

Feb 2023

Your Central Office presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101

(805) 962-3332 www.santabarbaraaa.com



Who was he?

Hank Parkhurst
1895 - 1954

Hank Parkhurst was a business dynamo who was the first alcoholic to recover in New York, following Bill Wilson. Thus, Hank was New York's AA#2. His was a vital contribution to AA: without Hank Parkhurst the Big Book might never have been published.

Interested in learning more, a quick Google search will yield a ton of information. Want to go more old school, swing by your local Central Office to pick up any one of a number of pieces of literature that captures the rich and important history of AA.

Step 2 - A fable

Once upon a time, in a far-off land, there lived a young fox named Felix. Felix loved to have a good time and was often found at the local tavern, drinking and carousing with his friends. However, as time went on, Felix's love of drink turned into an addiction. He couldn't stop drinking, even when he knew it was causing problems in his life.

One day, Felix stumbled upon a meeting of Alcoholics Anonymous. He was skeptical at first, but something about the people at the meeting caught his attention, they all seemed to understand what he was going through. They told him about the 12 Steps of AA and the second step, "Came to believe that a Power greater than ourselves could restore us to sanity." Felix was confused, he had never given much thought to anything greater than himself and he didn't know if he believed in a higher power. But, he was desperate for a way out of his addiction, so he decided to give it a try.

He started to reach out to his higher power, whatever that may be, to help him through the difficult times. He found that when he was struggling, it was helpful to remember that there was something greater than himself that could help him. As he worked through the second step, Felix began to see a change in himself. He no longer felt alone in his struggles and he began to find a sense of peace in his life. He was able to let go of the obsession and compulsion to drink.

The fox realized that the second step of AA was about finding a sense of hope, something greater than ourselves to hold on to, and he knew that he could always turn to his higher power for strength and guidance. And he lived happily ever after, free from the grip of addiction. The end.

-Generated by ChatGPT

Q&A with a member

Q: What do you like the best about AA?

A: The fellowship, it allows me to feel supported, that I am not alone, and that there are people who have gone through similar experiences. They hold me accountable.

Q: How has AA helped you stay sober?

A: Others showed me how to take action instead of just telling me what to do. It is easy to get to, there are so many meetings and the fellowship is huge.

Q: What is your favorite meeting and why?

A: I like the Monday night All Star house Big Book study, it is small enough that I can get to know everybody, it is solution based and my sponsor and his sponsor go there.

Q: What is one thing your sponsor has told you that stands out in your mind?

A: Every time I get off the phone with him, he says "thank you for helping me stay sober"

Q: You mentioned you like meditation, what has your experience been?

A: I do 10 minutes of meditation every morning after I pray, trying to sit quietly and be present. It helps me get focused.

-Dave D.



Managers Corner

Greetings and salutations dear fellows of Alcoholics Anonymous.

DID YOU KNOW there are new members on the Central Office Board of Directors?

A big THANK YOU to John C. and Ali for their service as Chairman and Secretary of the Board of Directors, respectively, for the last few years.

Our NEW Central Office Chairman is Bill K. and our new Secretary is Alison A. Welcome aboard the Board! Thank you for stepping up to support our Central Office.

Technically and pursuant to our Central Steering Committee By-Laws: "The purpose of the Board shall be to perform the local functions...operate and maintain the Central Office..."

"Membership of this committee shall consist of the representation of every recognized Alcoholics Anonymous Group in the Twenty-Third District" (which is us). "Each Group shall elect only one member to represent it at the designated Committee Meetings." This is where you, the IGR, come in. The IGRs meet with the Board members once a month to discuss the Central Office and other important AA business. Meetings are open to any AA member and meet every second Tuesday of the month at 6:00 p.m. on zoom. Only designated IGRs are allowed to vote, however.

If your meeting does not have an IGR (intergroup representative), I encourage you to become one and attend our fun, informative, brief meetings. At least one year of sobriety is required. Depending on how much I blather on, meetings generally run for 30 to 45 minutes, once a month. The zoom codes are posted on the website. (www.santabarbaraAA.com).

Hope to see you there!
Theresa C.



