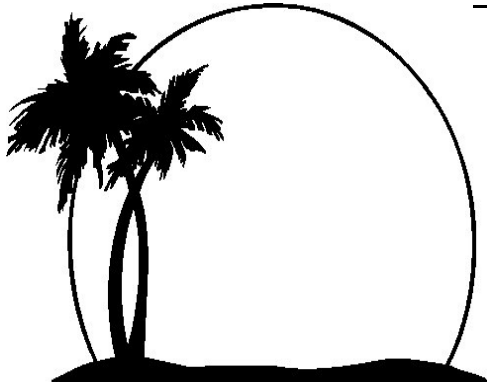


October, 2021



Your Santa Barbara Central Office

Presents

The Messenger

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



The Manager's Corner

BY TIM W.

We learned how to take our own inventory and share it with another human being in the presence of God when we did Steps 4 and 5. We probably discovered that it wasn't as hard or as scary as we thought it was going to be. If you're anything like me it turned out to be more difficult to make that 8th Step list and begin, with Sponsor direction, to start making amends to those we had harmed. Maybe we realize that this process may take us a long time. First to become willing, then to talk it over with a Sponsor, and then to ultimately make the actual amends by looking someone in the eye, telling them what we'd done, expressing regret, and asking how we can make things right. That whole process takes a lot of heart, and most of us have had to lean heavily on our Higher Power to find the courage.

Now we arrive at Step 10, which can be a relief, because we realize that we already know how to do this

process. We learned it in 4 and 5. Some of us continue to do written inventories, some of us do them in our head, and some of us do them verbally with another alcoholic like our Sponsor. Whatever the method one choses the fact is that we now possess a powerful tool in our arsenal that we can utilize to help us stay grounded on the straight and narrow.

Personally, I use the gut check method. If there is something disturbing me in my mind and in my gut, I now have a tool (inventory) that I can use to help myself figure it out. What's the emotion or situation? What's the cause? What is affected in me? And what's my part? This is something I can usually do fairly quickly with practice. So I utilize it to keep myself on a peaceful, even keel. For me, it works, it really does.

—Tim W

[illegible]

Venmo for Central Office Donations

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

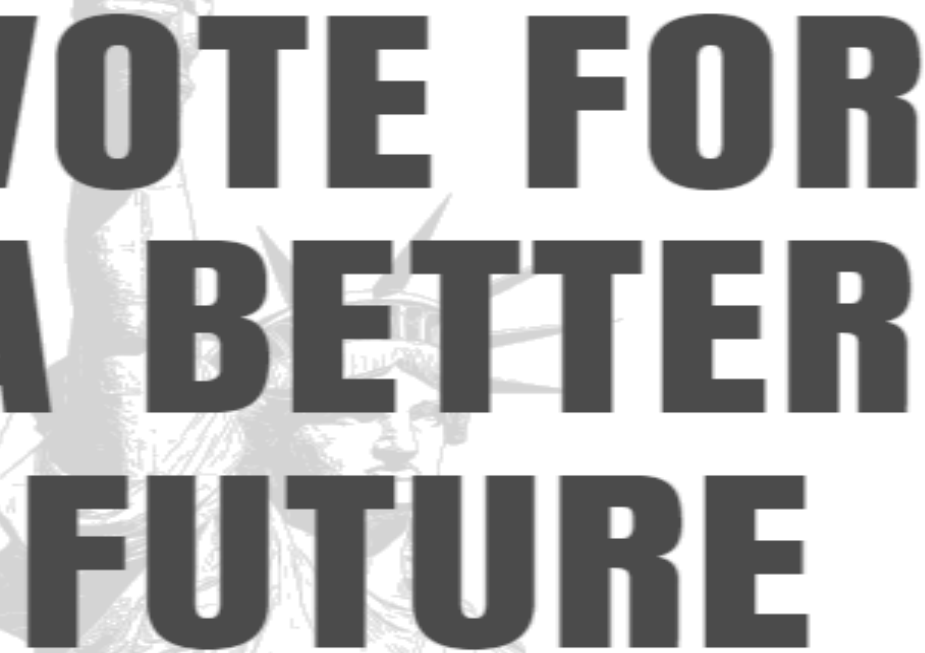
IMPORTANT: Please indicate what Group is making the donation or what individual member is making the donation



Scan QR Code for payment

SBYPAA ELECTIONS

**Saturday, October 23 @ 1PM
14 West Anapamu Street**



VOTE FOR A BETTER FUTURE

THE TIME IS NOW.

