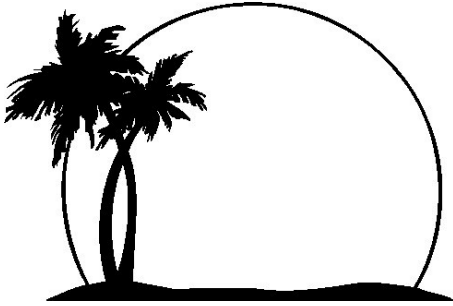


August, 2022



Your Santa Barbara Central Office Presents

The Messenger

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

Sobriety Diet

I recently watched a study on TV discussing why diets don't have the impact that so many people expect them to have. The primary reason being the misunderstanding of the word "diet", in thinking it's a temporary change for a long-term fix. When beginning our journey into sobriety I believe a majority of us initially fall victim to similar assumptions. Much like the term diet, sobriety is not meant to be a temporary change but a life change. An upgrade in not just our beliefs, but our surroundings, life-style, and self-awareness as well.

I'm a firm believer in what we set our hearts and minds to, we can achieve. If a life change is what we seek through sobriety, we must first be willing and open to making adjustments to ourselves. Choosing those we keep around us in order to both maintain and flourish in the new life that comes with it. As we must take in the proper nourishment for a diet, so too must we take in the words of the big book to nourish our self-worth. With that guidance, along with the support of our family in sobriety, we possess all that is needed to make our change an imperishable one. So I encourage everyone to not just witness but partake in their own sobriety diet and know that you're never alone in your quest for spiritual nourishment.

Mr. A.D. H.

The Manager's Corner

Lots of fun things happening in our AA community! Sober softball, Convention in SLO in a couple weeks; the South Bay Round Up in Redondo Beach in September; and don't forget the infamous Stateline Retreat 2022 in Las Vegas (see info in the next pages)!

The Santa Barbara Men's softball team, Came to Believe, won first place in the 34th Annual Central Coast Sober Softball Tournament a couple weeks ago! *And*, the Came to Believe Women's softball team came in first place in their division at the same tournament! The men won the upper division 6 and 0! The women won their division 6 and 1. Santa Barbara was well represented in the sober softball community!! Good show! Well done!! Congratulations!!!

The K.I.S.S (Keep It Simple Stupid) softball men and women's teams are on their way to Colorado this week to participate in 24th Annual Rocky Mountain Regional Softball Tournament.

XXX

This bonanza includes meetings, food, sobriety countdown and yeah, softball thrown in!! If you are new and are looking for fun things to do, sober softball might be your ticket!! Having participated in sober softball myself 35 odd years ago (eek) I can attest to its fun(ness).



Fun-ness isn't a word.

AA Central Office Board Member Update: Taryn M. has taken James Von E.'s place as Vice-Chairman, -Chairwoman? – Chairperson! Bruce H. has replaced Taryn as our Member-at-Large. Thank you for taking on these important commitments!!

The Squirrel Crossing and Goleta Sunday Night Speaker meetings are no longer meeting.

Lastly, please join our Area 93 Delegate who is reporting to us via zoom about the annual 2022 AA General Service Conference!!

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

38TH SOUTH BAY ROUNDUP CONVENTION

THEME: CHANGE OUR POINT OF VIEW

SEP 02 - SEP 05, 2022

Convention Status Summary

The 2022 South Bay Roundup planning has begun. This section identifies important facts about this years roundup

- The Roundup is **Labor Day Weekend, September 2 - 5, 2022.**
- This years Roundup will be in-person at the **Sonesta Hotel in the Redondo Beach Marina.**
- If you are attending the 2022 Roundup you can pick up your merchandise on-site, beginning Sept 2. If you are not attending the 2022 Roundup we will ship your purchased merchandise at the end of August.
- If you have any questions you can **submit an inquiry** online by pressing the "Inquiry" button above, or call the **Hotline: 310-354-7660**

Please check out this website for further updates. We will keep you informed.

