

June 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

June 10, 1935: Happy Founders Day AA!!



45th Annual Woman to Woman

Sharing & Caring Workshop Weekend for Alcoholic Women in Recovery

July 17, 18, & 19, 2026
UC Santa Barbara



Enjoy our 45th year with a heart-centered weekend of recovery, fellowship, and sunshine at UC Santa Barbara!

- ✦ **Double occupancy room: \$258**
- ✦ **Single occupancy room: \$353**
- ✦ **Price includes two nights lodging & six buffet meals**
(Friday dinner through Sunday lunch)
- ✦ **Each Suite has 3 bedrooms (single or double occupancy), 2 bathrooms, common area, & kitchenette**
- ✦ **Contact us for more information:**
info@womantowomanla.org

VOLUNTEER!

We have many opportunities to be of service.

EVENT COMMITMENTS:

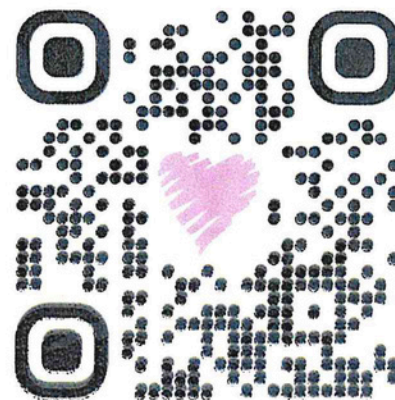
(sign up during online registration)

- ✦ **Workshop Leader**
- ✦ **Hospitality**
- ✦ **Coffee**
- ✦ **Parking**
- ✦ **Hostess**

Register Online Only!

WomantoWomanLA.org

ATTENDANCE IS LIMITED
Register online by June 5, 2026*
NO EXCEPTIONS



**Register soon! Last year sold out in 5 weeks!*

May Birthdays!

Member	Years
Robert D.	1
Robert V.	5
Bob W.	5
Cici P.	6
Billy	7
Brooke B.	7
David P.	13
Michael B.	18
Mark B.	20
Robin G.	25
Augustin G.	26
Carmen U.	27
Rick H.	41
Sharon G.	41
Jerry	44
Brian B.	50
Matt J.	53

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.

A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them." [emphasis added]

Twelve Steps and Twelve Traditions, P. 56

After I read my first fifth step to my sponsor, the feeling was electric. I felt the burden of years passed-- the guilt and 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 A.A. Now it was new and fresh, and I felt a sense of belonging, like I had earned my seat in A.A. I felt like you understood. It was a spiritual experience.

Thank you God.



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	65
Al Anon referrals	4
Other referrals	10
12 Step via Ans. Serv.	0
12 Step via Office	0
Out of Town Visitors	0
Office Walk-ins	161

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



The ultimate teleportation device



New to sobriety and time to start sponsoring people but dont know how or where to start?

Been in AA for a while and want to get invovled, but dont know how?

Heard a bunch of stuff that sounds 'wierd' and want to understand, but don't want to ask at your meeting?

Physsiually sober, but not 'feeling' it?

Call your local Central Officer, we are here for you. Our only aim is to be helpful.

805-962-3332



4th of July Picnic

When: Saturday, July 4th

Where: Tucker's Grove – Area 5

Time: 11:30 a.m. – 2 p.m.

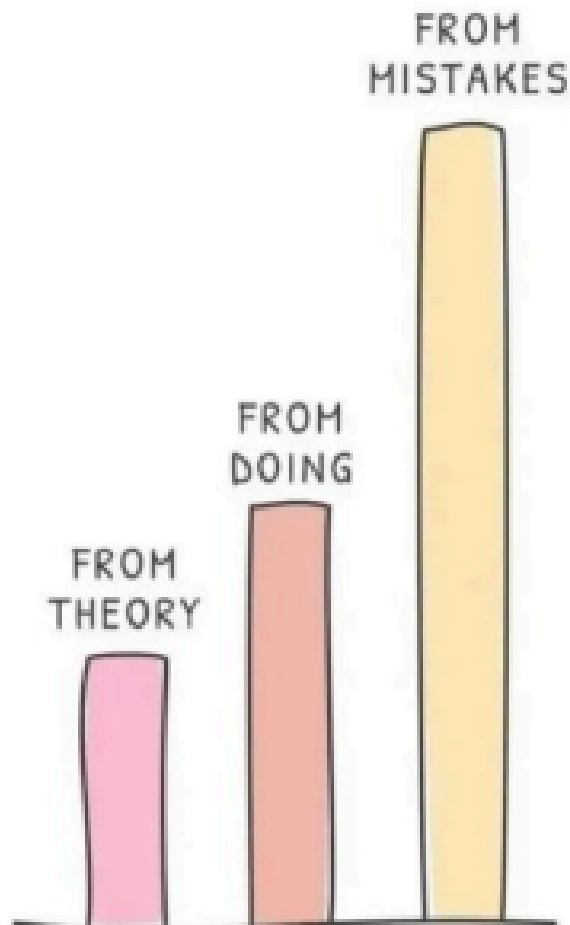
50-50 Raffle

HotDogs! Hamburgers! Cheeseburgers! Salad!

Pre-Sale Tickets available at Central Office or from your IGR - \$15

Tickets at the picnic - \$17

HOW MUCH YOU LEARN



I have character defects and I'm not afraid to use them.



“Even when we have tried hard and failed, we may chalk that up as one of the greatest credits of all.”

Twelve Steps & Twelve Traditions, Pages 93



why don't you make like a tree and slowly grow while helping others around you grow too

Another young actor's life destroyed by drugs and alcohol



When things change inside you, things change around you.



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