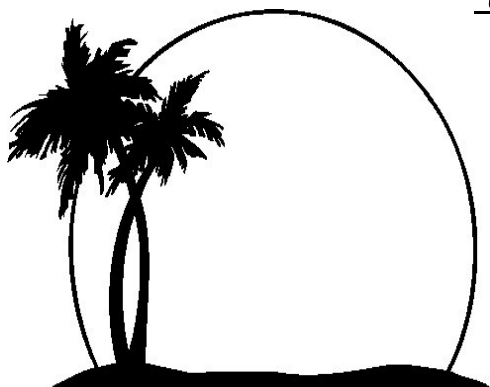


April, 2021



Your Santa Barbara Central Office

Presents

# The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101  
(805) 962-3332      [www.santabarbaraaa.com](http://www.santabarbaraaa.com)

**Is your group holding in-person meetings?**

Let Your Central Office know so we can update the Meeting Guide.



## The Manager's Corner

**BY TIM W.**

I will be forever grateful to Bill Wilson for writing about the inventory process in the way that he did. Since I've been sober, I've seen numerous iterations and forms that, to me, seem to just confuse the process. But if you read it the way Bill wrote about it, you can see it is really a very simple straightforward way to take stock of ourselves. I can relate to this because, for years, I was a warehouseman by trade and consequently understand the importance of knowing what the stock in trade is, and what we need to do to move out the old stuff to make room for the new. It's how we keep ourselves (the business) thriving.

I'd also like to mention that one should never believe that the way we follow the text cannot change. I have had many people swear up and down that there is a fourth column in the inventory. But the picture on the

page has only three. It wasn't until a couple of guys named Joe and Charlie came along that people began to automatically add a fourth column to the writings. Please believe me, I am not advocating for one or the other. But I do see some humor in the fact that some people who claim to read only the black print and to follow the precise instructions in the text, fail to do so.

Let's face it, the important thing about inventory is to learn a way to do it, and then get it done. Even if you just sit down with someone and tell them your whole life story, leaving nothing out, you will have begun using what becomes a lifetime, lifesaving, practice. Taking accurate stock of ourselves, then sharing it with another human being in the presence of a Higher Power can be a truly a life-altering event.

Tim W.

[illegible]

## Venmo for Central Office Donations

Your Central Office is now accepting Venmo donations. Scan the QR code below  
or search for: @SBCentralOffice

**IMPORTANT:** Please indicate what Group is making the donation or what individual member is making the donation



Scan QR Code for payment

## Central Office Hours & Updates

Your Central Office is currently open from **10-2 Monday through Friday**. To limit the number of people in the office at any given time, we do keep the front door locked. So, please just knock and we will let you in. We are also happy to make arrangements to meet people outside of our normal hours. All you need to do is call and make an appointment in advance.

Despite more limited hours, we still have our 24/7 phone line, so newcomers, old-timers, and everyone in between can always find someone to talk to.

Call us at: (805) 962-3332

[illegible]

**South Western Area Conference for Young People in AA**  
**SWACYPAA 7**

Established as an annual gathering to promote participation, unity, and enthusiasm about recovery among young AAs in the region. We welcome all to help plan and prepare for a wonderful conference experience for AAs of all ages!



## Regular Committee Meetings

**Join us-everyone is welcome to attend!**

- **2nd Thursday every month @6pm**
- **4th Sunday every month @1pm**

Zoom ID: 411 164 2021  
PW: Whiskymilk

***An  
Experience  
You Must  
Not Miss....***

**Find us on Facebook to stay updated on events and meetings happening in or community leading up to the conference.**

For further details or to register, visit us at [www.swacypaa7.org](http://www.swacypaa7.org)

## Member Submission

## LEAVE IT IN GOD'S HANDS

**BY JAMES S. (SANTA BARBARA, CA)**

My name is James S. and I have been a sober member of Alcoholics Anonymous for a little over two and a half years. My story is full of all of the things that wind most of us up here, plus some. But today I have a solution to the things that trip me up in life and a way to cope with the tragedies that, even though still sober, can happen from time to time, as I am sure all reading this have learned. Sobriety is not immunity to broken hearts, catastrophe, victimization or any other daily problems of life, but what I'd like to express is hope. By doing the work, participating in my recovery, and having a relationship with God whom I call Jesus, I now have a way to react that will not destroy my life or hurt others.

I recently was faced with a situation and decision involving sexual abuse of my daughter by her mother's husband. Most fathers in that situation would say things like, "I'll kill him." I was one of those fathers that used to say things like that, and there were times in my life where I would have done that exact thing, no doubt

about it. But once faced with the unimaginable in the AA/spiritual state of mind, I found myself looking at what the best decision would be. Not for me or for my pride ("how dare someone touch my daughter"), but what would be best for my daughter. That is when I realized I had maybe finally just grown up. The answer was so crystal clear and easy to make: let the authorities do their thing and leave it in God's hands for now.

