

March 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

RECAP of the Plain Language Big Book (PLBB) Zoom Meeting held on February 20, 2024

If you read last month's Messenger you are aware there was a presentation by the PLBB Sub-Committee Chair. This committee has been meeting and discussing this topic for a new book for a few years now at the General Service Conference. Highlights of the zoom meeting are as follows:

- A non-sober, non-alcoholic has been chosen (in 2022) to write a new book by the General Service Committee.
- This new book will be written for a 5th grade reading level.
- To date the cost of publishing and writer expenses is \$140,000 by AA World Services Publishing
- The Doctor's Opinion, Bill's Story, and Dr. Bob's Nightmare re-written are complete.
- The first 164 pages will be re-written for the new book.

It was asked in the zoom meeting if we could read a copy of what had been written but were denied. Another question asked in the zoom meeting was what other projects is General Service working on that we don't know about? I don't recall a response to that query. Just some head shakes...

A full draft of the rewrite of the first 164 pages (PLBB) will be presented at the 74th General Service Conference. A copy will be available in a 2-hour session "reading room" where no cell phones will be allowed.

For more information, please talk to your General Service Representative (GSR).

A questionnaire is contained in the February issue of The Messenger and can be found online at SantaBarbaraAA.com if you care to express your opinions. They are sort of roundabout questions, but you can simply answer NO or yes or ... ? 😊

**Planning Meetings -
Get Involved!**

**SBA Convention
Planning Meeting:
2nd Thursday of the
month at Central
Office at 6:00 p.m.
(Next meeting is
March 14th)**

**Founder's Day
Planning Meeting:
2nd Monday of the
month at Central
Office at 6:00 p.m.
(Next meeting is
March 11th)**



39th
Annual OCAA Convention
with Al-Anon Participation

March 29th, 30th and 31st 2024



Hilton Orange
County
Costa Mesa, CA
714-540-7000



Room Rates: \$149 Register EARLY!
Parking: \$12.00 overnight—\$10 In & Out

All Registrations are online
at OCAAC.org.

**You can also register at the convention
starting March 29th 2024.
(Price list on back)**



FEB BIRTHDAYS!

Member	YEARS
Joe K.	1
Larry C.	1
Gibson	2
Brian	3
Jon M.	3
Todd Gulvin	5
Hilda R.	9
Hope Z.	26
Andrea Mc	19
Mike	28
John Bolton "Blackie"	37
Peter G.	43
Judy C.	44



REFLECTIONS

What a long, strange trip it's been! A time of reflection as this is my 41st AA Birthday week. Thinking a lot about our beloved Mary McNally, who was my sponsor for many years and Mary's husband and my dear friend, Jim. They touched the lives of so many alcoholics here in beautiful Santa Barbara, I feel like they watch over us. I miss them so much but think of them often, with warm, comforting thoughts.

My first thought about getting sober was - What do you do at Christmas?! What would I do on New Year's Eve?! Of course it was only March, but you know, plan ahead. I was brought by a friend who had nine months of sobriety to a meeting on a Saturday night in Los Angeles. There were so many people, loud people, laughing. Ugh, I'm not a fan. I thought, what am I doing here, it's Saturday night. I should be down at the Burning Tree Lounge drinking beer, playing pool. I didn't think I was an alcoholic. I thought AA was stupid. After all, I'd been to AA on court cards before.

On some level I think the laughter and camaraderie rubbed off on me that Saturday night. Some woman brought me up to the literature table and there I saw the 20 questions. A short time later I asked that woman to be my sponsor. She is now 46 years sober! A short time later, I asked her to be my sponsor and for some reason, I did what was suggested. I got to meetings early - it was like a party before the main event - I got commitments and kept them and started working on the 12 Steps. And I began a new life. As Bill W. said "I was soon to be catapulted into what I call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes."

AA works even if you don't know you need it to. If you do what we do, you can stay sober too! It's a wonderful life!

Theresa C.

Service Announcements

S.B. Intergroup (IGR)

**Meets the 2nd Tues. of the
month**

6:00 p.m. – 7:00 p.m.

Zoom ID: 878 0418 2416

PW: 281372

Hospitals & Institutions (H&I)

**Meets the 2nd Mon. of the
month - Central Office**

5:30 Orientation

Business meeting as usual

6:00 p.m. – 7:00 p.m.

General Service

Representatives (GSR)

**Meets the first Monday of the
month**

6:00 p.m. to 7:15 p.m.

Zoom ID: 854 898 114

PW: 061035

SB Central Office – Office

Volunteers needed!

Open Office Shifts:

Monday, Wednesday or Friday

10:00 – 2:00 p.m.



Scan QR Code for payment



**Become a supporting
member, scan the image
above using your cell
phone. Prefer to send a
check in the mail, ok, we
take that too!**

Central Office Stats

AA Info Calls.....42
Alanon Referrals.....2
12 step calls.....0
Other Referrals.....0
Out of Towners..... 2
Office Walk Ins.....198

A.I. Wrote one of these, which one?

Step 3, as outlined in the Twelve Steps of Alcoholics Anonymous, reads: "Made a decision to turn our will and our lives over to the care of God as we understood Him." It's a simple yet profound declaration that embodies the essence of spiritual awakening and personal responsibility.

