



September/October 2015

Volume 5, Issue 5

52nd District

"Passing It On"

500 South Broadway, Suite 114, Santa Maria, CA 93454

805-925-3782

Central Office Website: www.aa52centraloffice.org

District 52 Website: www.aadistrict52.org

Alcoholics Anonymous Website: www.aa.org

Step 9

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

"The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine." (Twelve and Twelve p. 87)

Tradition 9

"A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

"AA has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies." (Twelve and Twelve p. 175)

Step 10

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

"A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us." (Twelve and Twelve p. 88)

Tradition 10

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

"All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy." "Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival." (Twelve and Twelve pp. 176, 177)



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DAILY INVENTORY

"When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid?"

Personality Characteristics Of Self-Will

- ☐ Selfish and self-seeking
- ☐ Dishonesty
- ☐ Frightened
- ☐ Inconsiderate
- ☐ Pride
- ☐ Greedy
- ☐ Anger
- ☐ Envy
- ☐ Sloth
- ☐ Gluttony
- ☐ Impatient
- ☐ Intolerant
- ☐ Resentment
- ☐ Hate
- ☐ Harmful acts
- ☐ Self-pity
- ☐ Self-justification
- ☐ Self-importance
- ☐ Self-condemnation
- ☐ Suspicion
- ☐ Doubt

Personality Characteristics Of God's Will

- ☐ Interest in others
- ☐ Honesty
- ☐ Courage
- ☐ Considerate
- ☐ Humility-seeking God's will
- ☐ What we can do for others
- ☐ Calm
- ☐ Grateful
- ☐ Take action
- ☐ Moderation
- ☐ Patient
- ☐ Tolerance
- ☐ Forgiveness
- ☐ Love - concern for others
- ☐ Good deeds
- ☐ Self-Forgetfulness
- ☐ Humility - seek God's will
- ☐ Modesty
- ☐ Self-forgiveness
- ☐ Trust
- ☐ Faith



Identifying Fear

The chief activator of our defects has been self-centered fear...

12 Steps and 12 Traditions p 76

When I feel uncomfortable, irritated, or depressed, I look for fear. This "evil and corroding thread" is the root of my distress: Fear of failure; fear of others' opinions; fear of harm, and many other fears. I have found a High Power Who does not want me to live in fear and, as a result, the experience of A.A. in my life is freedom and joy. I am no longer willing to live with the multitude of character defects that characterized my life when I was drinking. Step Seven is my vehicle to freedom from these defects. I pray for help in identifying the fear underneath the defect, and then I ask God to relieve me of that fear. This method works for me without fail and is one of the great miracles of my life in Alcoholics Anonymous.

Daily Reflections p 196, July 6

HELP WANTED!!!

Looking for a service commitment? Want to give back to fellow A.A.'s? Want to enhance your Program? Here are some opportunities.

"I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible."



VOLUNTEER!!!



Bridging the Gap

Help new members in treatment programs or correctional facilities find meetings in the community. Introduce them to other AA's, make sure they get phone numbers, and help them find a sponsor. For more info, call Steve K. at 818-433-0257.

Central Office Volunteers Needed

No experience necessary, will train. Answer phones, sell books and literature in Central Office. The following days and times are available.

Mondays 9am – 10:30am
Tuesdays between 11am and 5pm
Wednesdays 1pm – 3pm and 3pm - 5pm
Thursdays 9am - 11am and 1pm – 3pm
Fridays 9am-11am and 12pm-1:15pm

Call Vicki at 805-268-2397

After Hours Phone Person

Answer calls from alcoholics after hours in your home. Get their contact info and pass it on to someone on the 12 Step Referral List. Call Vicki at 805-268-2397.

12 Step Referral List

Put your contact info on the 12 Step Referral List. Be there for fellow alcoholics in need. Call Vicki at 805-268-2397.

Intergroup Representatives Needed For the Following Groups:

Back to Basics Group
Lompoc Valley Group
Pyramid Group
Solvang Men's Stag
Unity Group

An Intergroup Representative attends the Central Office IGR Meeting the first Saturday of the month and brings his/her group's concerns, opinions, and vote on issues discussed during the meeting. Make sure your group is represented! WELCOME BUD, Freedom Group's new IGR and SARETTA, one of Santa Ynez' new IGRs.

District 52 Positions Available

- . DCM (District Committee Member)
- . Archives Chairperson
- . Guidelines & Policies Chairperson
- . PI/CPC (Public Info/Cooperation with the Professional Community) Chairperson
- . Webmaster

All terms are for two years. Suggested sobriety for DCM is 4-5 years. Suggested sobriety for chairperson positions is 2 years.