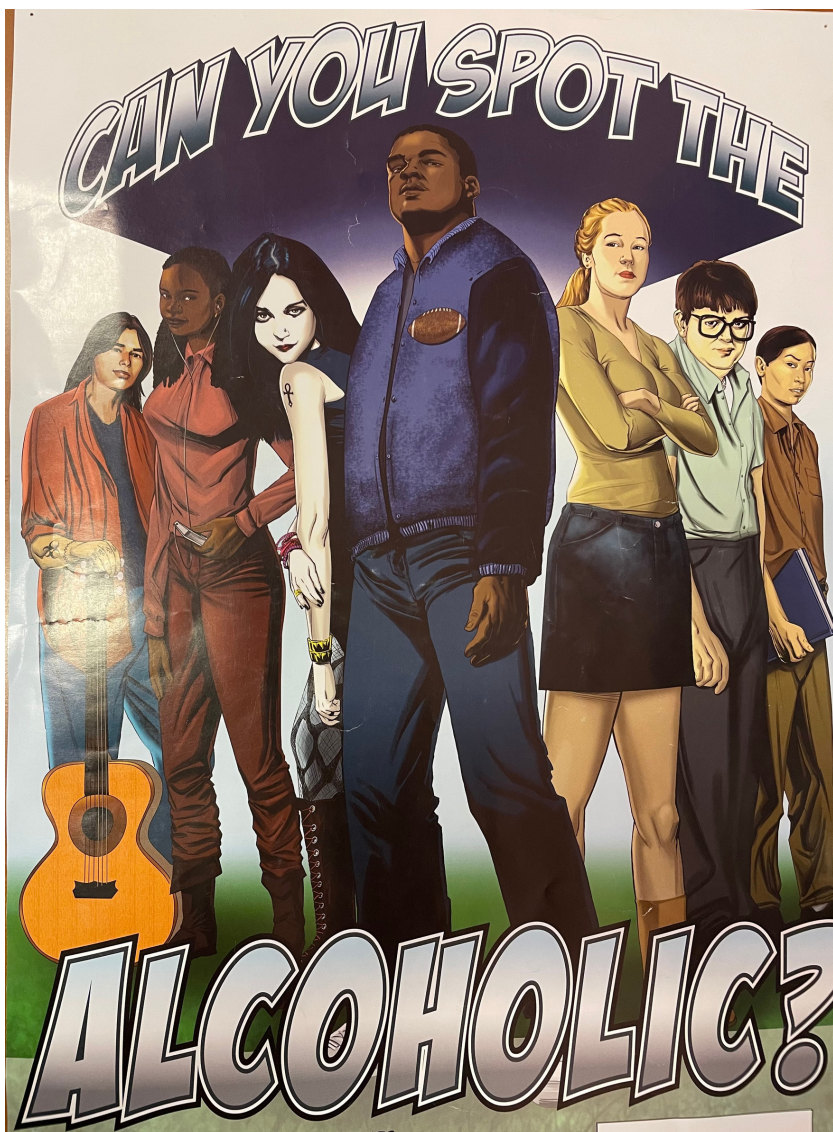
How does AA Work? *According to G.S.O*

A.A.'s Twelve Steps are a set of spiritual principles. When practiced as a way of life, they can expel the obsession to drink and enable the sufferer to recover from alcoholism. The Twelve Traditions apply to A.A. as a whole. They outline how A.A. maintains its unity and relates itself to the world around it.

The book Alcoholics Anonymous describes the A.A. program of recovery. It also contains stories written by the co-founders and stories from a wide range of members who have found recovery in A.A.

703 Years of
Sobriety!!!

Happy
Birthday!



Member	Years
Demitrio	1
Issumy	1
Thomas	1
Mallory	1
Michele	1
Alana C.	3
Kirsten S.	4
Grant D.	5
Alice H.	6
Christina S.	6
Josh T.	7
Ariana	10
Ashley H.	11
Gabriella	15
Kari A.	17
Jay A.	21
Sam S.	23
Chuckie	23
Tom Webb	24
Barb F.	28
Danielle S.	30
Don H.	34
Robert K.	35
Jim B.	35
Paul C.	36
Chris M.	37
Glenn	38
Judy G.	38
Linda T.	40
Tim W.	40
Luwana K.	43
Niecie	44
Gabe A.	45

S.B. Intergroup (IGR)
Meets the 2nd Tues. of the
month
6:00 p.m. - 7:00 p.m.
Zoom ID - 905 623 8082
Password - 184289

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.....75
Alanon Referrals.....2
Out of Towners..... 1
Office Walk Ins.....202
12 Step Calls.....0
12 Step via Office.....0

*Interesting fact, we had a 149% increase in
office walk ins and a 44% increase in AA Info
calls from December to January.*



Lost & Found

Nothing is really lost but I found these books with names in them. If yours, please come to Central Office and claim them/it. If not claimed, the books will be put in the "library" here at the office.

