

May 2023

Your Central Office presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101

(805) 962-3332 www.santabarbaraaa.com

Clean Slate

Most of us were born perfect and the slate was clean. From the very first day of our lives we started to experience different emotions (for lack of a better term) and those feelings had a lot to do with the way we evolved into who we are today. Instinctively we responded to the different threats and joys that we were faced with and these were the things that established our strengths and weaknesses. That is true for most of us, but not all of us.

Unfortunately some of us were born with other problems that require medication, such as, A.D.D; Bipolar, and other difficulties that cannot be treated simply by changing our attitudes and behavior. These things, I am not educated enough to discuss, but for the average alcoholic, I believe, our problems can be traced back to that conditioning we experienced as we formed our mental and spiritual makeup. I often hear it said that alcoholism is a disease of perception. It is a disease of many things, and perception is one of them. The perception we have of ourselves may be likened to a chalkboard containing every experience of our lives. If we can look at it and be satisfied that we had a pretty good track record, we would probably be comfortable with it and lead a relative normal life. If, however, we find ourselves on the negative side of the ledger most of our lives, we may develop abnormal feelings of guilt and shame, for instance, and that may just be the thing that triggers the beginning of the compulsion to drink excessively.

In the beginning we get a temporary relief that tells us that we are just fine, but it only lasts until we wake up the next morning and find ourselves in an even deeper pit. We reach for the bottle, and again it gives us that temporary buzz, and we repeat this process over and over until, by some tragic occurrence in our lives that drives us to alcoholics anonymous, we are encouraged to go through a process that can restore us to a somewhat normal life. Steps one through four are about surrender, acceptance, and discovery. Step five is about disclosure.

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A.A. DESERT ROUNDUP

WITH AL-ANON PARTICIPATION
RENAISSANCE ESMERALDA RESORT & SPA

JUNE 8, 9, 10, 11, 2023

INDIAN WELLS, CALIFORNIA



**ONLINE REGISTRATION OPEN January 3rd through May 31st TO
REGISTER GO TO: www.desertroundup.com**
A \$4 convenience fee is charged for all credit card purchases.

GENERAL INFORMATION

Sandy W. (760) 776-1066
Kathy R. (760) 832-2275



TENTATIVE SCHEDULE OF EVENTS

Registration Badges Required at all Meetings.

Thursday	Noon -7:30 pm	Registration/Badge Pickup
	8:00 pm	A.A. Speaker Meeting
	9:30 pm	Ice Cream Social
	9:30 pm	Sing-along/Karaoke
Friday	7:00 am	A.A. Participation Meeting
	7:00 am	Golf Tournament
	8:00 am - 8:00 pm	Registration/Badge Pickup
	9:00 am	A.A. Topic/Discussion Meeting
	1:00 pm	A.A. Topic/Discussion Meeting
	1:00 pm	Al-Anon Topic/Discussion Meeting
	2:30 pm	A.A. Topic/Speaker Meeting
	4:00 pm	A.A. Longtimers Meeting
	6:30 pm	A.A. Young People's Meeting
	8:30 pm	A.A. Opening Meeting
	10:00 pm	Ice Cream Social
Saturday	10:00 pm	DJ Dance
	6:30 am	2 Mile Fun Run/Walk
	7:00 am	A.A. Participation Meeting
	8:00 am - 4:30 pm	Registration/Badge Pickup
	9:00 am	A.A. Topic/Speaker Meeting
	10:30 am	A.A. Mens Stag
	10:30 am	A.A. Womens Stag
	11:45 am	Al-Anon Luncheon/Meeting
	2:30 pm	A.A./Al-Anon Family Meeting
	5:30 pm	Al-Anon Topic/Discussion Meeting
Sunday	6:00 pm	A.A. Banquet/Meeting
	7:45 pm	(approx) Video Broadcast - Speaker
	8:45 pm	A.A. Topic/Discussion Meeting
	9:00 pm	DJ Dance
	7:00 am	A.A. Participation Meeting
	8:15 am	Breakfast
	9:30 am	A.A. Closing Meeting

R
RENAISSANCE®
ESMERALDA RESORT & SPA

BOOK RESERVATIONS ONLINE
<https://book.passkey.com/go/desertroundup2023>
or
CALL 1-800-446-9875

Room Rate \$155.00 + Tax + Resort Fee of \$4.00
Note: 2 nights minimum/5 guests per room max
Special rates available until room block is filled
But no later than May 24th

Pool facilities for registered guests only
PRE-BOOK VIP POOL CHAIRS/CABANAS
reniw.ipoolside.com

44-400 Indian Wells Lane, Indian Wells, CA 92210
Hotel direct line: (760) 773-4444

Important Convention/Hotel Policies:

1. Register for convention prior to making hotel reservations. Special rate is only available to Roundup attendees beginning 2 days prior to and 2 days after event (June 6-13, 2023).
2. Room cancellations must be made with the hotel 3 days prior to arrival date without penalty; else 1 night plus tax will be charged.
3. All attendees must be registered and wear badges to all ticketed events (excluding dances).
4. Tickets are sold on a first come, first served basis. For best seating, purchase tickets early.
5. If you wish to sit as a group, please send in registration forms with payment together. If registering online, we request one person purchase the table(s).
6. Tickets are not mailed, please pick them up at Pre-registration table when you arrive. Receipts will be emailed, if a legible email is provided.
7. Tickets will be sold at onsite registration until closed or sold-out. Only Ice Cream Socials, Dances and Breakfast tickets will be sold at the door.
8. No refunds on canceled events after May 25th; tickets may be transferred or donated to a newcomer.
9. Registration fees are non-refundable, non-transferable.

