

April 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

4th Step (notice anything different?)

Next we launch out on a course of vigorous action, the first step of which is a personal housecleaning, which you have never in all probability attempted. Though your decision is a vital and crucial step, it can have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in yourself which have been blocking you. Your liquor is but a symptom. Let's now get down to basic causes and conditions.

Therefore, you start upon a personal inventory. This is step four. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. Its object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We do exactly the same thing with our lives. We take stock honestly. First, we search out the flaws in our make-up which have caused our failure. Being convinced that self, manifested in various ways, is what has defeated us, we consider its common manifestations.

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. List people, institutions or principles with whom you are angry. Ask yourself why you are angry. In most cases it will be found that your self-esteem, your pocketbook, your ambitions, your personal relationships, (including sex) are hurt or threatened. So you are sore. You are "burned up."

Step Four: Made a Searching and Fearless Moral Inventory of Ourselves

I never thought I had resentments, or character defects, for that matter, before coming to AA. I was selfish and self-centered and had no idea. One enlightening thing I learned from doing a fourth step was how selfish I was. Not selfish in the sense that I didn't share my pudding or potato chips with a classmate or friend, but in the sense that I didn't care how my behavior affected you. I didn't care if I hurt your feelings, slept with your boyfriend or husband, stole your dope, etc. It was truly a revelation. I had a part in all the resentments - Like, wow, "I'm selfish." Another very important thing I learned is that resentments are luxury an alcoholic can't afford to have.

"It is plain that a life which includes deep resentment leads only to futility and unhappiness. ...But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die." P. 66 Alcoholics Anonymous

Oftentimes the person I may be resentful at doesn't even know it. I'm angry at them but they don't know that. There is no peace; there is no serenity. So who is this lingering resentment harming? Not them. But me

But how? How do we stop the inner turmoil and anxiety in connection with a resentment?

I can look at them as sick people, the book tells me. I had to have help from the Spirit.

"We had to ask God to help us show them the same tolerance, pity and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, 'This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.

We avoid retaliation or argument." P. 67 Alcoholics Anonymous

This is easier said than done. However, I have discovered that once I invite Spirit in, everything gets better. Things seem to settle and calm down.

When I invite God in, the dark clouds lift and the light shines bright.

I must let go of resentments or I will drink again...and for me to drink is to die.

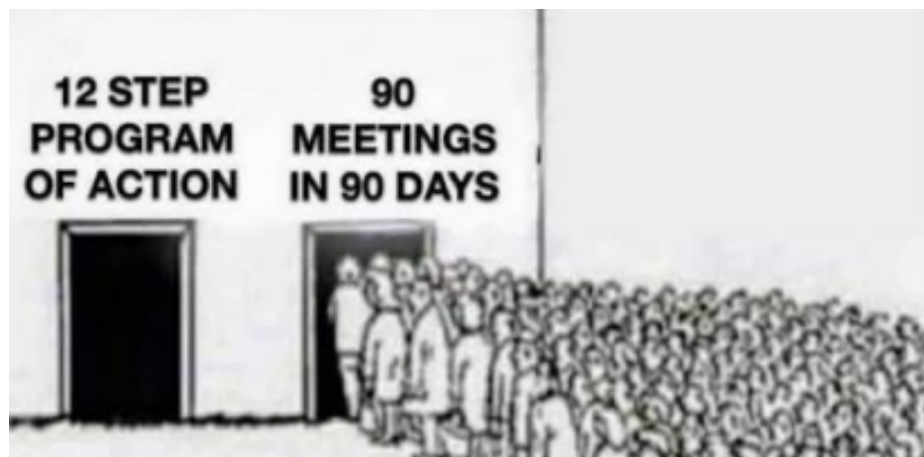
Theresa C.

March Birthdays!

Member	Years
Andi J.	3
Alison B.	6
Tom C.	11
Croft	13
Gail B.	17
Herb McGihon	19
Eric R.	20
Roger P. Craine III	21
Scott S.	21
Tom N.	25
Scott J.	25
Duke B.	29
Nancy R.	35
Cindy S.	36
Tami Topinko	39
Norm K.	40
Theresa C.	43
Paul Tefft	44
Peter McG.	51



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!



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	47
Al Anon referrals	2
Other referrals	0
12 Step via Ans. Serv.	0
12 Step via Office	0
Out of Town Visitors	1
Office Walk-ins	129

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

- | | |
|---|-------|
| <input type="checkbox"/> Registration only | \$60 |
| <input type="checkbox"/> Breakfast + Registration | \$115 |
| <input type="checkbox"/> Dinner + Registration | \$135 |
| <input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian | |
| <input type="checkbox"/> Beef <input type="checkbox"/> Fish | \$185 |
| Full <input type="checkbox"/> Chicken <input type="checkbox"/> Vegetarian | \$195 |
| <input type="checkbox"/> Beef <input type="checkbox"/> 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
	8:00 PM	Breakfast		
Sunday, May 17	8:00 AM	Steps 10 and 11		
	9:30 AM	Step 12	Rico C	Palm Desert CA
	11:00 AM		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