For further info contact Mark M. at 805-895-7224.

Also, if your group doesn't have a GSR, become one & keep your group informed!!!



Some 52's Celebrating Anniversaries

7/10	Darrell N.	25 years
7/13	Betty W.	12 years
7/15	Brea R.	26 years
7/21	Cathie C.	2 years
7/24	Don B.	11 years
7/25	Krisanna P.	2 years
7/25	Marlene K.	14 years
7/26	Pam S.	36 years
7/29	Donna S.	7 years
8/1	Aliz D.	6 years
8/1	Mark B.	9 years
8/3	Bobbi Jo C.	1 year
8/4	Michael B.	23 years
8/4	Leo B.	30 years
8/5	Brett D.	6 years
8/5	Frankie L.	18 years
8/5	Georgia L.	3 years
8/5	Frankie L.	18 years
8/6	Kris S.	4 years
8/6	Lisa M.	9 years
8/8	Paul C.	2 years
8/13	Mary G.	8 years
8/20	Breanna C.	5 years
8/20	David M.	5 years
8/21	Amber N.	3 years
8/23	Greg H.	1 year
8/26	Cyndi W.	1 year
8/26	Sarretta	18 years
8/28	Lynda H.	2 years
8/30	Glen S.	1 year
8/30	Kelly P.	1 year
8/30	Raymond G.	1 year
8/31	Alison P.	24 years

Thanks, GSRs, For Stepping Up!!!

Joe K. - 6 am Sickies
 Carla M. /Trevor C. – Freedom Group
 Naomi H. /Tom S. – Lompoc Valley Group
 Michael B. – Pyramid Group
 Mark B. – Solvang Action Group
 Scott R. – Thursday Men's Staq



Speaker Meetings

Freedom Group Speaker Meeting - 113 N. V St., Lompoc
 (Friday, 8pm)

Happy Hour Group – 1600 Club, 324 W. Cypress (last
 Monday of the month, 5:30pm)

Lompoc Valley Group Unity Speaker Meeting - Lompoc
 Alano Club, 119 N. "D" St. (Sunday, 4pm)

****North County "Goes to Any Length" Group** – Orcutt
 Presbyterian Church, 993 Patterson Rd. (Second Saturday
 of the month, 7-8:15pm – Sept. meeting **only** to be held in
 Main Sanctuary; No meeting in Oct.) **** New Meeting, see
 article on p 7.**

9/12	Doug R.	Tujunga
10/10	No Meeting	
11/14	Carole M.	Seal Beach
12/12	Hilda F.	Studio City

South County Speaker Meeting - Arroyo Grande (1st
 Saturday, 8pm)

Santa Maria Golden Group – 500 S. Broadway, Suite 252
 (Saturdays, 7pm) ***New Time**

Santa Maria Live – Bethel Lutheran Church, 624 E. Camino
 Colegio (4th Sat., Refreshments - 7:30pm, Speaker - 8pm)

9/26	Noah D.	Santa Barbara
10/24	Robbin O.	Santa Barbara

Santa Maria Valley Group - 1600 Club, 324 W. Cypress
 (Sunday, 7pm)

Solvang Action Group - Solvang Alano Club, 320 Alisal Rd.
 (Saturday, 8pm)

Women's Meeting – Freedom Group – 113 N. V St.,
 Lompoc (4th Saturday, 10-11am)



Coming October 9, 10 and 11...

Recovery Rocks!!!

***52nd District of Alcoholics Anonymous Roundup
Veterans Hall, 313 W. Tunnell Street
Santa Maria***

***Speakers, Marathon Meetings, Hospitals & Institutions, Hospitality,
Old Timers Meeting, Al-Anon Luncheon, Santa Maria Style BBQ Dinner, Countdown,
Entertainment by The Go-Katz'***



See end of Newsletter for Flyer and Registration Form

www.centralcoastroundup.org

***Last year's countdown was 2008 years, 3 months, 14 days.
Let's crush it this year!***

The below can be found on page 5 of the Fall 2014 issue of Box 459

"Why Should We Pay to Go To A.A. Events?"

"These events require months of planning, preparation and money presented upfront to the hotel or other business facilities involved....."

"Additional expenses include the printing of flyers, schedules, postage and supplies, not to mention renting meeting space, insurance coverage, and travel and accommodations for invited speakers. A.A. members are not paid to share their experience, but as invited guests of a convention or conference, their expenses are generally reimbursed....."

