

**September 2023**

**Your Central Office presents**

# ***The Messenger***

**14 W. Anapamu Street, Santa Barbara, CA 93101  
(805) 962-3332 [www.santabarbaraaa.com](http://www.santabarbaraaa.com)**

## **My Life's Addiction to Alcohol - Part 1**

I lost my innocence at the age of 12 when I was sexually abused by a stranger in a hotel room while on vacation in Mexico. I was instantly forced into adult life, one that at 12 years old I was not equipped to handle let alone navigate through. The humiliation, shame and guilt were too much for me to handle so i isolated myself from my family.

At the ago of 13 I had my first drink. Initially it was to fit in with my older cousin and his friends. I wanted to be accepted by his friends. At the time I did not know how devastating and life changing that first drink would become. Before I knew it I had become a slave to my addiction. Alcohol became my best friend and eventually my master. I did its bidding, its dirty work and all i got to show for my loyalty to alcohol was a lifetime of chaos, destruction, pain and suffering. I gave up my free will and the ability to think for myself.

There was nothing I wouldn't do for this beast we call alcohol. It made me believe that I was the most important person in the world. I was invincible. Nothing could touch me, nothing dare touch me. That was my false belief. That was the extent to which alcohol had consumed me. I lived that life of addiction for 37 years and it me back with a long list of chaos, destruction, countless victims and lifetime in prison

To be continued next month...Juan J.

***<https://sbaaconvention.net>***



**SBA 2023 CONVENTION  
THE EFFECT WAS ELECTRIC**

Member	YEARS
Dave W.	1
Alexandra Marcy	1
Mario C.	1
Samantha B.	1
Sylvia H.	2
Henry M.	3
Talin Y.	3
Angelica H.	4
Claire B.	4
Johnny	4
Jairo G.	4
Sally R	5
Thomas J.	5
Will P.	5
Allison K. W.	10
Enrique P.	12
Gina	14
Stacy W.	15
Emily A.	15
Daniel G.	16
Bob D.	20
Jeanette	23
Fred C.	24
Dan M.	26
Noah	29
Chrissy B.	30
Lisa	30
Michael W.	33

# AUGUST BIRTHDAYS!



## Fun Facts in AA in September:

- **September 7, 1935**, Bill W. returns home from his Akron trip (and meeting with Dr. Bob) and AA begins in New York City!
- **September 21, 1938**, Bill W. and Hank P. form Works Publishing Co. to raise money to write and publish our Big Book.
- **September 1939**, the first AA group in Chicago is founded.
- **September 12, 1942**, Bill W. and Hank P. borrowed \$1,000 to help them get through the Big Book project.
- **September 1943**, Tuscon's Arizona Star reports on an AA group with eight men and three women.
- **September 9, 1945**, San Diego holds its first women's meeting!
- **September 1946**, the first AA Group in Mexico City was formed.
- **September 17, 1954**, Bill D., the man in the bed, dies in Akron, Ohio.

**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

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**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.

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**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.

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**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**

**Q: What do 2 new comers bring to their first date?**

**A: A uhaul...**

## **Central Office Stats**

**AA Info Calls.....63**  
**Alanon Referrals.....5**  
**12 step calls.....3**  
**Other Referrals.....1**  
**Out of Towners..... 6**  
**Office Walk Ins.....186**



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**



## We would love to hear from you:

What is your favorite meeting, why?

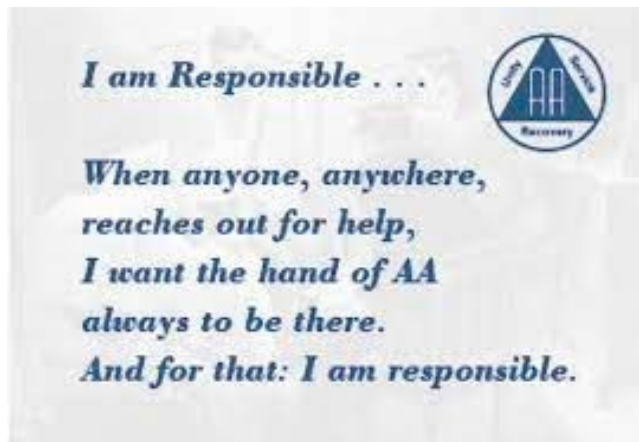
Have you had the same sponsor the whole time you have been sober?

Why isn't the birth of AA marked by Ebby carrying the message to Bill?

What's the difference between a Tradition and a Custom (hint, there are only 12 Traditions in AA:)?

Is there a difference between activity and action?

Have you even noticed that a lot of things come in pairs in AA? Fellowship and program of Action, Common problem, common solution, prayer and action. Can you think of any more?



**Step Nine - “Made direct amends to such people wherever possible, except when to do so would injure them or others.”**

“Such people” are the people we listed in our eighth step. So in Step Nine, we actually begin to make those amends to people we have harmed. This is a character building step for me for sure!! To humble myself, go to a person face-to-face, admit my mistake, apologize and then ask what I can do to make the situation right. All the while keeping in mind only my wrongdoing. “Under no condition do we criticize such a person or argue. Simply we tell him that we will never get over drinking until we have done our utmost to straighten out the past. We are there to sweep off our side of the street, realizing that nothing worth while can be accomplished until we do so, never trying to tell him what he should do. His faults are not discussed. We stick to our own. If our manner is calm, frank, and open, we will be gratified with the result.” (Pp 77, 78 Alcoholics Anonymous).

