

August 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

How It Began

A.A. had its beginning in 1935 at Akron, Ohio, as the outcome of a meeting between Bill W., a New York stockbroker, and Dr. Bob S., an Akron surgeon. Both had been hopeless alcoholics.

Prior to that time, Bill and Dr. Bob had each been in contact with the Oxford Group, a mostly nonalcoholic fellowship that emphasized universal spiritual values in daily living.

In that period, the Oxford Groups in America were headed by the noted Episcopal clergyman, Dr. Samuel Shoemaker. Under this spiritual influence, and with the help of an old-time friend, Ebby T., Bill had gotten sober and had then maintained his recovery by working with other alcoholics, though none of these had actually recovered. Meanwhile, Dr. Bob's Oxford Group membership at Akron had not helped him enough to achieve sobriety.

When Dr. Bob and Bill finally met, the effect on the doctor was immediate. This time, he found himself face to face with a fellow sufferer who had made good. Bill emphasized that alcoholism was a malady of mind, emotions, and body. This all-important fact he had learned from Dr. William D. Silkworth of Towns Hospital in New York, where Bill had often been a patient. Though a physician, Dr. Bob had not known alcoholism to be a disease. Responding to Bill's convincing ideas, he soon got sober, never to drink again. The founding spark of A.A. had been struck.

Both men immediately set to work with alcoholics at Akron's City Hospital, where one patient quickly achieved complete sobriety. Though the name Alcoholics Anonymous had not yet been coined, these three men actually made up the nucleus of the first A.A. group.

From the "A.A. Fact File" by GSO

I JUST SAY I'LL
MAKE A "LIVING
AMENDS" AND
THEN AVOID THAT
PERSON FOREVER



THE DIFFERENCE BETWEEN
YOU AND ME
IS I DON'T THINK
I'M YOU.



AGK ♥ JOHNNY A
2015

Alexa, turn my
feelings off!



July Birthdays!

I AM FREE

For once in my life I am free
free from the alcoholism that once pl
me

free from the ghosts of the past which kept
me stuck in the cycle of alcoholism and
destroyed countless lives

free from the self-hate

free from the fear; the fear of:
vulnerability, abandonment and
inadequacy

Free most of all to face myself, with courage
and strength to look at my reflection
in the mirror and say, "lil Robert,
you are worthy of love"

Robert S.

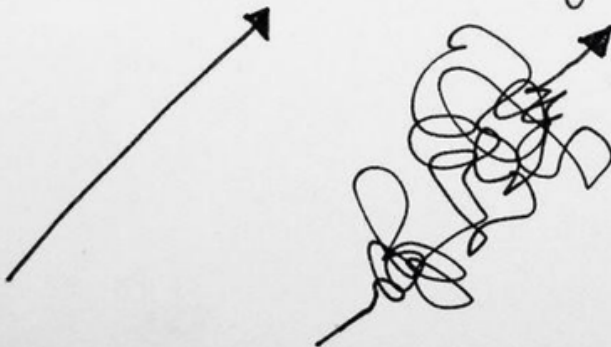
3/16/2026

Member	Years
Charles H.	1
Smitty	1
Carly M.	2
Cathy N.	2
Julie W.	2
Jamie H.	3
Nancy	3
David R.	7
Julie R.	7
Alison A.	8
Angela	8
Robert A.	8
Ashley K.	9
Patrick H.	9
Lorind	11
Megan M.	19
Arleen R.	36
Dr. Richard	38
John B.	39
Eddie M.	46
Diane P.	47

RECOVERY

Expectations

Reality



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	50
Al Anon referrals	0
Other referrals	0
12 Step via Ans. Serv.	0
12 Step via Office	0
Out of Town Visitors	4
Office Walk-ins	171

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

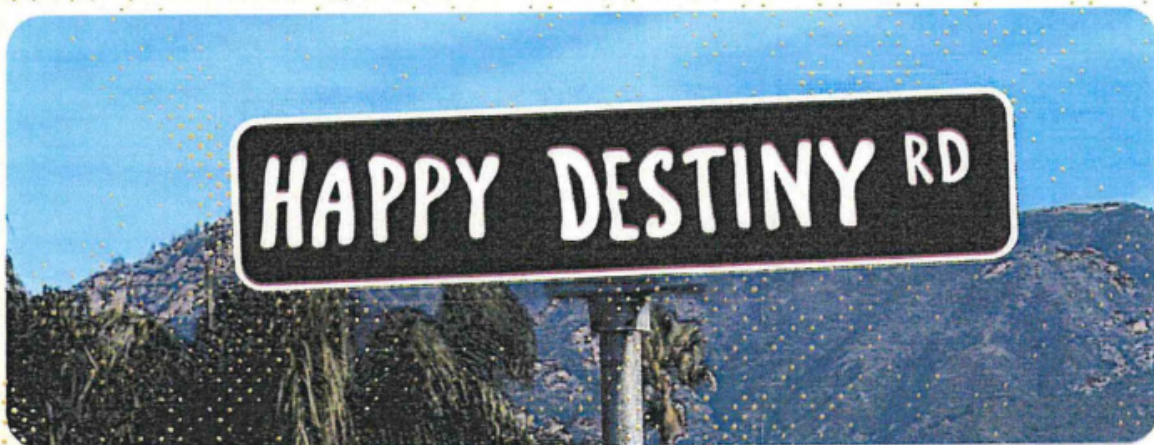
We also love jokes, quips, poems, artwork, trivia, event info, meeting updates, and A.A. history!!

Send in Your Contributions Now!

Email: Manager@SantaBarbaraAA.com Phone: 805.962-3332

Editor's note - We have a vibrant fellowship in the Santa Barbara area: young people, old people, tall people, short people, boys, girls...If you can think of a descriptor, we have one of them. It would be really great to hear from you, what meetings do you go to, why do you like them, what do you for fun in sobriety, what has our communicaty done for you.

SANTA BARBARA



39TH ANNUAL AA CONVENTION

WITH ALANON PARTICIPATION

OCTOBER 9, 10, 11
2026

ELKS LODGE
150 N KELLOGG AVE

PURCHASE TICKETS:
SBAACONVENTION.NET



GOLF SCRAMBLE
FRIDAY 10/9
\$115/ GOLFER
SCHOLARSHIP
INFO & MORE



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

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