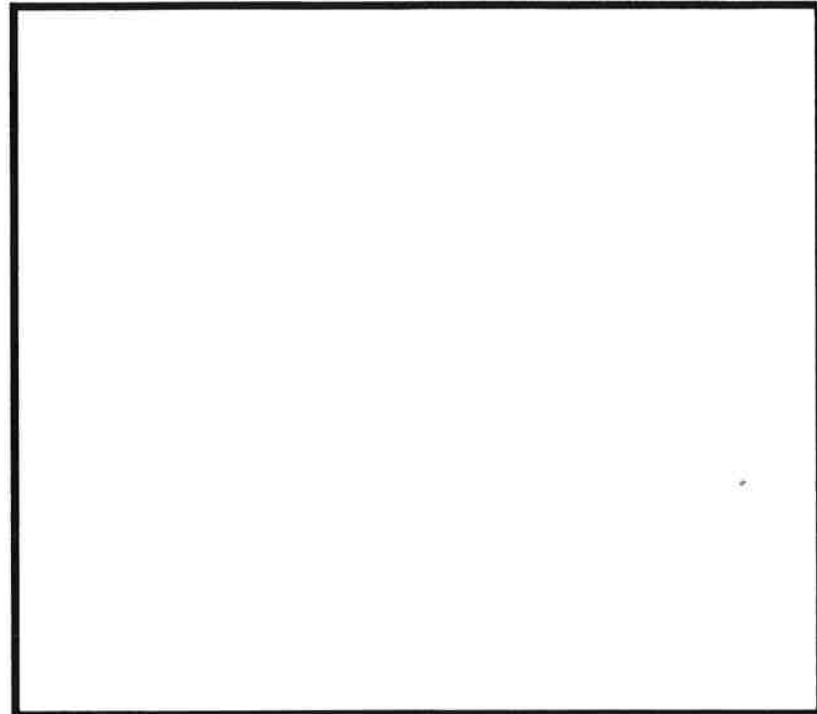
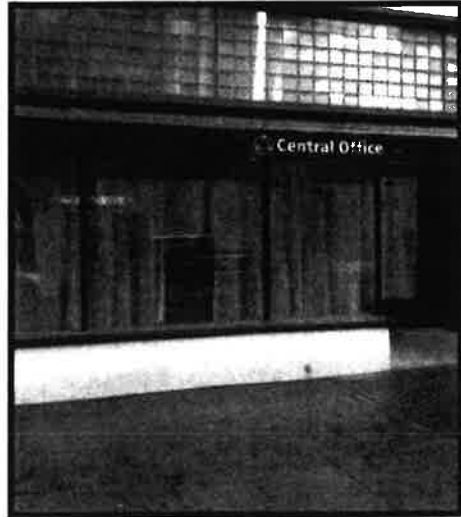
**Alcoholics Anonymous SB, 23rd District  
Central Office Group Contributions  
July through September 2017**

11th Step Prayer & Meditation #062	105.00	Serenity by the Sea	91.70
83-87 Group (pages)	2,000.00	Serenity Sisters	95.03
Action Participation-SB #133	129.76	Sisters in Solution #043	200.00
Alternative Group	215.00	Sought thru Prayer & Med.	12.00
Back to Basics NHIII#161	72.00	Speak Easy Step and Tradi #159	60.00
Big Book Comes Alive Women's Meeting	50.40	Start Your Day Right #156	2,314.65
Carpinteria Canalino	190.00	Staying Alive-Womens SS #055	60.00
Contact Conscience	74.40	Stepping Stones Women's Mtg #068	217.56
Casa Serena Wed-Womens Serenity Grp	120.00	The Loft-Wednesday	70.00
Courage to Change	50.00	Tuesday Men's Stag #047	216.75
Eye Opener	848.00	Way of Life #117	1,146.69
Foundation Group	144.36	where the wild things are	163.00
General Service (GSR)	585.07	Facilities GSR	194.30
Goleta Sun. Night Speaker	240.00		
Grateful Group	50.00	<b>TOTAL CONTRIBUTIONS</b>	<b>16,789.92</b>
Gratitude Group	100.00		
Happy Destiny	300.00		
Harbor Group	1,801.70		
Into Action, Thurs #093	91.20		
Just the Black Print	322.20		
KCB-Keep Coming Back-ALL	552.85		
Keep it Simple-Sat. Goleta #098	100.00		
Keeping it Real	20.00		
Key Group-ALL #177	1,590.00		
Ladies Nite Thursday	235.00		
Let it Go-11th Step Meditation #173	50.00		
Men Who Have Lost Their Legs #164	350.00		
Monday at a Time	340.70		
Montecito/Carpinteria Group #112	180.00		
New House II Wed Night Me	40.20		
On Awakening	524.40		
Promises	236.00		
RG Hazard	42.60		
Rigorous Honesty #067	164.40		
Saturday Night Sobriety Grp #130	33.00		

THANK YOU FOR YOUR SUPPORT!!

**CENTRAL OFFICE**

**14 W. Anapamu Street  
Santa Barbara, CA 93031  
(805) 962-3332  
Email: [www.santabarbaraaa.com](http://www.santabarbaraaa.com)**



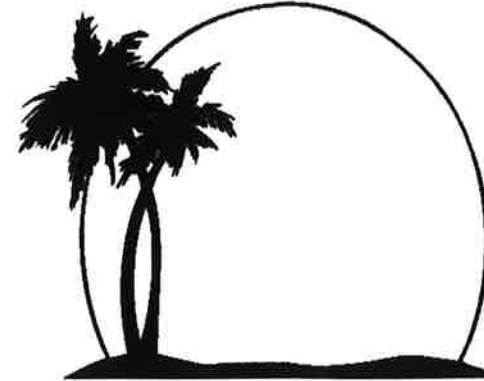
October, 2017

Santa Barbara Central Office

Presents

# The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93031  
(805) 962-3332 [sbaa@santabarbaraaa.com](mailto:sbaa@santabarbaraaa.com)



### IMPORTANT NOTICE!!

As we are quickly approaching the Santa Barbara

**A. A. Convention, we are looking for volunteers willing to participate with hospitality.**

What we need are meeting groups to sign up and be responsible for the hour slot sign ups. This commitment would involve providing the initial food and staff (4-6 people) for that hour. Any other donations and volunteers would be greatly appreciated. Please help spread the word.

If you are interested in signing up you or your meeting up for an hour slot or for volunteering, please contact

Rayme Elliott 805-259-7674 [tinkliver@hotmail.com](mailto:tinkliver@hotmail.com)

Steve Hirata 805-335-3166 [bigbakatare@yahoo.com](mailto:bigbakatare@yahoo.com)

### **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 \_\_\_\_\_ Email \_\_\_\_\_

Please make check payable to: AA Central Office, S.M.C.

14 W. Anapamu Street

Santa Barbara, CA 93101