

August 2023

Your Central Office presents

The Messenger

14 W. Anapamu Street, Santa Barbara, CA 93101

(805) 962-3332 www.santabarbaraaa.com

Support Your Santa Barbara Central Office

When I was first seeking help for my drinking problem, I needed information. I was aware that Alcoholics Anonymous existed, but I didn't know anything about the organization, where they could be found, how to contact them, what would be required of me, and whether they could or would actually help me. Thank God for the Santa Barbara Central Office!

I found my first meeting in the Goleta area by visiting the Central Office website. I found an online meeting directory that explained what the meetings were about, where and when they met, and who could attend them. As I worked the steps and got sober, I became more familiar with AA, I found the Central Office was a wonderful resource to support my sobriety.

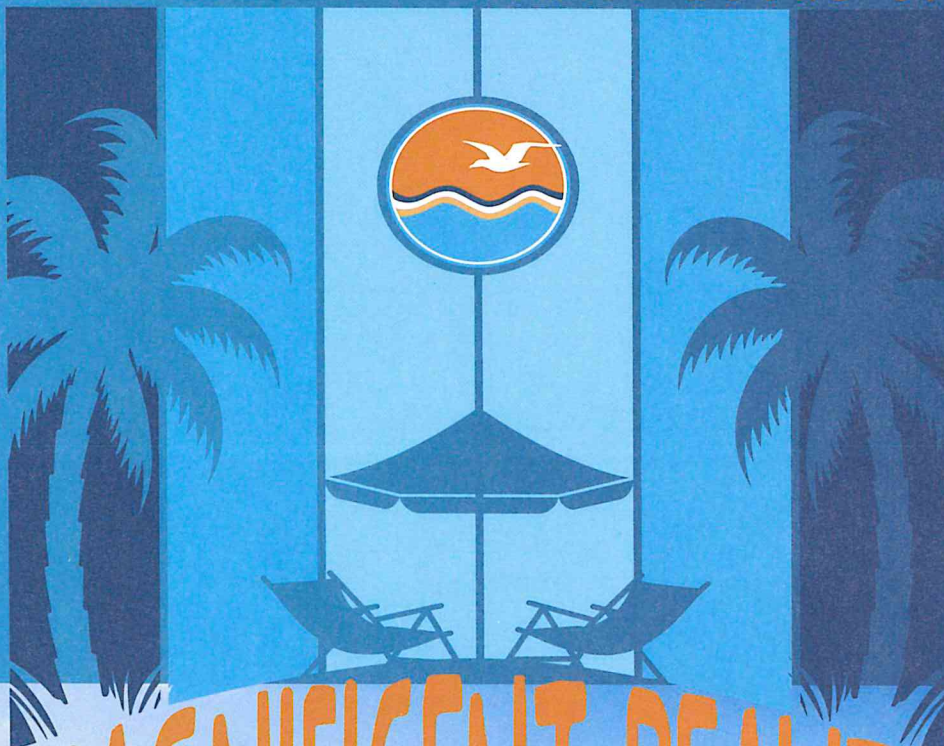
Our Central Office is often the first connection to AA for anyone seeking help for alcoholism in our area. The Central Office website has a direct link from the AA General Service Office for anyone inquiring about Alcoholics Anonymous. It is a comfort to many people who are suffering from the ravages of alcoholism to know that the hand of AA is there to help them—that a real person, who knows their suffering, is there to offer help. Our Office building is centrally located in Santa Barbara (14 W. Anapamu Street) and offers a supportive environment where anyone can get a meeting guide, AA literature, information about upcoming AA events, or purchase AA literature and gifts. It also provides a place for people to connect with other members and have a snack or a cup of coffee.

