

July 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

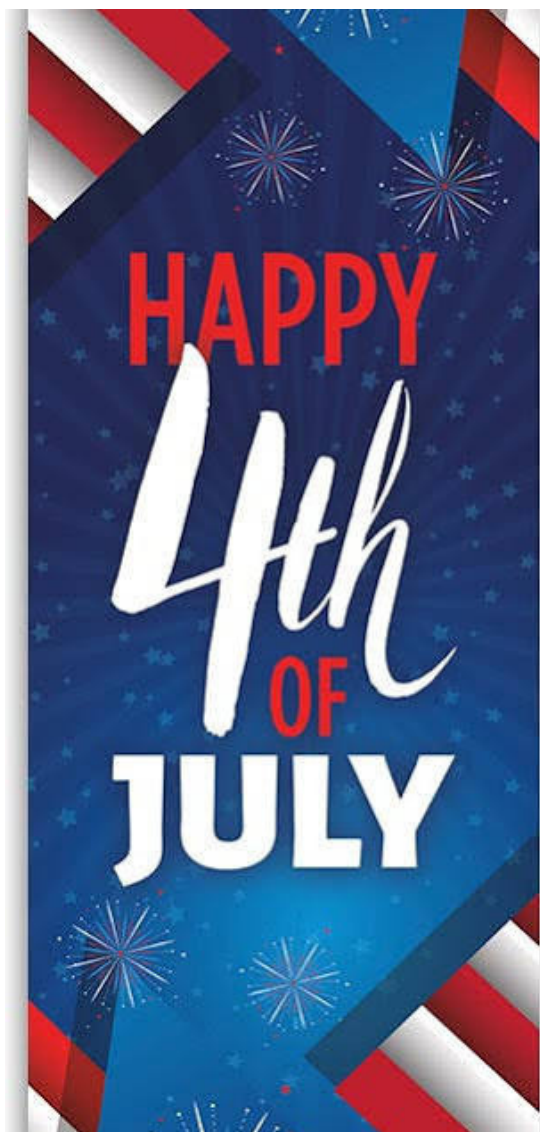
Step Seven states: “Humbly asked Him to remove our shortcomings”

The step itself speaks of humility and being humble. As it states in Step Seven: “Humility, as a word, is an ideal”. And, to attempt to live toward that ideal of humility, is what this step helps guides us to do. After entering Alcoholics Anonymous and learning how the steps can be incorporated into our lives, having humility or being humble, often appears to be complex. It’s only as complex as we make it to be.

Humility is defined as freedom from pride or arrogance. Pride and Arrogance: these are two characteristics which alcoholics could potentially possess (and usually do).

What can frequently be heard at meetings about acting with humility and being humble at the same time, typically entails being extensively involved with working with newcomers. This extensive work gets you out of your own way so that your higher power can direct your day and your life.

There is nothing better in life than to be for others instead of for only yourself. To have the freedom in life to attain the ideal of humility, as with the other steps, takes patience and persistence.



Q2 - Group Contributions

CentralOfficeContribution Report

Group	Amount	Group	Amount
11th Step Prayer & Meditation #062	\$50.00	LGBTQ + Friends Sunday Morning	\$40.00
Across Time Zones	\$15.00	Made A Decision, 3rd Step	\$221.20
Aging in the Steps	\$183.40	New House 3	\$2.00
Allstar Recovery	\$103.00	Noon at the Vet's #006	\$700.00
Alta Vista	\$77.16	Noon Men's Stag	\$283.00
Armed with Facts	\$21.00	Off-Center Group	\$350.00
As Bill Sees It-KCB	\$4.00	Online Meeting of Junkyard Dogs	\$164.00
Back to Basics NH III #161	\$25.00	Promises Carpinteria	\$354.00
Bed Heads	\$765.00	RG Hazard	\$2.00
Big Book Workshop Goleta	\$108.04	Rigorous Honesty #067	\$721.40
Carpinteria Daily Reflections	\$181.00	Saturday Morning Home Boys #120	\$555.00
Casa Serena Wednesday - Women's Serenity Grp	\$37.10	SBYPAA	\$4.00
Compassion	\$20.00	Schooner Group #114	\$245.00
Conscious Contact	\$250.00	Serenity by the Sea	\$84.00
Courage to Change	\$150.00	Sisters In Solution #043	\$50.00
Eye Opener	\$682.00	Solutions in Sobriety	\$372.00
Eye Opener - zoom	\$45.00	Solutions in Sobriety II	\$350.00
For Women Only Group	\$150.00	Solvang Monday Night	\$3.00
Goleta Sun. Night Speaker	\$473.40	Start Your Day Right	\$1,883.00
Good Grief	\$30.00	Start Your Day Right - online	\$2.00
Grace	\$169.50	Sunday Night Speaker Meeting Goleta	\$6.00
Harbor Group	\$1,648.40	Sundowner - Zoom	\$164.30
Harbor Group - Online	\$615.30	Sundowner Group #011	\$2.00
Homeboys zoom	\$232.00	The Daily 83-87	\$200.00
I Know!	\$188.00	The Daily 83-87 - Zoom	\$200.00
It's a Hell of a Deal #139	\$2.00	Thursday Night Ladies Night #180	\$172.90
It's A Wonderful Life	\$9.00	Tucker's Grove Saturday Morning	\$466.80
IV Sobriety	\$130.00	Tuesday Men's Stag #047	\$100.00
Joy in Living	\$188.53	Way of Life #117	\$499.00
Junkyard Dogs	\$114.40	Women in Solution	\$159.50
Just the Black Print	\$13.00	Young People's Step & Traditio	\$20.00
KCB	\$498.85	Zoom Your Day Right	\$1,292.00
Key Group-ALL #177	\$686.80		

Grand Total: \$17,533.98

June Birthdays!