**Santa Barbara Young People in
Alcoholics Anonymous**

On Step Ten

"Continued to take personal inventory and when we were wrong promptly admitted it."

PAUSE BUTTON

It was a vacation in paradise. So why was she getting into people's faces at every turn? Step Ten to the rescue.

BY DOROTHY G. (STATEN ISLAND, NY)

I recently went on a sober vacation in a beautiful paradise-like setting. And yet, despite the wonderful surroundings, I found myself in the position of having to practice the Tenth Step not once, but twice.

First, I had to apologize to a woman whom I'd never even met before because I was quite rude to her almost as soon as I arrived. I was talking with the trip organizer about the fact that I had been assigned the wrong room. This woman joined the conversation. As we had who no idea who she was, I said in a voice just dripping with sarcasm, "And you are?" She promptly answered that she was the organizer's wife. She then stormed off, calling back to her husband that she would see him later.

I gave her no thought in the moment. My focus was on getting the right room because that trip was all about me. It was my vacation.

But as the day wore on, my behavior wore on me. I didn't like what I saw or felt myself doing. I saw the woman alone that night waiting for the meeting to begin. I took a deep breath and made my Tenth Step move.

I reminded her who I was, which turned out to be unnecessary. She remembered exactly who I was. I apologized to her for my earlier rude behavior. Her whole face changed, as did her demeanor, and she said that my apology meant a lot to her. In that moment, I could see that I had really hurt her feelings. Who knew I had that much power over a stranger? But words can wound both stranger and friend.

Thinking all was now well, I held out my hand. I said, "So, friends?" To which she replied, after a long pause, "It's a start." That was all I could ask for.

The second Tenth Step opportunity that I created occurred at the airport on the way home. The trip was hot and hectic from the start. By the time we got to our flight connection, everyone's nerves were frayed.

Two women were in front of me at the customs desk, but I interrupted to ask a brief question of the customs agent. Hey, it's all about me, right? The women took offense at my interruption. I nastily replied, "Oh, so what."

This time I immediately felt bad. Still, I kept walking. But wouldn't you know it, we met again on the line for our connecting flight. I apologized, they graciously accepted and we began talking like we were old friends.

For me, the Tenth Step is really two parts. First, I ask whether I was wrong. Back when I was drinking, the words, "when we were wrong promptly admitted it," were completely foreign to me. They might as well have been written in another language. My default when in the wrong was to lash out with angry words and place the blame anywhere but with me. It was a way I used to let off steam when under pressure. I realize now, in sobriety, there are better ways to let off steam.

Second, I admit I was wrong. When I was active, I was never wrong. In sobriety, I find I am indeed wrong sometimes, and it's not the end of the world as I know it. This amend can be tricky because I'm never sure how the person will react to an apology. Will they be gracious and forgiving like the women in the airport? Will they be unforgiving and cold? I've decided it doesn't really matter how the person reacts. I've done my part by apologizing. That's all I can do.

I can rationalize my way out of feeling the need for a Tenth Step action. It's easy to justify conduct that was hurtful, wrong, dishonest or inappropriate. But if I have to rationalize my behavior away, chances are good an apology is necessary.

I may try to justify my actions by saying I had good reason to do what I did. I may say he or she had it coming. But do my motives and reasons for what I did really matter when I know my actions have hurt someone? If I step on someone's toe and say I'm sorry, their toe still hurts and needs attention.

When I promptly admit I was wrong, I help myself feel better by not stewing in guilt or suffering the pain of delay. I prevent the wrong I've done from taking up space in my head and dragging me down.