"Registration fees cover costs for special events and those who wish to participate in the convention pay their own way in the spirit of the Seventh Tradition.....Since the registration fees can be established at a level sufficient to cover the total costs, this should result in no actual out-of-pocket costs to groups."

Registration is required to enter the Hospitality Room. Sliding scale and scholarship registration will be available at the Registration table to those who cannot afford to pay the registration in full and are willing to volunteer.

52nd District Central Office Happenings

Central Office Board of Directors

Central Office Coordinator, Literature & Chips: Vicki D.
 Chairperson: Sylvia M.
 Co-Chairperson: Marilyn G.
 Fundraising: Sarah G.
 Secretary: Veroneka
 Treasurer: Terry S.
 Member at Large: Deborah W.

Support Positions

Convention Liaison: Billy N.
 52nd District Liaison: Nancy N.

New Titles at Central Office

Ebby: The Man Who Sponsored Bill W. by Mel B.
A New Pair of Glasses by Chuck C.
Twenty-Four Hours a Day, Hazelton A
Woman's Way through the Twelve Steps
 by Stephanie S. Covington, Ph.D. (Book and workbook)

If you have a title you'd like to order, call Vicki at 805-268-2397.

Central Office Stats

	<u>June/July</u>
Calls	46
Office Walk-Ins	76
Book Sales	98
Chip Sales	193
Directories	174
Other	66



Thanks Central Office Volunteers!!!

Carmel A., Keith D., Janet, Kristina S., Lisa B., Paul C., Susan M., Terry S., Tom W., Vicki D., Wade W.

District 52 Central Office Accounting Snapshot

<u>Donations</u>	<u>06/15</u>	<u>07/15</u>
Group		
6 AM Sickies	127.68	134.86
Happy Hour	75.00	---
Golden Group	---	160.00
Pyramid Group	---	82.00
Wed. Night Mtg. of AA	<u>35.00</u>	<u>---</u>
Total Group	237.68	376.86
Individual		
Danelle W.	---	20.00
Terry & Diane S.	25.00	---
Keith D.	15.00	15.00
Linda H.	14.00	---
Jim R.	10.00	---
Suzanne M.	---	10.00
Wade W.	<u>---</u>	<u>40.00</u>
Total Individual	64.00	85.00
Misc. & Change Donations	1.05	5.11
Total Donations	302.73	466.97
Total Sales	939.15	189.32
Net Proceeds from Fundraiser	---	<u>181.52</u>
Total Sales & Donations	1241.88	837.81
End of Month Balance	\$2640.35	\$1976.12

NOW AVAILABLE

Gift Cards for Central Office merchandise!!!

Monthly Service Meetings

1st Saturday of month: 10:00am

Intergroup Committee (Central Office) 1600 Club 324 W Cypress Santa Maria

2nd Sunday of month: 10:00am

GSR meeting – location varies, Call Mark M. 805-895-7224

3rd Thursday of month: 6:45pm

North S.B. H&I Committee Mtg. Freedom Group, 113 N. V St. Lompoc

3rd Saturday of month: 10:00am

Central Coast Round-Up Meeting, 1600 Club 324 Cypress St., Santa Maria

What's Happening???

- 9/25-27** **26th Annual Big Sur Campout**
Pfeiffer Big Sur State Park
www.reserveamerica.com
1-800-444-7275
- 10/9-11** **Recovery Rocks! Central Coast Round Up. Veterans Memorial Bldg. See flyer**
At end of Newsletter
www.centralcoastroundup.org
- 10/17** **Veterans StandDown**
Santa Maria Fairpark
- 10/23-25** **31st Annual Santa Barbara AA Convention**
www.sbaaconvention.org
- November** **2nd Annual District 52 Chili Cook-off**

North County "Goes to Any Length" Group Presents: A New Speaker Meeting in Orcutt!!!

Second Saturday of the Month, 7-8:15pm
Orcutt Presbyterian, 933 Patterson Road

Early Bird Raffle each month. Anyone on site by 6:45pm will receive a free raffle ticket. The winner of the September raffle will receive a registration to the Roundup!
Sept. meeting only to be held in the Main Sanctuary. Look for signs.

No meeting in October due to Roundup.

Steering Committee Meetings

Freedom Group - 2nd Sunday of the month, Lompoc, 1pm
Happy Hour – 1st Monday of even months, 1600 Club, 6:45pm
Santa Maria Golden Group – 2nd Thursday of the month, 6:30 pm
Santa Maria Valley Group – 2nd Wednesday of the month 6:45pm
Santa Ynez Valley Action Group – 3rd Saturday of the month, Alano Club, 10am

News From Around the District



Los Alamos Group Donates Grapevine Subscription to West LA Veterans Hospital, Vets Grateful

The following is a letter sent to the Los Alamos Group from Crystal Barker, MSN, RN-BC, PHN, CRRN, Inpatient Orthopedic and Rehabilitation Case Manager at the Vet Hospital in West Hollywood.