For many, the concept of surrendering to a higher power can be daunting, especially for those who may have struggled with faith or have complex relationships with spirituality. However, Step 3 is not about subscribing to any specific religious doctrine but rather about acknowledging a force greater than oneself—a force that can guide, support, and empower one's journey towards recovery.

At its core, Step 3 encourages individuals to let go of the illusion of control and ego-driven desires that often fuel addictive behaviors. It invites them to open themselves to the possibility of transformation and growth beyond their own limitations. This surrender is not an act of weakness but rather an act of courage—the willingness to release the grip of addiction and embrace a new way of living.

Step 3 also emphasizes the importance of humility—an essential virtue in the recovery process. It requires individuals to acknowledge their vulnerabilities, shortcomings, and the need for assistance from both their fellow members in AA and a higher power. Through humility, individuals learn to set aside pride and ego, paving the way for genuine connection, support, and accountability within the fellowship of AA.

Moreover, Step 3 is a call to action—an invitation to actively participate in the process of recovery. It prompts individuals to make a conscious decision to align their will and their actions with the principles of sobriety, honesty, and integrity. For many individuals in recovery, Step 3 represents a profound turning point—a moment of surrender that leads to liberation, empowerment, and renewed hope. It marks the beginning of a transformative journey towards healing, self-discovery, and inner peace.

As members of Alcoholics Anonymous, let us embrace Step 3 with an open heart and a willingness to surrender to the possibilities of change and growth. Let us remember that through surrender, we find strength. Through humility, we find courage. And through faith, we find freedom.

Together, let us embark on this journey of recovery, one step at a time, knowing that we are never alone, and that a power greater than ourselves is guiding us towards a life of sobriety, serenity, and fulfillment.

Step 3: Surrendering to the Laughter of Recovery

Greetings, fellow members of the Alcoholics Anonymous community! Today, we embark on a journey through the hilariously enlightening world of Step 3: Surrendering to the Laughter of Recovery.

Now, Step 3 might sound like a serious business—and don't get me wrong, it is—but let's face it, folks: if we can't laugh at ourselves a little along the way, what's the point of sobriety?

So, picture this: you're sitting in your first AA meeting, feeling a mix of nerves, skepticism, and probably a lingering hangover. Then, Step 3 rolls around, and you're told to turn your will and your life over to the care of a Higher Power. Cue the collective eyebrow raise. "Seriously?" you think, "Is that even possible?"

Well, my friends, welcome to the comedy show called Recovery. It's a bit like trying to teach a cat to juggle—awkward, messy, and often downright hilarious.

Let's break it down. Step 3 is all about surrendering control—no easy feat for us stubborn, independent-minded alcoholics. We've spent years (or decades) trying to run the show, only to find ourselves face-down in the proverbial gutter more times than we care to admit.

But here's the punchline: the harder we try to control everything, the more chaotic our lives become. It's like trying to herd cats after a catnip party—utterly futile.

So, we throw our hands up in the air (or maybe just one hand if we're holding a coffee mug) and say, "Alright, Universe, you win. I'm done trying to play God. Take the wheel—I'll be in the backseat, trying not to give unsolicited directions."

And thus begins the comedy of errors known as sober living. Suddenly, we find ourselves faced with situations that used to send us running for the nearest bottle, but now, we're armed with nothing but our wits and a slightly warped sense of humor.

Like the time we accidentally attended a yoga class thinking it was a wine tasting. Or when we tried to meditate but ended up mentally composing a grocery list instead. Or perhaps the classic tale of mistaking sparkling water for champagne at a fancy dinner party—talk about a plot twist!

But here's the beautiful irony of Step 3: in surrendering control, we find freedom. We learn to laugh at life's absurdities, to embrace the chaos, and to trust that maybe—just maybe—there's a bigger plan at play.

WE ARE NOT A GLUM LOT!



When you wake up after a long night of drinking and you're fine because it was water



Me sober for the first time in my adult life on Friday night wondering what to do with all this free time



Introduction

ALCOHOLICS ANONYMOUS first published Twelve Steps and Twelve Traditions in 1953. Bill W., who along with Dr. Bob S. founded Alcoholics Anonymous in 1935, wrote the book to share 18 years of collective experience within the Fellowship on how A.A. members recover, and how our society functions.

In recent years some members and friends of A.A. have asked if it would be wise to update the language, idioms, and historical references in the book to present a more contemporary image for the Fellowship. However, because the book has helped so many alcoholics find recovery, there exists strong sentiment within the Fellowship against any change to it. In fact, the 2002 General Service Conference discussed this issue and it was unanimously recommended that: "The text in the book Twelve Steps and Twelve Traditions, written by Bill W., remain as is, recognizing the Fellowship's feelings that Bill's writing be retained as originally published."

We hope that the collective spiritual experience of the A.A. pioneers captured in these pages continues to help alcoholics and friends of A.A. understand the principles of our program.

P. 14 Twelve Steps and Twelve Traditions; 62nd printing, May 2023



**Mark Your Calendars and Make Plans to Attend the
2025 A.A. International Convention**

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

Please check the convention webpage at www.aa.org/international-convention for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

**Let's celebrate sobriety together in
Vancouver in 2025!**

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