

**Dec 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**

## **Step 12**

**"Step 12: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."**

**The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it."**

**We here at Central Office hope to see you at your Central Office Christmas Open House Party!!**

**Wishing you all a safe, sane and sober Christmas and holiday season!! And remember, when all else fails, WORK WITH ANOTHER ALCOHOLIC! Whoever said "It is better to give than to receive" was so right!**

# The Insanity

*[editors note] As I was working on this month's edition of The Messenger, a friend of mine called in distress and I asked him if he would share with all of you what was going on with him, right now. This is his story...*

"It was a rainy Friday evening, after a long week at work the thought came to mind that I deserve a drink even though last weekend was hellacious. I couldn't remember how bad I felt last weekend, all I could focus on was how I could get relief. I called a friend and spoke to him on the phone, we talked about what taking a drink would fix, what would it solve? Would I feel better in the long run? We talked about the alternatives and other actions I could take, like praying to God, talking to another alcoholic, joining the fellowship, or going to a meeting. The challenge is that the urge is so powerful that those options don't seem very appealing or effective. I'm still willing to take one more ride on the merry-go-around of hell. Is it going to be the same thing over again or am I now willing to take a path that I have never really committed to? Why not go for it, try hard for a different experience? Ive been here so many times before and probably had the exact same conversation with the exact person. All I want is a quiet mind, I don't want to hurt anybody, I just don't want to feel, feelings are hard to deal with. That is my sickness."

*-anonymous*

*[editors note] He drove to the market and got a bottle of "cheap vodka" then hung up the phone. I hope we see him again and the story changes.*

# Tradition 12

## Short Form:

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

## Long Form:

"And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.”

*Editor's note - What this means to me is that if I am promoting myself in AA, I am out of alignment with the spirit of the 12th tradition. We want to be doing the work, but not seen, remembering that we are all just substitutes, if I don't say it, the next man or woman will. Agree? Disagree? Write us and let us know.*

# Happy Birthday!

| Member         | Years |
|----------------|-------|
| Michael A      | 1     |
| Chino          | 1     |
| Sam            | 1     |
| Indira K       | 1     |
| Judy L         | 1     |
| Matt Z         | 1     |
| Conor I        | 2     |
| James G        | 2     |
| Sherry Z       | 2     |
| Carley B       | 3     |
| Robb M         | 3     |
| Sonny U        | 3     |
| Ron S          | 4     |
| Kyle S         | 6     |
| Lorenzo R      | 7     |
| Van R          | 8     |
| J.P. Gallagher | 9     |
| Kat C          | 9     |
| Mike A         | 13    |
| Vanae          | 15    |
| Ricardo F      | 16    |
| Diane F        | 27    |
| J.R.           | 32    |
| Steve O        | 33    |
| Matt D         | 35    |

**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.....42**  
**Alanon Referrals.....4**  
**Out of Towners..... 0**  
**Office Walk Ins.....201**  
**12 Step Calls.....5**  
**12 Step via Office.....3**



**Rowland Hazard was the**  
**"certain American business**  
**man" (referenced on page**  
**26 - 4th edition of the Big**  
**Book) who went to see Dr.**  
**Jung.**

## ***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.*





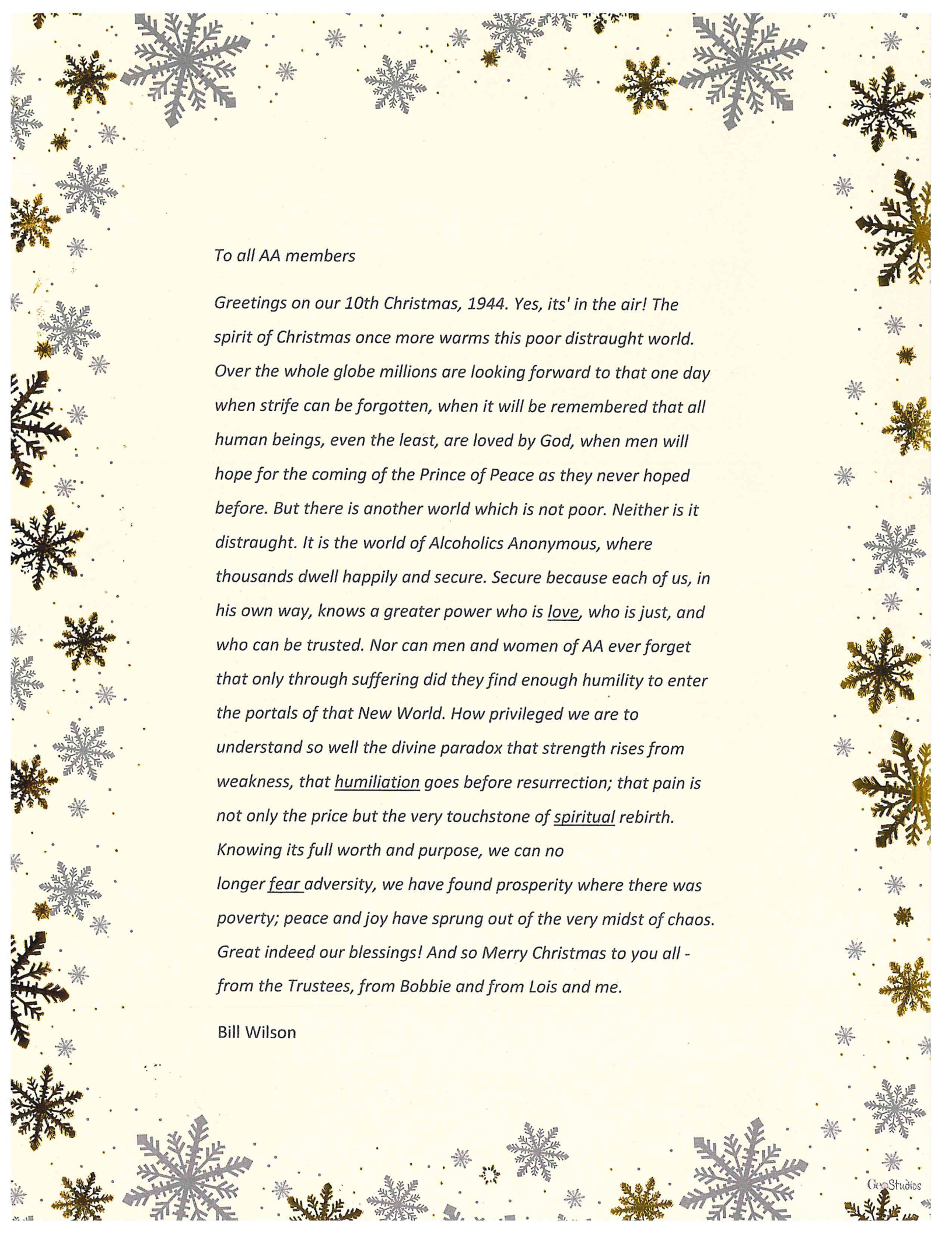
***CENTRAL OFFICE  
CHRISTMAS OPEN  
HOUSE PARTY!!***



***Tuesday, December 20th  
5:00 – 7:30 p.m.***

***14 W. Anapamu Street***





*To all AA members*

*Greetings on our 10th Christmas, 1944. Yes, its' in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least, are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before. But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted. Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World. How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth. Knowing its full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty; peace and joy have sprung out of the very midst of chaos. Great indeed our blessings! And so Merry Christmas to you all - from the Trustees, from Bobbie and from Lois and me.*

Bill Wilson

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