"Re: Grapevine Subscription – Support to the 2EAD Inpatient Veterans at West Los Angeles VA

I wanted to reach out and personally thank you for the subscription to the Grapevine that you so kindly provided in the past, and recently renewed. I wanted to let you know that your generosity has touched Veterans' lives. While I was not able to get a formal AA meeting approved for the inpatient rehabilitation unit setting, I was able to pay close attention to our Veterans who are in need of support for their sobriety. I have shared each and every Grapevine with our Veterans and they have all been used. I have seen individual Vets reading/using them, and have seen Veterans in a little group discussion with the Grapevine. Additionally, I have the AA book that has been used by Vets. I keep it when not in use in my office. Not a single Grapevine has gone to waste.

I thank you so much on behalf of our unit for your kindness and generosity. I thank you for reaching out to our hospitalized Veterans."



Freedom Group Starts Weekly "Walk in Recovery" Saturdays at 8:30am After Success of First Meeting

The Freedom Group held their first "Walk in Recovery Meeting" on August 15th at River Park. Between 15 and 20 people attended the mile walk around the Park and the meeting which was held there afterwards. There was fellowship during the walk and after the meeting. It was so successful that they will be doing it weekly. All are welcome to join them and walk together in recovery!!!



Baked Goods Needed

For

**The Hospitality Room at
The Central Coast Roundup
October 9, 10, 11**

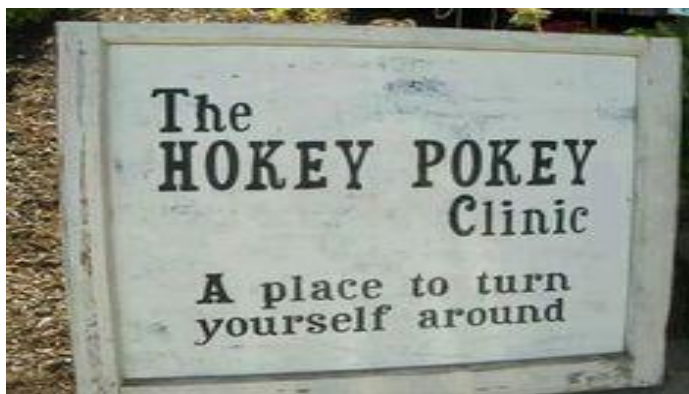


Contact Vicki at 805-268-2397



Calling All Groups!!!

Enter a basket created by your group in the Chili Cook-Off Basket Raffle. The group whose basket receives the most raffle tickets wins a Gift Certificate for \$20 good toward any merchandise at Central Office. Contact Sarah G. at 805-266-0046 for information and to enter your basket.



Coming in November...

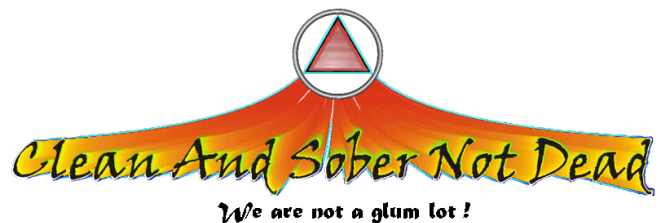
**The 2nd Annual District 52
Chili Cook-off!**



Bring Your Best!

There will be a signup sheet for Chili entrants at the Central Office table at the Roundup on October 9-11.

Stay tuned for more info!



Editor's Corner

Send your e-mail address to Nancy N. at nsagg98@yahoo.com to get future Newsletters e-mailed to you. If you don't have a computer, ask your Meeting Secretary to get you a copy. If you want your birthday listed, let us know!

Got some experience, strength and hope to share. Send it to us!

Recovery Rocks!