Because of my ongoing sobriety I have been able to work, save money, and be a steady influence and part of my daughter's life. This gave me the freedom to make the big move all the way across the country to be near my daughter and ultimately get custody of her and give her a safe, clean, and better environment. I am now able to be available to her if and when she needs me to be.

It's been a great move for me personally, financially, and with my quality of life to have ongoing sobriety through the AA program. My relationship with God and the help I received from a once estranged family and AA friends gave me the confidence that I could do this. And I did...big time.

[illegible]

## On the Fourth Step

*Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.*

—Twelve Steps &amp; Twelve Traditions, page 42



## March Birthdays

<u>Member</u>	<u>Years</u>
Amy	3
Scott J.	20
Nancy R.	30
Tomi Sue	34
Jonathan B.	35
Theresa C.	38
Tracey B.	39
Paul T.	39

The Messenger is published by  
YOUR Central Office.

Please send submissions to:  
manager@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 March, your Central Office had:

AA Info Calls	118
Alanon Referrals	4
Other Referrals	2
12 Step Calls	10
12 Step Office	0
Out of Town Visitors	0
Office Walk Ins	101
Website Pageviews	5,560

*"Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today."*

Twelve Steps & Twelve Traditions, page 146

# On the Fourth Step

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

## A SKETCHY FOURTH STEP

BY WAVE P. (FRESNO, CA)

I'm an alcoholic, and I'm severely dyslexic. In school I got Ds and Fs. I was able to join the military because a friend helped me pass the test. I took a job in the service that did not require reading. Later, under a federal program I was able to take college classes. In college I needed to have someone read the tests to me out loud. I also had to give my answers verbally, instead of writing them down.

I'm now in my 50s and getting As and Bs in my classes. I hope that my story gives hope to newcomers and reminds them that there is a new way to live and that you're never alone. There are people in AA who can guide you through the Steps and help you see how they relate to your life.

My journey in sobriety began in the summer of 1980. I started coming to AA because my mother paid me to take my brother to meetings. I agreed because it covered my gas and gave me a little extra drinking money. I didn't consider myself an alcoholic at that time, even though on three occasions I was sent home because I showed up to work intoxicated.

I remember someone in a meeting suggesting to the newcomers to try not to drink for 90 days. I thought 90 days wouldn't be a problem, since I wasn't an alcoholic. So I challenged myself to two years, and just about made it.

During this first period of sobriety, I got a sponsor with whom I shared some personal things. One day, when I arrived early at a meeting, I thought I overheard her talking about me to another member. That's when I decided I didn't need a sponsor and I could do it on my own. I must mention that years later I came to realize that my first sponsor probably was not talking about me.

While sponsoring myself, I went through some very difficult times, including the loss of my father. In December of 1980, he committed suicide. I was the last one to talk to him. He sounded good and we talked about things he was doing at work and plans he had. About 30 minutes after our conversation, he killed himself. I believe he was in a blackout and didn't know what he was doing. I managed to somehow stay sober during this time.

In June of 1982, I went out and had a shot of whiskey and smoked half a joint. This was the last time I drank alcohol or used drugs. I realized that I was going to be out on the street and would have to sell myself to support my habit. I was not about to do this, but I was afraid to go to a meeting in my central coast area of California. And I was avoiding the AA hotline because of a woman I knew who worked there. She had given me rides to meetings and I

had overheard her husband say that I would never get sober. So I couldn't call to tell her about my slip and prove her husband correct. Instead, I confided to my supervisor about my slip. He told me to keep it to myself and no one would ever know. But I knew. I kept thinking about what our sobriety chips say: "To thine own self be true." I realized at that point that I had to do something different. The truth is I was afraid that—like my father—I would commit suicide.

I went back to Stockton and called the man who became my sponsor until his death in 2007. He was my brother's sponsor. I liked that he knew my history through my brother. He required that every week I attend a Big Book study group, a "Twelve and Twelve" meeting, a women's meeting, an As Bill Sees It meeting, a topic meeting and a meeting with him. So, I was at a meeting just about every day. I felt confident that everything I told him would remain confidential. I did as he and other AA members suggested, staying as close to the center of the pack as possible. It was very difficult to reach out to others and confide in others in the beginning and still is, but the fear is much less than it once was.

When we met, my sponsor and I started working Steps One, Two and Three. At this time I did not have a Higher Power. In the beginning, AA meetings were my spirituality. Today, I can say that I have a creator, but the term God still makes me cringe. I now have a Higher Power that I confide in every morning, and when I hear the term God, I tell myself that "G" stands for good, "O" for orderly, and "D" for direction.

