

# “Passing It On”

**AA Central Office — Northern Santa Barbara County —  
52nd District  
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(805) 925-3782**

**Central Office Website: [www.aa52centraloffice.org](http://www.aa52centraloffice.org)  
District 52 Website: [www.aadistrict52.org](http://www.aadistrict52.org)**

**AA Website: [www.aa.org](http://www.aa.org)**

**Central Coast Roundup Website: [www.centralcoastroundup.org](http://www.centralcoastroundup.org)**

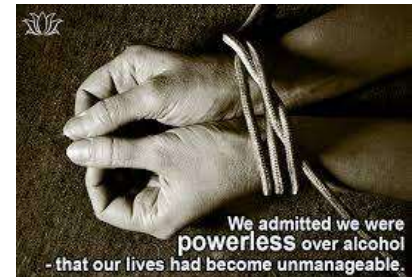


**January/February 2018**

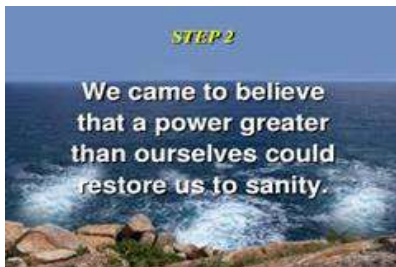
**Volume 8, Issue 1**

**STEP 1: We admitted that we were powerless over alcohol — that our lives had become unmanageable.**

*“The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.” (Twelve Steps and Twelve Traditions, p. 22)*



We admitted we were  
**powerless** over alcohol  
- that our lives had become unmanageable.



**STEP 2: Came to believe that a Power greater than ourselves could restore us to sanity.**

*“True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to him.” (Twelve Steps and Twelve Traditions, p. 33)*

## **TRADITION 1**

**Our common welfare should come first; personal recovery depends upon A.A. unity.**

*“We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat....” (Twelve Steps and Twelve Traditions, p. 129)*

## **TRADITION 2**

**For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

*“They do not drive by mandate, they lead by example. This is the experience which has led us to the conclusion that our group conscience, well-advised by its elders, will be in the long run wiser than any leader. (Twelve Steps and Twelve Traditions, p. 135)*

## 7TH TRADITION DISTRIBUTION ADDRESSES

### GSO

Box 459 Grand Central Station  
New York, NY 10163

### Central California Area 93

606 Alamo Pintado, #140  
Solvang, CA 93463

### District 52

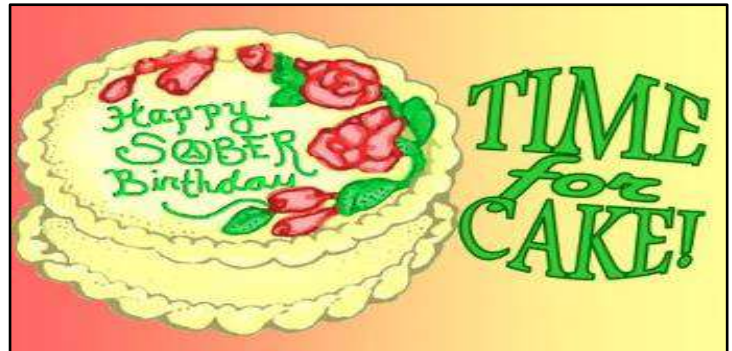
P.O. Box 2026  
Orcutt, CA 93457

### District 52 Central Office

500 S. Broadway, Ste. 114  
Santa Maria, CA 93454

### Santa Barbara North County H&I

P.O. Box 813  
Solvang, CA 93464-0813



## MONTHLY SERVICE MEETINGS

### AA 52 Intergroup Business Meeting

Intergroup representatives (IGRs) meet the first Saturday of each month at 10:00am at the 1600 Club, 324 W. Cypress St., Santa Maria. Office Volunteers meet at 11:00am.

### Area 93 General Service Meeting

Area 93 committee members meet on the third Sunday of the month. Check with your GSR.

### Central Coast Roundup Committee Meeting

Members meet the third Saturday of the month at 10:00am at the 1600 Club, 324 W. Cypress St., Santa Maria.

### District 52 General Service Meeting

General Service representatives (GSRs) meet the second Sunday of each month at 10:00am. Location rotates; call DCM Jessica B at (805) 266-1582

### Hospital & Institutions Committee (SBNCHIC)

H&I Committee members meet the third Thursday of the month at 6:45pm at the Freedom Group, 113 North V St., Lompoc.

