

September 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 - Part II

**If you missed last month's "How it Began", The Messenger can be found at Central Office and online at our website: [santabarbaraaa.com](http://santabarbaraaa.com)**

In the fall of 1935, a second group of alcoholics slowly took shape in New York. A third appeared at Cleveland in 1939. It had taken over four years to produce 100 sober alcoholics in the three founding groups.

Early in 1939, the Fellowship published its basic textbook, Alcoholics Anonymous. The text, \*written by Bill, (and included a collaborative group process) explained A.A.'s philosophy and methods, the core of which was the now well-known twelve steps of recovery. The book was also reinforced by case histories of some thirty recovered members. From this point, A.A.'s development was rapid.

Also in 1939, the Cleveland Plain Dealer carried a series of articles about A.A., supported by warm editorials. The Cleveland group of only twenty members was deluged by countless pleas for help. Alcoholics sober only a few weeks were set to work on brand-new cases. This was a new departure, and the results were fantastic. A few months later, Cleveland's membership had expanded to 500. For the first time, it was shown that sobriety could be mass-produced.

Meanwhile, in New York, Dr. Bob and Bill had in 1938 organized an overall trusteeship for the building Fellowship. Friends of John D. Rockefeller Jr. became board members alongside a contingent of A.A.s. This board was named The Alcoholic Foundation. However, all efforts to raise large amounts of money failed, because Mr. Rockefeller had wisely concluded that great sums might spoil the infant society. Nevertheless, the foundation managed to open a time office in New York to handle inquiries and to distribute the A.A. book – an enterprise which, by the way, had been mostly financed by the A.A.s themselves.

The book and the new office were quickly put to use. An article about A.A. was carried by Liberty magazine in the fall of 1939, resulting in some 800 urgent calls for help.

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

\*Hank Parkhurst was an early member of A.A. in New York. He played a major role in organizing the publication, fundraising, and early promotion of the Big Book. He authored a chapter of his own story, Chapter 10 "To Employers."



The best  
apology is  
changed  
behavior.

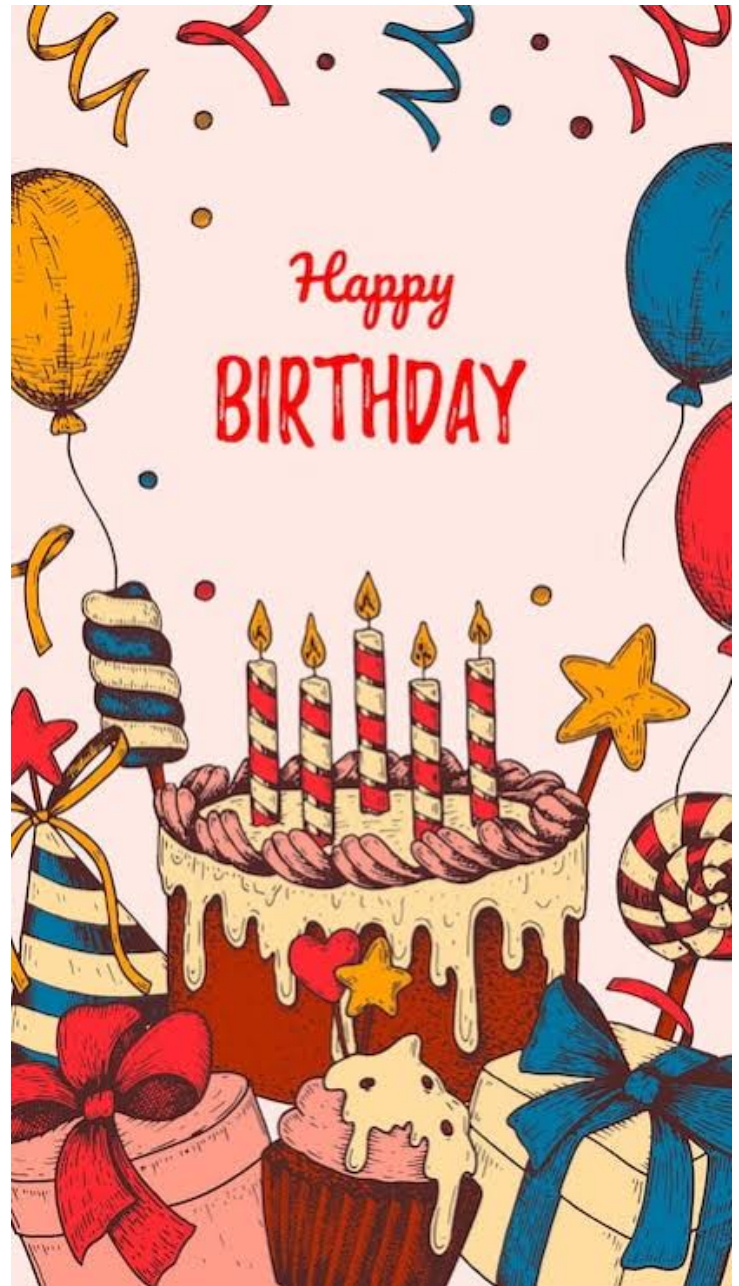
Your sponsor when he finds out your in a  
new relationship after a fresh relapse

Me sober on Friday night  
living a life beyond my  
wildest dreams



# **Augutst Birthdays!**

| <b>Member</b> | <b>Years</b> |
|---------------|--------------|
| Robert H.     | 2            |
| Lorenzo       | 3            |
| Maggie Rose   | 3            |
| Alex K.       | 3            |
| Scott S.      | 3            |
| Olivia S.     | 4            |
| Blane P.      | 4            |
| Angelica C.   | 7            |
| Claire B.     | 7            |
| Chris H.      | 16           |
| Scott H.      | 17           |
| Kevin C.      | 18           |
| Jason V.      | 21           |
| Fred C.       | 27           |
| Michael T.    | 28           |
| Jennifer B.   | 31           |
| Noah D        | 32           |
| Lisa E.       | 33           |
| Jacquelin D.  | 35           |
| Michael Mc D. | 40           |



**“First of all, we had to quit  
playing God. It didn’t  
work”**

*Alcoholics Anonymous, Page 62*



# **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

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## **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.