Books Found:

- **Fourth Edition Hard Cover Big Book: Leslie C.; Susan R. D.; Melinda**
- **Fourth Edition Soft Cover Big Book: Deb**
- **Twelve & Twelve Hard Cover: Harla; Melinda; Jennifer L.; Bob S; Susan R. D.**

Come on down and get 'em!!

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.*

NOTE: Due to the impact of the Covid-19 pandemic, events may be canceled or moved to online formats. Please contact the event coordinators as listed before making your plans.

Calendar of Events

Events listed here are presented solely as a service to readers, not as an endorsement by the General Service Office. Please note that we cannot attest to the accuracy, relevancy, timeliness, or completeness of information provided by any linked site. **For any additional information, please use the event contact information provided.**

January 2023

6-8 — *Garden City, Kansas.* 52nd Annual Southwest Kansas Conference. Write: Ch., 105 S. Main St., Ulysses, KS 67880.

13-15 — *Bismarck, North Dakota.* Rule 62 Rendezvous Annual Woodstock of ND. Write: Ch., Box 268, Bismarck, ND 58504; Info: Rule62rendezvous.com.

20-22 — *Christchurch, New Zealand.* New Zealand 60th National Convention. Info: convention@aa.org.nz or www.aa.org.nz.

27-29 — *Boston, Massachusetts.* Freedom Trail Conference. Write: Ch., 15 Saint Paul St., Brookline, MA 02446.

27-29 — *South Padre Island, Texas.* Sober in the Sand. Write: Ch., 108 Madelyn Rose, Bayview, TX 78566; Info: dist27dcm@gmail.com.

27-29 — *Waxahachie, TX.* XXXVIII Reunion Zona Norte. Write: Ch., 3118 Dawes Dr., Dallas, TX 75211.

February

3-5 — *Little Rock, Arkansas, Canada.* Winter Holiday. Write: Ch., Box 26135 Little Rock, AR 72221; Info: www.winterholidayconvention.com

3-5 — *Fredericton, New Brunswick, Canada.* Mid Winter Round Up. Write: Ch., 742 Station A, Fredericton, New Brunswick E3B 5B4; Info: district5mwr@gmail.com

10-12 — *Kerala, India.* 15th International "Convention Near the Waves". Write: Ch., Trivandrum South IG, 14/2138(2) Mahalakshmy Building, Nalamchira, N Trivandrum, Kerala, India. 695015; Info: aakovalam@gmail.com

16-19 — *Addison, Texas.* 59th Annual International Women's Conference. Write: Ch., Box 293013, Lewisville, Texas 75029-3013; Info: https://internationalwomensconference.org.

17-19 — *Virginia Beach, Virginia.* Oceanfront Conference. Write: Registrar Oceanfront Conference, Box 66173, Virginia Beach, VA 23466; Info: www.oceanfrontconference.org

24-25 — *Indian Rocks Beach, Florida.* Steps to Sobriety. Write: Ch., 1615 1st street Indian Rocks Beach, FL 33785; Info: https://www.stepsosobriety.com

24-26 — *Edmonton, Alberta, Canada.* 2023 Western Region AA Service Assembly (WRAASA). Write: Ch., 5 Mathias Ave., Spruce Grove, Alberta T7X 2S3; Info: https://www.wraasa.org

24-26 — *Louisville, Kentucky.* 71st Kentucky State AA Convention. Write: Ch., Box 37137, Louisville, KY. 40233; Info: https://www.2023KYAA.com

24-26 — *Pattaya, Thailand.* Thailand Roundup. Write: Ch., Moo 1, Na Jomtien 98/195 Building B, Chonburi, Sattahip Pattaya, Thailand 20250; Info: thailandaroundup.com

March

03-05 — *Houston, Texas.* 6to Foro Estatal Hispano de Oficinas Intergrupos del Estado de Texas. Write: Ch., 5412 Birdwood Rd., Suite "B" Houston, TX 77096; Info: www.aa6toforohouston2023.org

03-05 — *Los Angeles, California.* PRAASA 2023 (Pacific Region Alcoholics Anonymous Service Assembly). Write: Ch., 710 S. Myrtle Ave., Suite #121, Monrovia, CA 91016; Info: PRAASA.ORG

03-05 — *Rochester, NY.* Flower City Fellowship Convention. Write: Ch., 1000 Elmwood Ave., Rochester, NY 14620; Email: office1@rochester-ny-aa.org

