

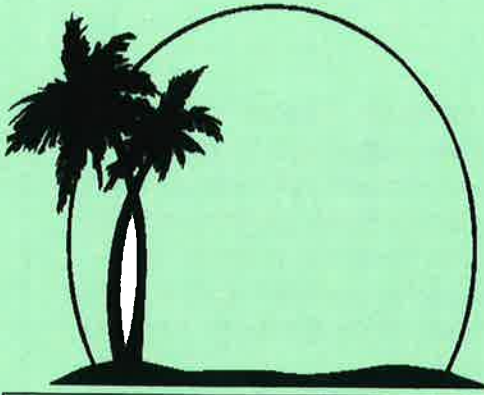
April, 2017

# 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)



### ARE YOU A SUPPORTER?

The Messenger, published by your Santa Barbara Central Office, is up and running. But, we have sustained the loss of our mailing list of supporters for your Central Office.

If you were a supporter in the past and have not received it in your physical mailbox, please contact us. We are putting together a new mailing list. Please include your name, address, phone number and email.

Our intention is to defray costs by sending The Messenger out via email. If you have a preference for a paper copy, they are available at your Central Office by the second Tuesday of every month. As we develop a mailing list that requests them by "snail mail", we will get them to you via that method as soon as possible.

Please contact your Central Office and give us contact information if you were once on the mailing list. For those who would like to be, use the coupon included below to become a Supporter of your Santa Barbara Central Office. Thank you!

#### 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



# Breakfast To Benefit Central Office



When: Saturday  
April 15<sup>th</sup> 2017

Where: Goleta Valley Community Center  
5679 Hollister Ave.

Breakfast at 9:00 a.m.  
Speaker Meeting at 10:00  
Tickets \$7.00 each  
Available at Central Office  
or at the door

Call 962-3332 for information

Menu will include Hot Cakes,  
Eggs, Bacon, Coffee and more

Plus Great Fellowship

Hope to see you there



# A.A. Oldtimers... On the Fourth Step

A.A. Grapevine, February 1945. Vol. 1 No. 9

## Editorial: On the Fourth Step

*"Made a searching and fearless moral inventory of ourselves."*

Since I cannot speak for anyone else, I'll have to make my experience with the 4th step autobiographical. Before A.A., I tried almost daily to stop drinking. I hated myself constantly. I could not understand why such a wonderful person as I was would do the things I did. I was in a constant state of mental turmoil and misery, and I knew that I could not handle liquor.

On coming into A.A., I had already taken the 1st step, but the 2nd and 3rd steps were discouraging, as I had no faith in a Higher Power. I tried to believe, and would have gladly forced myself to do so, were that possible, because I really wanted to succeed with the A.A. program. However, I skipped over these for the moment, as I was advised to do, and went on to the 4th step. . . .

I tried to make a "searching and fearless moral inventory," and discovered that it was difficult to push my pride and egotism aside sufficiently to get a better view of myself. My first attempt was neither searching nor fearless, but it was a very important start, and I developed and revised it over many months. During this time, I began to see myself as a person who was riddled with resentments, selfishly expecting life to treat me well; a super-sensitive person always inclined to feel hurt about everything that was not to my liking, and intolerant of any opinion differing from my own. I began to see that my thinking was based on fear and vague worries. I saw more. I realized that this very special person I had imagined myself to be could do nothing directly against the power of alcohol. But I began to see how the person I was beginning to understand could outflank old John and attack the cause of the drinking.

For years, I had wanted desperately to do something about my drinking. This, I knew, was impossible. But the 4th step taught me that I could do something about the cause of my drinking. By trying to do something about myself, I found that I did not need to drink. The 4th step showed me what was needed to be done. Without this knowledge, I doubt if sobriety would have been possible for me. The 4th step is just that important.

Richard S.

→ Know sign language? Want to be of service? One of our hearing impaired members would like to have someone who can sign accompany him to speaker meetings.

Please contact Central Office at 805-962-3332 if you can help. Thanks!



## MARCH BIRTHDAYS

Name:                      Year (s):

Rayme	1
Carrie P.	2
Judy R.	5
Derek W.	6
Gail B.	8
Herb M.	10
Julie	14
Peter U.	18
Bob D.	24
Cindy F.	27
Tomi T.	30
Ginger W.	30
Kelly M.	31
Joan S.	37

### *The Shared Gift*

*"A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.*

*—As Bill Sees It—p.13*

**The Messenger is published  
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**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.***

**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.**



## On Tradition Four

**"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."**

Editorial by Bill W.