May God bless you and keep you safe!

Your South Bay Roundup Committee

Overview

Thank you for joining our celebration. Each person who comes to the South Bay Roundup adds to the power and magic of our program – that it works – it really works. Putting together this event requires the efforts of hundreds of South Bay AA's, Al-Anons, Alateens and friends. Since last winter, they have put in their time, their talents and their love to make their party happen. We know they have received the internal rewards of spiritual growth, greater self-esteem and increased connection to others, but we would also like to take this opportunity to publicly thank them all. Some of them have been listed in this program and most have a ribbon on their badge. If you want to thank them personally...give them a hug!! (us too!)

The Southbay Roundup's purpose is to bring people together, so they can celebrate there sobriety with family and friends.

For details - <https://rcs.squaredroot.net/convention/view/1>

'DID YOU KNOW'

Monthly contributions can be made to your Santa Barbara Central Office automatically via credit card, bank account or venmo? Some how I missed this memo. It's so easy to sign up. We have a form ("Recurring Payment Authorization Form") you can fill out or you can simply call the office (805) 962-3332. The generosity and support (both financial and volunteer time) by our AA community to Central Office warms my heart. We are truly blessed (or lucky?) to live in such a beautiful and supportive AA community. Thank you!!

That there is a printing error in the "Twelve Steps and Twelve Traditions"? Alcoholics Anonymous World Services, Inc. has recently informed us that "Due to a typographical error, the text of the Long Form of Tradition Eight was inadvertently repeated in the Long Form of Tradition Nine (Page 177). The accurate text of Tradition Nine appears on Page 178.



**PLEASE JOIN OUR AREA 93* DELEGATE
who is reporting back to us about the annual
2022 Alcoholics Anonymous General Service Conference**

The report will summarize discussions and decisions that were made at the Conference held on Apr 24–30 that affect Alcoholics Anonymous as a whole & you as individuals in the USA & Canada.

It is sure to be interesting and informative.

Saturday, August 13, from 1:30 – 3:00p

Zoom: <https://us02web.zoom.us/j/9368342725?pwd=UllUdzl4bmE4K2pabHlGVkNzc3hjZz09>

Meeting ID: 936 834 2725

Passcode: 061035

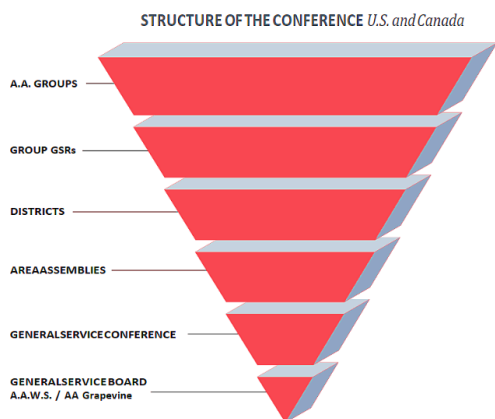
One tap mobile

+16699006833,,9368342725#,,, *061035#

Dial by your location: 669 900 6833 US

**STRUCTURE OF U.S./CANADA
GENERAL SERVICE CONFERENCE**

THE "UPSIDE-DOWN TRIANGLE"



*Did you know: U.S./Canada service structure has NINETY-THREE AREAS that are part of one of EIGHT REGIONS

Stateline Retreat 2022

December 8, 9, 10 and 11

The Original Woodstock of AA

Register Online at our Website: www.statlineretreat.com

AA Info Calls.....84
Out of Town Visitors.....1
Office Walk Ins.....210
Al-Anon referrals.....3

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**



Friday, August 19th
ZOOM ONLY
 + Golf Tournament at Avila Beach

Saturday & Sunday,
August 20th & 21st, 2022
VETERANS HALL

801 Grand Ave, San Luis Obispo, CA 93401

FRIDAY NIGHT ZOOM
 ZOOM #818 439 7723 No password required

8:00 PM Friday Night Welcome Speaker
DENNY S - Woodland Hills, CA

ONSITE REGISTRATION
STARTS 8AM SATURDAY
SAVE TIME & MONEY - PRE-REGISTER ONLINE!
 ONLINE REGISTRATION \$25 • ONSITE REGISTRATION \$30

