

May 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

Step Five: "Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs."

"All of A.A.'s Twelve Steps ask us to go contrary to our natural desires. . . they all deflate our egos. When it comes to ego deflation, few steps are harder to take than Five. But scarcely any step is more necessary to long-time sobriety and peace of mind than this one." Twelve Steps and Twelve Traditions, P. 56

I am a grateful alcoholic. I am not grateful to BE an alcoholic though. Or am I? Sometimes I feel I would be quite happy to sit at home and watch Criminal Minds reruns (some might call that isolation) and work in my garden. That's spiritual, right? Working in the garden. Do I really have to go to all these meetings? Do I really need to share my self-appraisal with another person?

If I am an active member of Alcoholics Anonymous, I should be thinking of others and how I can be of service. Do "normies" think like that? Who talks about pride, ego, resentments, etc. if you are not in AA. Church members I suppose. That's one reason I am a grateful alcoholic. I have these spiritual tools to pull out of my toolbox when I need to get rid of a resentment. And I do that by doing a fifth step. I am so lucky. If resentments are a luxury I can't afford to have, I must get rid of them!

"The practice of admitting one's defects to another person is, of course, very ancient. It has been validated in every century, and it characterizes the lives of all spiritually centered and truly religious people. ... Psychiatrists and psychologists point out the deep need every human being has for practical insight and knowledge of his own personality flaws and for a discussion of them with an understanding and trustworthy person. So far as alcoholics are concerned, A.A. would go even further. Most of us would declare that without a fearless admission of our defects to another human being could not stay sober. It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this." Twelve Steps and Twelve Traditions, PP 57-58

That's a lot! It looks like normal people may do this after all. I wasn't aware that therapy suggested this. But yay! Maybe that was in the olden days at the time of the Twelve and Twelve's writing.

After I finished my first fifth step, the feeling was electric. I felt the burden of years passed, the guilt, shame, remorse dissolved and fell away. I felt like I had a brand new life and I could start over. It was a dark and gritty world I lived in before coming to AA. Now it was all fresh and I had a sense of belonging. I felt like you understood. It was a spiritual experience.

Thank you God.



A.A. DESERT ROUNDUP
 WITH AL-ANON PARTICIPATION
RENAISSANCE ESMERALDA RESORT & SPA

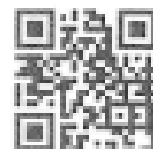


JUNE 5, 6, 7, 8, 2025
 INDIAN WELLS, CALIFORNIA

ONLINE REGISTRATION OPEN January 2nd through May 30th
 TO REGISTER GO TO: www.desertroundup.com
 A \$4 convenience fee is charged for all credit card purchases.

GENERAL INFORMATION

Sandy W. (760) 902-9087
 Kathy R. (760) 832-2275



**TENTATIVE
 SCHEDULE OF EVENTS**

Registration Badges Required at all Meetings.

Thursday	Noon - 7:30 pm	Registration/Badge Pickup
	8:00 pm	A.A. Speaker Meeting
	9:30 pm	Ice Cream Social
	9:30 pm	Sing-along/Karaoke
Friday	7:00 am	Golf Tournament
	7:00 am	A.A. Participation Meeting
	8:00 am - 8:00 pm	Registration/Badge Pickup
	9:00 am	A.A. Topic/Discussion Meeting
	10:30 am	Al-Anon Topic/Discussion Meeting
	12:30 pm	A.A. Topic/Discussion Meeting
	12:30 pm	Al-Anon Topic/Discussion Meeting
	1:45 pm	Al-Anon Topic/Discussion Meeting
	2:00 pm	A.A. History Meeting
	4:00 pm	A.A. Longtimers Meeting
	6:30 pm	A.A. Young People's Meeting
8:30 pm	A.A. Opening Meeting	
10:00 pm	Ice Cream Social	
10:00 pm	DJ Dance	
Saturday	6:30 am	2 Mile Fun Run/Walk
	7:00 am	A.A. Participation Meeting
	8:00 am - 4:30 pm	Registration/Badge Pickup
	9:00 am	A.A. Topic/Speaker Meeting
	9:00 am	Al-Anon Topic/Discussion Meeting
	10:00 am	Al-Anon Topic/Discussion Meeting
	10:30 am	A.A. Mens Seag
	10:30 am	A.A. Womens Seag
	11:45 am	Al-Anon Luncheon/Meeting
	2:50 pm	A.A./Al-Anon Family Meeting
	5:30 pm	Al-Anon Topic/Discussion Meeting
6:00 pm	A.A. Banquet/Meeting	
7:45 pm	(approx) Video Broadcast - Speaker	
8:45 pm	A.A. Topic/Discussion Meeting	
9:00 pm	DJ Dance	
Sunday	7:00 am	A.A. Participation Meeting
	8:15 am	Breakfast
	9:30 am	A.A. Closing Meeting