When it came time to take Step Four, I told my sponsor I could not do it because I wouldn't be able to write it down. He told me to draw pictures of the things and events in my life that harmed me. About a week and a half later I came to him with a picture book I had created. We sat down and I explained every picture to him. Using the information I gave him and the things we discussed, we were able to complete all the parts of the Fourth Step. By the end, I had a list of my character defects and a list of people I needed to make amends to. I was able to complete the Steps with the guidance of this sponsor. I continue to work the Steps, but will always remember those early days with that sponsor. I appreciate how he was able to guide me through the Fourth Step in a way that suited my learning disability.

I found a whole new way of life after working the Steps. I hope that by reading this other members will see that there's more than one way to work the Steps—as long as we're willing, open and honest.

—From the April 2015 Grapevine

# Q1 2021 Group Contributions

GROUP	Jan 21	Feb 21	Mar 21	TOTAL
83-87 Group (pages)	300.00	400.00	650.00	1,350.00
9 Palms Meeting	86.25	0.00	0.00	86.25
Armed with Facts	0.00	63.60	0.00	63.60
As Bill Sees It- Wednesday	0.00	8.00	0.00	8.00
Bed Head Ladies	660.00	561.80	0.00	1,221.80
Big Book Comes Alive Women's Meeting	42.00	0.00	120.00	162.00
Cambridge Group	0.00	100.00	0.00	100.00
Came to Believe Candlelight	48.00	0.00	0.00	48.00
Carpinteria Homeboys	100.00	55.00	23.58	178.58
Casa Serena Wednesday-Women's Serenity Grp	111.00	66.00	0.00	177.00
Conscious Contact	20.00	0.00	0.00	20.00
Eye Opener	0.00	125.00	0.00	125.00
Foundation Group	50.00	77.00	0.00	127.00
Goleta Sun. Night Speaker	10.00	77.00	0.00	87.00
Grace	20.00	5.00	0.00	25.00
Gratitude Solutions	180.00	0.00	0.00	180.00
Harbor Group	345.00	772.00	990.00	2,107.00
Here & Now #089	0.00	0.00	108.00	108.00
It's a Hell of a Deal #139	43.00	6.00	0.00	49.00
Joy in Living	55.50	0.00	0.00	55.50
Junkyard Dogs	32.00	68.00	0.00	100.00
KCB	232.50	0.00	0.00	232.50
Keep it Simple-Sat. Goleta #098	0.00	0.00	36.00	36.00
Keeping it Real	5.00	0.00	0.00	5.00
Key Group-ALL #177	23.00	13.00	0.00	36.00
Ladies Nite Thursday	20.00	20.00	0.00	40.00
LGBTQ Sunday Morning Alano	10.00	0.00	0.00	10.00
Meeting At The Mall	0.00	20.00	50.00	70.00
Men Who Have Lost Their Legs #164	75.00	36.00	10.00	121.00
Noon at the Vet's #006	0.00	0.00	125.00	125.00
Onward & Upward #019	0.00	0.00	50.00	50.00
Rigorous Honesty #067	0.00	120.00	120.00	240.00
Saturday Morning Home Boys #120	0.00	55.00	140.00	195.00
Saturday Night Sobriety Grp #130	25.00	0.00	20.00	45.00
Schooner Group #114	0.00	26.00	0.00	26.00
Sisters In Solutions #043	20.00	200.00	0.00	220.00
Start Your Day Right #156	2,730.00	1,635.00	185.00	4,550.00
Summerland/Montecito Thursday #183	2.00	0.00	0.00	2.00
Sunday Night Speaker Meeting Goleta	0.00	2.00	0.00	2.00
Sundowner Friday	252.00	0.00	0.00	252.00
Sundowner Group #011	40.00	34.00	0.00	74.00
surrendering fear	0.00	20.00	102.00	122.00
Thursday Ladies Nite #180	20.00	0.00	0.00	20.00
Upon Awakening-Daily Reflections	0.00	0.00	100.00	100.00
Upper Village People	0.00	50.00	0.00	50.00
Voices of Women	0.00	0.00	150.00	150.00
Way of Life #117	5.00	0.00	0.00	5.00
Wednesday's Women	3.00	0.00	0.00	3.00
<b>TOTAL</b>	<b>5,565.25</b>	<b>4,615.40</b>	<b>2,979.58</b>	<b>13,160.23</b>

**CENTRAL OFFICE**

**14 W. Anapamu Street**  
**Santa Barbara, CA 93031**  
**(805) 962-3332**