MAIN STAGE SPEAKERS

SATURDAY, AUGUST 20

9:00 AM	Speaker Workshop	RALPH W - Los Angeles, CA
1:30 PM	Young People's Speaker Meeting	LAURIE K - Davis, CA
3:30 PM	H&I Speaker Meeting	KEN M - Vacaville, CA
5:30 PM	Family Meeting Speakers	ROBERT & SHANA B - Camarillo, CA
8:00 PM	Saturday Evening Speaker	LESLIE S - Powder Springs, GA

SUNDAY, AUGUST 21

10:00 AM Sunday Spiritual Speaker Meeting **CYNDI M - Louisville, KY**

ALANON MEETINGS

Held in the American Legion Lounge (behind Vets Hall) except where noted

FRIDAY, AUGUST 19

4:00 PM Steps 1, 2 & 3 (Zoom Only, #818 439 7723 No password required)

SATURDAY, AUGUST 20

9:00 AM Steps 4 & 5

11:00 AM Al-Anon Luncheon & Keynote Speaker - Sarah C - Phoenix, AZ
SOLD-OUT (Marriott Courtyard Hotel)

1:00 PM Steps 6 & 7

3:00 PM Steps 8 & 9

5:30 PM Family Meeting Speakers - ROBERT & SHANA B - Camarillo, CA
(Vets Hall Main Stage)

SUNDAY, AUGUST 21

8:00 AM Steps 10, 11 & 12

AA MARATHON MEETINGS

Held in the American Legion Hall, behind Vets Hall

Meetings start Saturday at 8am and run every hour until Sunday morning, 9am.

T-shirts and coffee mugs will be minimal onsite, but there is still time to add them to your previous registration by 7/31! Go to your MyD22.org link to update your order.



REGISTER NOW!
VIEW FULL SCHEDULE AT
WWW.MYD22.ORG



GET INVOLVED!
VOLUNTEER
OPPORTUNITIES
STILL AVAILABLE!

ACTIVITIES

Golf Tournament

Friday 8am

5K Fun Run/Walk

Saturday 8am -
Meet in Parking Lot

Pancake Breakfasts

Sat. & Sun. 8am

ANGELA K and HER ALL-STAR BAND

Sat. night after Speaker Mtg.

Bull's World Famous BBQ

Saturday 4pm

Sobriety Countdown

at Sat. night Speaker Mtg.

Recovery Movies

American Legion Lounge
between Alanon Mtgs.

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.***

2025 International Convention MEMBER ENGAGEMENT SURVEY

As many of you may know, planning is already underway for the 2025 International Convention that will be held July 3-6, 2025, in Vancouver, B.C., Canada.

Given the impact and uncertainty of the Covid-19 virus, it is vital that we obtain feedback from the Fellowship as it relates to domestic and international travel, attendance at large events, and thoughts regarding an in-person event with a partial, limited virtual component, and incorporate the feedback in our planning. We anticipate that the following survey will be one of several dispatched during the planning process so that we may remain current with the thoughts of the Fellowship.

Kindly take a few minutes and answer the questions below. Your responses are of great value in helping us to better plan for the International Convention. (All responses are anonymous.) **Please respond by October 31, 2022**

<https://survey.zohopublic.com/zs/UhCs6p>

Thank you.

July Birthdays!!!

Member	Years
Christina	1
Juli A	1
Eric C	1
Sara S	3
Katie	4
Vinnnie	4
Anne Maries	5
Cyrena H	5
Paul	6
Ashlee I	7
Matt M	10
Sosanna	11
David F	12
Anthony B	17
Arno J	21
Andy G	29
Vickei	30
Angie G	32

CENTRAL OFFICE

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Santa Barbara, CA 93031

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