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## **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

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## **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](mailto:Manager@SantaBarbaaAA.com)



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**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          | 38  |
| Al Anon referrals      | 0   |
| Other referrals        | 2   |
| 12 Step via Ans. Serv. | 0   |
| 12 Step via Office     | 0   |
| Out of Town Visitors   | 0   |
| Office Walk-ins        | 101 |

# 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!!

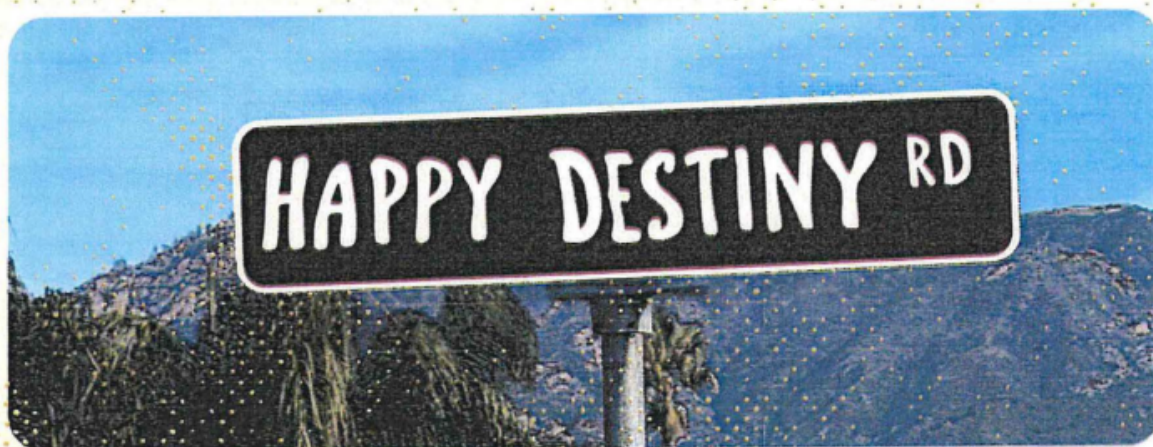
**Send in Your Contributions Now!**

**Email: [Manager@SantaBarbaraAA.com](mailto:Manager@SantaBarbaraAA.com) Phone: 805.962-3332**

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***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

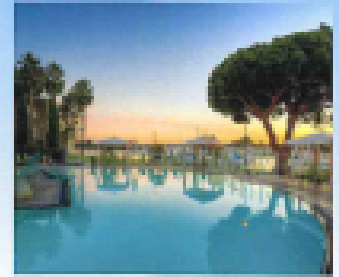
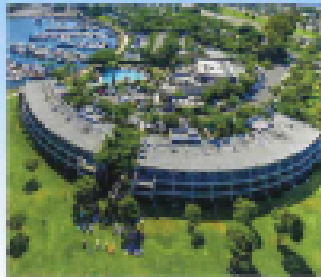
PURCHASE TICKETS:  
[SBAACONVENTION.NET](https://SBAACONVENTION.NET)



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

# Woman to Woman San Diego

## Join us for our 52<sup>nd</sup> Conference



## September 18th to September 20th, 2026

*(Registration Opens at 3pm on Friday)*

*Conference for Recovering Alcoholic Women*

*Conference Includes:*

*Friday & Saturday Night Banquets, Dynamic Speakers, Topic Discussion Meeting, Waterfront Setting, Fun Activities, Group Walks, Hospitality Suite, Beautiful Accommodations, Pool & Hot Tub*

### CONFERENCE REGISTRATION

*(Copy this form to register additional women)*

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ Sobriety Date: \_\_\_\_\_

City/Zip \_\_\_\_\_ Email: \_\_\_\_\_

Vegetarian: Yes No Want to be of Service: \_\_\_\_\_ Where: \_\_\_\_\_

#### Conference Registration Info

\$210 per Person (Before 9/5/26)

Add late fee of \$40 per person

Mail checks payable to:

Woman to Woman San Diego,  
1401 Quail St., Suite #140 Newport  
Beach CA. 92660

Registrations are transferable only.

#### Additional Information Call:

LA County—Pat L. (714) 904-4428

Orange County—Jeanne H. (949) 433-4194

San Diego County—Linda R. (760) 815-0207

Riverside/San Bernadino—Annie A. (760) 519-6062

#### Website

[www.womantowomansandiego.com](http://www.womantowomansandiego.com)

#### Email

[womantowomansandiego@gmail.com](mailto:womantowomansandiego@gmail.com)

• No Children Allowed at the Banquets or Meetings

• No Pets Allowed Except REGISTERED SERVICE ANIMALS

(If a registered service animal causes an allergic reaction or physical fear, the pet will be asked to be removed)



[www.thedana.com](http://www.thedana.com)

Hotel Registration—Call (800) 445-3339 and reference  
Woman to Woman for Conference Pricing

Standard Room \$185 Bayview Room \$235

Premium Bayview Suite \$285 (All rooms subject to  
availability) Reservations must be made by August 18, 2026

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