

January 2024

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**

## **Message from the Manager**

Happy New Year! Another year has come and gone. Isn't it amazing!? Just like that, it's 2024. I hope your 2023 was a great year! Most of our lives have hopefully gotten back to "normal" post-Covid. I use that word loosely -- normal. In the movie Tombstone Doc Holiday, while on his deathbed at the Denver Sanatorium, asked Wyatt Earp, "What did you ever want out of life, Wyatt"? And Wyatt hemmed and hawed and somewhat flustered said, "Well, I don't know Doc. I guess I just wanted a normal life."

"There is no "normal" life Wyatt, there's just life." And I thought how true. We all have "stuff" we go through. Lucky for me I have learned how to use the tools provided to me by Alcoholics Anonymous -- how to deal with certain stress, illnesses of friends and family, deaths, breakups, etc., etc. I could increase the list "ad infinitum"! No matter what I don't drink a day at time because of the spiritual tools I've learned how to use and apply in daily life and how to deal with all the "stuff." I am grateful for the friends in my life who have walked through various hardships with me and especially grateful to my wise and wonderful sponsors I've had over the years.

I wish you all a happy, safe, sane and sober New Year! I believe a way to achieve those things can be found on page 164 of our Big Book: Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God Bless you and keep you—until then.

~Tree



*Have you ever noticed “fun” is in “fundraiser”!? It’s a win – win!  
Come and participate in the 2024 AA Convention fundraiser!!*

**Bingo Night! Saturday, February 17, 2023**

**5:00 – 8:00 p.m.**

**Mental Wellness Center**

**617 Garden Street (Near the Alano Club)**



***Want to do more than just play bingo?***

***The first meeting of the 2024 Convention Committee will be held  
on the **third Thursday of each month**  
(beginning this month, January) at 6:00 p.m. at Central Office  
located at 14 W. Anapamu Street.***

## DEC BIRTHDAYS!



Member	YEARS
Joe G.	1
Lorenzo F.	4
William S.	4
Bob G.	5
Angus W	5
Susan B.	8
Joe R.	8
Cheyenne H.	10
Joe L.	10
Patty H.	10
Roberta T.	11
Annette O.	12
Stacy G.	14
Martha M.	17
Kelly B.	20
Susan B	30
Brenda H.	30
Shirley N.	34
Joe R.	45
Joyce M.	65

## 1ST STEP ON PAGE 30

***If you've been to 10 meetings, you've probably heard the 12 steps read 10 times as it is customary to read a portion of Chapter 5 at the beginning of most meetings.***

***When the steps are read, we hear the first step which says " We admitted we were powerless over alcohol - that our lives had become unmanageable".***

***On the first page of chapter 3 is the only place in the Big Book that references the first step outside of the steps on page 58 and it reads "we learned we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery."***

***We didn't have to convince our sponsor, family, therapist, or anyone else we were alcoholics, but we did have to fully concede to our innermost self. What the heck does that mean? Especially since we have already proved beyond a shadow of a doubt that our thinking is unreliable.***

***We'd love to hear from you. How did you know you were an alcoholic, what did "conceded to your innermost self" look like? Anything you would like to share with the new man/woman?***

# **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**

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**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.**

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**SB Central Office – Office  
Volunteer Shifts**  
**Prerequisite – One year of  
sobriety. Open Office Shifts:**  
**Monday, Wednesday or Friday**  
**10:00 – 2:00 p.m.**



**PRAASA 2024 is in San Francisco!**

*Pacific Region A.A. Service Assembly*

**March 1-3, 2024**

**San Francisco Marriott Marquis, 780 Mission St., SF**

**For online registration, hotel reservations, volunteer opportunities & more:**

**[WWW.PRAASA.ORG](http://WWW.PRAASA.ORG)**

**Registration: \$40 (plus optional meals) • Hotel Rooms: \$189/night + tax**  
**All A. A.'s Welcome • AL-Anon Participation • Spanish & ASL Interpretation**



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**Central Office Stats**  
**AA Info Calls.....62**  
**Alanon Referrals.....1**  
**12 step calls.....1**  
**Other Referrals.....1**  
**Out of Towners..... 1**  
**Office Walk Ins.....187**

## 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**



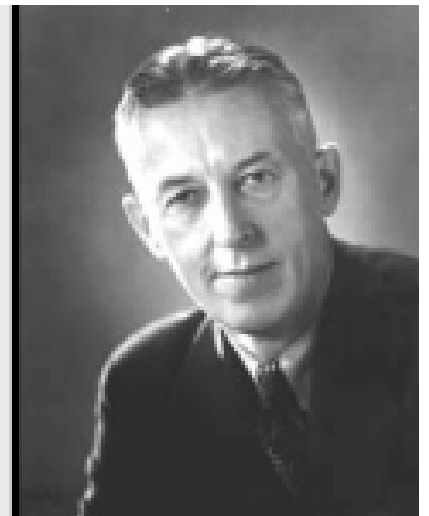
Scan QR Code for payment

**"We feel that elimination of our drinking is but a beginning. A much more important demonstration of our principles lies before us in our homes, occupations and affairs."**