Grapevine, March, 1948

*"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of The Alcoholic Foundation. On such issues our common welfare is paramount."*

This Tradition, Number 4, is a specific application of general principles already outlined in Traditions 1 and 2.

Tradition 1 states, *"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."*

Tradition 2 states, *"For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience."*

With these concepts in mind, let us look more closely at Tradition 4. The first sentence of Tradition 4 guarantees each A.A. group local autonomy. With respect to its own affairs, the group may make any decisions, adopt any attitudes that it likes. No over-all or intergroup authority should challenge this primary privilege. We feel this ought to be so, even though the group might sometimes act with complete indifference to our tradition. For example, an A.A. group could, if it wished, hire a paid preacher and support him out of the proceeds of a group night club. Though such an absurd procedure would be miles outside our tradition, the group's "right to be wrong" would be held inviolate. We are sure that each group can be granted, and safely granted, these most extreme privileges. We know that our familiar process of trial and error would summarily eliminate both the preacher and the night club. Those severe growing pains which invariably follow any radical departure from A.A. tradition can be absolutely relied upon to bring an erring group back into line. An A.A. group need not be coerced by any human government over and above its own members. Their own experience, plus A.A. opinion in surrounding groups, plus God's prompting in their group conscience would be sufficient. Much travail has already taught us this. Hence we may confidently say to each group, "You should be responsible to no other authority than your own conscience."

Yet please note one important qualification. It will be seen that such extreme liberty of thought and action applies only to the group's own affairs. Rightly enough, this Tradition goes on to say, *"But when its plans concern the welfare of neighboring groups also, these groups ought to be consulted."* Obviously, if any individual, group or regional committee could take an action which might seriously affect the welfare of Alcoholics Anonymous as a whole, or seriously disturb surrounding groups, that would not be liberty at all. It would be sheer license; it would be anarchy, not democracy.

Therefore, we A.A.s have universally adopted the principle of consultation. This means that if a single A.A. group wishes to take any action which might affect surrounding groups, it consults them. Or, if there be one, it confers with the intergroup committee for the area. Likewise, if a group or regional committee wishes to take any action that might affect A.A. as a whole, it consults the trustees of The Alcoholic Foundation, who are, in effect, our over-all General Service Committee. For instance, no group or intergroup could feel free to initiate, without consultation, any publicity that might affect A.A. as a whole. Nor could it assume to represent the whole of Alcoholics Anonymous by printing and distributing anything purporting to be A.A. standard literature. This same principle would naturally apply to all similar situations. Though there is no formal compulsion to do so, all undertakings of this general character are customarily checked with our A.A. General Headquarters.

This idea is clearly summarized in the last sentence of Tradition 4, which observes, *"On such issues our common welfare is paramount."*

Bill W.

The A.A. Grapevine, March, 1948



**This space is reserved for the financials of  
23rd District Central Office of  
Alcoholics Anonymous  
Group Contributions**

We are working on these totals at present and will report in near future.

Thank you for your patience with this matter.

**Out of The Dark**

**“Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. With it comes the development of that kind of humility that makes it possible for us to receive God’s help. Yet it is only a step. We will want to go further.**

**We will want the good that is in us all, even in the worst of us, to flower and to grow. But first of all we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun.”**  
*As Bill Sees It, pg. 10; cited from Twelve and Twelve, p.98*

xxxxxx

**The Spiritual Alibi**

**“Our first attempts at inventories are apt to prove very unrealistic. I used to be a champ at unrealistic self-appraisal. On certain occasions, I wanted to look only at the part of my life which seemed good. The I would greatly exaggerate whatever virtues I supposed I had attained. Next I would congratulate myself on the grand job I was doing in AA.**

**Naturally this generated a terrible hankering for still more “accomplishments,” and still more approval. I was falling straight back into the pattern of my drinking days. Here were the same old goals — power, fame, and applause. Besides, I had the best alibi known — the spiritual alibi. The fact that I really did have a spiritual objective made this utter nonsense seem perfectly right.** *As Bill Sees It, pg. 193; cited from Grapevine, June 1961*

## CENTRAL OFFICE

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