SERVICE ANIMALS are welcome. Personal pets whose function is to provide comfort or emotional support
DO NOT qualify as service animals under the Americans with Disability Act.

We love your pets but please keep them safely at home. THANK YOU for understanding.

Happy Birthday!

Managers Corner

DID YOU KNOW?

On May 11, 1935, Bill W. called Walter Tunks from the Mayflower Hotel, who refers bill to Henrietta Seiberling, who introduces Bill to Dr. Bob. They met for the first time in Akron, Ohio at Henrietta's home.

On or about May 18, 1938, Bill W. and others start writing the Big Book. Earlier that year, (April) Bill and Lois moved in with Hank P. who was instrumental in getting Bill to get busy writing the book!

About nine months later, 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists, and others for comment. This was known as the "multilith" Big Book.

On April 16, 1973, sales of the Big Book first reached the one million mark. In a ceremony held at the White House, a book purporting to be the one millionth copy was presented to President Richard M. Nixon.

The Big Book is one of the best-selling books of all time, having sold 30 million copies.

Thank you!
Theresa C.

Member	Years
Byron	1
Caitlin M.	1
Luis R.	1
Susan H.	1
Amber A.	2
Dave H.	2
Miguel	2
Robyn M.	3
Zander	3
Talia L.	4
Ellen R.	6
Denise	8
Chris O.	9
Michael B.	15
Nancy	17
Scott S.	18
Darren P.	19
Jenny L.	19
Steve G.	24
Michelle A.	25
Nancy B.	26
Gina	27
Jill H.	29
Nan S.	31
Meredith	33
Mary Ellen R.	33
Allison C.	34
John R.	35
Joe F.	35
John C.	39
Michael P.	41
Craig B.	46
Dave S.	46
Brian B	47

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.....59
Alanon Referrals.....2
Out of Towners..... 3
Office Walk Ins.....168
12 Step0



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!!



Founders' Day Herald

88th Anniversary of Alcoholics Anonymous

June 9, 10, & 11, 2023 | Akron, Ohio | Birthplace of A.A.

FRIDAY ACTIVITIES

A.A. 12 Step Panel • 10:00 a.m. - 10:00 p.m.

Discussion of One Step Per Hour
Chaired by: Aaron K.

A.A. Early Bird Meeting* • 3:00 p.m.

Penny D. - Bay Village, OH
"From Cracker Factory Housewife To
Champion Of Sobriety And Women"
Chaired by: Karen K.

Actors Guild Play • 5:00 p.m. & 8:00 p.m.

"Rule 62"

A.A. Speaker Meeting* • 7:00 p.m.

Peter M. - Boca Raton, FL
"Chop Wood, Carry Water"
Chaired by: Jerry C.

A.A. Speaker Meeting* • 9:00 p.m.

Linda G. - Queens, NY
"Happy, Joyous And Free"
Chaired by: Juanita W.

Junta en Español • 9:00 p.m. - 11:00 p.m.

Open Discussion
Chaired by: The Painesville Group

A.A. Alkathon • 11:30 p.m. - 2:00 a.m.

SATURDAY ACTIVITIES

Bus Tours of Historic A.A. Sites

9:00 a.m. - 4:00 p.m.
2 buses continuously - Blerice Circle

A.A. Archives

Located in Akron Intergroup Office
(Stop on bus tour)

The 12 Traditions • 9:00 a.m.

Billy N. - Palm Beach Gardens, FL
"How It Works"
Chaired by: Mary K.

A.A. Old Timers' Panel* • 10:30 a.m.

Topic: "Every Day Is A Day We Must
Carry The Vision Of God's Will Into All
Our Affairs"
Dee T. - Akron, OH
Ken McA. - Ontario, CA
Bobby M. - Richmond Heights, OH
Chaired by: Mary K.

La Viña Workshop • 11:00 a.m. - 1:00 p.m.

El Coordinador: Raymundo L. and
Alegria de Vivir Group

A.A. & Al-Anon Speaker Meeting* • 12:00 p.m.

Speakers - Shanna & Scott D. - Urbandale, IA
"Family Disease, Family Miracles"
E.J. Thomas Hall
Chaired by: Marie E.

Actors Guild Play • 12:00 p.m. & 2:30 p.m.

"Rule 62"

A.A. Speaker Meeting* • 2:00 p.m.

Vivian Q. - Okatie, SC
"Emotionally Driven Or Spiritually Guided -
What Is Our Choice To Be?"
Chaired by: Aaron K.

