

**November 2022**

**Your Central Office presents**

# ***The Messenger***

**14 W. Anapamu Street, Santa Barbara, CA 93101**

**(805) 962-3332 [www.santabarbaraaa.com](http://www.santabarbaraaa.com)**

## *Call to Action!*

**Do you want to be of maximum service to those around you? Want a chance to do an 'old school' 12 step call? Having a hard time finding people to work with? Contact Central office and get added to the temporary sponsor and/or 12 step call list.**

**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., December issue: - write about your experience with Step Twelve or Tradition Twelve



**Who is this and why do we care? Shoot us an email ([manager@santabarbaraaa.com](mailto:manager@santabarbaraaa.com)) or give us a call at Central Office as we would love to discuss.**

## **Tradition 11 - Long Form**

Eleven—Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

# Step 11

Step Eleven: “Sought through prayer and medication to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

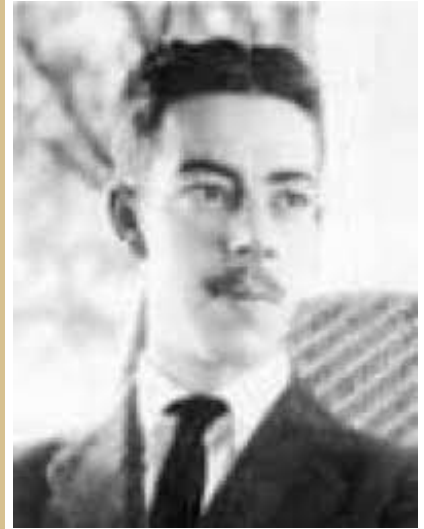
“When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with

another person at once? (our sponsor? added); What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?”...

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. ...Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.” P. 86, Alcoholics Anonymous

Of course, there is more to page 86 (and 87) which is good reading!! Some other interesting points from those pages...

Continued on page 3...



**Ebby T.**



**Bill D. (AA #3)**

# ...step 11 cont

- What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.
- We relax and take it easy (especially for some who have a hard time with the holidays! (Personally, my favorite time of year! I like summer too, though.)
- We ask for freedom from self-will and are careful to make no request for ourselves only. (I remember when I was new and came into AA without a car because I rear-ended someone stopped at a red light in LA. My car was totaled. So sad. Anywho, in my morning prayer I would ask God to help me buy a car. My rationale was if I had a car I could give newcomers rides to meetings! I bought a car that week and proceeded to give newcomers rides.)
- When agitated or doubtful, we pause. (Years ago I was working at a real estate investment firm. Instead of working, I may have been shopping on eBay. When I decided I better look over some contracts that the partners were to sign, and that I was to FedEx out to the bank, I saw one signature was missed, and that partner had gone to Deer Valley skiing for the weekend. Now I feel responsible for potentially blowing a multi-million dollar deal because I was slacking off. I was consumed with fear. What am I going to do?? OMG! What am I going to do?! My thoughts turned to God. I may have said out loud "I'm totally consumed with fear. Help! God, help me!" An instant calm came over me and I was able to go into my boss's office and say, "David missed one of the signatures on the purchase agreement and he's out of town and can't be reached." Boss said, "Oh, that's ok, he can sign it later." Whaaaaatttt just happened!? As soon as I reminded myself to ask for help, being God-conscious, if you will, the whole day got better in an instant.
- We are then in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions.

Continued on page 4...

# Happy Birthday!

Member	Years
Timothy B	1
Kyle T	1
Erik L	1
Bryan	1
Brenda R	2
Mark W	2
Chris C	3
Jessica G	4
Sammy M	11
Mark G	15
Jocelyn L	16
Denise L	16
Gail Jean	17
Nina V	18
Jay A	21
Kim Mc	24
Diane F	27
Liz G	33
Colleen H	33
Manuel R	34
Alison D	35
Kathy R	36



**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**

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**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.**

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**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.**

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**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.....62**  
**Out of Towners..... 4**  
**Office Walk Ins.....175**  
**12 Step Calls.....1**

**Step 11 continued from page 3**  
I've had a lot of "aha!" moments in AA, many moments of gratitude. Like, being at a Dodger game with good, sober friends. Tears come to my eyes singing the National Anthem because I'm overwhelmed with gratitude – gratitude that I'm still here, alive, sober, I have sober friends, all of us on the same page trying to live a God-conscious life!