Member	Years
Susan S.	1
Ashton R.	2
Hart	2
Matt C.	2
Connie B.	3
Talin Y.	4
Kimberly B.	4
Paddy	4
Liz B.	5
Dave A.	9
Nels H.	9
Jeremy H.	10
Morgan M.	14
Barbara S.	18
Kim L.	18
Richard W.	18
Jenny	22
Daniel	22
Gordon D.	28
Scott L.	28
Donette B.	29
Beverly J-S	32
Carol K. (May)	34
Sean	39
Kevin W-S	45

ATTENTION ZOOM SECRETARIES!!
Special Request!! Here at Central Office I get calls and emails every week from people requesting Confirmation of Attendance of their zoom meeting!! As a rule, I do not go to zoom meetings; I have no way to know if they were there or not so I cannot write them a little “confirmation” note. Instead of having them put the request in the “chat” announce at your meeting that if attendees would like confirmation they should unmute and verbally request it? Maybe that would work. If you have any other ideas for a solution, let me know. Thank you! Keep up the good work!

Theresa C.

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	29
Al Anon referrals	2
Other referrals	1
12 Step via Ans. Serv.	0
12 Step via Office	0
Out of Town Visitors	0
Office Walk-ins	130

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.

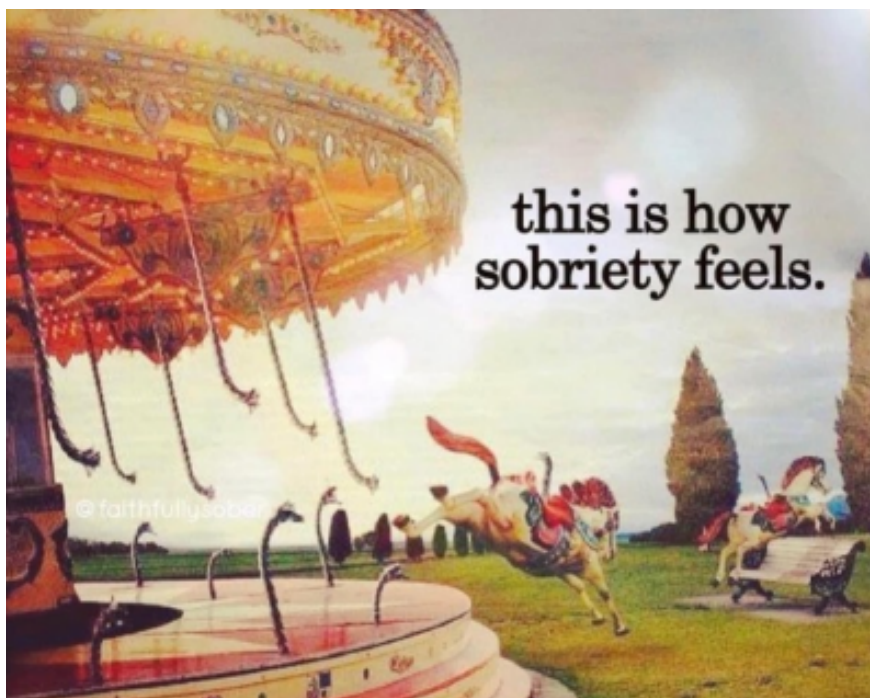
Suggestion for Smaller Articles: 200 – 300 words

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

**"THERE'S NO NEED
TO BE PERFECT TO
INSPIRE OTHERS.
LET PEOPLE GET
INSPIRED BY HOW
YOU DEAL WITH
YOUR
IMPERFECTIONS."**



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?

Physcially 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



Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

June 2026

Call Out for Theme Suggestions for the 2030 International Convention in St. Louis, Missouri July 4-7, 2030 - Deadline 10/9/26

Believe it or not, it's time to start thinking about a theme for the 2030 International Convention celebration of A.A.'s 95th Anniversary in St. Louis, Missouri July 4-7, 2030. We invite you to send in suggestions which will be reviewed and selected by the trustees' International Conventions/Regional Forums Committee.

To provide inspiration, the themes of past A.A. International Conventions have been: 1965 "I Am Responsible"; 1970 "Unity"; 1975 "Let It Begin With Me"; 1980 "The Joy of Living"; 1985 "Fifty Years With Gratitude"; 1990 "Fifty-Five Years — One Day At a Time"; 1995 "A.A. Everywhere — Anywhere"; 2000 "Pass It On — Into the 21st Century"; 2005 "I Am Responsible"; 2010 "A Vision for You"; 2015 "80 Years — Happy, Joyous and Free"; 2020 "Love and Tolerance is Our Code"; and "Language of the Heart" in 2025.

Please send your ideas to 2030ictheme@aa.org by October 9, 2026.

In gratitude,

Eileen A.
2030 International Convention Coordinator



Mountain AA Conference

with Al-Anon Participation

A Search For Serenity

Big Bear Performing Arts Center
39707 Big Bear Blvd., Big Bear Lake, CA 92315

Friday, August 28, 2026
6pm - 9pm

Saturday, August 29, 2026
7am - 10pm

Sunday, August 30, 2026
7am - Noon

Hospitality

Delicious Gourmet Luncheon

Five Main AA Speakers and Al-Anon Speaker

Saturday Night Ice Cream Social with Entertainment

Saturday & Sunday Yoga & Sound Bath with Chutney and Nick
(all levels welcome, please bring mat)

Long Timers Meeting

AA and Al-Anon Marathon Meetings

Country Store/Souvenirs

Sunday Morning Pancake Breakfast

Saturday Morning with Herb K. - *Finding & Sustaining Serenity!*

www.MountainAAConference.com

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