The History of Our Big Book • 4:00 p.m.

Presented by: Gail L. - Akron, OH
Chaired by: Karen K.

A.A. Speaker Meeting* • 8:00 p.m.

Theresa F. - North Hills, CA
"All Of A Sudden I Became Present To My
Life, And I Didn't Like It!"
UA Infocision Stadium"
Chaired by: Woody W.

**Stadium Weather Contingency Plan for Saturday Night - See Web Site

DANCE! DANCE! DANCE!

10:00 p.m. - 1:00 a.m.
Saturday Night

SUNDAY ACTIVITIES

MOTORCADE TO DR. BOB'S GRAVE*

7:30 a.m.
Motorcycle procession and graveside
memorial tribute to Dr. Bob & Anne S.
Speaker: Dolly A. - Akron, OH
Chaired by: Jerry C.

A.A. Spiritual Panel Meeting • 9:00 a.m.

Topic: "We Admitted That We Were
Powerless Over Alcohol, That Our Lives
Had Become Unmanageable"
Andrew M. - Akron, OH
Sonya M. - Akron, OH
Vivienne Y. - Cleveland, OH
Chaired by: Juanita W.

A.A. Closing Speaker Meeting* 10:30 a.m.

Bill C. - Torrence, CA
"It's Been Miserable Long Enough...It's
Time To Have A Good Time!"
Chaired by: Michael B.

AL-ANON

FRIDAY ACTIVITIES

Al-Anon Panel • 1:00 p.m.

Topic: "Double Winners/Doubly Blessed"
Lynda M. - Copley, OH
Ian R. - Canton, OH
Mary Anne C. - Uniontown, OH
Olin Hall
Chaired by: Leslie S.

AL-ANON

SATURDAY ACTIVITIES

Alateen Panel • 10:30 a.m.

"Alateens Share Their Experience, Strength and Hope"
Olin Hall
Chaired by: Lynda M.

A.A. & Al-Anon Speaker Meeting* • 12:00 p.m.

Speakers - Shanna & Scott D. - Urbandale, IA
"Family Disease, Family Miracles"
E.J. Thomas Hall
Chaired by: Marie E.

REGISTRATION

UA STUDENT UNION

CREDIT CARDS ACCEPTED!

Friday 8:00 a.m. - 10:00 p.m.
Saturday 8:00 a.m. - 6:00 p.m.

Registrations must be picked up by
6:00 p.m. Saturday - **NO EXCEPTIONS!**

Package Plans must be picked up at designated
dormitories. Check confirmation letter or e-mail.

Coffee & Fellowship Room

Student Union

A.A. Literature Sales

Friday 8:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 5:00 p.m.

CREDIT CARDS ACCEPTED!

* A.S.L. INTERPRETER

**NO BASIC REGISTRATION REFUND.
\$35.00 FEE FOR ALL PACKAGE PLAN CANCELLATIONS!**

FOUNDERS' DAY IS A SERVICE OF THE AKRON AREA INTERGROUP COUNCIL OF A.A.
Name badges & ribbons must be worn for admittance to all meetings — NO EXCEPTIONS!

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Step five, for me, was the gateway to how I was going to live the rest of my life. After two attempts at step four, I was faced with the decision as to whether my future was going to be honest and meaningful, or just a meaningless facade. Fortunately, for me, I took a leap of faith and disclosed all those, so called, tormenting ghosts of yesterday, (12×12 pg. 55) and looking back on it now, I realize that, that decision was the hinge pin, for my thoroughness, with the rest of the steps. Had I not cleaned the slate at that time I just don't see how I could have followed the spirit of truth and honesty, with myself and others that would result in the peace of mind that I enjoy today.

My inventory had to deal, mainly, with bad habits which had to be changed by the process suggested in steps six and seven. That was the easy part of step five. However, those tormenting ghosts of yesterday were another story. These were not habits, but deeds that I had done as an adolescent kid that seemed unforgivable. No one should ever know, I would take them to the grave with me. Mustering the strength to take that risk may have been the most important step forward I've ever made. My brain had been lying to me, after all; how bad could a thirteen year old kid be? That one decision is what I credit with giving me my life back and if I hadn't done it, I don't see how I could have given a good effort to the rest of the steps from behind that facade that I used to call life.

I often hear members of the program that seem to resist looking deeper into their regrets and seem to build a wall of reasons why they don't need to, and I wonder if they might be caught in the same dilemma that I was in when I took my fifth step. I wish I could reassure them that it's not worth the mental torment that it puts us through and that it may be a good idea to revisit that step and clean the slate. We can't live alone with them; we have to talk to someone about them. (Even A.A. oldtimers, sober for years, often pay dearly for skimping this step. 12×12 pg. 56) If, you are that person, I encourage you to try to get the strength to take that risk, and clean the slate; after all, we only live once. Let's not waste the opportunity to live a happy and peaceful life.

By Rick R.

Do you have an experience that could be useful for someone else? If so, please submit an article to the Messenger, we would love to hear from you.

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