October 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

"Continued to take personal inventory and when we were wrong promptly admitted it"

Picture yourself walking alone on a beautiful wide beach with pure white sand. The ocean waves are washing ashore, the seagulls are flying above, the sun is warm against your skin, and the gentle breeze is blowing around you. It's just another perfect moment in your sobriety.
You are carrying a cup of coffee, and as you finish the last gulp, you toss the coffee cup down on the beach and continue walking forward.

After a few minutes of walking forward, you mentally pause and recall how grateful you are for your sobriety and those around you. You reflect on your life, your accomplishments and failures, for everything that you have, for those who you have helped, and for those who have helped you through your journey.

You stop to reflect, and look back at the tracks that you have made while walking on the beach sand while walking. You briefly recall the tracks that you have made through your journey of sobriety. Then, something catches your eye. You see the coffee cup that you tossed on the beach a few minutes before and how it has trashed the beautiful beach that you are walking on. You quickly go back and pick up the trash that you have created on the beautiful beach.

You want to make right, your wrong. You want to leave the world a better place to be. You don't want to be the person leaving trash behind on your journey. Step Ten gives us the ability to retrace our steps and clean up the wreckage of our past. It gives us the ability to have a clear conscience, so we can travel forward in our journey in a free way.

The last paragraph of step Ten reads: "Having so considered our day, not omitting to take due note of things well done, and having searched our hearts with neither fear nor favor, we can truly thank God for the blessings we have received and sleep in good conscience".

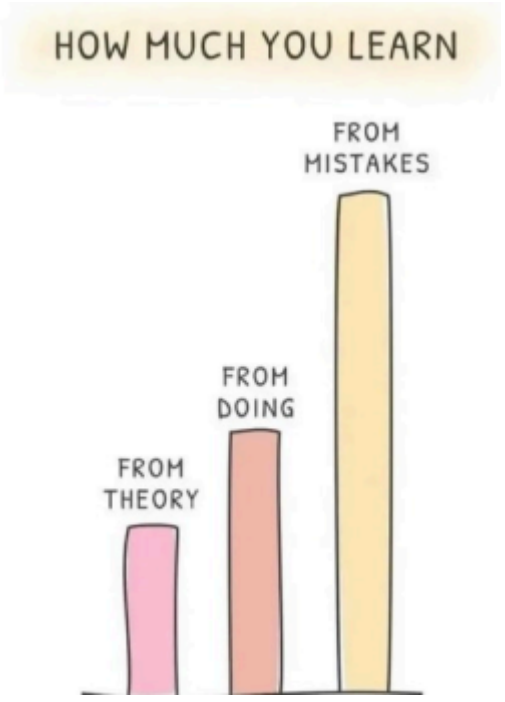
Kevin W-S.





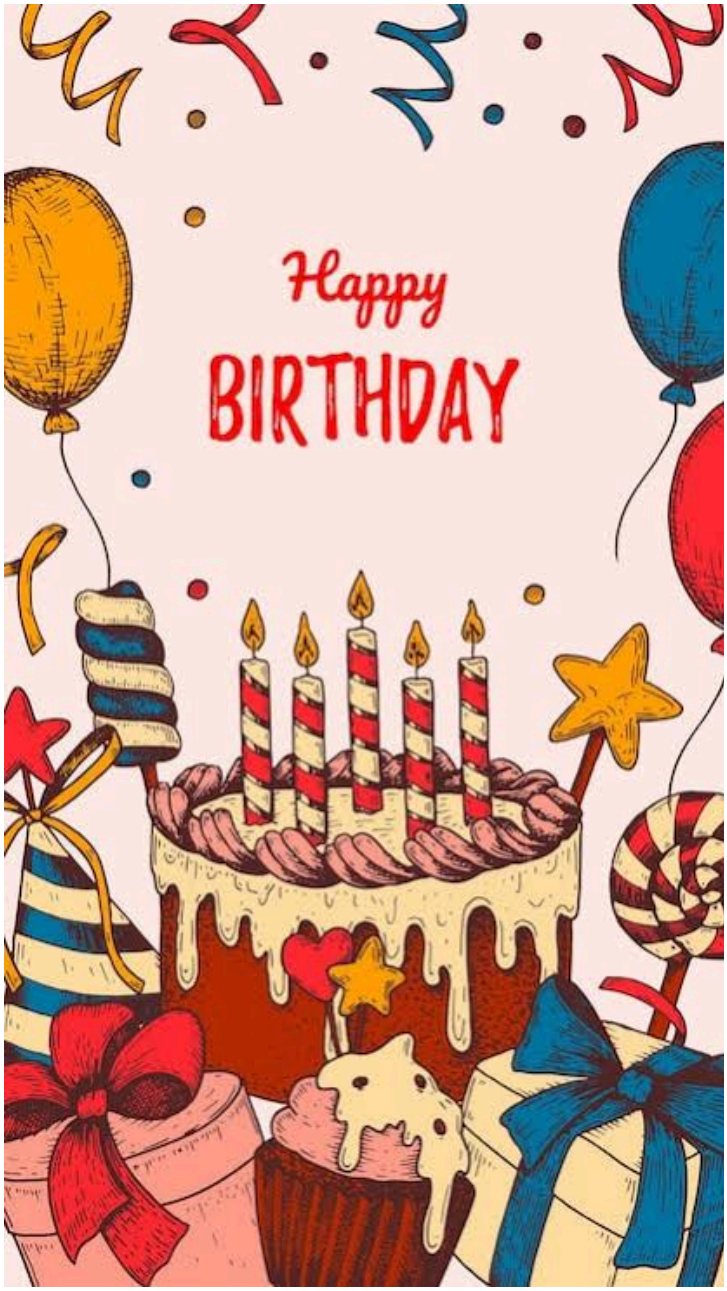
When you finally figure out who is responsible for all your life's suffering.