I can be standing in my kitchen, alone, and again just get overwhelmed with gratitude, fall to my knees, tears in my eyes and say thank you, God. Thank you for AA and those who have gone before me, who have shown me how this works. This is what I consider having a "conscious contact with God."  
It works—it really does.



**Jack Alexander authored an article published in the Saturday Evening Post March 1, 1941 that marked an important milestone in the history of AA. Want to read the article? Come on down to Central Office to get a copy.**



## ***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

**CALL FOR  
VOLUNTEERS!!!**

**We still need  
volunteers!!  
Tuesday,  
Thursday, and  
Saturday  
10am – 2pm.**

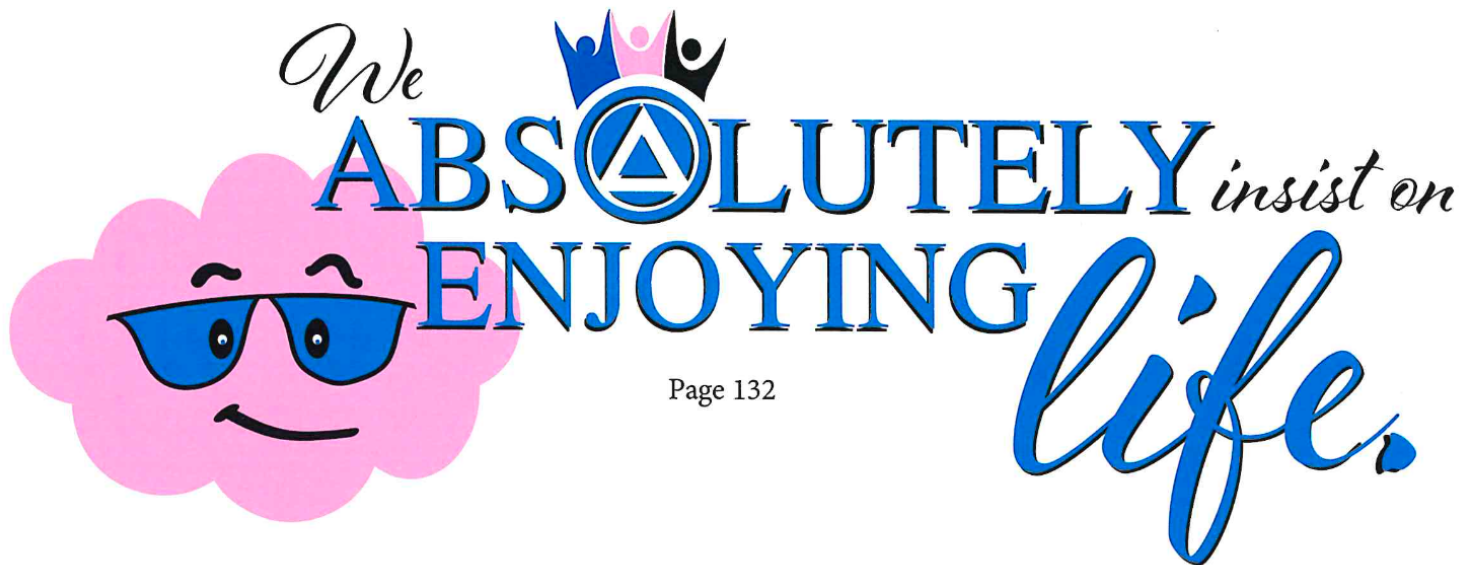


*I am Responsible . . .*



*When anyone, anywhere,  
reaches out for help,  
I want the hand of AA  
always to be there.  
And for that: I am responsible.*

