

March 2026

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

3 things for Month 3

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him

Tradition 3: The only requirement for A.A. membership is a desire to stop drinking

Concept 3 (short form): To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.

“First of all, we had to quit playing God. It didn’t work”

Alcoholics Anonymous, Page 62



How It Worked For me

You need go to AA meetings and stop drinking, or I'm going to tell your doctor to discontinue your antidepressant," said the psychiatrist. I had gone to visit him at my HMO, because my regular doctor had given me an antidepressant for the first time. I was 44. The antidepressant had changed my life. It was like a miracle! I couldn't believe people got to wake up every morning feeling this way. I had always woken up feeling like broken glass inside, then trying to do and take things to feel better all day. My regular doctor had given me a dosage that I thought could be higher, so I would feel even better. So I went to a psychiatrist thinking he would up my dose. Instead, he talked to me for half an hour and then told me I was an alcoholic and I needed to go to AA or else.

I was shocked and I remember thinking I would die without alcohol. Yet I was sure I was not an alcoholic. I was a professional, I owned a house - this did not fit my idea of an alcoholic. But because I was afraid of losing my medication, I went to a speaker meeting that very night. I remember relating to the speaker. I also saw a group of women sitting in front of me, and I wished I could be in a group of friends like that.

I was also afraid of losing my job - I had gotten a bad job review the same day I went to see the psychiatrist. So I did not drink and continued to go to meetings at night and on weekends. I cried at every meeting and said I wished I was an alcoholic so this would work for me. They just pushed the 20 questions down the table and said "keep coming back."

I did ask a woman to be my sponsor right away. My lack of shyness really served me well. I needed to talk to her and anybody else who would listen every night. Feelings were coming up and it was so uncomfortable to not be able to drink. Feelings were having their way with me and my emotions were like riding a bunch of wild horses.

Because it was so hard to live sober the first three months, I came to believe I was an alcoholic. My mind was getting clearer, and my job was easier to do. I realized how muddled my thinking had been while drinking. This new clarity of mind was further proof that I was an alcoholic. Then I got a good job review, my career was saved! That sealed the deal! All of those things gave me the courage to work the steps and continue to not drink.

I was able to take step one fairly quickly, but step two was a problem for me. I was an agnostic and believed the concept of God was created by man to feel comfortable in the world. But my sponsor told me to pray on my knees, even though I didn't believe in it. It felt like a surrender to be on my knees, and in time some of the things I prayed for began to come true. Thus I came to believe something was working and I called it "good orderly direction" GOD.

Like many alcoholics, I was an Overthinker. My sponsor told me, "Don't think, and if you do, don't believe it." After years of reading self-help books, and trying to think my way out of my problems, I was directed to stop thinking and do the next right thing. Right action led to right thinking, not the other way around.

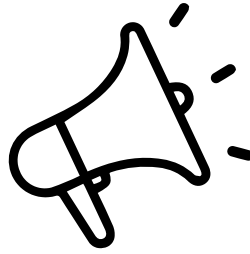
That first year was so hard to get through. Experiencing life on life terms without drinking over my feelings about everything happening, was the hardest thing I had to do. It felt like jumping off a cliff and not knowing if anyone would catch me. Every day, one day at a time I got through feelings that I thought would kill me. And the next time I had hard feelings, I got stronger because I remembered the day before when I had lived through it.

Alcoholics anonymous saved my ability to take medication for my mental illness, it saved my career, and my life! I have stayed sober, nearly 35 years because life got so much better in sobriety. It works, it really does."

~Nancy R

Feburary Birthdays!

Member	Years	
James	1	
Gretchen	2	
Brandon R.	4	
Ivanne D.	4	
Gibson	4	
John S.	5	
Tracy H.	7	
Travis	8	
Olivia	9	
Austin	10	
Syd W.	13	
Michael C.	22	
Angela W.	30	
Mike H.	30	
Blackie	39	
Charlie K.	39	
Linda H.	49	



Are you a new Secretary? We have a very special "Secretary's Handbook" made just for you. Come by the office and pick one up!

We dont have to live this way anymore



"Meditation is something which can always be further developed. It has no boundaries, either of width or height... it is essentially and individual adventure, something which each one of us works out in his own way."

12 & 12, Page 101



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	54
Al Anon referrals	0
Other referrals	0
12 Step via Ans. Serv.	0
12 Step via Office	0
Out of Town Visitors	2
Office Walk-ins	152

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

a journey through the twelve steps of AA

Woodstock West

Los Angeles, CA
May 15-17, 2026

Sheraton Gateway Los Angeles
6310 Century Blvd., Los Angeles, CA 90045
310-642-1111
Complimentary shuttle to/from LAX, 24 hrs.



Register online at
woodstockwest.biz

+\$3 for online registration
to cover transaction fee

- Registration only \$60
- Breakfast + Registration \$115
- Dinner + Registration \$135
 - Chicken Vegetarian
 - Beef Fish \$185
- Full \$195
 - Chicken Vegetarian
 - Beef Fish

\$165 per night

when reserving before May 1, 2026, and mentioning "Woodstock West"

Schedule & Lineup schedule and/or speakers subject to change

Friday, May 15	5:00 PM	Registration opens		
	7:00 PM	Step 1	Carla R	Tujunga CA
	8:30 PM	Step 2	Doug R	Tujunga CA
Saturday, May 16	8:00 AM	Registration opens		
	9:00 AM	Step 3	Jimmy A	Spring Lake NJ
	10:30 AM	Steps 4 and 5	Donna J	Winter Park FL
	12:00 PM	Steps 6 and 7	Bill C	Los Angeles CA
	1:00 PM	Break		
	4:30 PM	Steps 8 and 9	Hilary R	Dallas TX
	6:30 PM	Banquet		
8:00 PM	Speaker	Georgia B	Los Angeles CA	
Sunday, May 17	8:00 AM	Breakfast		
	9:30 AM	Steps 10 and 11	Rico C	Palm Desert CA
	11:00 AM	Step 12	Rosie T	Seal Beach CA

name _____

street address _____

city _____

state/province phone _____

email _____

name on badge _____

amount enclosed _____

If you're interested in making an additional contribution to help pay for someone less fortunate, please indicate the additional amount enclosed:
contribution amount _____