September Birthdays!

Member	Years
Denise S.	1
Emma	1
Hugo A.	1
Laura H.	1
Chris S.	2
Clayton S.	3
Joseph G.	3
Lonnie	3
Missi U.	4
John S.	5
Mike J.	5
Layne	7
Tyrell M.	10
Alex K.	13
Harold	29
Jo C.	30
Jessica E.	30
Jeff C.	33
Charlie A.	36
Blanca	38
Kathie O.	40
Maryanne H. (Aug.)	40
Ed	43
Kathi W.	44
Bruce C.	46





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	47
Al Anon referrals	0
Other referrals	0
12 Step via Ans. Serv.	0
12 Step via Office	4
Out of Town Visitors	2
Office Walk-ins	106

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

Action over Intent

One small commitment, one small act of kindnass, one way of being of service keeps this community connected on a deeper level for me. I was very humbled recently by how strong our word is here in AA, if you make a commitment, keep it.

I volunteer at the central office and was very excited to be of service to my community and become more involved. The very first week I volunteered I didn't keep my end of the bargain and was quickly reminded of action over intent.

We as alcoholics tend to have past patterns of unreliability, self-centeredness, and dishonesty. Breaking these patterns is not always easy and don't come as second nature at first.

"Our behavior will convince them more than our words. We must remember that ten or twenty years of drunken-ness would make a skeptic of anyone." (p.83, The Big Book)
One day at a time does not simply apply to not taking my next drink for me, it's one day at a time of making better decisions. Changing a pattern. Becoming who I desire to be as an upstanding sober member of my community. Letting my higher power guide me to showing up, keeping my commitment, and letting others as well as myself know I am not only worthy, but my AA family and community are worthy also. Thinking about others is a gift. Being of service is a gift. Waking up and being given a new day to learn from my mistakes is a gift.

You can now visit me every Friday at our central office. That is my commitment. Yours could be anything, the simple act of greeting a newcomer, helping to clean up after a meeting, pushing in a chair. Even a smile to a stranger can brighten their day. Spread Joy. Today is a gift and always remember.... Action over Intent.

How It Began - Part III

In 1940, Mr. Rockefeller gave a dinner for many of his prominent New York friends to publicize A.A. This brought yet another flood of pleas. Each inquiry received a personal letter and a small pamphlet. Attention was also drawn to the book Alcoholics Anonymous, which soon moved into brisk circulation. Aided by mail from New York, and by A.A. travelers from already established centers, many new groups came alive. At the year's end, the membership stood at 2,000.

Then, in March 1941, the Saturday Evening Post featured an excellent article about A.A., and the response was enormous. By the close of that year, the membership had jumped to 6,000 and the number of groups multiplied in proportion. Spreading across the U.S. and Canada, the Fellowship mushroomed.

By 1950, 100,000 recovered alcoholics could be found worldwide. Spectacular though this was, the period 1940-1950 was nonetheless one of great uncertainty. The crucial question was whether all those mercurial alcoholics could live and work together in groups. Could they hold together and function effectively? This was the unsolved problem. Corresponding with thousands of groups about their problems became a chief occupation of the New York headquarters.

By 1946, however, it had already become possible to draw sound conclusions about the kinds of attitude, practice and function that would best suit A.A.'s purpose. Those principles, which had emerged from strenuous group experience, were codified by Bill in what are today the Twelve Traditions of Alcoholics Anonymous. By 1950, the earlier chaos had largely disappeared. A successful formula for A.A. unity and functioning had been achieved and put into practice.

During this hectic ten-year period, Dr. Bob devoted himself to the question o hospital care for alcoholics, and to their indoctrination with A.A. principles. Large numbers of alcoholics flocked to Akron to receive hospital care at St. Thomas, a Catholic hospital. Dr. Bob became a member of its staff. Subsequently, he and the remarkable Sister M. Ignatia, also of the staff, cared for and brought A.A. to some 5,000 sufferers. After Dr. Bob's death in 1950, Sister Ignatia continued to work at Cleveland's Charity Hospital, where she was assisted by the local groups and where 10,000 more sufferers first found A.A. This set a fine example of hospitalization wherein A.A. could cooperate with both medicine and religion.

In this same year of 1950, A.A. held its first International Convention at Cleveland. There, Dr. Bob made his last appearance and keyed his final talk to the need of keeping A.A. simple. Together with all present, he saw the Twelve Traditions of Alcoholics Anonymous enthusiastically adopted for the permanent use of the A.A. Fellowship throughout the world. (He died on November 16, 1950). From the A.A. Fact File by GSO NY



LAS VEGAS ROUNDUP 2026

November 26th-29th

Celebrating 60 Years



SPEAKERS

AA

Lisa I. - Las Vegas
Kane C. - Las Vegas
Shawnee M. - Las Vegas
Tim A. - Laguna Beach
Abel C. - Barstow
Wayne B. - Beverly Hills
Julie L. - Las Vegas
Ruth J. - Las Vegas

AL-ANON

Jules H. - Las Vegas
Loreina C. - Barstow
AnnMarie R. -Los Angeles
Ranman - Las Vegas

ALATEEN

Adrian C. - Barstow

Thanksgiving Weekend

- SAT. DINNER SHOW
- SUN. BREAKFAST
- GOLF
- WALK/RUN
- PICKLEBALL
- MEDITATION
- YOGA
- MARATHON MEETINGS

Register now!

lvroundup.com

Plaza HOTEL • CASINO

Book your room using
Group Code:
SLVRNDU
1-800-634-6575
Website:

"Having had a spiritual awakening..." *Big Book* pg. 60

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