

October 2023

Your Central Office presents

The Messenger



AA - A Different Way of Living

Most of us come to AA at the low spot of our lives and very few of us have this as our plan "A". Getting sober and adopting a new way of living isn't easy and requires us to throw out a lot of our old thinking and do things differently. Since it is October, it is a good time to talk about Step 10, which we start practicing at the same time we start making amends in step 9 (Big Book Pg. 84 "We vigorously commence this way of living as we cleaned up the past").

What is this way of living? Well, one of the first things that most of us learn, which is mind blowing, is that AA is not a way of not drinking, it is a way of living. Adopting that way of living is "not an overnight matter" and in my experience it is made up of a lot of small 1 degree course corrections that start by taking contrary action that become habits over time.

Some of the first habits we learn are the habits of going to meetings and getting commitments (I was lucky in that I got a lot of guidance about how to go to meetings; be 15 minutes early, sit in the front, don't talk or get up during the meeting etc...). Have you ever noticed that 10% of the people seem to do 90% of the work and that those 10% of the people seem to be the ones staying sober? Make your own observations and come to your own conclusions, those are mine. The next set of habits most of us learn are the habits of having a sponsor, working the steps, reading the Big Book (be it in book studies or with our sponsor), sponsoring others, prayer and meditation, and service.

If we add all of that up, we are living very differently than we used to and the side effect is that the obsession to drink is removed. It is so hard when were new because a lot of this sounds like some weird karate kid stuff, wax the car to learn to block, what? Some days, Im crushing it, some days Im getting crushed, the question isn't where am I on the path, the question is 'am I on the path' and today, I am! Thank you AA!

Anonymous

<https://sbaaconvention.net>



**SBA 2023 CONVENTION
THE EFFECT WAS ELECTRIC**

SEPT BIRTHDAYS!



Fun Facts in AA in October:

- 1937 - AA meetings are held weekly at Bill and Lois's home at 182 Clinton Street, Brooklyn, NY. It is the first New York AA group.
- 1939 - Ebby Thatcher, Bill's boyhood friend who introduced him to the Oxford Group, moves in with him and Lois.
- 1939 - Bill Wilson gets his driver's license! He was 44 years old!
- 1942 - The LA Times reports that California has 14 AA groups!
- 1945 - the first AA group is formed in Savannah, Georgia.
- 1951 - the Lasker Award (which has been in existence since 1946, honors those who have made major contributions to public health efforts) is given to AA by the American Public Health Association in San Francisco at the Opera House "in recognition of its unique and highly successful approach to that age-old public health and social problem, alcoholism." In emphasizing alcoholism as an illness, the social stigma associated with this condition is being blotted out... Historians may one day recognize Alcoholics Anonymous to have been a great venture in social pioneering which forged a new instrument for social action, a new therapy based on the kinship of common suffering. This prestigious award is often compared to the Nobel Prize.
- 1958 - Days of Wine and Roses is aired on TV. (If you haven't seen this movie, check it out! It's a classic!!)
- Lois Wilson, co-founder of Al-Anon Family Groups, passed away in 1988 at the age of 97. 50 family members and friends attend her Quaker - style memorial service held at her and Bill's residence, Stepping Stones, in Katonah, New York. Both Bill and Lois Wilson, along with Bill's Sister and her husband, Dr. Leonard Strong, who introduced Bill to Dr. Silkworth, are buried in Bill's home town of East Dorset, Vermont.

Member	YEARS
Dave D.	1
Missi U.	1
Laura L.	1
Savannah	1
Shuba	1
James .	3
Evan J.	8
Tayler	11
Sal S.	20
Mike S.	29
Charlie Alexander	33
B. Flor	34
Jane R.	39
Ed C.	40
Kathy W.	41
Beverly	50

**S.B. Intergroup (IGR)
Meets the 2nd Tues. of the
month
6:00 p.m. – 7:00 p.m.
Zoom ID – 84736703156
Password – 184289**

**Hospitals & Institutions (H&I)
Meets the 2nd Mon. of the month -
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. Open Office Shifts:
Thursday or Friday
10:00 – 2:00 p.m.**

Dear Ones:

You may have noticed our windows have been boarded up for the last two weeks. I can assure you that it was not an act of vandalism, but tree roots are the culprit! The giant ficus tree to be exact, just outside your Central Office is the root of the trouble. The roots under the foundation rose up so much the window burst out! We have since taken all the windows out and are in the process of cutting out the tree roots from under the cement floor in the office. This is a costly event as you can imagine but we are filing a claim with the City so it should be no cost to us. We are open during the "construction" but ask that you please use the alley entrance via the Chapala Street parking lot. Thank you for your patience.

