## **July 2023**

### Your Central Office presents

# The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101 (805) 962-3332 www.santabarbaraaa.com

#### My Experience, Strength and Hope

When I started this journey and way of life I had a friend who would call me out on my crazy-because I was patently crazy. I would say something-from my twisted perspective and he would say 'and how's that working out for you?' And I would pause.

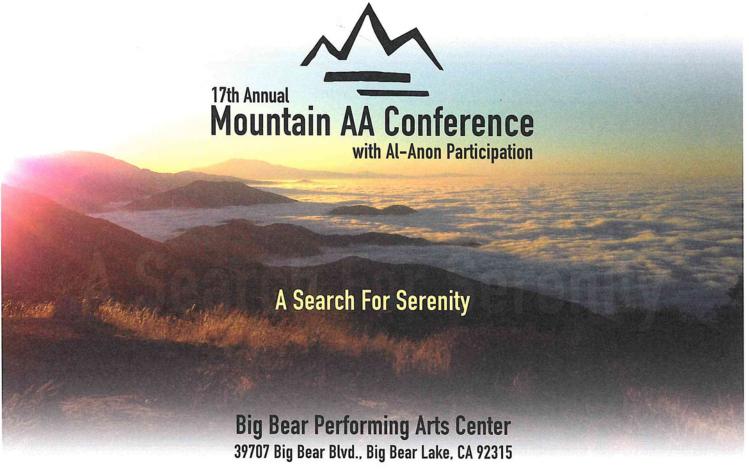
That was my introduction to the all important, life changing, pause. It made me reflect, possibly for the first time, on my behaviors, my perceptions and my version of reality. It opened my eyes to the fact that I might be seeing things through an alcoholic haze. Not that I was drunk, because at this time I wasn't drinking. But, that my alcoholic brain saw everything through an alcoholic haze. Sober or not sober- my perception was drunk.

That was a gift. And that might have been how the fellowship came to be my higher power in the beginning. All of the little sayings were God shots. Another guy would say 'if you're new here, know that you're welcome and you don't ever have to drink again if you don't want to. I believe this to be true because it's been my own experience'. This made me cry every day for a year. He was speaking directly into my sad and broken heart.

The friend who asked me 'how's that workin' out for you' went out. So the echo of those words strikes me deeply- I want to shout 'how's that workin' out for you' but there's no one there to hear me. But God is here and God has a sense of humor. I thought I was in love with that friend. I wanted to build a life with him and could imagine a whole glorious life with him. And he's gone; in his darkness from which there might not be a return.

And I have the gift of his words. Every day, several times a day I pause and smirk and ask myself that question- in traffic when I want to race to the stoplight, in the grocery store when I lose my patience in a busy aisle, in the kitchen when I want a second bowl of ice cream and can scarcely keep my pants buttoned for the expanse of my belly-How's that workin' out for you-

And I laugh with God. Grateful to my friend for teaching me how to let go of the rage and resentments- even if he couldn't remember his own lesson. God has a sense of humor. And my God is a loving God.



Friday, August 18, 2023

Saturday, August 19, 2023
7am - 10pm

Sunday, August 20, 2023
7am - Noon

Hospitality

Delicious Gourmet Luncheon
Five Main AA Speakers and Al-Anon Speaker
Saturday Night Ice Cream Social
Saturday & Sunday "12 Step Yoga" with Molly B.
(all levels welcome, please bring mat)
Sunday Morning Pancake Breakfast
Long Timers Meeting
AA Marathon Meetings
Country Store/Souvenirs

SATURDAY MORNING WORKSHOP with Herb K.:

Best Kept Secrets in 12 Step Rooms:

Not Cured? | Daily Reprieve? | Our WAY of LIVING?

www.MountainAAConference.com

#### Continued from page 1...

My God brought a sponsor into my life and she echos those same words to meregularly She is the gueen of the pause and she calls me out with 'how's that workin out for you' almost in the same cadence my friend did. She has no idea. She doesn't know how those words tap into my soul and remind me that my old neuro pathways were not healthy. She guides me away from my illness. God shows me healthier paths. Another one of the slogans 'i can't we can' resonates with me because I was so trapped in my solitude. I didn't trust anyone to show up for me. And every day we show up for meetings and we show up for ourselves. We show up for each other. And together we can. Each of us can give a little and take a little and in that way we each can grow. It's all there for the taking- and alcoholics as a rule are takers. But those who only take go out. Those who cannot learn to give will die alone.

My sponsor is teaching me how to give without expectations. I didn't even realize how hedged in my need all of my gifts have been. Driven by selfish self centered fear I have gone through life blessing people with my gifts- unwittingly yet always trying to feed the needy beast inside of myself. I've started to guiet the beast. These days I laugh more freely and without looking over my shoulder. I am not ruled by fear and self loathing. I actually like myself and other people around me. I find joy in simple things. I've turned down the noise in my alcoholic brain. I've slowed down my pace and started to look outward and forward, not with fear and resentment but with curiosity and amazement, with gratitude and a sense of peaceful well-being.

