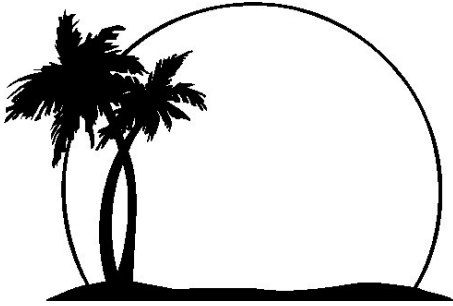


September, 2022



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)

**Step Nine. “what an order, I can’t go through with it”**

Why? Because it takes a lot of courage to seek out those we have harmed, to be vulnerable, and to have no expectations of how the person we are making our amends to will react. To put myself in a position to be lambasted. And not to react in a defensive manner, accusing them of harming me as well, or resorting to a bunch of excuses.

And “courage” was something I had relied on alcohol to supply for years in stressful situations. Beginning in high school, asking the girls to dance, putting on the cool guy act with the other boys so as not to get picked on or bullied. Alcohol allowed me a false persona, fueled by “liquid courage”

Fortunately as a newcomer the old-timers, and my first sponsor told me to work the Steps in order, not to worry about Step Nine. I wasn’t anywhere near ready for that. Of course I wanted to jump ahead and collect all those awesome sounding Promises. But my fear and lack of “liquid courage” kept me from being ready to take the required pain to be “painstaking”

Working Steps One to Eight gave me the time I needed for that. Many months of meetings, gaining trust and faith in Steps Two and Three. Getting honest and clarity working Four and Five. Gaining Willingness and a deeper belief that God as I understand God could help me to be less baffled and more reliant on God. Spotting how much God was doing for me what I could not do for myself. And listening to others in meetings share their experiences, and strength making their amends, which gave me Hope.

When the time was right I made my amends with my chief resentment, my father first, my mother and then my two brothers.

My sponsor guided me to write a letter to my first love, who broke my teenage heart, and to let go of the pain I had lugged around for decades wallowing in self pity. It took four rewrites before my sponsor said I had finally cleansed the letter of ego and resentment lol!

Continued on page...3

## The Manager's Corner

### DID YOU KNOW?

Central Office has a "Secretary Handbook"? If you have recently been elected as secretary of a meeting, OR started a new meeting, please come in and get a very informative handbook to help you run your meeting smoothly. The Handbook contains lots of interesting information. Just a suggestion. Your Central Office also has meeting formats that contain the Introduction, Chapter 5, the Twelve Traditions, etc.

advised that the Vet's Hall has been booked for next year!! It will be held October 13, 14, 15, 2023. If you would like to volunteer to be on the Convention Committee, please feel free to call Central Office or email me at [manager@santabarbaraAA.com](mailto:manager@santabarbaraAA.com) and leave your contact information. I will be happy to pass it on to the Committee. Convention Committee meetings are held every 2nd Thursday at 6:00 p.m. at your Centra Office. The next planning meeting is September 8th . Let's go!!!!!!

**Santa Barbara Convention:** Sadly, this year's Santa Barbara Convention has again been cancelled. But, happily, I am

XX

**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

## Continued from page 1 (Step Nine. “what an order, I can’t go through with it” )

At my Fifty Year high school reunion I met up with two brothers who were my close friends at school. We were having a good time talking about where their lives had taken them. Neither were drinkers, even back then. I could have just left it at laughing about the old times. But suddenly I knew my Higher Power was ready to act, and I told them I needed to make my amends to both of them. Letting them know that their friendship had been very important to me, but that my alcoholism took over my life. I sacrificed their bond of love and respect for the life of a drunk.

After listening intently they told me how grateful they were I had found sobriety. But then they went a step further. At our Ten Year reunion I of course got smashed and passed out while talking to them. They told me how hopeless they felt, not knowing what they could do. So for many years they carried a guilt, a sense of shame that they had to abandon their friendship with me. They just couldn’t witness my self destruction. They accepted my amends to them, and then made their amends to me! I sure didn’t see that one coming.

We all left that night feeling a new freedom and a new happiness. No longer did any of us need to regret the past. The power of Step Nine is indeed worth overcoming the fear of the pain, in order to become painstaking.