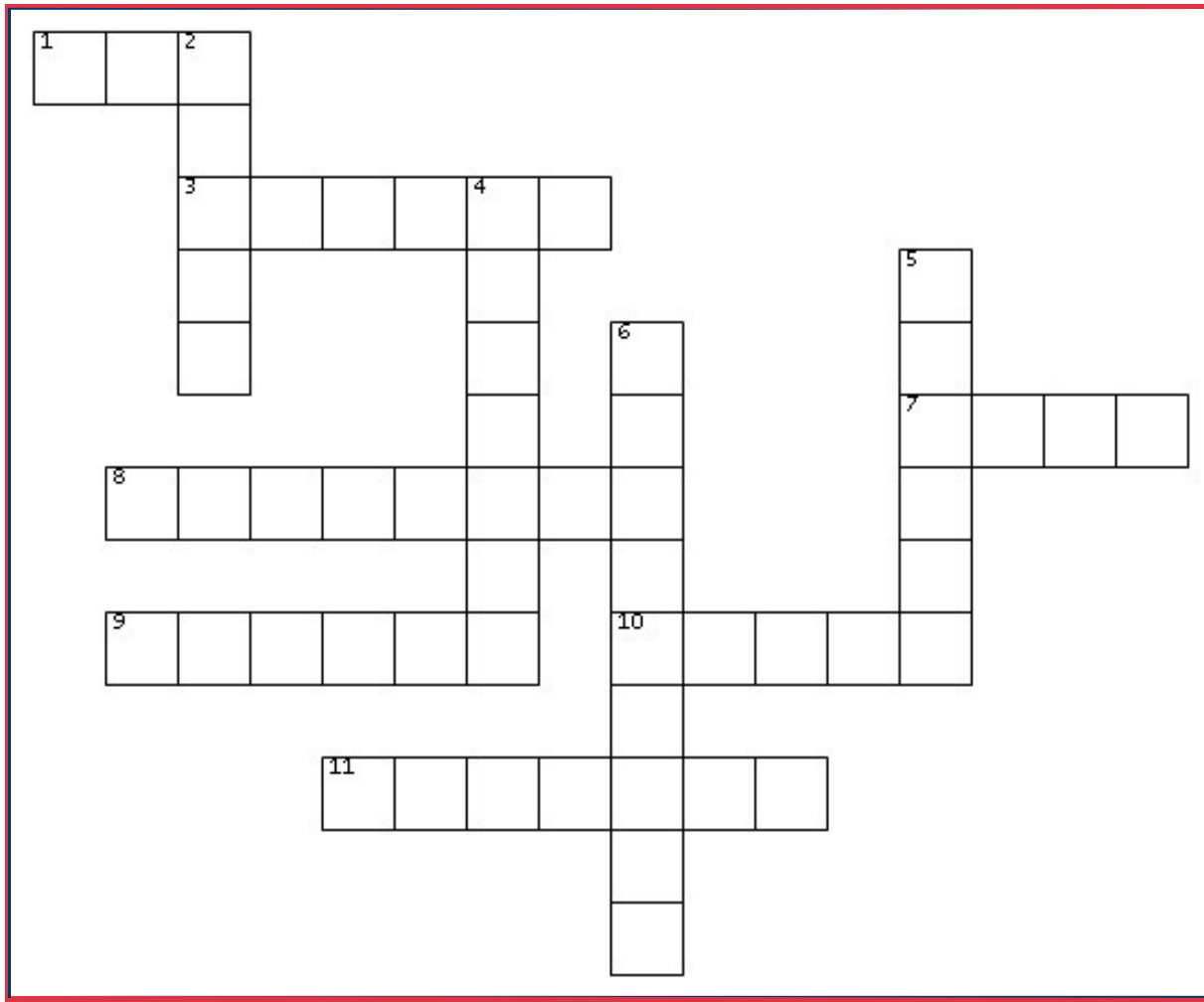
The Twelve and Twelves says that “Good timing is important in making amends.” For instance, financial amends may have to be put on hold until we get a job. We go to the people we owe amends to, tell them what AA is, and what we are trying to do. We can pay, or promise to pay, whatever obligations, financial or otherwise, we owe. But above all, we should try to be absolutely sure that we are not delaying because we are afraid. “...to take responsibility for the wellbeing of others at the same time, is the very spirit of Step Nine. (Twelve and Twelve).

Having made direct, face-to-face amends to family members, friends, and co-workers, often times they don’t have an opinion one way or the other, but in the end say “well, good luck and thanks! So happy you’re doing something about your drinking!” That was surprising to me. Other people thought I should stop drinking. Huh... Other times they have said “Oh, I’m sorry too” and a whole new discussion begins. As a result of working the steps, I comprehend the word serenity and I know peace. Fear of people has left me. Which is a good thing because they seem to be everywhere. Extravagant promises? No, and they will always materialize if we work for them.

Was I looking for peace, serenity, happiness when I stumbled into AA? No, not really. I don’t know anyone who said I want to be happy so I’m going to AA. But that is what I have found here along with so much more. I hope you do too.

~Anonymous

# THE NAMES OF THE CHAPTERS IN THE BIG BOOK



## ACROS

1. \_\_\_\_\_ ITWORKS  
 3. A \_\_\_\_\_ FOR YOU  
 7. \_\_\_\_\_ ABOUTALCOHOLISM  
 8. THERE IS A \_\_\_\_\_  
 9. INTO \_\_\_\_\_  
 10. BILL'S \_\_\_\_\_  
 11. \_\_\_\_\_ WITH OTHERS

## DOWN

2. TO \_\_\_\_\_ (WOMEN)  
 4. THE DOCTOR'S \_\_\_\_\_  
 5. THE \_\_\_\_\_ AFTERWARD  
 6. WE \_\_\_\_\_

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