

Jan 2023

Your Central Office presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101

(805) 962-3332 www.santabarbaraaa.com

**Grateful to be alive,
grateful to be sober!**



Trust

A cerulean blue sky blanketed our sober living house in Monterrey as the wide-open French doors invited a small wren to fly into our living room. As I walked toward the window, the tiny bird flew directly into it. Unaware that a glass barrier isn't penetrable, the bird began flinging itself against the window. Over and over, it frantically flew into the glass, thudding and bouncing, back and forth. As I reached to open the window to let the bird out, it fluttered more and more in its frenzy to get beyond the invisible barrier.

Finally, the trembling wren perched on the windowsill in exhaustion. In very slow motion, I inched toward the window, then stopped and looked that little bird right in the eye saying, "Look, you're going to have to trust me." In that instant, I felt kind of like the bird's "Higher Power," the God who could restore his sanity and set him free. If only he believed in me.

As the bird's shining black eyes glared back at me, I slid the window open and the little wren flew to its freedom.

In that moment of my recovery from alcoholism, the first three of the Twelve Steps became so very clear to me. As an active alcoholic, I had been unable to quit drinking for years and years. I tried over and over, but could not find a way to free myself from drinking. I was like the frenzied wren, hitting an invisible barrier again and again.

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*Wow, 481 years of
sobriety for the folks who
celebrated their
Birthday in December.*

*Happy
Birthday!*

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Then I came into AA and admitted at last that I was powerless over alcohol. My life had become unmanageable. In those uncertain early days of my recovery, I was like the exhausted bird settling on the windowsill. I had surrendered, just like the bird that had locked eyes with me and discovered a power greater than itself. It trusted me. And just as the bird had done, I surrendered. I made a decision to turn my life over to the care of God as I understood her. The wren and I were both set free.

In the days after this experience, I bought a bag of peanuts to feed the blue jays out on our patio. Now, the women at our sober living house—which, by the way, is called “The Nest”—could experience this simple, tangible truth. We watch as birds put their trust in us and perch on our hands to get a peanut. I can’t think of a better way to feel and see what it means to trust in a Higher Power.

-Susan S. Grapevine December 2022

Member	Years
Lisa L.	1
Scott	1
Mark N.	2
Bob	3
Lorenzo F.	3
Ali E	5
Susan B.	7
Joe M.	7
Joe R.	7
Brian S.	7
Josh T.	7
Nick T.	8
Patty H.	9
Travis K.	9
Travis S.	9
Syd W.	10
Jon	10
Bret	10
Sean	10
Tom T.	11
Maggie	14
Dave J.	15
Martha M.	16
Kelly B.	19
Brenda H.	29
Rod M.	29
Jim L.	30
Lyle K.	33
Cindy	34
Rose M.	38
Spencer W.	40
Tony C.	48

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.....52
Alanon Referrals.....1
Out of Towners..... 2
Office Walk Ins.....81
12 Step Calls.....?
12 Step via Office.....?



Who is this and why do we
care?

Hint, he played an important role in the
writing and publication of the Big Book.

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!!
Please call or
visit the office
for details.**



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 Group Contributions 2022	(Multiple Items)
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Groups	To Central Office
10th & 11th Step Prayer & Med	\$58.00
11th Step Prayer & Meditation #062	\$16.00
83-87 Group (pages)	\$3,025.00
83-87 Group (pages) Zoom	\$560.00
Across Time Zones	\$50.00
Allstar Recovery	\$510.00
Armed with Facts	\$503.71
b10th & 11th Step Prayer & Med Back-Basics-	\$24.00
Young People	\$138.95
Bed Head Ladies	\$5,025.00
Big Book Comes Alive Women's Meeting	\$149.69
Big Book Workshop Goleta	\$130.40
Cambridge Group	\$706.00
Came to Believe Candlelight	\$552.00
Carpinteria Daily Reflections	\$457.00
Carpinteria Homeboys	\$263.00
Casa Serena Wednesday-Womens Serenity Grp	\$375.39
Counter Sale	\$91.58
Dubious Luxury	\$247.00
Eye Opener	\$1,376.55
For Women Only Group	\$100.00
For Women Only Thursday Night	\$450.00
Foundation Group	\$2,141.22
Freedom Grp	\$2.00
Goleta Sun. Night Speaker	\$247.00
Grace	\$251.85
Grateful Group	\$25.00
Gratitude Group	\$16.00
Gratitude Solutions	\$120.00
Harbor Group	\$4,563.83
Harbor Group - Zoom	\$2,681.00
Here & Now #089	\$309.00
Homeboys	\$200.00
Homeboys zoom	\$130.00
Hospital & Institutions (H&I)	\$300.00
I Know!	\$397.00
i.v. sobriety	\$30.00
It's a Hell of a Deal #139	\$100.00
Its a Wonderful Life	\$53.50
It's A Wonderful Life	\$121.32
Joy in Living	\$531.13
Judy McNeil	\$1,092.25
Junkyard Dogs	\$713.00
Just the Black Print	\$1,942.77
KCB	\$5.00

**Curious about how much
your group contributed to
Central Office in 2022?**

**Questions or comments,
please contact *your*
Central Office directly.**

KCB-Keep Coming Back-ALL	\$1,434.39
Keep it Simple-Sat. Goleta #098	\$4.00
Keeping it Real	\$670.00
Key Group-ALL #177	\$3,669.45
LGBTQ Sunday Morning Alano	\$5.00
Men Who Have Lost Their Legs #164	\$72.51
Mother Group #028	\$82.00
Mustard Seed #163	\$90.00
New House II Wed Night Me	\$531.60
noon at the spot	\$607.00
Noon Men's Carp.	\$181.00
On Awakening	\$55.00
Online Meeting of Junkyard Dogs	\$25.00
Onward & Upward #019	\$60.00
RG Hazard	\$64.00
Rigorous Honesty #067	\$1,586.95
Saturday Morning Home Boys #120	\$664.60
Saturday Night Sobriety Grp #130	\$66.00
SBYPAA	\$411.95
Schooner Group #114	\$690.00
Serenity by the Sea	\$1,240.00
Serenity Sisters	\$320.00
Squirrel Crossing #126	\$255.00
Start Your Day Right #156	\$9,692.85
Staying Alive-Womens SS #055	\$112.00
Stepping Stones Women's Mtg #068	\$404.25
Summerland/Montecito Thursday #183	\$137.50
Sunday Night Zoom - Goleta Speaker Mtg	\$126.00
Sundowner - Zoom	\$1,047.19
Sundowner Group #011	\$5,583.13
supporting member	\$500.00
surrendering fear	\$30.00
The Loft-Sunday	\$7.00
The Loft-Wednesday	\$71.00
The Mother Group	\$102.00
There is A Solution #022	\$160.00
Thursday Ladies Night	\$140.00
Thursday Ladies Nite #180	\$244.00
Thursday Night Ladies Nite #180	\$159.20
Tucker's Grove Saturday Morning	\$317.19
Tuesday Men's Stag #047	\$300.00
Voices of Women	\$87.50
Way of Life #117	\$4,460.87
Women's Big Book Study	\$10.00
Young People Back to Basics	\$72.00
Young People's Step & Traditio	\$2.00
Zoom Your Day Right	\$5,661.40

Grand Total	\$72,994.67
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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**

**We dont have to live this
way anymore**



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