16-19 — *Ruston, Louisiana.* 30th Annual Upstate Convention. Write: Ch., Box 505 Ruston, LA 71273; Info: http://www.rustonaa.org/upstate2023.html

17-19 — *Ontario, Canada.* Ontario Regional Conference (ORC). Write: Ch., 234 Eglinton Ave., E #202, Toronto, Ontario M4P 1K5; Info: AAORC.ca

17-19 — *Pittsburgh, Pennsylvania.* Pre-Conference Weekend of Area 60 Western Pennsylvania. Write: Ch., 2869 Royer Mountain Rd., Williamsburg, PA 16693; Info: altdelegate@wpaarea60.org

24-26 — *Ames, Iowa.* Aim for Ames Roundup. Write: Ch., Box 2522 Ames, IA. 50010; Info: www.aimforames.org

24-26 — *Mount Pleasant, South Carolina.* 76th South Carolina State Convention. Write: Ch., Box 30189, Charleston, SC 29417; Info: chas.stateconvention@gmail.com

24-26 — *Tarrytown, New York.* 2023 SENY Convention. Write: convention@aaeny.org; Info: https://www.aaeny.org

April

7-9 — *Vancouver, British Columbia, Canada.* 51st Annual North Shore Round Up. Write: Ch., Box 91086, West Vancouver, BC V7V 3N3; Info: www.northshoreroundup.com

21-23 — *Manchester Village, Vermont.* Area 70 Vermont 57th Annual Convention. Write: Ch., Area 70 Convention, Box 382, Arlington, VT 05250; Email: area70convention@gmail.com

21-23 — *Saint Louis, Missouri.* 15th Annual Spring Fling Convention. Write: Ch., Box 22002, St. Louis, MO 63126; Info: www.springflingstl.com

May

4-7 — *Grants Pass, Oregon.* 47th Annual Rogue Roundup — "Banded Together". Write: Ch., Box 1741, Grants Pass, OR 97528-0148; Info: www.rogueroundup.com

5-7 — *Lake Jackson, Texas.* 27th Annual Mouth of the Brazos Conference. Write: Ch., Box 1641, Clute, TX 77531; Email: corey.c@aa-seta.org

19-21 — *Burns Lake, British Columbia, Canada.* Burns Lake Round Up. Write: Ch., 5040 Babine Lake Rd., Burns Lake, BC V0J 1E0; Email: BLROUNDUP@outlook.com

19-21 — *Oklahoma City, Oklahoma.* Area 57 (OK) 2023 State Conference. Write: Ch., Box 18996, Oklahoma City, OK 73154; Info: conf_chair@aaoklahoma.org

FOR IMMEDIATE RELEASE
Attn: Reporters, editors, and producers

Open Meetings of Alcoholics Anonymous Welcome Everyone to the Fellowship

(NEW YORK, February 2, 2023) A remarkable effect can take place in an Alcoholics Anonymous group meeting when an individual struggling with a drinking problem asks for help and someone is there to share with them that AA may be a solution. For some AA members, their journey of sobriety began at “open” AA meetings, which can be attended by any member of the community, alcoholic or nonalcoholic. Open meetings have long been a vital source of information for anyone who wants to learn more firsthand about the AA Fellowship. The only request is that attendees not disclose the names of AA members outside the meeting so that members’ anonymity may be maintained.

A typical open meeting will have a “leader” and other speakers. The leader opens the meeting, introduces each speaker, then closes the meeting after sharing and discussion. With rare exceptions, the speakers at an open meeting are usually AA members. Each may share some drinking experiences that led them to join AA and they also may talk about how their life has changed because of the AA Fellowship and the Twelve Steps.

Open meetings are among the variety of meeting types offered by AA. “Closed” meetings are open to anyone with a desire to stop drinking, regardless of race, gender, sexual orientation, religion, income, or profession. There also are AA meetings specifically geared toward groups, topics, and communities, such as, young people, men and women, beginners, meditation, LGBTQ+, and online, to name a few. More information on meetings and the Fellowship can be found in our [Frequently Asked Questions](#) pamphlet and on aa.org.

Open meetings are searchable by contacting a local A.A. office and by using the [Meeting Guide app](#), where you can search by meeting type, location, day and time, and other features.

For nearly 90 years, AA has helped millions recover from alcoholism—to get sober and stay sober.

Alcoholics Anonymous is for anyone who wants to stop drinking. For more information, visit www.aa.org.

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