Theresa C.



Central Office Stats

AA Info Calls.....	52
Alanon Referrals.....	7
12 step calls.....	1
Other Referrals.....	0
Out of Towners.....	0
Office Walk Ins.....	203

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



Scan QR Code for payment

Step 10:

Step Ten sounds more like work on self. I am reading a small book drop the rock the ripple effect. I don't read much so small is the key word for me as I read parts and attempt to absorb it as I go. This book works for me as a group of women used this material in sisterhood gatherings. We shared over our reading and it made a lot more sense. Like reading the Big Book, it makes a lot more sense to me when reading it in a group setting.

The main focus of the ripple effect is Steps 10, 6 and 7. If this is a report card, good work was done while picking up this ripple effect.

It drives me crazy when I listen to someone who reads or shares without clarifying what step they are talking about. Some people are clear. Others like me need to get the picture on the wall, literally. For instance, some places like the Alano Club has this visual.

My personal inventory has to be in self checking for wrong. Better left to seek a higher power for the adventure of a new life.

Joan W.

My Life's Addiction to Alcohol - Part 2

When I couldn't handle a problem, when something didn't go my way, or the reality of life itself, I could always count on my good old friend alcohol to comfort me, to make all my problems disappear, or so I thought. I became really good at running from my responsibilities, running from myself. Alcohol kept me from making sound decisions. My self-respect and the respect for others went out the window. I did things I normally wouldn't do. I lost all regard for those that loved me and for society in general.

I lost my family because of my alcohol addiction and the negative choices that came with it. I lied to them, stole from them, manipulated them and emotionally and mentally abused them. I became the cause of their worries and countless sleepless nights. I didn't have respect for their rules and disrespected their home. I lost their trust in me.

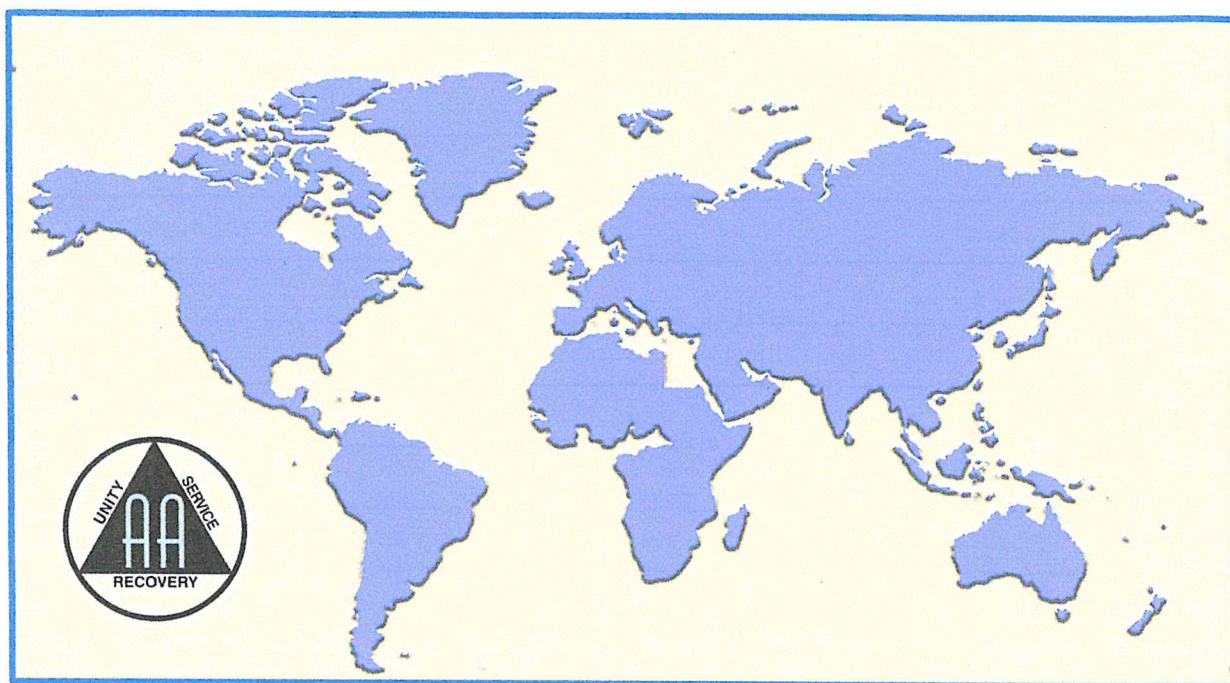
I am not the only person that has lost something because of my addiction. I killed a man and was convicted of murder and given a life sentence of 16 years to life in prison. That man's family lost their son, brother, uncle and friend. I was selfish and irresponsible. Because of my incarceration I lost my family, my friends, my freedom and the trust of my community. Alcohol was the worst thing to happen to me and to those that I came into contact with. I lied, stole, cheated and killed while in my addiction.

