

October 2022

Your Central Office presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101

(805) 962-3332 www.santabarbaraaa.com

Call to Action!

STORY SOLICITATION: Fifth Edition of the Book Alcoholics Anonymous - Big Book - Deadline for submissions: October 31, 2022 - Online submission: aa.org/submit-bigbook-english-5th - Subject line: Fifth Edition of the Book Alcoholics Anonymous

CALL FOR CONTRIBUTIONS
The Messenger would love your AA related stories, writings, jokes, events. Topic suggestion could be a step or tradition corresponding to the month, e.g., November issue: - write about your experience with Step Eleven or Tradition Eleven



Do I do a Step 10 at Night?

In my experience it is common to hear some confusion about the 10th step and the 11th. More than once I've heard folks say they do their 10th step every night and what I realized is that it is usually people sharing with the sincere desire to be helpful, but maybe just a little confused about the directions for Step 10 vs Step 11. Since it is October, we will talk about Step 10 this month and Step 11 next month. On page 84 of our Big Book there are some pretty clear, but difficult, instructions on how to apply step 10 to our lives. In fact, the instructions say that "we vigorously commenced this way of living as we cleaned up the past" implying that this is a critical part of our new 'design for living'.

cont'd p.3

Tradition 10 - The Long Form

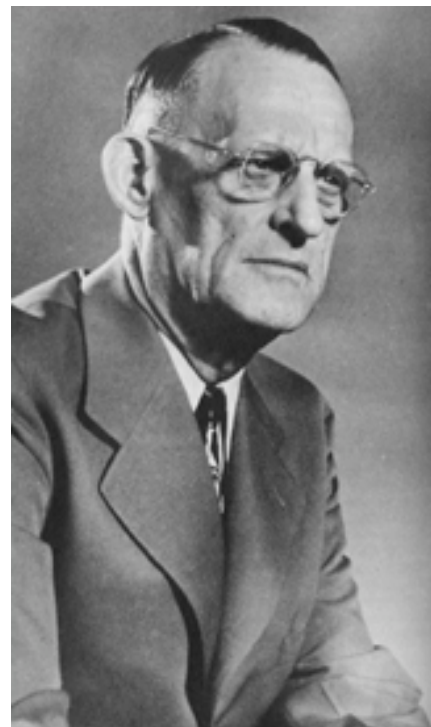
“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues, -- particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters, they can express no views whatever.”

“NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our fellowship ever publicly taken sides on any question in an embattled world.”

“...As by some deep instinct, we A.A.’s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God’s grace has nevertheless flourished.”



Bill W.



Dr. Bob

cont'd p.7

...night? cont

I like to think of step 10 as an active virus scan; I am to constantly examine my thoughts and behaviors looking for manifestations of self (since that is the root of the problem). The instructions are very explicit, I should continue to watch for “selfishness, dishonesty, resentment and fear”. Now I don’t know about you, but I am not free of those things and sometimes am flying through my life so fast I don’t pay attention and these things seem to pop up out of nowhere. Step 10 is about watching for these forms of self in the moment. When I see them (and hopefully I get better at this over time) there are 4 simple instructions to follow

- Ask God at once to remove them (prayer)
- Discuss them with someone immediately (action)
- Make amends quickly if we have harmed anyone (action)
- Resolutely turn our thoughts to someone we can help (action)

Like many parts of the program, prayer and action are the go to pattern to fight self and live free. What do I get from practicing this? My book says “For by this time sanity will have returned” which does NOT mean I am no longer a kook, trust me I am still a kook. What it means is that I will be able to make a decision to not drink and have that decision stick, I have been given back the power of choice!

Happy Birthday!

Member	Years
Matt D	1
Jim M	1
Rodrigo	1
Lynn G	5
Jim Y	5
Noah S	7
Evan J	7
Susan T	7
Nicole L	7
Sergio	8
Kris L	8
Dinah	10
Tammy N	14
Denny	17
Geo	24
Sami	27
Cody	28
Charlie A	32
John	33
Bianca F	33
Kathy O	36
Michael C	36
Daphne	39
Ed C	39
Kathi W	40
Beverly R	49
Hector O	50

WOW....This is unbelievable, there is 564 years of sobriety this month!!!

~60% of the birthdays on this list have double digit sobriety!

~48% of the birthdays on this list have more than 20 years of sobriety!

That is a lot of trouble off the streets this month, Happy Birthday Everybody!!!

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

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.

SB Central Office - Office
Volunteer Shifts

Prerequisite - One year of
sobriety. Duties include, but not
limited to: answering the
phone, literature / medallion
sales, organizing, stocking
shelves.
Open Office Shifts: Mondays
10:00 - 2:00 p.m.
Saturdays 10:00 - 2:00 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

AA Info Calls.....58
Out of Towners..... 2
Office Walk Ins.....175
Al-Anon referrals.....2
12 Step Calls.....1

Over the last 3 months, Central Office has
received an average of 69 info calls, 1 out
of town visitor coming into the office, 200
people walking into the office and only 1
12 step call.

Why do you think that is? Is that what you
would expect? Are there things we could
be doing to be of more service to the
community? Please send your feedback
and ideas to
manager@santabarbaraAA.com



Who is this and why is he important to Alcoholics
Anonymous?

If you know the answer, email or call us, if not check
back next month to learn more.

Become a Central Office Supporting Member!!

Supporting Member Donation Coupon

I would like to become a supporting member of the Santa Barbara AA Central Office and help it to carry the message of recovery and be there for the alcoholic who still suffers. Enclosed is my first contribution of \$_____. I will continue to donate this amount on a (circle one) monthly, quarterly, or annual basis.

If you are already a supporting member, would you please be so kind and update your contact information so we may keep our records accurate?

