

April 2023

Your Central Office presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101

(805) 962-3332 www.santabarbaraaa.com

The Dreaded 4th Step

Over the years there have been a lot of stories about the dreaded 4th step. My personal favorites are that if you do the 4th step it will stir up emotions and you will get drunk, or even better yet, if anybody in a sober living environment does a 4th step, they will get drunk and it is contagious, so then you will get drunk too. What are some of the other stories about the 4th step you ask?

- It is too hard
- It take too long
- It's just 'suggested', I dont have to do it (true, kind of like if the building is on fire, we suggest you get the heck out of it)
- I need to be sober at least a year before I take that step

What is interesting is that my personal observations are that of 100 people who to AA, ~50% will stop at the 4th step for whatever reason. Even more interesting is that that over 90% of the people that I have personally known and who do get through the 4th step say "that's it"? *(Editor's note - Do you have different observations? Please submit your experience to the Messenger)*

Why the big disconnect and the fear? Part of it of course is that not everybody who comes to AA is ready, but another part of it might be that we generally fear what we dont understand and for most of us, the basic concept of a personal inventory is foreign to anything and everything we have ever done, therefore, scary.

If you, or anybody you know are confused about the 4th step, you dont need to be. The greater Santa Barbara area has a plethora of book studies. workshops, and sober members that would be happy to help. Not sure where these meetings and workshops are? Call Central Office or look online at the meeting directory.

-Anonymous

Name	Q1 Donations
11th Step Prayer & Meditation #062	300.00
83-87 Group (pages)	1,490.00
83-87 Group (pages) Zoom	50.00
Bedheads	1,027.00
Big Book Comes Alive Women's Meeting	15.00
Big Book Workshop Goleta	102.00
Cambridge Group	150.00
Came to Believe Candlelight	184.00
Carpinteria Daily Reflections	100.00
Casa Serena Wednesday-Womens Serenity Grp	82.80
Counter Sale	25.00
Daily Reflections	300.00
Dubious Luxury	113.00
Eye Opener	260.60
Foundation Group	217.20
Grateful Group	45.00
Gratitude Solutions	108.00
Harbor Group	1,553.04
Harbor Group - Zoom	799.00
Here & Now #089	303.00
Homeboys zoom	25.00
I Know!	171.00
i.v. sobriety	115.00
It's a Hell of a Deal #139	10.00
It's A Wonderful Life	15.00
Its a Wonderful Life	63.50
Joy in Living	5.00
Junkyard Dogs	200.00
Just the Black Print	879.95
Keeping it Real	200.00
Key Group-ALL #177	188.00
New House II Wed Night Me	121.20
noon at the spot	100.00
Noon Men's Carp.	45.00
RG Hazard	74.40
Rigorous Honesty #067	501.00
Saturday Morning Home Boys #120	159.40
Saturday Night Sobriety Grp #130	33.00
Schooner Group #114	232.00
Serenity by the Sea	262.00
Solutions in Sobriety	348.00
Special Event	50.00
Start Your Day Right #156	2,225.00
Starting Point	107.40
Staying Alive-Womens SS #055	400.00
Stepping Stones Women's Mtg #068	114.00
Sundowner - Zoom	369.03
Sundowner Group #011	682.12
supporting member	35.00
surrendering fear	25.00
The Promises Carpinteria	210.00
Thursday Ladies Night	97.20
Thursday Ladies Nite #180	76.80
Way of Life #117	1,807.50
Young People Back to Basics	62.50
Zoom Your Day Right	874.00

To your left are the contributions made to Central Office by groups in our area. Please do 3 things with this information:

1) Ask the Treasurer of your group to make sure that she/he specifies which group the contribution is for when sending \$\$\$ to Central Office.

2) If you do not see your group listed here AND you believe your group donated, please ask your Treasurer what happened (might be due to # 1 above)

3) Contact Central Office if you have any questions!



“Then I woke up. I who had boasted my generosity that morning was treating my own club worse than the distant alcoholics who had forgotten to send the Foundation their dollars. I realized that my five-dollar gift to the slippee was an ego-feeding proposition, bad for him and bad for me. There was a place in A.A. where spirituality and money would mix, and that was in the hat!”

From page 164 of the 12x12, Tradition 7

Happy Birthday!