52nd District Central Coast Round Up

October 9, 10 and 11, 2015

Veteran's Memorial Building ~ 313 W. Tunnell, Santa Maria, CA 93458

Friday:

7:30pm Carla R., Tujunga

Saturday:

9:00am Old Timers Meeting

11:30am Al-Anon Luncheon

12:30pm Cindy S., Bakersfield

3:00pm H & I Meeting

Rod Garcia, Los Angeles

6:00pm SM Style BBQ

7:00pm Countdown

7:30pm Mike D., Los Angeles

9:00pm Entertainment

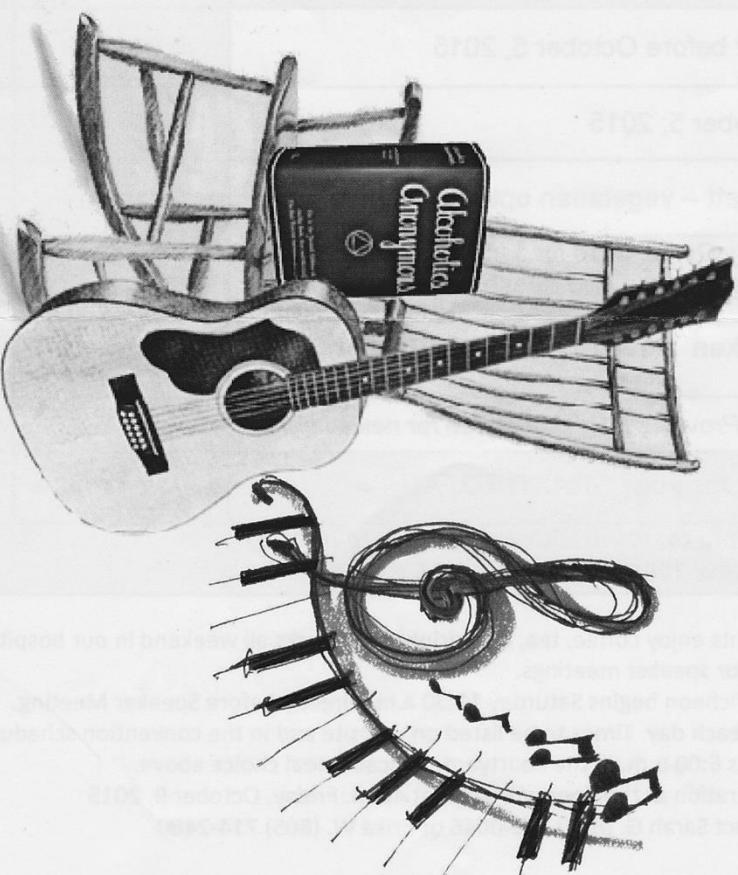
The Go-Katz'

Sunday:

9:30am Closing Meeting

Patrick M., Santa Barbara

Marathon Meetings—Hospitality Room



For more information contact:

Sarah G. 805-266-0046 or Erika W. 805-714-2480

www.centralcoastroundup.org





Central Coast Round Up – October 9th ~ 11th, 2015
Veteran's Memorial Building – 313 W. Tunnell Street, Santa Maria, CA 93458



REGISTRATION FORM

PLEASE PRINT CLEARLY – ONLY ONE PERSON PER FORM PLEASE

Name: _____
Address: _____
City/State/Zip: _____
Phone: _____
E-Mail: _____
Badge Name: _____
Please check one: ☐ AA ☐ Al-Anon ☐ Guest

****Please NOTE: Registration is required for all conference events****

****Pre-registration on or before October 5, 2015 only****

****ONLINE REGISTRATION IS ENCOURAGED: www.centralcoastroundup.org****

<i>Please enter the amount for each event in which you would like to participate, then add together and enter your GRAND TOTAL below</i>	COST	\$ AMOUNT
Pre-Registration – On or before October 5, 2015	\$15.00	
Registration – After October 5, 2015	\$20.00	
Al-Anon Luncheon Buffett – vegetarian options available	\$15.00	
Saturday Night BBQ – By Oct. 5, 2015 for \$15 (\$17 at the door) Includes beans, bread, salad, corn and dessert Please circle one: Chicken Tri-Tip Veggie Burger	\$15.00	
Scholarship Donation - Provides Registration fee for newcomers.	Specify amount ⇒	
Add costs for all events for your GRAND TOTAL	GRAND TOTAL ⇒	
Please make checks payable to: Central Coast Round Up (CCRU) Mail to CCRU, PO Box 1892, Santa Maria, CA 93456		

Hospitality Room: Registrants enjoy coffee, tea, cold drinks and snacks all weekend in our hospitality room. Coffee will be provided free of charge for speaker meetings.

Al-Anon: Meetings each day, luncheon begins Saturday 11:30 a.m. directly before Speaker Meeting.

Marathon Meetings: Meetings each day. Times to be listed on website and in the convention schedule

Saturday Night BBQ: BBQ begins 6:00 p.m. in the courtyard. Indicate meal choice above.

Registration at the Door: Registration at the door will begin at 4p.m. Friday, October 9, 2015

More information: Please contact Sarah G. (805) 266-0046 or Erika W. (805) 714-2480