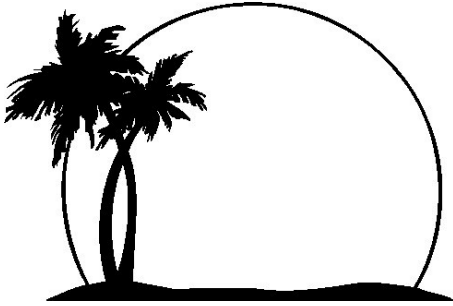


*July, 2022*



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)

## **DID YOU KNOW?**

GSO has announced a “Story Solicitation” for a **Fifth Edition** of the book Alcoholics Anonymous!

“In response to the 2021 General Service Conference Advisory Action requesting the development of a Fifth edition of the book Alcoholics Anonymous, the trustees’ Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

The trustees’ Literature Committee is searching for recovery stories of our members for possible inclusion in the Fifth Edition which are from a broad cross-section of our local communities, all stories are of value. As Bill writes on page 29 of the book Alcoholics Anonymous: “Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, “Yes, I am one of them too; I must have this thing.”

The suggested format for typed manuscripts is 3500 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately five to six pages.

Further information on where to submit your story will be provided to the Fellowship through Box 4-5-9, the A.A. website and more. If you have any questions, please write to **5BBStory@aa.org**.

If you would like a complete copy of the GSO announcement, feel free to email your request to **manager@santabarbaraAA.com**.

## The Manager's Corner

Dear Ones:

It's July 1st as of this writing. Where does the time go?

Happy Independence Day!! Happy Fourth of July!!

Since beginning my new position (May 23rd ) as manager of Central Office, I have learned a lot already. I was always interested in knowing how the office functions, what the Board of Directors do, etc. If you are interested too, here is some basic information. If not interested and you think this kind of stuff is a snooze fest, then nothing to see here. "The purpose of the Board [of Directors] shall be to perform the local functions of and,

to the extent required, operate and maintain the Central Office; and to participate in other activities of Alcoholics Anonymous in the territory covered by this Board, all in accordance with Alcoholics Anonymous Traditions; ... " Duties and responsibilities of the Board shall be to conduct the routine business affairs of the Committee through special meetings where necessary; and to oversee and supervise the conduct of the Santa Barbara Central Office and its affairs. Any decisions made by the Board is by majority vote.

*Continued on next page...*

XXX

**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

## **Manager's Corner cont...**

### **THE BOARD OF DIRECTORS**

The Chairman, Vice-Chairman, Secretary and Treasurer shall be elected by the Central Steering Representatives at the regular November monthly meeting. The sobriety requirement for each office is Chairman = three years; Vice-Chairman = three years; Secretary = two years and Treasurer = three years. There is also a Member-at-Large who is selected by the Board. There is a one year sobriety requirement for that position.

Our Central Office Board of Directors include: John C., Chairman; James Von E., Co-Chairman; Ali E., Secretary; Jim D., Treasurer, and Taryn M., Member-at-Large.

All officers serve for a term of two years; Board members should alternate off, leaving at least two members from past board for continuity. Of course, the Officers of the Board shall receive no compensation.

Sadly, James has recently announced to the Board that he will be moving to LA at the end of July to support his wife Amanda while she attends law school at Southwestern School of Law. We will miss you, James! I'm happy for you and your new adventure!

### **YOUR CENTRAL OFFICE STAFF AND VOLUNTEERS**

The staff and volunteers at Central Office keep day-to-day operations of the office running like a fine-tuned automobile. They include Alice H., Asst. Manager, aka Special Worker and volunteers, Kirsten S., Will P., Conor I., John B., Kate L., and Hal. Other volunteers who fill in from time to time are Robb M.; Martha M. and maybe some other subs I have not met yet.

Pardon me for not including you here.

Other volunteers who devote their time, energy, and expertise to your Central Office are: Taylor D., our website and zoom room coordinator and creator of the zoom schedule as it appeared.

Was that so crazy? No meetings!? Oh my, say it isn't so!! Hats off to AA for finding a quick solution to that problem. And hats off to Taylor for getting those meetings up on the website.

Noah D. puts the Messenger together and posts it on the Central Office website and we have a super talented QuickBooks volunteer person who keeps the system up and running!

Thank you ALL for your invaluable support and service to our Central Office!! You're all going to heaven!!

Warm regards,  
Theresa C.



AA Info Calls.....71  
Out of Town Visitors.....1  
Office Walk Ins.....222  
4th of July Picnic.....400+

Why do we publish these statistics and **why do you care?** Well, Central Office provides **important services for our community** and you can see how those can **help the suffering alcoholic**. What if no one answered the 81 calls? **What if no one answered when you called?** Fine, you've already got yours, but what if no one answered when your son, daughter, brother, mother, father, friend called? **This is our responsibility.**

**Hospitals & Institutions  
(H&I) Service Committee  
Meeting  
Meets the 2nd Mon. of the  
month  
at Your Central Office  
5:30 Orientation for new  
members  
Business meeting as usual  
6:00 p.m. – 7:00 p.m.**

**Santa Barbara Young  
People's AA  
SBYPAA Service  
Committee  
Meets at your Central  
Office the 1st and 3rd  
Wednesday  
6:00 p.m. - 7:00 p.m.**

**General Service  
Committee (GSR)  
District 23  
Meets the 1st Mon. of the  
month  
6:00 p.m. – 7:00 p.m.  
Zoom ID – 854 898 114  
Password – 061035**

**S.B. Intergroup (IGR)  
Meets the 2nd Tues. of the  
month  
6:00 p.m. – 7:00 p.m.  
Zoom ID – 885 2339 5123  
Password – 433031**

## Action and More Action

There is something auspicious and wonderful about the availability and organization of these steps, maybe its because Ive lived in the thick of the chaos theory for so long. Thankfully and more importantly the time did come when I wanted more. The block of steps that current has me is 5, 6 and 7 as they are proving to absolutely providential.

My latest rendition has me stretching out step 5 and folding it into June and July instead of cramming and rushing through a seemingly endless list solely into the month of May. This way I can tackle each resentment methodically, replace it with humility by sharing it with the Universe and another human being, then I get to ask for grace enough to see my character defects, finally and humbly seek there removal as only in this state can it work.

I certainly am grateful someone in relatively modern times formulated a step-by-step process for me to Forest Gump my way through my garbage. I need it simple because I am complicated. The good fortune I have encountered and the folks Ive met along the way has me in awe. What a great stroke of luck it is to be alcoholic in this age of miracles.

Sincerely,  
Dalton E (A wayward sailor)

*Note from the Editor - We would love to hear your experience with the steps. Please share your experience with us at **manager@santabarbaraAA.com***

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.*

303 Years of Sobriety.  
Happy Birthday!!!



## June Birthdays!!!

Member	Years
Christina	1
Stephen B	1
Carly	1
Jessica	3
Robert	4
Jessica D	4
Gunnar S	4
Jeremy H	6
Eric J	10
Snoop	12
Ricahard W	14
Donette B	25
Chuck B	27
Mike H	27
Dan B	28
Beverly J-S	28
Polly M	30
Scott G	31
Mike G	47

## ***CENTRAL OFFICE***

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Santa Barbara, CA 93031

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