Managers Corner

On Saturday, April 1 st , a Gratitude Breakfast was put on by Central Office and held at New House III. A big shout out to the men of New House who set up all the tables and chairs, cooked and served all the food, coffee and orange juice, which was so yummy by the way, and welcomed us all with such pride and grace. Also a big thank you to Manager Gil and Executive Director Adam for offering the wonderful space. It is estimated that 200 sober alcoholics were in attendance. In addition to the wonderfully prepared breakfast, the event included a 50/50 raffle. A total of \$736 in raffle tickets were sold. The lucky winner, who I understand was a New House resident, won \$368!! Good for you!! Five replicas of the original Big Book were given away as door prizes. Of course this event wouldn't be as successful and fun as it was if YOU, our wonderful Santa Barbara AA community, didn't attend. You made it a success.

Thank you!
Theresa C.

Member	Years
Greg D.	1
Joseph B.	1
Brandon F.	2
Lennon T.	3
John B.	5
Shelly S.	7
Omid B.	9
Jesse R.	12
Roger P. C. III	18
Andrea M.	18
Julie S.	20
Erin S.	28
Marcel M.	28
Alexa P.	35
Anna V.	35
Tom T.	36
Joannie W.	40
Theresa C.	40
Paul T.	41
Jude C.	43



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

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.

AA Info Calls.....76
Alanon Referrals.....3
Out of Towners..... 3
Office Walk Ins.....225
12 Step via Office.....1



Scan QR Code for payment

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



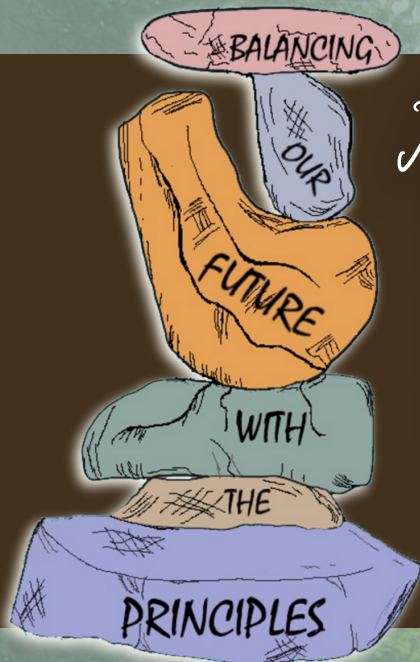
ANNOUNCEMENT!

New Central Office Hours

Due to the low volume of activity, Central Office will no longer be open on Saturdays.

Our hours going forward will be M-F – 10 a.m. to 2 p.m.

Thank you!!



A weekend in Recovery **BALANCING OUR FUTURE WITH THE PRINCIPLES** **33RD** *Annual IWW Roundup*

April 14-16, 2023

Speaker for

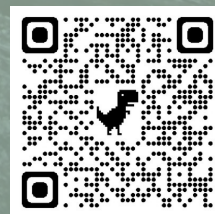
Name

City

State

AA	Joe A	Bishop	California
AA	Rebecca W	Los Angeles	California
AA	Heather W	Culver City	California
Al-Anon	Erik F	Burbank	California
AA	Jackie G	Los Angeles	California
AA	Wayne B.	Santa Monica	California
NA	NY Dave	Loma Linda	California
AA	Jamie M	Bishop	California

Also featuring:
**FRIDAY NIGHT BINGO, SATURDAY NIGHT
BANQUET, SOBRIETY COUNTDOWN, ARCHIVES,
& AL-ANON LUNCHEON, BREAKFAST.**



WWW.IWVROUNDUP.COM

Desert Empire Fairgrounds (Mesquite Hall)
520 South Richmond Road,
Ridgecrest, California 93555

I AM RESPONSIBLE... LOVE AND SERVICE



40th Annual Southern California Hospitals & Institutions Conference May 5, 6 & 7

Holiday Inn 14299 Firestone Blvd., La Mirada

- **Most Memorable H&I Moments**
- **Friday Night Keynote Speaker**
- **Saturday Alanon Lunch**
- **Saturday Night Banquet**
- **Saturday Night Panel**
- **Saturday Young People Trivia**
- **Panels:**
 - **Corrections**
 - **Treatment**
 - **Spanish H&I**
 - **Young People in H&I**
 - **Contact Upon Release**

Spanish translation provided for all panels

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