

May 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

Step 5 - "Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs text

"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. Wouldn't the world be a better place if we all checked our pride, ego, resentments, etc. 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. 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-- dissolve and fall 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 new and fresh and I had a sense of belonging. I felt like you understood. It was a spiritual experience.

Thank you God.

SANTA BARBARA YOUNG PEOPLE IN
ALCOHOLICS ANONYMOUS

SBYPAA



2nd Sunday of the month at 5pm

SB central office
14 W Anapamu St

To join remote, text or call
(480) 773-0521

April Birthdays!

Member	Years
Lisa W.	1
Nicole E.	1
Letty C.	1
Gina M	1
Ross G.	1
Oliver R.	1
Christina	1
Gino	1
Patrice	2
Kendra M.	3
Maribel M.	3
Meghan W.	3
Caitlin M.	4
Lindsay	4
Brandon B.	4
Chris F.	4
Dave H.	5
Tony C.	5
Talia L.	7
Junior R.	8
Ellen R.	9
Kelsey R.	10
Mike McC.	10
Denise F.	11
Teddy G.	12
Robert	15
Alison S.	21
Darren P.	22
Steve G.	27
Gina Van S.	30
Bonny U.	30
Jill H.	32
Nan Schooley	34
Michael A.	35
Meredith	36
Noel R.	40
Craig B.	49
Dave S.	49
Rudi W.	57

My One Year Sobriety Poem

Alcohol Alcohol
Why is it so wrong
The way it makes us think
It makes us weak, not strong

The things it puts us thru
The way it makes us feel
I don't know about you but
At times I'm not for real.

So I knew it was time to change
I've been drinking all my life
Now that I'm 65
I'm so thankful I'm still alive

If it wasn't for my Higher Power
Who I choose to call GOD
I don't know where I'd be
I'm sure, somewhere feeling ODD 😞

So I want to Thank HIM and you all
For all that He has done
BCuz I am Happy, Joyous, and Free now
And I know I'm not the only one.

~Gina M.



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	43
Al Anon referrals	7
Other referrals	0
12 Step via Ans. Serv.	0
12 Step via Office	0
Out of Town Visitors	1
Office Walk-ins	157

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.

\$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



Register online at woodstockwest.biz

+\$3 for online registration to cover transaction fee

- Registration only \$60
- Breakfast + Registration \$115
- Dinner + Registration \$125
- Chicken Vegetarian \$135
- Beef Fish \$185
- Full Chicken Vegetarian \$195
- Beef Fish

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 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	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. Interview with a Drunk
	9:00 am	Al-Anon Topic/Discussion Meeting
	10:00 am	Al-Anon Topic/Discussion Meeting
	10:30 am	A.A. Mens Stag
	10:30 am	A.A. Womens Stag
	11:45 am	Al-Anon Luncheon/Meeting
	2:30 pm	A.A./Al-Anon Family Meeting
5:30 pm	Al-Anon Topic/Discussion Meeting	
6:00 pm	A.A. Banquet/Meeting	
7:30 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.passkey.com/go/desertroundup2026>
or
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
renwcpoolside.com

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

Important Convention/Hotel Policies:

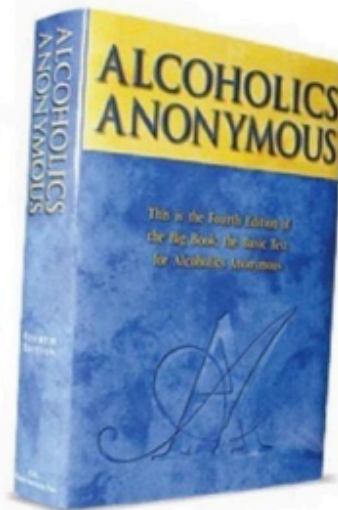
1. Please register for the convention before making your hotel reservation. Special hotel rates are available only to Roundup attendees from June 8-17, 2026 (three days before and after the event).
2. Room cancellations must be made at least 3 days before arrival to avoid charges. Cancellations made 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 registrations, 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:



I'M THE ONLY ONE WHO SHARES CORRECTLY

Dealing With Spiritual Arrogance Once You've Been Sober Awhile



Me trying to monitor the thing I "left in God's hands"



hey, it's me again just checking up on the status

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