Only those who suffer from addiction can truly understand the demon we fight with every day. We welcome that demon and deny him at the same time. It's an ugly life that of addiction. I know because I lived that life for 37 years. Today I am clean and sober 8 years and living a life of recovery. I know that I have a lot of work to do to get my life back on track and I welcome that challenge. I must make amends to those I have harmed while in my addiction, from my bad choices and my destructive behavior.

As long as I am true to myself and my recovery I will succeed in conquering this demon I have been fighting for the past 37 years. I'm stronger now and better equipped to fight this life destroying entity I once so desperately craved, needed and relied on. I am no longer running from my past nor from myself. I am prepared to fight for my sobriety and I will fight for it with everything I have for the rest of my life. I am not where I want to be yet, I know that I am not where I used to be.

Why take on such a daunting task? Because I owe it to the man I killed, his family, my family, my community, my countless victims and to myself. Today I know that I am worth the fight.





District 23 / Area 93 General Service is inviting you to

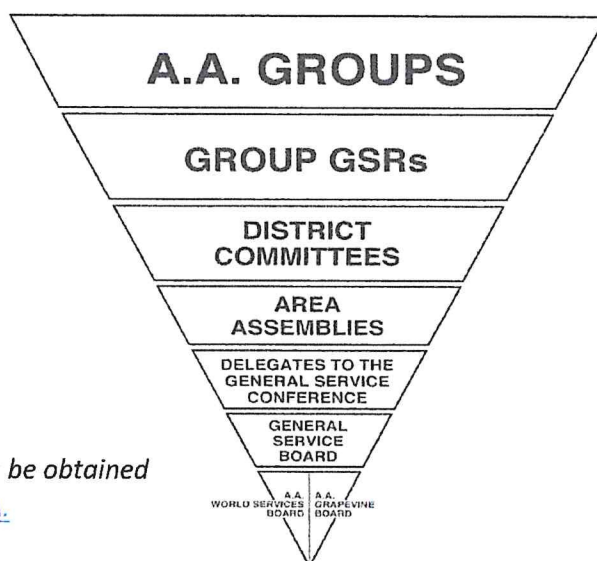
The Twelve Concepts for World Service
A.A. Monthly Workshop
2nd Thursday of every month at 6:00pm

[Zoom Meeting Link](#) or
ID: 850 9621 0094
Passcode: 061035

Join us as we sequentially move through the [Twelve Concepts](#)* with a presentation on the Concept of the month followed by a Q&A time. We will gain a better understanding of what General Service is, how it works, and why it matters!

The Twelve Steps carry the message, the Twelve Traditions maintain our unity and the Twelve Concepts ensure that the AA fellowship is here for generations to come.

STRUCTURE OF THE CONFERENCE (U.S. and Canada)



**The AA Service Manual can be obtained at Central Office or from [A.A.](#)*

CENTRAL OFFICE
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