I do wish I could see my friend. And I wish he might ask 'how's that workin out for you' I'd tell him to give it a try because it's workin out just right.

Dores 6/1 Louisa 6/1	
Karen 6/10	
Jeremy P.	1
Kimberly B.	1
Kat	2
Carly W.	2
Anne W.	3
Jessica W.	4
Caroline	4
Andrew H.	5
Jessica D.	5
Nels	6
Jeremy	7
Danielle R-W	10
Randy K.	10
Sosanna I.	12
Jack P.	13
Summer H.	15
Susan L.	20
Lynny	20
Dan B.	29
Gordon D.	$\frac{25}{25}$
Brian C.	32

Member

Years

#### 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. 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

# Did you paint this? please contact Central Office, we want to speak with you



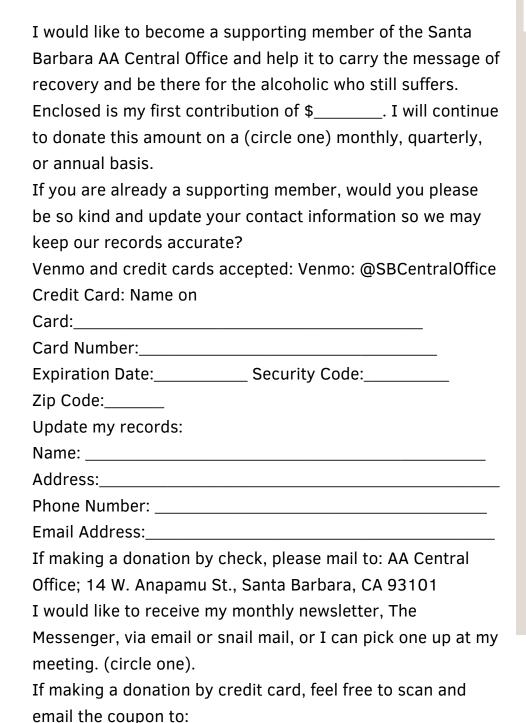
### **Central Office Stats**

AA Info Calls	65
Alanon Referrals	1
<b>Out of Towners</b>	5
Office Walk Ins	163



Scan QR Code for payment

# Become a Central Office Supporting Member!! Supporting Member Donation Coupon



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!!

# Housecleaning

#### Hi friends!

I would like to mention a little bit of a housekeeping issue here at your Central Office.

It has recently come to our attention that some groups were under the impression that Central Office automatically split your group's donations to be distributed among, GSO (NY), GSR, H&I, etc. Please note that unless you request a percentage split to those entities, Central Office assumes 100% of the donation goes to it. In reality, most meetings are aware of this and they indicate 60% of the total donation goes to Central Office, 10% to GSO in New York, etc. But to reiterate, unless it is specified, Central Office gets the who enchilada.

So, in that regard, according to the Central Office Board of Directors' Treasurer, Jim D., donations have been down and we are on a downward trend. As you may be aware, expenses are up. Have you paid an electric bill lately? Yikes! What's going on there? Anywho, Central Office is not exempt from the unfortunate reality of inflation. Its rent and insurance has gone up, with everything else. Literature and pamphlets that we order from GSO in New York, prices have gone up also.

If we may make a suggestion to your group, would you consider having a business meeting and think about increasing your distribution to Central Office to perhaps 80% instead of 60%. 60% is pretty much the normal split to Central Office. Or suggest that a little bit more out-of-pocket contributed from members could be increased in the 7 th tradition.

Don't forget about Venmo! @sbcentraloffice - Those donations are also down. We were doing pretty well with that during Covid but that has dropped off significantly. Just scan the QR code provided here or, on zoom meetings, or use the code provided on the Homepage of the website. To become a Supporting Member and have your credit card charged weekly, monthly or yearly is easy! Come by Central Office and we can set it up for you or you can give us a call and we'll be glad to do it over the phone.

Since most groups donate a portion of their 7 th tradition to GSO in New York, and Central Office mails them a check every month on your group's behalf, GSO sends a receipt to Central Office. If you are the treasurer or secretary, or even a regular attender of a meeting, try to remember to pick up your receipt, if you want it. We try to give them to people as they come in but we have a large growing stack. If a receipt is older than 30 days, we will begin shredding them. If you want your receipt, please pick it up.

#### Thank you!

If you would like to become involved in your Santa Barbara District 23 Central Office inner workings, consider serving as an Inter-Group Representative (IGR) and get first-hand, up-to-the-minute happenings to share with your group. Meetings are the first Tuesday of the month on zoom at 6:00 p.m. and generally run 30 minutes.

Please feel free to call the office if you have any questions. 805.962.3332

Theresa C.



Thank you to everybody who attended the 4th of July Bar-B-Que and supporting your local Central Office.

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