November 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

I was on a ten-hour flight :from Paris :from E's funeral, a woman I'd loved since before I came to AA. We'd gone our separate ways over the years, and after my Bonnie died, .we reconnected. When the flight attendant rolled the drink cart down the aisle I decided I would ask for a shot ofJack Daniel's. It had been twenty-seven years since I had a drink. It seemed a good idea at the time. The next thought that came to me, I would either have to quit AA or lie about drinking. I knew from depths of my heart that it would never end with one shot of whiskey. I had workedhard to take lying out of my behavior. It would be impossible to start the cycle all over. Twenty-seven years before this flight I came into the rooms of AA a broken man. I believednothing, an empty shell of a man and not even sure AA would work for me. I had tried many times to either control my drinking or quit altogether but to no avail. I'd quit all other drugs except for marijuana, but nothing could stop me from taking that first drink, and given enoughtime, either ten minutes or ten days, the second drink would follow. After that, the dog would be out the gate.

I will never forget the despair, the anger, resentment, and total deflation of ego when my last attempt at love with 'E' had failed. That wasn't all I'd failed at. Failure daunted my every attempt to have a decent life. Failure in marriage, as a husband, as a father, a promising career in art and now at 52 years of life, I had nothing to show for any of my efforts. Everything I thoughtI believed in had failed me too. Yet, I couldn't accept that the man behind the face in the mirror was the problem.

There will come a time when nothing stands between me and the next drink. That is where I talk about my Higher Power. What happened on that airplane was one of those moments where there was nothing between me or my next drink. No one to call and I was determined I would havethat shot of JD. I gave serious thought to quitting AA and doing what I could to live out the rest of my days. I hadn't changed my mind but when the drink cart got to me, I ordered a Coke. My next thought was a chuckle with my Higher Power as the Cali continued down the aisle, "Damn,there goes my chance."

I picked up an honest chip for 28 years at the Sundowners and Start Your Day Right meetings September 16 & 17. See, all these years of developing a relationship with God has taken me to a place through prayer and meditation and meetings, meetings, meetings, to build up a defensive wall of love around me. It is as simple as that. You shall know the truth and the truth will set youfree. The truth is that my God speaks to me through the Fellowship and it was my love for the fellowship that spoke so strongly to me at 35,000 feet. I am not willing to give up the friendships developed over the years for one shot of JD. A Power Greater than me could not let me give upseeing hope ignited in the hearts of new ones coming into the rooms as well as old friends walking with me through adversity and rejoicing with me through our shared adventures.

I am an Alcoholic and my name is George C. - 28 yrs sober 09/15/1926

Alcoholics Anonymous®
www.aa.org

General Service Office of Alcoholics Anonymous
475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

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

Announcement from the General Service Office (GSO)

With an Eye to the Future: GSO Staff Positions

We are refreshing our application file for A.A. members who may be interested in future GSO Staff openings. GSO Staff members are A.A.s serving in rotating assignments who correspond with members around the world on recovery and service, represent GSO at A.A. events throughout the U.S. and Canada, and provide primary staff support to the General Service Board. The current staff consists of 12 members assigned to areas such as Public Information, Treatment/Accessibilities/Remote Communities, Literature, Cooperation with the Professional Community, Corrections, International, Self-Support/Finance, and the General Service Conference.

