

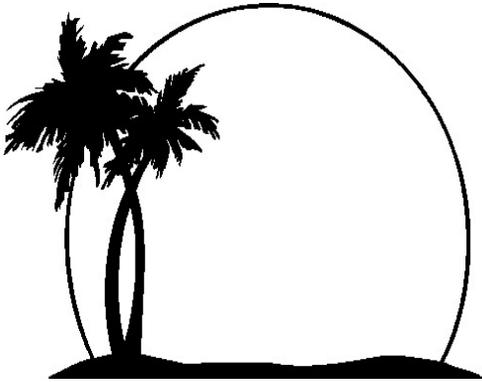
November, 2017

Santa Barbara Central Office

Presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101
(805) 962-3332 www.santabarbaraaa.com



GRATITUDE MONTH

From the November 1970 magazine.

A Full and Thankful Heart

One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine--both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heart heal must surely result in outgoing love, the finest emotion that we can ever know.

-- Bill W.

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



Your Santa Barbara Central Office is hosting a:

GRATITUDE BREAKFAST

To be held on Saturday, Dec. 9th

At Goleta Valley Community Center

5679 Hollister Avenue, Goleta, CA 93117

Breakfast begins at 9:00 am

Speaker Meeting at 10:00 am

Speaker is Tom C. from the LA area

FREE!!

As our way of thanking all those who support

Your Santa Barbara Central Office

Info. available at Santa Barbara Central Office

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On the Eleventh Step

From the September 1954 Grapevine:

From the Grass Roots

THE SERENITY PRAYER

WHEN I joined AA for the second time about two years ago--the first time being three years previously, but in a spirit far from sincere and consequently ineffective--I was attracted to the simple short serenity prayer, but a little uncertain as to its real meaning. Maybe others felt the same at first. The full significance of the words "the courage to change the things I can" were not fully appreciated. It is only after many months of trying to live the quality of life the Twelve AA Steps put before us, particularly as found in Steps Three and Eleven, that I am beginning to grasp the deeper meaning of these words, at any rate as I understand them.

The more I use and think about the prayer, the more experience convinces me that to obtain that serenity of mind I pray for and long for so much, depends upon the will and courage I have to change and overcome those weaknesses in my particular make-up which are forming the barrier against that greater serenity of mind. Dishonesty with myself and at times with others, impurity of thought, selfishness and resentments and a lack of care and tolerance for others--in all these I fail miserably at times. I know serious and repeated failures in any of these, particularly resentments, are to me the road towards that first drink and all that that can mean and which we in AA must at all costs avoid.

I know and acknowledge the things in my life I myself cannot change and I want the serenity of mind fully to accept that fact without reservation. I know and acknowledge the things in my life that need changing and which being changed will lead me towards the greater serenity I seek; but I know from sad experience I am not strong enough by myself to bring about those changes. Therefore I must have the help of that Greater Power referred to in the AA Twelve Steps, and which to me is God as I know him, however inadequately.

There is much to be changed in me yet and I am grateful for that little AA prayer, now that a fuller realization of its depth becomes apparent.

-- D.; London, England

OCTOBER BIRTHDAYS



<u>NAME</u>	<u>YEAR:</u>
Clayton G.	3
Joseph B.	40
Bob M.	20
Peter J.	27
John D.	37
B Flor	28
LoriLee	6
Mike A.	29
Cathy H.	6
Alison D.	30
Ryan R.	1
Liz G.	28
Joseph	40
Taylor L.	14
Teri V.	1
Mary S.	4
Val P.	1

SAVE THE DATE:

Reminder for the SoCal

H+I Conference in

April, 2018

Get registration forms

at Your Central Office

**The Messenger is published
monthly by:**

23rd District Intergroup of
Alcoholics Anonymous
Santa Barbara,
California 93101
805-962-3332
www.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 October, your Central Office had:

AA Information calls	86
Al-Anon referrals	3
Referrals to other programs	1
12-step via answering machine	2
Out-of-town visitors	5
12-step via office	2
Office walk-ins	252
Hits on our Website	1

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,

On Tradition Eleven

Editorial from the October 1948 Grapevine:

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of A.A. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous--but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that A.A. is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

Good public relations are A.A. lifelines reaching out to the brother alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish--a matter of life and death indeed!

The future poses no greater problem or challenge to A.A. than how best to preserve a friendly and vital relation to all the world about us. Success will heavily rest upon right principles, a wise vigilance and the deepest personal responsibility on the part of every man jack of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So, the 11th Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of *attraction* rather than promotion. Shot in the arm methods are not for us--no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities.

More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement, we have been, before now, tempted to exploit the names of our well known public characters. We have rationalized that other societies, even the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma; so lending power and conviction to news stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member ought to describe himself in full view of the general public as an A.A., even for the most worthy purpose, lest a perilous precedent be set which would tempt others to do likewise for purposes not so worthy.

We see that on breaking anonymity by press, radio or pictures, anyone of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise or into the midst of any controversy.

So, it is becoming our code that there are things that no A.A. ever does, lest he divert A.A. from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come.

To the million alcoholics who have not yet heard our A.A. story we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the faith."

—Bill W.

CENTRAL OFFICE

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