

March 2025

Your Central Office presents

The Messenger

Serving Carpinteria, Summerland, Montecito, Santa Barbara, Goleta and I.V.

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

Recovery Comes First!

Two months ago when I started writing about AA's three legacies I said that Unity was probably the most important. I was wrong. What I've learned from investigating and writing about the legacies is that each one is as important as the other. However, what I also now know is I should have started with Recovery. Without the Legacy of Recovery... we may all still be drunk and suffering!

Recovery represents the 12 steps of AA and is the entire foundation of the program. The steps begin by admitting powerlessness over alcohol. They are finished by achieving a spiritual awakening/psychic shift. This is then followed by a commitment to turn around and give back what you have been given freely. In my own path of recovery this has proven to be no exception.

My second day of sobriety I was standing outside the Georgetown, SC Alano Club and someone asked me how much time I had. I looked at my watch and told them what time it was. They laughed, patted my shoulder and explained it was a question about length of sobriety. In AA I have constantly been overwhelmed with the amount of compassion and love given to me by total strangers. It is amazing to me to be able to look back now and remember how vulnerable and shattered I felt in the beginning.

One day at a time I was able to work through the steps with the help and hope given to me by those that had already found and achieved lasting recovery. I won't go into the individual benefits of each step, but I will say how full of gratitude and love I am for what recovery has brought to my life. For this and many other reasons I will continue to support AA and provide my experience, strength and hope of recovery to those still suffering inside and outside the rooms of Alcoholics Anonymous.

~Bradley W.

Two Big Books

Alcoholics Anonymous now has two Big Books; the original, written in 1939, and 'Plain Language', just released.

It baffles me that GSO (General Service Office) in New York would rewrite the Big Book when in the Preface, among other places, it states 'Because this book has become the basic text for our Society and has helped such large numbers of alcoholic men and women to recovery, there exists strong sentiment against any radical changes being made in it.'

It appears that the justification for the Plain Language Big Book is to call it 'A Tool for Reading Alcoholics Anonymous.' Nevertheless, the Big Book has been re-written. We were told time after time by our GSRs that New York was not changing the Big Book, they were clarifying 'certain terminologies.'

When researching the reasoning for the Plain Language Big Book, I came across this 2021 Conference Resolution, (google 'Plain Language Big Book', scroll down to AA87.org). In part, it states, 'A study was done in the US to find out the literacy level of people. Literacy means the ability to identify or evaluate one or more pieces of information, which requires different levels of interpretation of a text. Experts have assessed the level required to read and understand the text of the Big Book. They have determined that it corresponds to level 3 on a scale of 5. According to studies conducted in the US, 48% of the population was at a level 3 or higher. This meant that 52% of the population would not be able to sufficiently understand what is written in the Big Book.' (You notice they felt the need to define 'Literacy' in that statement).

In addition, the inside jacket notes of the Plain Language Big Book state, 'The Plain Language Big Book has been written to present the original ideas and same spiritual message of the Big Book, Alcoholics Anonymous.' I'm sorry, no book but the original Big Book can 'present the original ideas and same spiritual message'.

The text Alcoholics Anonymous has been saving lives for over 85 years. Why did it need to be interpreted or clarified? Isn't that what a sponsor is for?

In the Plain Language Big Book, Bill's Story does not contain a single sentence that he wrote, yet it's written in the first person as if those are his words; also, Bill's name is at the end which implies he wrote it. How can GSO get away with this?

In Chapter 3 of the Plain Language, the verbiage 'pitiful and incomprehensible demoralization' doesn't exist, it has been revised to '...we feel like we have failed completely in our lives and may never be worthy again.' One is very different than the other and completely diminishes the original intent. The jaywalking story is now a woman. How is this helping the reader to understand the Big Book. Who cannot understand the original version when it was a man? Examples like this are abundant from page 1 to the end. This is an abomination. It's an insult. It's a complete misrepresentation of what's in the Big Book, and it dilutes the AA message. What's worse is that it is AA approved literature.

What is the newcomer thinking? "They can't even understand their own book, so they had to dumb it down?" Can the message from New York be any more confusing? AA will never be the same since this debacle.