# 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

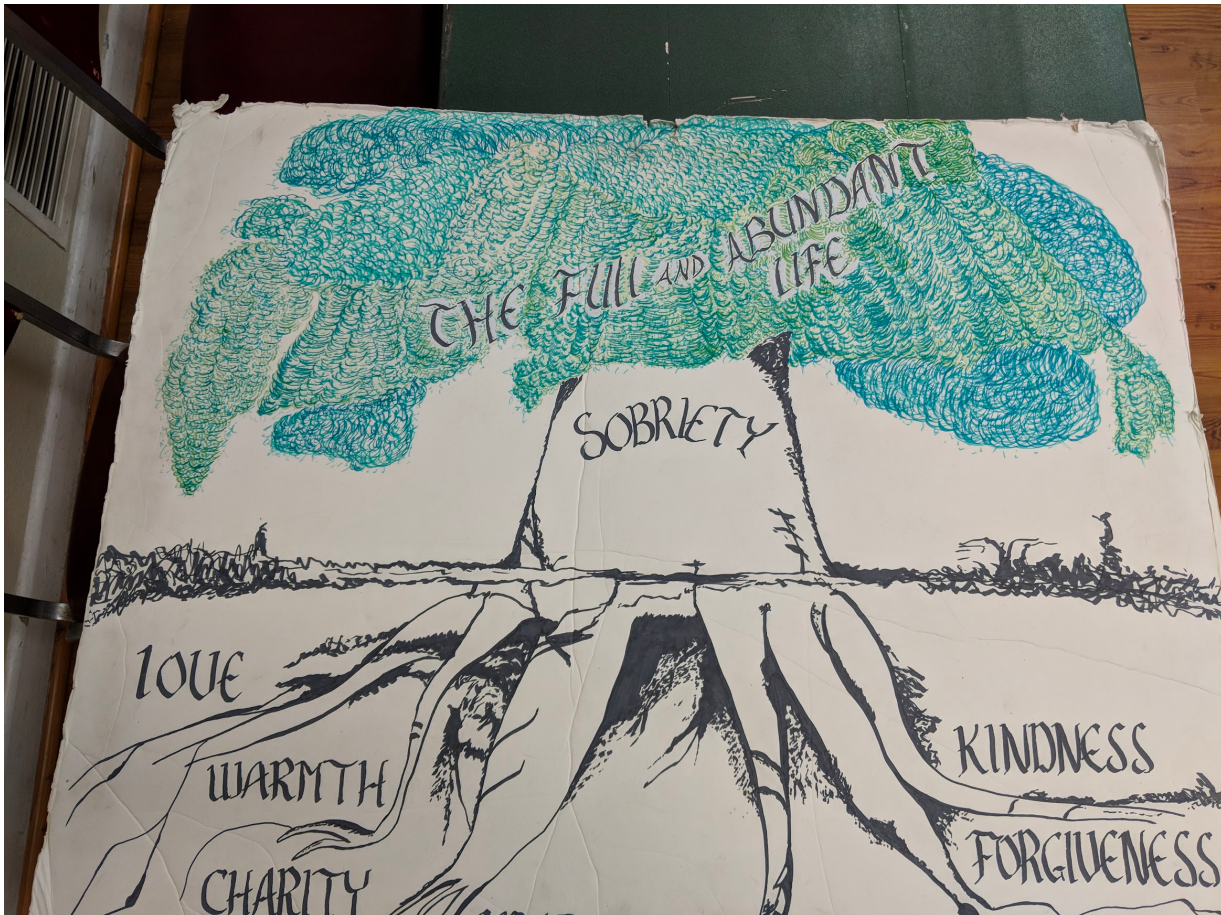
Register at [lasvegasroundup.org](http://lasvegasroundup.org)



***Do you remember?***



Write us and tell us what it was like. Do you remember the people that welcomed you and how it made you feel? Was that the best or worst cup of coffee you ever had? [managerbaa@santabarbaraaa.com](mailto:managerbaa@santabarbaraaa.com)



Do you remember this? Tell us about when and where you saw it! [manager@santabarbaraaa.com](mailto:manager@santabarbaraaa.com)

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