A central office is an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. A central office is established to carry out certain functions common to all the groups — functions which are best handled by a centralized office — and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

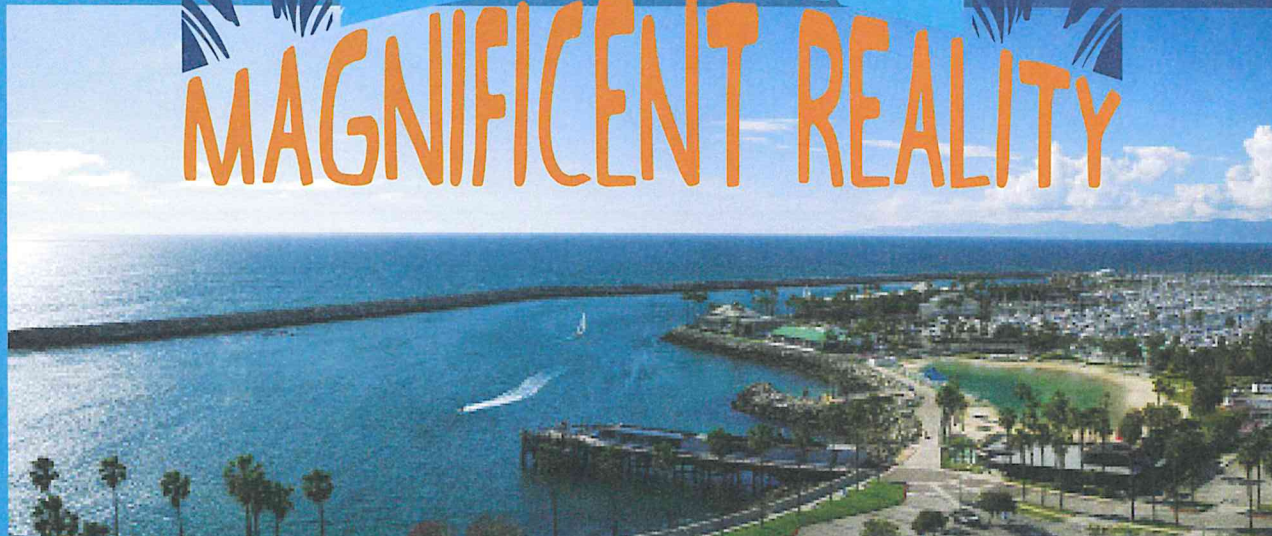
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LABOR DAY WEEKEND

39TH SOUTHBAY FAMILY ROUND UP



MAGNIFICENT REALITY



SEPTEMBER 1-4, 2023

**REGISTER BY MAIL (SEE OTHER SIDE) OR AT
SOUTHBAYROUNDUP.ORG**

Location: Sonesta Hotel
300 North Harbor Drive, Redondo Beach, CA 90277

SOUTHBAYROUNDUP.ORG



Happy
BIRTHDAY

3RD STEP PROBLEM? PERCEPTION OF CONTROL



**THE ANT AIN'T
DRIVING AND
NEITHER ARE WE!**

Member	Years
Linda C.	1
Corey	1
Andrew T.	2
Juli	2
Julie R.	4
Cyrena H.	6
Kelly	6
Tom C.	6
John B.	11
Anthony B.	18
Cora	20
Michelle L.	24
Tom McG.	25
Andy G.	30
Fred S.	33
Dave V.	34
Richard K.	35
Starr W.	38
Dawn D.	42

Happy
BIRTHDAY

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.

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

Old fashioned AA humor

The sponsor asks the sponsee:
"What do you think the difference
is between you and God?"

The sponsee stars back blankly

The Sponsor clarifies:
"God never thinks He is you"

Central Office Stats

AA Info Calls.....45
Alanon Referrals.....1
12 step calls.....2
Other Referrals.....4
Out of Towners..... 7
Office Walk Ins.....174



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



The LA Times reported an AA picnic event in 1943 with 400 Southern California AA's attending!

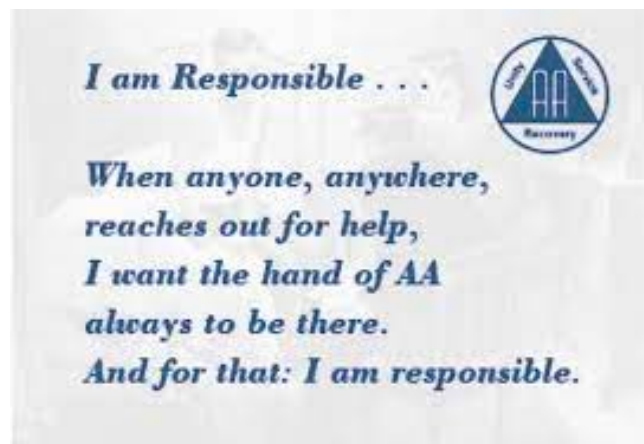
Dr. Bob, one of AA's co-founders, is born in Virginia on August 8, 1879! Dr. Bob and Sr. Ignatia admit the first of over 5,000 drunks they will treat at St. Thomas Hospital in Akron, Ohio, over the next ten years.