In practicing Step Ten, I learn behavior that can prevent the need for future apologies. I begin to cultivate a pause button, so to speak, and allow for a pause between the thought and the action or words.

After seeing that woman's face change so much that day, I do believe there's magic in the Tenth Step—for everyone involved.

—From the October 2016 Grapevine



September Birthdays

<u>Member</u>	<u>Years</u>
Kim	4
Matt D.	4
Lynn G.	4
Tyrell M.	5
Alycia V.	6
Gabe	6
Tobias H.	6
Ron	6
Aaron	7
Sergio	8
Joel E.	10
Angela P.	11
Taryn M.	13
Sal S.	18
Donny H.	20
George C.	23
Samantha M.	26
Erin	31
Charlie A.	31
Bflor	32
Phil J.	37
Ron N.	37
Ed C.	38
Kathi W.	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 September, your Central Office had:

AA Info Calls	127
Alanon Referrals	1
Other Referrals	3
12 Step Calls	1
12 Step Office	0
Out of Town Visitors	1
Office Walk Ins	192
Website Pageviews	7,152

"Courtesy, kindness, justice, and love are the keynotes by which we may come into harmony with practically anybody."

Twelve Steps & Twelve Traditions, page 93

On the Tenth Tradition

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

LOTS OF OPINIONS

A member with strong views shares what she's learned about tolerance, compassion and Tradition Ten

BY D.T. (YAKIMA, WASHINGTON)

I have worked to understand how Tradition Ten and Tradition Five connect to our singleness of purpose. The idea that we should not draw the AA name into public controversy made sense to me from the start. I've read the history of the Washingtonians and found it a relief to know that, no matter what the latest issue is in the world at large, in an AA meeting I do not have to hear anybody's opinion on it.

Meetings for me are a place of recovery and safety, where we are free from having to pick sides or decide what is right or wrong for the future of the country. My only purpose in attending an AA meeting is to help the alcoholic who still suffers, which, as I found out, isn't always necessarily the newcomer. My experience has shown me anyone at any time can be the one in need, including myself.

As I studied the Traditions with my sponsor, I began to understand the importance of AA not having an opinion on outside issues at the public level. That is a very sensible policy. But I still held onto my personal opinions. I continued to attend public rallies on controversial issues I felt passionate about. That, I felt, was OK. I was not breaking the Traditions by doing so, as I did not represent AA. These were personal matters that I participated in.

As time passed and my understanding of how to live a sober, happy life grew, I began to think about my passion for those controversial issues I rallied for in the public eye and how my participation would appear to my fellow AA members who may also be passionate for the same issue, only from the other side. What might

they think if they saw me rallying and I then sat in a meeting with them and spoke of compassion?

I had to ask myself: Was I concerned about what they thought or what I thought? Could I really honestly believe that while in a meeting, I was able to turn my opinions off and feel true compassion for the alcoholic sitting next to me who did not believe as I believed?

The Big Book states how some of us tried to hold onto our old ideas. Did that apply here? I have discovered that, for me, my outside activities were a barrier that prevented me from reaching the next level of the Traditions. Having strong, vocal opinions on outside issues, for me, creates a separation, a feeling of right and wrong, good and bad.

The Big Book also warns of resentments being the dubious luxury of normal men, but for alcoholics, these things are poison. Can I apply that same warning here with those opinions I held in such high regard as defining who I was?

It took me close to 13 years of consideration to come to this point of view about my opinions on outside issues. I believe fear prevented me from seeing this, fear of who or what I would be without my strong opinions. What I have found is that trust in a power greater than myself, along with a willingness to allow my opinions to melt away, has eased the fear, and it is being replaced with tolerance, compassion and unconditional love, not only for the still-suffering alcoholic, but all living beings.

When I truly feel this at a deep personal level, I no longer have fear of breaking the Tradition. Understanding the Traditions in this way has provided me with a vital connection to AA as a whole, which is one reason why the Traditions work.

—From the October 2018 Grapevine

"I believe fear prevented me from seeing this, fear of who or what I would be without my strong opinions."