R
RENAISSANCE
 ESMERALDA RESORT & SPA

BOOK RESERVATIONS ONLINE
<https://book.pmskey.com/go/desertroundup2025>
 or
CALL 1-800-446-9875

Room Rate \$165.00 + Tax + Resort Fee of \$6.00
 Note: 3 nights minimum/4 guests per room max
 Special rates available until room block is filled
 But no later than May 20th

Pool facilities for registered guests only
PRE-BOOK VIP POOL CHAIRS/CABANAS
saia@pmskey.com

44-490 Indian Wells Lane, Indian Wells, CA 92210
 Hotel direct line: (760) 775-4444

Important Convention/Hotel Policies:

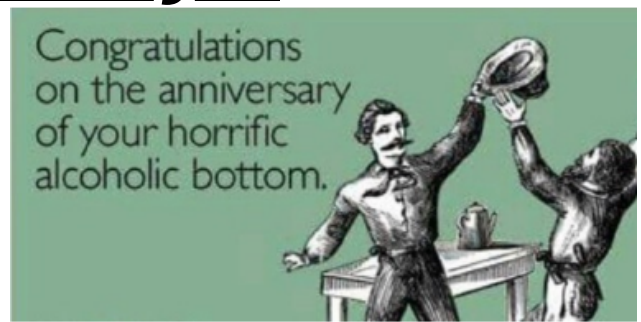
1. Register for convention prior to making hotel reservations. Special rate is only available to Roundup attendees beginning 3 days prior to and 3 days after event (June 2nd-11th, 2025).
2. Room cancellations must be made with the hotel 3 days prior to arrival date without penalty; else 1 night plus tax will be charged.
3. All attendees must be registered and wear badges to all ticketed events (excluding dances).
4. Tickets are sold on a first come, first served basis. For best seating, purchase tickets early. Some events will sell out.
5. If you wish to sit as a group, please send in registration forms with payment together. If registering online, we request one person purchase the table(s).
6. Tickets are not mailed, please pick them up at Pre-registration table when you arrive. Receipts will be emailed, if a legible email is provided.
7. Tickets will be sold at onsite registration until closed or sold-out. Only Ice Cream Socials and Dance tickets will be sold at the door.
8. No refunds on canceled events after May 23rd; tickets are transferable or may be donated to a newcomer.
9. Registration fees are non-refundable, non-transferable.

SERVICE ANIMALS are welcome. Personal pets whose function is to provide comfort or emotional support DO NOT qualify as service animals under the Americans with Disability Act.

THANK YOU for understanding.

April Birthdays!

Member	YEARS
Eddie L.	2
Gloria O.	2
Meghan W.	2
Caitlin M.	3
Chris F.	3
Jim O.	5
Andrea	6
Talia L.	6
Ellen R.	8
Denise F.	10
Chris O.	11
Tom Mck.	12
Richard	19
Alison S.	20
Darren P.	21
Gary I.	22
Nancy B.	28
Bonnie U.	29
Gina V.	29
Nan S.	33
Michael A.	34
Allison C.	36
John R.	37
Craig B.	48
Dave S.	48
Brian B.	49
Rudi W.	56



UPCOMING EVENTS!

May 16 - May 18, 2025

- From Shipwreck to Shore, 42nd Annual So Cal H&I Conference, Ventura, CA

May 26th, 2025

- Alano Club Annual Memorial Day Picnic at Oak Park - 11:30 - 3:00 p.m.

June 5 - June 8, 2025

- A.A. Desert Roundup, Indian Wells, CA (fka the PowWow)

June 6 - June 8, 2025

- 39th Annual Sunshine of the Spirit High Desert Convention (with Al-Anon Participation) (Victorville, CA)

June 7, 2025

- Founder's Day at NH III, 1:00 - 3:00 p.m.

July 3 - July 6, 2025

- 2025 International Convention, Vancouver, British Columbia

July 18 - July 20, 2025

- 44th Annual Woman to Woman conference, UCSB

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.....40
Alanon Referrals.....2
12 step calls.....4
Other Referrals.....1
Out of Towners.....0
Office Walk Ins.....174

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.