In 1954, a guy named Brinkley S. gets sober at Towns Hospital after his 50th detox!

The first AA meeting was held in Denver, Colorado in 1941.

Bill W.'s childhood friend / school buddy Ebby T. sobered up in the Oxford Group in 1934 and visits Bill. Ebby was Bill's first sponsor.

On August 24, 2020, Clancy Imislund, head of L.A.'s Midnight Mission and founder of the Pacific Group, dies at the age of 93.



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Our Central Office is governed by a volunteer steering committee elected by representative members of local AA groups called Intergroup. The membership of the steering committee consists of a Chair, Co-Chair, Secretary, Treasurer and Member-at-Large. The daily operations of the Central Office are run by paid Special Workers—a manager and a staff member who provide for coordination of Central Office volunteers, and manage all of services provided by the Central Office, including: Information exchange for the Santa Barbara Area, organization of special events, support of the Hospitals and Institutions Committee, information about special needs services—like wheelchair access, a contact for legal and recovery professionals, and cooperation with the General Service Office, General Service Representatives, and regional area. The Central Office also publishes the Messenger, which you are reading, and maintains our local website: SantaBarbaraAA.com.

Intergroup is a committee whose function is to provide a link between your home group, your Central Office and the local AA community. Intergroup meetings are held virtually via Zoom, once a month and usually last less than one hour. It is the place where you can find out what is happening in the local AA community and report back to your home group, and discuss what is happening in your group with other group members. Meetings are typically held on the second Tuesday of each month at 6 p.m. Ideally, every group in the Santa Barbara area should have an Intergroup representative. Unfortunately, only a small fraction of AA groups have an Intergroup representative (IGR). Please consider volunteering as an IGR for your group. The meetings are short and the commitment is not difficult, and it will keep your home group up to date on what's happening at Central Office and the local AA community. It also gives your home group input on how your Central Office is run.

According to our "Big Book", Alcoholics Anonymous (AA), the Seventh Tradition states that "Every A.A. group ought to be fully self-supporting, declining outside contributions." This means that only A.A. members contribute financially to A.A. - and even A.A. members are limited in the amount they can contribute. This keeps A.A. free of outside influences that might divert them from their primary purpose — to help the alcoholic who still suffers.

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential to all areas of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their central office, local services, district, area, and the General Service Office remain self-supporting.

7th tradition and supporting membership contributions to Central Office have fallen off rather dramatically over the past two years. Group and individual contributions have fallen by 11% over the past 12 months, and a total of 9% over the last 24 months. Supporting membership contributions have fallen by 32% over the past 24 months. All contributions have fallen by 23% over the past two years. Our expenses have increased by 15% over the same time period, mainly due to inflation of utilities and other support services. Our Central Office facility rent is a modest \$2,089 per month.

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We are currently facing a structural deficit of about \$2,000 per month to fund Central Office. Many of the local groups listed in our meeting guide do not contribute monetarily to Central Office. Those groups should consider being represented by an IGR, and supporting those organizations that support them. Other groups should consider increasing their 7th tradition contribution to Central Office.

It would also help if you would consider becoming a Supporting Member. You can automatically contribute as little as \$5 per month from your debit or credit card. Many members are contributing \$20, \$50 or \$100 per month. You can sign up to be a Supporting Member by calling Central Office at (805) 962-3332, and talking to Theresa or Alice.

Whether we continue to maintain a Central Office in Santa Barbara is up to the conscience of our local AA community. As a reminder of our responsibility to AA, we recite the Responsibility Statement at the end of all of our Intergroup meetings:
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.

I am confident that you see the value of our Central Office, and will continue to support it financially and voluntarily.

In Love and Service,
Jim D.
Steering Committee Treasurer 2020/2023

**FEEDBACK
PLEASE**

We will take anything, an article, praise, criticism...the key thing is we want to know if anybody in our community is reading the "Messenger" and if so, what can we do to be of maximum service to you?

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