11/1	Tim E	1 year
11/2	Lyndi M	20 years
11/2	Patrick S	33 years
11/5	Angel G	4 years
11/5	Sharon V	6 years
11/6	Dan	30 years
11/7	Larry E	32 years
11/8	P.J. (Pat)	2 years
11/11	Joey M	6 years
11/11	Cat C	8 years
11/11	Kristin S	4 years
11/12	Brennan D	2 years
11/14	Robert T	23 years
11/18	Suci	28 years
11/24	April H	9 years
11/27	Kevin H	1 year
11/29	Linda H	2 years
12/1	Matt D	1 year
12/1	Steve K	14 years
12/1	George M	14 years
12/3	Felina S	14 years
12/4	Bill M	40 years
12/6	Brandon	1 year
12/6	Kim M	6 years
12/7	Gerry W	7 years
12/10	Lee C	30 years
12/13	Jeremiah H	6 years
12/13	Joey C	7 years
12/14	Mike C	15 years
12/14	Doug C	9 years
12/16	Shelly M	5 years
12/20	Dean	3 years
12/21	Susan B	4 years
12/26	Suzanne	5 years
12/27	Ben	1 year
12/28	Monica	3 years



## SPEAKER MEETINGS

**Freedom Group Speaker Meeting** – 113 N. V St., Lompoc (Friday, 8:00pm)

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

**Lompoc Valley Group Unity Speaker Meeting** - Lompoc Alano Club, 119 N. D St. (Sunday, 4:00pm)

**Orcutt Speaker Meeting** – Orcutt Presbyterian Church, 993 Patterson Rd. (second Saturday of the month, 7:00pm)

**Primary Purpose Speaker Meeting** – 209 W. Main St., Suite J, Santa Maria, upstairs behind RAD Thrift Store (4th Saturday, 7:00pm)

**Santa Maria Golden Group** – 209 W. Main St., Suite J, upstairs behind RAD Thrift Store (1st, 3rd and 5th Saturdays, 7:00pm)

**Santa Maria Valley Group** – 1600 Club, 324 W. Cypress St. (Sunday, 7:00pm)

**Santa Ynez Valley Action Group** – Solvang Alano Club, 320 Alisal Rd. (Saturday, 8:00pm)

**South County Speaker Meeting** – St. John's Lutheran Church, 993 Valley Rd., Arroyo Grande (1st Saturday, 8:00pm)

**Women's Meeting – Freedom Group** – 113 N. V St., Lompoc (4th Saturday, 10:00am)

## Powerless, But Free

Around the tables of AA, I have sometimes heard people state they are powerless over everything. I am beginning to understand what they mean.

If we are in a situation where we think we have been wronged and we continue to have hateful thoughts about the other person, we become captive of our own imagination. That leads to deep, cancerous despair, physical, emotional, and spiritual. However, if we work on the assumption of powerlessness, not only will we be freed to start another of life's projects, but we may not have landed in the situation in the first place.

When we admit we are powerless over things, we then have the freedom to admit that we may be wrong. When alcoholics think they are all-powerful, then their egos will not allow them to use anything but their own willpower. That is an angry, lonely, and miserable way of doing things and eventually leads to their downfall. I speak from experience.

Of course, it has occurred to me that I could be a little bit powerful, but then I remember the many times I tried to control my drinking. Step Four really made me see that all my life I been powerless over everything. When I made a searching and fearless moral inventory of myself and then told another person about it in Step Five, it made me see how my own power had been used against me.

Nobody had ever told me that there would always be greater and lesser people than I in the world, and with my disease of alcoholism, I wouldn't have listened to them anyway. I was determined to use my own power to get on. When that didn't work, I used my fury and anger. The only trouble was, as my fury and anger and consequent sick character were swimming against the harmony of life, a thing called fear wrapped its tentacles around my neck and started to throttle me.

When I first joined AA, I couldn't understand how admitting I was an alcoholic would help me stop drinking--until I did admit it and felt the shackles fall away. I now find it is pretty similar with life in general. If, when I have a goal, I can remind myself that I am powerless over the outcome, I am then free to strive toward this goal no matter what interruptions get in the way.

After studying the principles of our program and then going out and using them to the best of my ability, I understand this: It is mostly when I forget I am powerless that things start to go wrong--when I refuse to admit that I made a mistake, refuse to listen to someone's constructive advice, or act like a bull in a china shop.

When I was drinking, I often used the expression "Over my dead body!" Well, the way I used to drink, that nearly became a reality. Oddly enough, when I stop being "all powerful" and give other people room to move, I also give myself more room and am more easily able to make a touchdown.

Now, I understand that life doesn't have to be one long competition after another. I don't have to lay my life on the line every day. In fact, the very act of accepting that I am powerless over everything allows me to clear my mind of the fear of not being able to reach perfection, and so to concentrate on the order of the moment and be a successful human being instead of the center of the universe.

-- Anonymous  
Bangkok, Thailand

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