Yogi Berra said “When you come to a fork in the road,  
Take it”

When your Higher Power gives you the opportunity, and the courage to make any amends to anyone, take it. Why? Because those appealing Promises only can materialize if and when you’re halfway through, and take the actions of Step Nine

--

Best Wishes and Cheers!  
Michael T.

*You can't have a good day with a bad attitude, and you can't have a bad day with a good attitude*

## **ANNOUNCEMENTS**

**Monday Night Mother Group** meets at the Alano Club at 8:00 p.m. The Last Monday of the month is birthday night with a 30 minute speaker! Sobriety countdown too! 1 to 11 months; 29 days down to 1 day! Weeeee!!!!

**Call for Stories:** "AA for the Older Alcoholic – Never Too Late" If you are an older alcoholic and got sober after the age of 60, the General Service Office (GSO) would like to hear from you. They are updating the pamphlet. Deadline for submission to GSO is September 23, 2022 and can be made via e- mail to [access@aa.org](mailto:access@aa.org). Please contact [manager@santabarbaraAA.com](mailto:manager@santabarbaraAA.com) if you would like more information or give us a call.

### **County Jail**

Santa Barbara County Jail has contacted Central Office and advised they are accepting applications for jail panel members to bring meetings into the inmates. They stated: "...we are starting from scratch" in our post-Covid world as it's been 2+ years since any of our volunteers have been behind the walls." This means everyone interested in bringing a meeting in to the jail has to fill out a new application. If interested, please call Central Office (805.962.3332) or email us at [manager@santabarbaraAA.com](mailto:manager@santabarbaraAA.com) and we will send you an application.

### **What? A Conference in France?**

Yes, it is true, there is an International Convention in Biarritz France

**When:** October 7-9, 2022

**Theme:** Love and Service

**Want to know more?** Visit <https://aaconventionbiarritz.com> or contact your central office. Also, they have a direct email [babanglophonegroup@gmail.com](mailto:babanglophonegroup@gmail.com)

AA Info Calls.....	66
Out of Town Visitors.....	6
Office Walk Ins.....	205
Al-Anon referrals.....	6
12 Step Calls.....	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**

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.

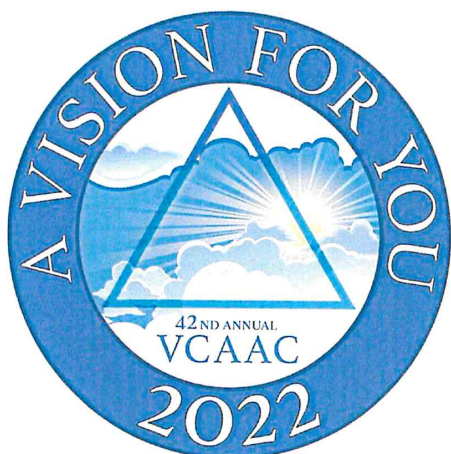
Kindly take a few minutes and answer the questions below. Your responses are of great value in helping us to better plan for the International Convention. (All responses are anonymous.) **Please respond by October 31, 2022**

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

Thank you.

## **August Birthdays!!!**

<b>Member</b>	<b>Years</b>
Sylvia	1
David S	2
Will P	4
Sally	4
Jill G	5
Katie B	5
Allison W	9
Sonia	10
Scott H	13
Kevin C	14
Bob D	19
Michael T	24
Dan M	25
Jay A	27
Noah D	28
Lisa E	29
Chrissy B	29
Andrea W	30
Michael W	32
Erin B	32
Carl H	36



## 42nd annual Ventura County AA Convention

With Al-Anon Participation  
September 9, 10 and 11, 2022.  
at the beautiful Westlake Hyatt Resort  
880 S. Westlake Blvd.  
Westlake Village, CA 91361

Come join us in Westlake Village for a fun filled weekend including:

Meetings and Events for AA and Al-Anon. Meetings in both English and Spanish.

All are welcome! Newcomers and Long Timers!

Marathon Meetings, Speaker Meetings, AA Banquet, Al-Anon Luncheon

Visit our AA Archives Room and Al-Anon Country Store.

There will be Raffles, Drawings, Prizes and Gift Baskets.

We will be having Morning Meditation

Memorabilia sale items with Apparel,

Personalized Mugs, and

Much, Much , More!

# A Vision for You

## ***CENTRAL OFFICE***

14 W. Anapamu Street

Santa Barbara, CA 93031

(805) 962-3332