I understand groups are now buying Plain Language Big Book for their book studies. The only book written for recovery from alcoholism is the one written by the original 100 alcoholics IN THEIR OWN WORDS, not an interpretation by who knows who. It appears egos were involved in the re-write. Is that playing God? I propose GSO stop printing Plain Language Big Book IMMEDIATELY, buy back all books they have sold and apologize to the members of Alcoholics Anonymous for their terrible mistake.

~Malcolm G. - gratefully sober since July 6, 1987 by the original Big Book

February Birthdays!

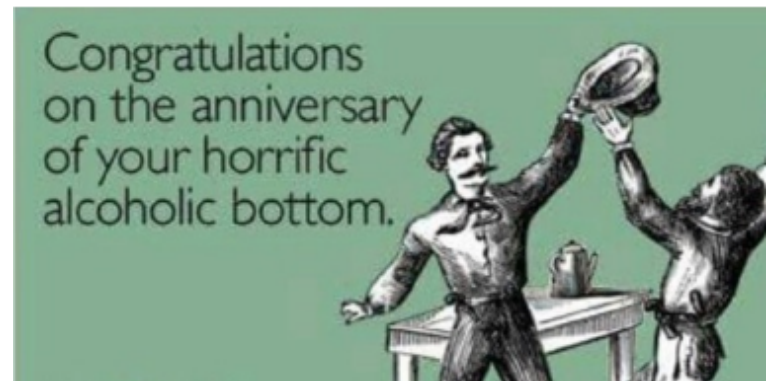
Member	YEARS
Andrew H.	1
Jeff E.	1
Gretchen K.	1
Milan	2
Phil	3
Jon M.	4
Tracey H.	6
Todd G.	6
Anthony L.	8
Austin R.	9
Kenny L.	9
Charles L.	10
Nikolai B.	10
Christine	13
Hope Z.	17
James F.	20
Michael C.	21
Stephanie J.	37
Charlie K.	38
Chris M.	39
Linda H.	48

Exciting News

Archivist AA member Duke, in conjunction with your Central Office, is going to begin working on a local "Archives" section to post on our website!

Duke is looking for any audio tapes you might have on hand from the 60's, 70's, or 80's of any local speakers in District 23, which covers Carpinteria to Isla Vista. If you are in possession of any speaker tapes/cassettes or CDs, please call us at Central Office.

The number here is 805.962-3332.



CALL FOR CONTRIBUTIONS!!

Yes, you! We would love to publish your writings about:

- Your Story: Experience, Strength, & Hope in Recovery.
- One of the 12 Steps, 12 Traditions, or 12 Concepts.
- How your sponsor or sponsee contributes to your recovery.
- What it was like attending your first A.A. meeting.
- Your experience at an A.A. event: Round-up, Convention, NYE Dance, etc.
- A service commitment, your home group, first sober holiday, favorite line in the Big Book, and any other recovery related writing.

Suggestion for Main Article length: 400 – 600 words; can be longer.

Suggestion for Smaller Articles: 200 – 300 words

We also love jokes, quips, poems, artwork, trivia, event info, meeting updates, and A.A. history!!

Send in Your Contributions Now!

Email: Manager@SantaBarbaraAA.com Phone: 805.962-3332

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 at the Alano Club

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!

Flexible hours between 9:00 a.m. and 2:00 p.m.

Please call or email us at your central office for available shifts.

805.962.3332 Email:

Manager@SantaBarbaaAA.com



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.....67
Alanon Referrals.....2
12 step calls.....2
Other Referrals.....1
Out of Towners.....4
Office Walk Ins.....180



Maybe you should call
your sponsor.