Venmo and credit cards accepted: Venmo: @SBCentralOffice

Credit Card: Name on

Card:_____

Card Number:_____

Expiration Date:_____ Security Code:_____

Zip Code:_____

Update my records:

Name: _____

Address:_____

Phone Number: _____

Email Address:_____

If making a donation by check, please mail to: AA Central Office; 14 W. Anapamu St., Santa Barbara, CA 93101

I would like to receive my monthly newsletter, The Messenger, via email or snail mail, or I can pick one up at my meeting. (circle one).

If making a donation by credit card, feel free to scan and email the coupon to:

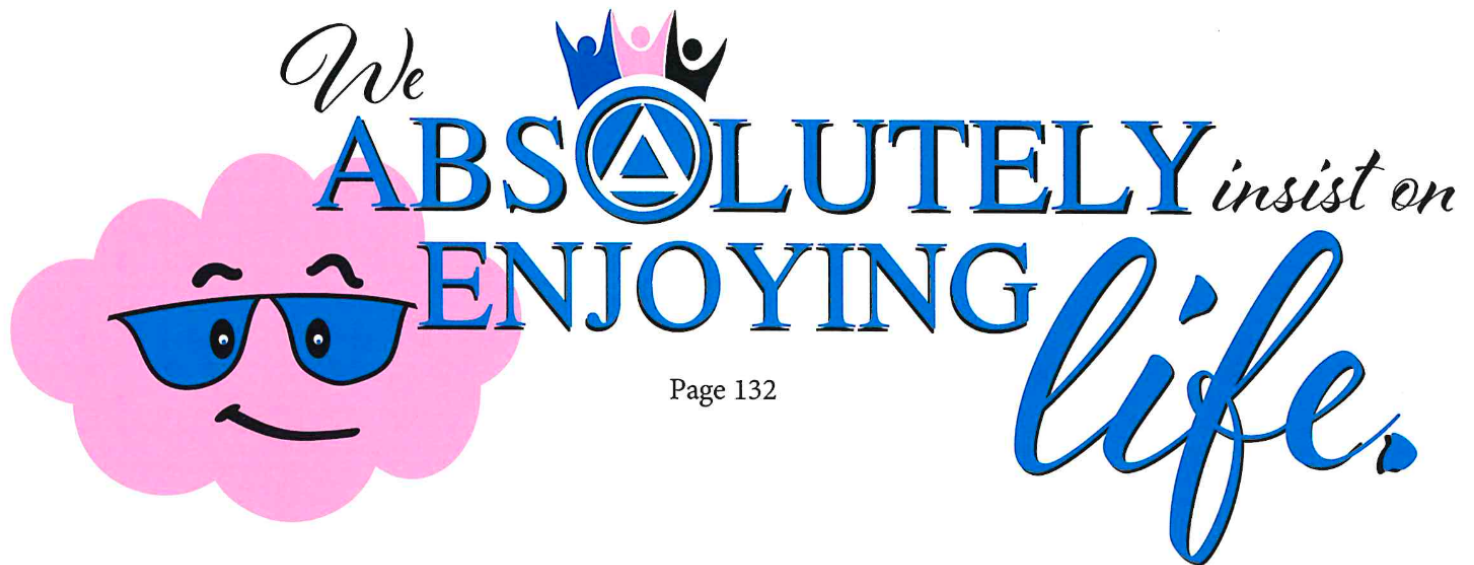
Manager@SantaBarbaraAA.com



Scan QR Code for payment

We here at your Central Office want to give a big shout out to all of you out there that financially contribute to keep the office up and running. We are so grateful for your continued support. If you would like to become a Supporting Member, see below ("SELF-SUPPORTING alcoholics? Who ever heard of such a thing? Yet we find that's what we have to be. ... When a society composed entirely of alcoholics says it's going to pay its bills, that's really news." 12 and 12 Page 161)

2022 LAS VEGAS ROUND-UP



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Tropicana Hotel & Casino

November 24 – 27, 2022

Entertainment is

Greg Gleason – The Magician

Pre-Registration \$45, – After Nov 1st – \$55

Banquet and Entertainment \$60 – Sunday Breakfast \$35

Great AA and Al Anon Speakers

12 TRADITIONS PLAY

All New Activity such as Pickleball \$20 / Walk Run \$20 / Poker Run \$20

FREE Yoga and Daily Meditation!

Special Hotel Rates Available – \$25 Per Night Resort Fee Does Apply

Badges/Registration *not* required for the Marathon Meetings or Bill & Bob's Coffee Shop

Register at lasvegasroundup.org

..long form cont

Let's not forget about the Washingtonian movement, a 19th century temperance fellowship founded in 1840 by six alcoholics in Maryland. It was the most highly successful organization for "curing" alcoholism up to that time, claiming tens of thousands of members. "However, in the space of just a few years, this society almost disappeared because they became fragmented in their primary purpose, becoming involved with all manner of controversial social reforms including prohibition, sectarian religions, politics, and abolition of slavery. ...disagreements, infighting, and controversies over prohibition eventually destroyed the group." (from Wikipedia). A prime example of too many opinions on outside issues. See also, P. 181 of the Twelve and Twelve. The lessons to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early A.A. members resolved to keep our Society out of public controversy. Thus was laid the cornerstone for Tradition Ten: "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name out never be drawn into public controversy."

I hope this partial reproduction of Tradition Ten from the Twelve and Twelve piques your interest enough that perhaps you might read the full rendition and get a better understanding of what "outside controversial issues" are. Written by Bill W. almost 70 years ago, its first printing in 1953 the text still holds true, in my opinion. All the squabbles, or rows as they called them, even "bitter attacks" directed against people suspected of mixed motives, "never did A.A. a particle of harm. They were just part and parcel of learning to work and live together."

Theresa C.

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