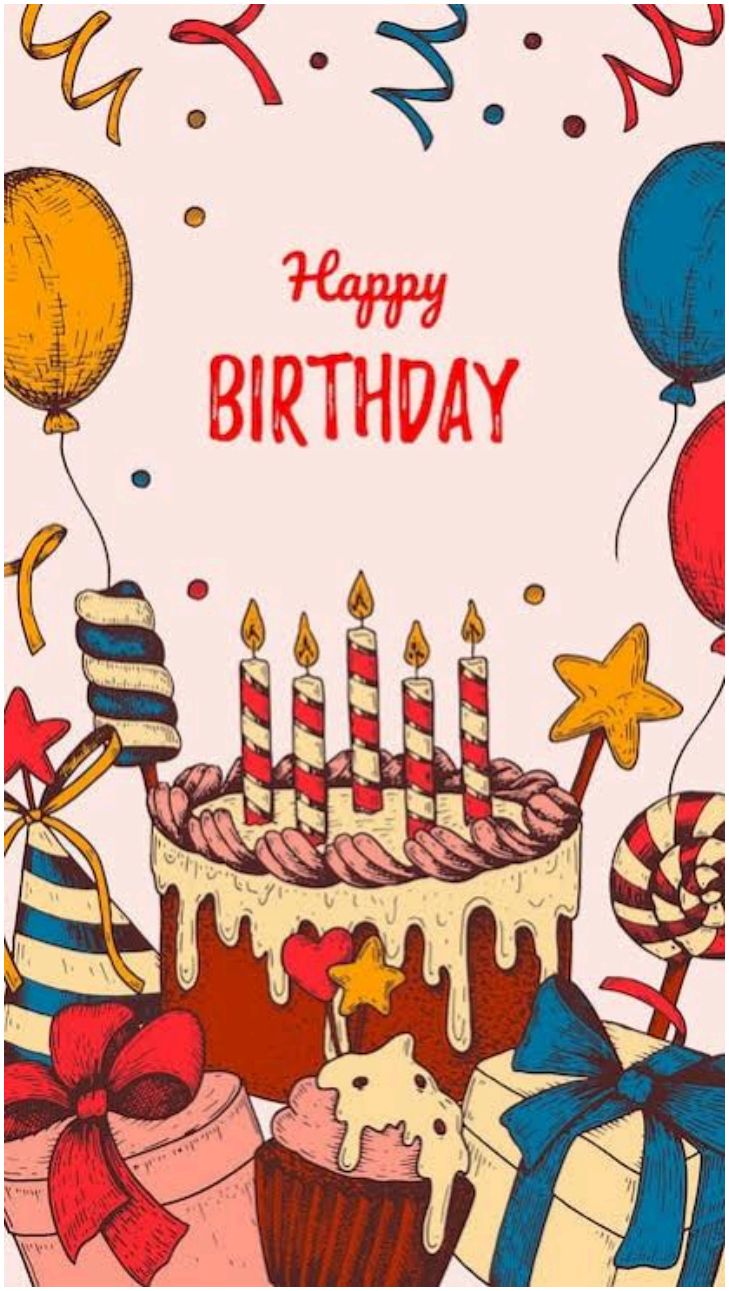
Minimum qualifications include at least six years of continuous sobriety; legal authorization to work in the U.S.; service experience at the group, district, and area levels; business or professional experience; and excellent communication and organizational skills. Candidates should also be willing to relocate to New York, if necessary. Fluency in French and/or Spanish, with strong oral and written skills, will be considered a plus.

To express interest, request more information, or withdraw a previously submitted resume from consideration, please contact the Director of Staff Services by email at directorstaffservices@aa.org or by mail at Box 459, Grand Central Station, New York, NY 10163.



October Birthdays!

Member	Years
Lena	1
Lisa E.	4
Elizabeth M.	5
Mark W.	6
Shonna	6
Eric L. (Aug.)	8
Nicole H.	9
Richard W.	9
Valentino	10
Annie F.	12
David H.	12
Cathy H.	15
Christina B.	16
Connie G.	18
Bob M.	19
Denise L.	20
Marlene	22
Nina V.	22
Joe	28
Fran r	37
Manuel R.	38
Kathy R.	40





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	49
Al Anon referrals	0
Other referrals	1
12 Step via Ans. Serv.	0
12 Step via Office	0
Out of Town Visitors	1
Office Walk-ins	153