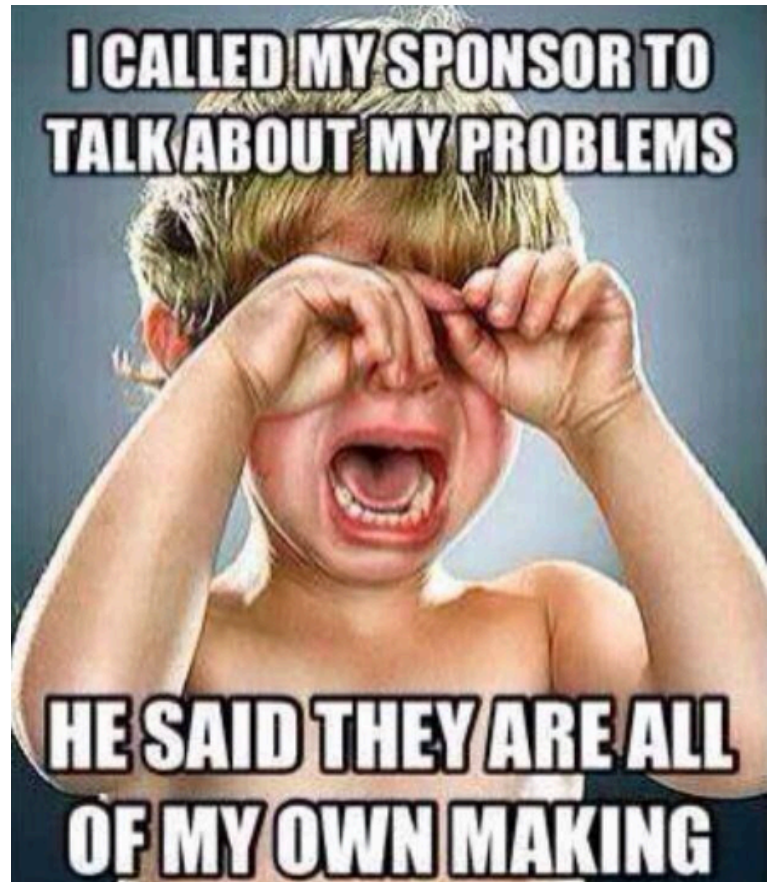


THE MOST
IMPORTANT
SPIRITUAL GROWTH
DOESN'T HAPPEN
WHEN YOU'RE
MEDITATING OR ON
A YOGA MAT.

It happens in the midst of conflict --
when you're frustrated, angry or
scared and you're doing the same old
thing, and then you suddenly realize
that you have a choice to do it
differently...

ONE DAY
YOU WILL TELL YOUR STORY
OF HOW YOU OVERCAME
WHAT YOU WENT THROUGH
AND IT WILL BE
SOMEONE ELSE'S
SURVIVAL GUIDE

**I CALLED MY SPONSOR TO
TALK ABOUT MY PROBLEMS**



**HE SAID THEY ARE ALL
OF MY OWN MAKING**

Have you ever wondered what the difference is between an "Open" and "Closed" Meeting?

What is a "closed" meeting

A closed meeting is for A.A. members only, or for those who have a drinking problem and have a desire to stop drinking. Closed meetings give members an opportunity to discuss particular phases of their alcoholic problem that can be understood best only by other alcoholics. These meetings are usually conducted with maximum informality, and all members are encouraged to participate in the discussions. Closed meetings are of particular value to the newcomer, since they provide an opportunity to ask questions that may trouble a beginner and to get the benefit of "older" members' experience with the recovery program.

What is an "open" meeting

What is an 'open' meeting? An open meeting of A.A. is a group meeting that any member of the community, alcoholic or nonalcoholic, may attend. The only obligation is that of not disclosing the names of A.A. members outside the meeting. A typical open meeting will usually have a "leader" and other speakers. The leader opens and closes the meeting and introduces each speaker. With rare exceptions, the speakers at an open meeting are A.A. members. Each, in turn, may review some individual drinking experiences that led to joining A.A. Speakers may also give their interpretation of the recovery program and suggest what sobriety has meant to them personally. All views expressed are purely personal, since all members of A.A. speak only for themselves. Coffee and other refreshments are frequently offered at open meetings.

Additional Readings on Meetings:

Pamphlet - The AA Group

Pamphlet - Frequently Asked Questions about AA

"First of all, we had to quit playing God. It didn't work"

Alcoholics Anonymous, Page 62





Language of the Heart
Lenguaje del corazón
Le langage du cœur



REGISTER BY
APRIL 15
FOR EARLY-BIRD
PRICING

2025

A.A. INTERNATIONAL CONVENTION

Join your friends in Vancouver,
British Columbia, Canada
July 3-6

HIGHLIGHTS INCLUDE...

- ▶ Thursday night block party
- ▶ Flag Ceremony
- ▶ Stadium meetings
- ▶ Old Timers Meeting


AND MORE...including 250+ meetings,
hospitality suites, and a full slate of
panels and workshops

REGISTER NOW



**HOUSING IS
STILL
AVAILABLE!**

LEARN MORE

aa.org/international-convention 

2025ic@aa.org 

CENTRAL OFFICE
14 W. Anapamu Street
Santa Barbara, CA 93101
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