

December 2023

Your Central Office presents

The Messenger

Serving Caprinteria, Summerland, Montecito, Santa Barbara, Goleta and IV

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

Step 12-Having had a spiritual awakening as the result of these steps we tried to carry this message to alcoholics and practice these principles in all our affairs.

This step means a lot to me for many reasons. It teaches me about the principles in my daily life as well as carrying the message. Sometimes the daily life and those closest to me are my greatest teachers.

I did have a spiritual awakening as the result of these steps and the obsession was lifted by the grace of God as I understand God.

I got into Alcoholics Anonymous wholeheartedly in December of 2015. One of the things that attracted me early on was Hospitals and Institutions. I started to follow people into prison and into medical detox, with people who had a lot of sobriety and who loved what they did. From that, I started volunteering at Central Office downtown, leading to assistant manager and I learned to help suffering alcoholics over the phone. After the pandemic, I went back to volunteer. It's a great way of growth.

So, my life has become full, once a week, I go to Lompoc Federal prison and I am co chair for the Southern California H and I Committee. I also go into 5 Bath once a month and recently got elected to be co chair of our Santa Barbara Convention next year.

Of course all of that is great, however, sponsoring women, seeking guidance from my Sponsor who always has a better idea and reliance always on the grace of my Higher Power keeps my feet on the ground.

I love that I am not unique, that I am not alone and that I am in a fellowship of beings just like me.

I love carrying the message that you matter, that it is possible to live a kind and principled loving life as the result of these steps, this book and this Power.

May God provide the grace to live one day at a time.

Thank you all for being in my life!

~Susan B.

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A. Don't think you have to stay late.

you have to keep.

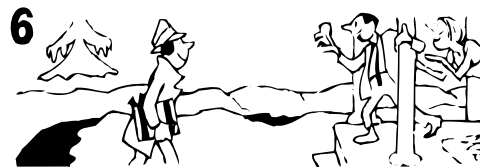


4 Find out about the special holiday parties, meetings, ship in your own way. celebra-

tions given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Plan in advance an "important date"



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

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Happy Holidays

NOV BIRTHDAYS!



Member	YEARS
Aubriana C.	1
Conor I.	3
Kris H.	3
Bobby R.	5
Blake S.	6
Joe M.	8
Kat C.	10
Megan P.	10
George L.P.	13
Greg D. (corrected)	17
John D.	29
Jimmy L.	31
J.R.	33
Steve O.	34
Matthew D.	36
Dennis W.	42
Eddy H	52

DID YOU KNOW?

Central Office has Gift Certificates for merchandise such as literature, chips, and sobriety birthday cards?

A gift certificate would make a great gift for your sponsor or your friends!

Central Office has a large collection of CDs of speakers from meetings and conventions. Come on in and take your pick from our Audio Library.

GSO in New York has a new address for 7 th Tradition donations? This P.O. Box is for 7 th traditions contributions only.

If you are making a direct donation to GSO make your check payable to "General Service Board" and send to its new address:

**Post Office Box 2407
James A. Farley Station
New York, NY 10116-2407**

~Tree



Service Announcements

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:
Monday, Wednesday or Friday
10:00 – 2:00 p.m.

Do you want to be of service?

***Become a part of the Intergroup
Representative (IGR) community and
represent your meeting! IGR
meetings are held once a month on
zoom and last about 30 minutes. Keep
your group's meeting details
up-to-date (time, date, and address)
with Central Office. Keep your group
informed as to the happenings within
AA as a whole by reporting to your
group after the IGR meeting. In addition
to other group's IGRs, the Central Office
Board of Directors and office manager
attend the meeting. A great way to
participate in AA's third legacy -
service!!***

***Check with the secretary of your
meetings to see if they need an IGR! Call
Central Office if you would like more
information.***

Central Office Stats
AA Info Calls.....58
Alanon Referrals.....2
12 step calls.....1
Other Referrals.....1
Out of Towners..... 1
Office Walk Ins.....169

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

Event during the holidays?



Especially during the holidays?

Feelings

I am a human, a broken one at that. I do a fair amount in AA and am so grateful for this way of life, but am not immune from the triple threat; poor me, life is not fair, where's mine. When all three of those hit at once, the feelings (self pity is the technical term) can be strong.

As 2023 comes to a close it is can be easy to get caught up in nonsense. What will happen in 2024? What will I do for the holidays? I should feel a certain way, but I don't. Im lonely. I thought I'd be in a better place than this by now. The triple threat is on me.

Feelings are just that, feelings. They are fleeting and will change. When we feel bad, that will change and when we feel good, that will change. What matters is our actions. Just like physical fitness follows exercise, feeling differently follows taking different action.

If you find yourself lonely or full of self, take action! Not sure what to do, call Central Office and volunteer, go to a meeting and introduce yourself to someone you don't know, do something to get out of self!

We look forward to traveling this path with you in the new year, until then, remember, it is just another day where we get to take action to more forward.

Dear _____,

*A gift in your name has been made to Santa
Barbara A.A. Central Office by:*



*This generous donation will directly support our primary
purpose—to carry the message to the alcoholic who still suffers.*



***CENTRAL OFFICE
HOLIDAY OPEN
HOUSE PARTY!!***



***Tuesday, December 19th
5:00 – 7:30 p.m.***

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