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

How It Began - Part IV

"The following year witnessed still another significant event. The New York office had greatly expanded its activities, and these now consisted of public relations, advice to new groups, services to hospitals, prisons, Loners, and Internationalists, and cooperation with other agencies in the alcoholism field. The headquarters was also publishing "standard" A.A. books and pamphlets, and it supervised their translation into other tongues. Our international magazine, the A.A. Grapevine, had achieved a large circulation. These and many other activities had become indispensable for A.A. as a whole. Nevertheless, these vital services were still in the hands of an isolated board of trustees, whose only link to the Fellowship had been Bill and Dr. Bob. As the co-founders had foreseen years earlier, it became absolutely necessary to link A.A.'s world trusteeship (now the General Service Board of Alcoholics Anonymous) with the Fellowship that it served. Delegates from all states and provinces of the U.S. and Canada were forthwith called in. Thus composed, this body for world service first met in 1951. Despite earlier misgivings, the gathering was a great success. For the first time, the remote trusteeship became directly accountable to A.A. as a whole. The A.A. General Service Conference had been created, and A.A.'s over-all functioning was thereby assured for the future.

A second International Convention was held in St. Louis in 1955 to celebrate the Fellowship's 20th anniversary. The General Service Conference had by then completely proved its worth. Here, on behalf of A.A.'s old-timers, Bill turned the future care and custody of A.A. over to the Conference and its trustees. At this moment, the Fellowship went on its own; A.A. had come of age.

In 1960, Long Beach, California played host to A.A.'s 25th anniversary celebration with 8,900 in attendance. The Fellowship's 50th anniversary International Convention in Montreal in 1985 drew more than 45,000 members of A.A., Al-Anon, family and friends. One of the honored guests was Ruth Hock Cornelius, a nonalcoholic, who received the 5 millionth copy of the Big Book, the manuscript of which she had typed almost a half century earlier when she was Bill W.'s secretary. In 2010 our 75th anniversary was held in San Antonio, Texas, and celebrated by 53,000 people, demonstrating how, over the years, the International Convention has steadily grown. The 30 millionth copy of the Big Book, Alcoholics Anonymous, was presented to the American Medical Association, which in 1956 formally declared alcoholism an illness.

Had it not been for A.A.'s early friends, Alcoholics Anonymous might never have come into being. And without its host of well wishers who have since given of their time and effort—particularly those friends of medicine, religion, and world communications—A.A. could never have grown and prospered. The Fellowship here records its constant gratitude.

For complete text on this "Historical Data", you may visit aa.org - "A.A. Fact File"





Central Coast Roundup November 20-22, 2026
Veteran's Memorial Center 313 W Tunnell St, Santa Maria
Registration is required and includes an Ice Cream Social Friday Night.
$25 Pre-registration and $25 BBQ Tickets must be paid by November 18.
Registration is $30 at the door.
Make check payable to: Central Coast Round-Up or CCRU
Return completed form and check to Alison R. or Stan C.
Or mail to: 52nd District AA Central office
P.O. Box 6137 Santa Maria CA 93454
Online Registration: www.centralcoastroundup.org
Questions/Volunteer? Call Alison R. 805-634-6323 or Stan C. 805-878-4933

First Name	**Last Name or Initial**
Address (optional)	**City, St, Zip**
Phone	**Email**

We look forward to seeing you at the Roundup. Your Registration packet, with name badges, and Luncheon and BBQ tickets if applicable, will be available at the Registration table at 4 p.m. Friday!

Information you want on your badge. Name/ Affiliation/ Group or City ?	Registration $25	Al-Anon Luncheon $20	BBQ Dinner $25	Chicken, Tri-tip, Plant Based Burger	Scholarship Donation
Sub-totals					
Grand Total					



LAS VEGAS ROUNDUP 2026

November 26th-29th

Celebrating 60 Years

Thanksgiving Weekend

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

Register now!

lvroundup.com

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

Plaza HOTEL • CASINO

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

If you pray only when you're in trouble ... you're in trouble.

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

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