Group Contributions to Central Office

GROUP	Jul 21	Aug 21	Sep 21	TOTAL
11th Step Prayer & Meditation #062	0.00	0.00	72.00	72.00
83-87 Group (pages)	30.00	0.00	500.00	530.00
83-87 Group (pages) Zoom	0.00	500.00	0.00	500.00
9 Palms Meeting	78.00	85.00	0.00	163.00
Armed with Facts	0.00	0.00	121.60	121.60
As Bill Sees It- Wednesday	10.00	0.00	0.00	10.00
Back to Basics NHIII#161	0.00	0.00	39.00	39.00
Bed Head Ladies	825.20	0.00	317.00	1,142.20
Bedheads	0.00	100.00	0.00	100.00
Big Book Comes Alive Women's Meeting	30.00	0.00	0.00	30.00
Briefly Big Book-Goleta	10.00	0.00	0.00	10.00
Came to Believe Candlelight	0.00	80.00	0.00	80.00
Carpinteria Homeboys	800.00	2.00	15.00	817.00
Carpinteria Study Group	0.00	0.00	42.00	42.00
Casa Serena Wednesday-Women's Serenity Grp	0.00	0.00	130.51	130.51
Dubious Luxury	56.00	0.00	60.00	116.00
Eye Opener	0.00	25.00	330.30	355.30
For Women Only Thursday Night	0.00	0.00	200.00	200.00
Foundation Group	109.60	96.00	202.00	407.60
Grateful Group	10.00	0.00	0.00	10.00
Harbor Group	479.00	537.99	641.24	1,658.23
Here & Now #089	0.00	140.00	0.00	140.00
Hospital & Institutions (H&I)	0.00	49.00	0.00	49.00
I Know!	0.00	0.00	53.00	53.00
Junkyard Dogs	20.00	0.00	0.00	20.00
KCB	206.50	0.00	0.00	206.50
Keep it Simple-Sat. Goleta #098	10.00	0.00	0.00	10.00
Ladies Nite Thursday	83.00	0.00	0.00	83.00
Men on a Mission #191	66.00	0.00	0.00	66.00
Men Who Have Lost Their Legs #164	176.00	277.20	0.00	453.20
Munch Bunch	10.00	0.00	0.00	10.00
New house II speaker	0.00	187.86	0.00	187.86
Nine Palms	0.00	20.00	0.00	20.00
Noon at the Vet's #006	0.00	0.00	100.00	100.00
Noon Men's Carp.	0.00	0.00	33.00	33.00
Noon Step Study-Goleta #005	10.00	0.00	0.00	10.00
On Awakening	0.00	64.00	0.00	64.00
Rigorous Honesty #067	120.00	120.00	120.00	360.00
Saturday Morning Home Boys #120	7.00	0.00	0.00	7.00
Schooner Group #114	25.00	0.00	0.00	25.00
Serenity by the Sea	150.00	0.00	130.00	280.00
Serenity Sisters	0.00	75.00	0.00	75.00
Sisters In Solutions #043	0.00	0.00	5.00	5.00
Start Your Day Right #156	1,357.67	932.00	1,050.00	3,339.67
Stepping Stones Women's Mtg #068	60.00	75.00	135.00	270.00
Sunday Night Speaker Meeting Goleta	0.00	0.00	1.00	1.00
Sundowner - Zoom	0.00	265.50	0.00	265.50
Sundowner Group #011	211.00	750.00	0.00	961.00
surrendering fear	100.00	0.00	0.00	100.00
The Loft-Sunday	2.00	2.00	0.00	4.00
The Loft-Wednesday	43.00	0.00	0.00	43.00
There is A Solution #022	0.00	0.00	20.00	20.00
Thursday Ladies Nite #180	0.00	50.50	0.00	50.50
Women's Big Book Study	20.00	27.00	0.00	47.00
Women's BB Study Carpinteria	0.00	192.00	0.00	192.00
Zoom Your Day Right	0.00	613.80	599.24	1,213.04
TOTAL	5,114.97	5,266.85	4,916.89	15,298.71

CENTRAL OFFICE

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