Mail checks/money orders, payable to
Woodstock West c/o Michael Towler
P.O. Box 470842, Los Angeles, CA 90047

Contact Ralph W 424-229-0977



A.A. DESERT ROUNDUP
 WITH AL-ANON PARTICIPATION
RENAISSANCE ESMERALDA RESORT & SPA
JUNE 11, 12, 13, 14, 2026
 INDIAN WELLS, CALIFORNIA



ONLINE REGISTRATION OPEN January 2nd through June 5th
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 pmRegistration/Badge Pickup
 8:00 pmA.A. Speaker Meeting
 9:30 pmIce Cream Social
 9:30 pmSing-along/Karaoke
- Friday** 7:00 amGolf Tournament
 7:00 amA.A. Participation Meeting
 8:00 am - 8:00 pmRegistration/Badge Pickup
 9:00 amA.A. Topic/Discussion Meeting
 10:30 amAl-Anon Topic/Discussion Meeting
 12:30 pmA.A. Topic/Discussion Meeting
 12:30 pmAl-Anon Topic/Discussion Meeting
 1:45 pmAl-Anon Topic/Discussion Meeting
 2:00 pmA.A. History Meeting
 4:00 pmA.A. Longtimers Meeting
 6:30 pmA.A. Young People's Meeting
 8:30 pmA.A. Opening Meeting
 10:00 pmIce Cream Social
 10:00 pmDJ Dance
- Saturday** 6:30 am2 Mile Fun Run/Walk
 7:00 amA.A. Participation Meeting
 8:00 am - 4:30 pmRegistration/Badge Pickup
 9:00 amA.A. Interview with a Drunk
 9:00 amAl-Anon Topic/Discussion Meeting
 10:00 amAl-Anon Topic/Discussion Meeting
 10:30 amA.A. Mens Stag
 10:30 amA.A. Womens Stag
 11:45 amAl-Anon Luncheon/Meeting
 2:30 pmA.A./Al-Anon Family Meeting
 5:30 pmAl-Anon Topic/Discussion Meeting
 6:00 pmA.A. Banquet/Meeting
 7:30 pm (approx) Video Broadcast - Speaker
 8:45 pmA.A. Topic/Discussion Meeting
 9:00 pmDJ Dance
- Sunday** 7:00 amA.A. Participation Meeting
 8:15 amBreakfast
 9:30 amA.A. Closing Meeting

R
RENAISSANCE[®]
 ESMERALDA RESORT & SPA

BOOK RESERVATIONS ONLINE
<https://book.passkey.com/go/desertroundup2026>

CALL 1-800-446-9875

Room Rate \$169.00 + Tax + Resort Fee of \$7.00
 Note: 2 nights minimum/4 guests per room max
 Special rates available until room block is filled
 But no later than May 28th

Pool facilities for registered guests only
PRE-BOOK VIP POOL CHAIRS/CABANAS
reniw.ipoolside.com

44-400 Indian Wells Lane, Indian Wells, CA 92210
 Hotel direct line: (760) 773-4444

Important Convention/Hotel Policies:

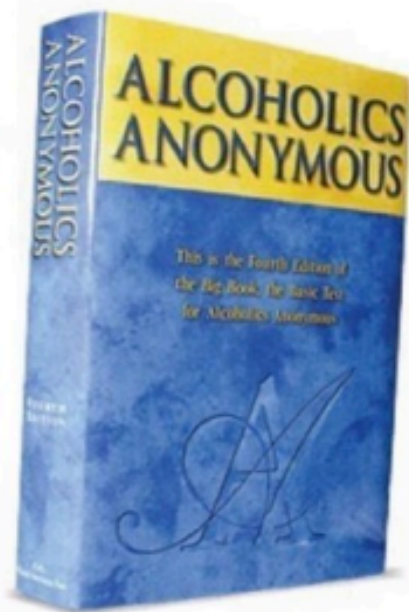
1. Please register for the convention before making your hotel reservation. Special hotel rates are available only to Roundup attendees from June 8-17, 2026 (three days before and after the event).
2. Room cancellations must be made at least 3 days before arrival to avoid charges. Cancellations made later will be charged one night's stay plus tax.
3. All attendees must be registered and wear badges to enter ticketed events (excluding dances).
4. Tickets are sold on a first-come, first-served basis. Some events will sell out - purchase early for best seating.
5. Group Seating - To sit together as a group, please submit registration forms and payments together. For online registration one person should purchase the table(s) for the group.
6. Tickets will not be mailed. Please pick them up at the Pre-Registration Table upon arrival. Receipts will be emailed if a valid email address is provided.
7. Tickets will be sold onsite until events are sold out or registration closes. Only Ice Cream Social and Dance tickets will be available for purchase at the door.
8. No refunds will be issued for canceled events after May 21st. Tickets are transferable or may be donated to a newcomer.
- 9. Registration fees are non-refundable and 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.

CHRONIC RELAPSER: I CANNOT FIGURE HOW HOW TO STAY SOBER? I GO TO TONS OF MEETINGS, I SHARE MY PROBLEMS AT GROUP LEVEL, I FELLOWSHIP, I CALL OTHER ALCOHOLICS. HONESTLY I THINK AA DOESN'T WORK.

ME:



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