General Service Hybrid Pre-Conference Workshop



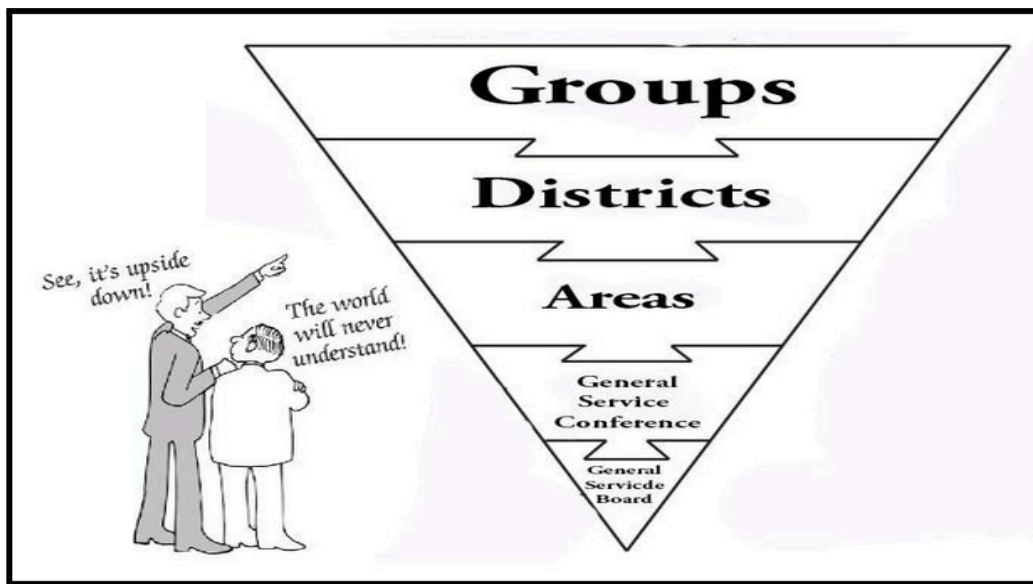
= April 18, 2026 12:30pm-2:30pm: SB Alano Club =

(235E.Cota St,Santa Barbara)

Zoom ID: 853 0668 6840; Passcode: 572664

Lunch served from 12:00-12:30

Our Delegate wants our feedback so he can represent our Voice!

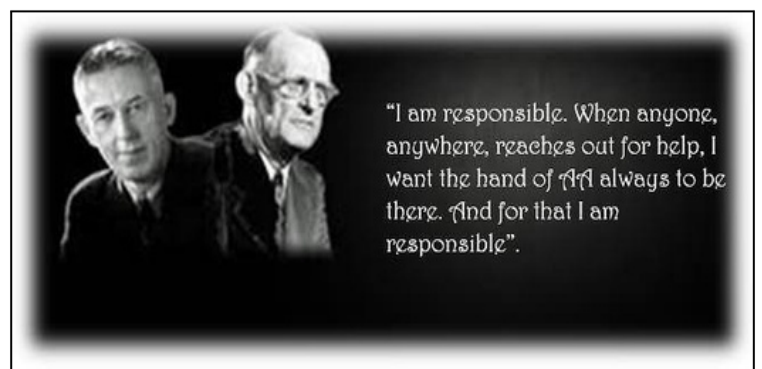


Purpose of this Workshop: to inform you and to obtain your feedback on some of the agenda items that will be voted on at the Annual General Service Conference held in NY.

Some of the Agenda Items to be presented include:

- Consider that Grapevine, Inc. accept contributions
- Consider changing the General Service Conference location
- Consider updating the pamphlet “The AA Member - Medications & Other Drugs” - among others...

Participate in your recovery!



Q1 2026 Group Contributions

Name	Sum	Name	Sum
11th Step Prayer & Meditation #062	\$ 32.00	KCB-Keep Coming Back-ALL	\$ 344.15
Alano Club	\$ 125.82	Key Group-ALL #177	\$ 888.00
Allstar Recovery	\$ 68.00	Noon Men's Stag	\$ 147.90
Alta Vista	\$ 82.98	On Awakening	\$ 10.00
Armed with Facts	\$ 54.60	Onward & Upward #019	\$ 70.00
Art Auction support	\$ 843.00	Rigorous Honesty #067	\$ 2.00
Back to Basics NH III #161	\$ 75.00	Saturday Morning Home Boys #120	\$ 609.00
Bed Heads	\$ 200.00	SBYPAA	\$ 50.00
Cambridge Group	\$ 240.00	Serenity by the Sea	\$ 108.00
Casa Serena Wednesday	\$ 107.20	Solutions in Sobriety	\$ 260.00
Counter Sales	\$ 996.80	Solutions in Sobriety II	\$ 187.00
Courage to Change	\$ 115.00	Start Your Day Right	\$ 2,331.50
Foundation Group	\$ 93.10	Sunday Morning Men's BB Study	\$ 51.00
Good Grief	\$ 20.00	Sunday Night Speaker Meeting Goleta	\$ 234.00
Grateful Group	\$ 50.00	Sundowner - Zoom	\$ 405.93
Harbor Group	\$ 3,651.70	Supporting Member	\$ 20.00
Harbor Group - Online	\$ 979.80	Tales of Two Cities	\$ 430.00
Homeboys zoom	\$ 205.00	The Daily 83-87	\$ 225.00
I Know!	\$ 200.00	The Daily 83-87 - Zoom	\$ 114.00
It's A Wonderful Life	\$ 383.00	There is A Solution #022	\$ 5.00
IV Sobriety	\$ 60.00	Thursday Night Ladies Night #180	\$ 97.85
Joy in Living	\$ 121.00	Tucker's Grove Saturday Morning	\$ 421.00
Junkyard Dogs	\$ 596.00	Way of Life #117	\$ 783.00
Just the Black Print	\$ 370.70	Zoom Your Day Right	\$ 1,046.00

Total = \$18,511.03

Our community is ***ours***. Consider reviewing this list and if you do not see your group, consider asking your treasurer what your meeting and groups contribution plan is.

Not sure where the money is going, ask your IGR. Your meeting doesnt have an IGR, consider getting one:)

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Santa Barbara, CA 93101
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