*Alcoholics Anonymous, pg. 19*

**"We well know that our defects, as people and as a Society, have been and still are very great. And we hope that we shall never cease to rededicate ourselves to their correction."**

***AA Co-Founder, Bill W., March 1960, "After Twenty-Five Years", The Language of the Heart***



## Two Arrows

The parable of the second arrow is a Buddhist parable about dealing with suffering more skillfully. The Buddhists say that any time we suffer misfortune, two arrows fly our way. Being struck by an arrow is painful. Being struck by a second arrow is even more painful.

The Buddha explained:

*"In life, we can't always control the first arrow. However, the second arrow is our reaction to the first. The second arrow is optional."*

Picture yourself walking through a forest. Suddenly, you're hit by an arrow. The first arrow is an actual bad event, which can cause pain. But it isn't over yet. There is a second arrow. The second arrow brings more pain and suffering. Can we avoid the second one? The second arrow represents our reaction to the bad event. It's the manner in which we choose to respond emotionally.

For those of us who are practicing a new way of living we are blessed to have several tools to deal with the second arrow; we can practice the tenth step by asking God for help and then talk to our friend or sponsor in the program, we can write an inventory to see our part, there are lots of meetings every day where we can go to get out of self.

It is true that there are far fewer bad things in my life on a daily basis since I got sober, I haven't been arrested or beaten up in a long time, but none of us are exempt from life and sometimes bad sh\*t happens and all I can do is work on my reaction.

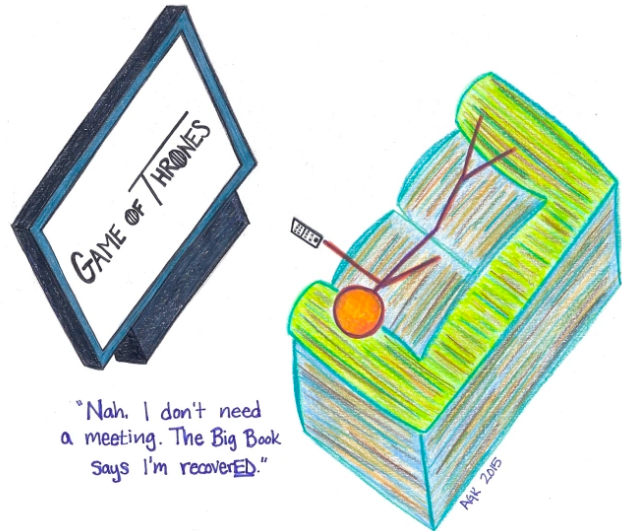
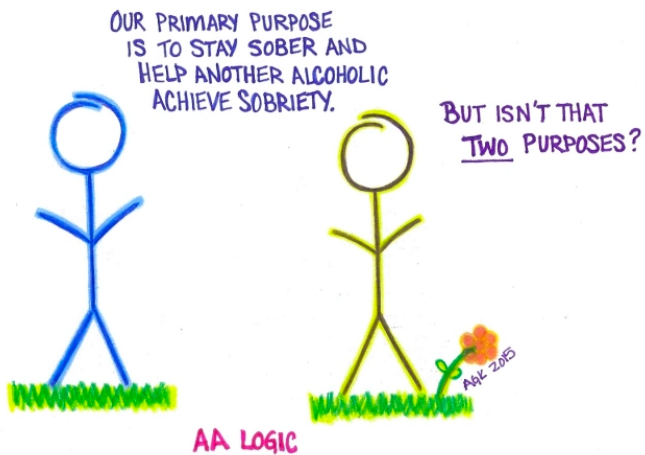
Sometimes I have a pity party and point my finger at all of "those" people not acting right, but that is no different than the 'actor trying to direct the show' outlined in step 3. I guess I could go back to my former design for living which was trying to get everybody in my life to act right....wow, now that I write it out, that sounds exhausting!

For 2024, I want to focus my energies on the second arrow as opposed to controlling the first arrow. I challenge you to do the same. Not sure how to do that? Get a sponsor, go to a book study, and dive into the steps, a recipe (design) for living was laid out for us over 80 years ago.

~ Anonymous



## Just for fun



**EVERYTHING YOU GO THROUGH,  
GROWS YOU.**



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