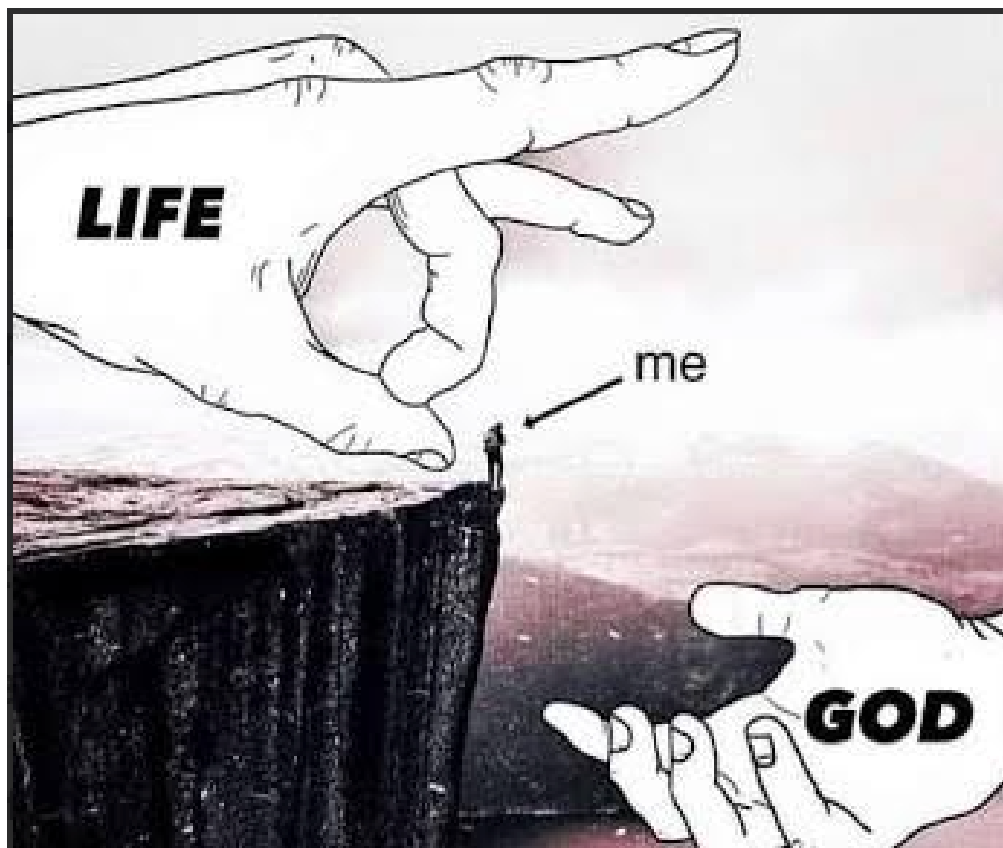
Suggestion for Main Article length: 400 – 600 words; can be longer.

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



Alcoholics Anonymous Founder's Day



Lois Wilson

Bill Wilson

Dr. Bob Smith

Anne Smith

1935-2025★90 Years!!

Sat., June 7th, 2025

New House III

2434 Bath St. Santa Barbara, CA 93105

1:00 PM - 3:00 PM

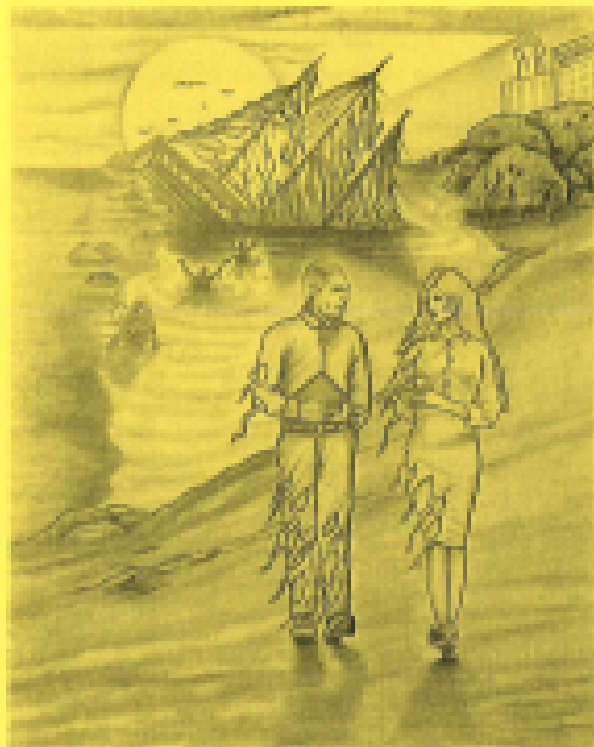
(Doors Open at 12:15 PM)

Tickets are \$5

Raffles & Prizes!

From Shipwreck to Shore

42nd Annual Southern California Hospitals & Institutions Conference



May 16, 17 & 18, 2025

**Four Points by Sheraton Ventura Harbor Resort
Banquet - Comedy Show and Magician**

With Alanon Participation - Lunch & Speakers

Register at: socalhandi.com \$30 by May 4, \$35 day of
ROOMS \$176 KING, \$186 2 QUEENS

SPECIAL RATE GOOD TILL APRIL 18

MARRIOTT.COM (888) 236-2427

GROUP CODE: HAI PROPERTY CODE: OXRFP

Questions call: Lance (818) 419-2244 John (714) 858-8194

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