



Newsletter

52nd District Central Office
 500 So. Broadway; Suite 114; Santa Maria, CA 93454
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Volume 3, Issue 1

March-April, 2013

Inside This Issue

Central Office at A Glance	1
Dates to Remember	1
Websites	1
The A.A. Home Group	2
Life Gets Better the More Involved We Are	2
Central Office Board of Directors	2
What Is Happening in the Central Office	2
The Promises in Reverse	2
Speaker Meetings	3
Birthdays	3
Steering Committee Meetings	3
Get Your Newsletter	3
Your 52 nd District DCM Report	3
Came To Believe	3
Thanks To These Volunteers in the Central Office	3
Regular Meetings	4
After Hrs. Phone Service	4
CCRU Fundraiser	4
Our New DCM	4
Group & Individual Donations	4
We'll Be Going Where?	5
H & I Report	5
Puzzle	5
My Wife Divorced Me	5
Editors Corner	6
Supporting Member Pledge	6
Puzzle Solution	6
Once Over Lightly	6



Central Office...At A Glance

The Central Office enables AA members to take 12 Step commitments either at the office, or after hours remotely from the convenience of their own home. Such commitments mean life itself to the AA member as well as the alcoholic reaching out for help.

The meeting directory is kept up to date. Copies are made available at cost, and free to newcomers that stop by the office. The directory is also posted at the District website, and also on the Central Office website www.aa52centraloffice.org

Books, pamphlets, and sobriety chips are available.

Notices of upcoming conventions are often received at the Central Office and are made available to those who are interested.

Convenient mailing labels are available for meeting treasurers to easily send donations to General Service, Area 93, District 52, H&I, and the Central Office.

There is a coffee pot, TV, DVD and VCR, a computer with internet access, as well as plenty of literature to enable volunteers to make the best of their time at the office.

We are conveniently located blocks away from the Courthouse, the 1600 Club, the Alano Club, and several recovery houses.

We are wheel chair and disabled accessible.

The office is managed by the Intergroup Committee and volunteers.

Questions about the committee and office can be directed to Billy N. at 937-9160 or to your meeting IGR.

Submissions to the newsletter are welcomed.

Contact Keith D. at 937-6015 or email to kbdiamond@verizon.net, mark in subject box (newsletter).

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.

After the husbands fifth trip to the host's bar for refills.
 The wife said " Aren't you embarrassed to go back so Many times?"
 Hubby, "Nope I keep telling them it's for you."



Alcoholics Anonymous Website

www.aa.org

District 52 Website

www.aadistrict52.org

Central Office Website

www.aa52centraloffice.org

Dates To Remember

March 10 --- Daylight Savings Time starts

March 17 --- St. Patrick's Day

March 24 --- Palm Sunday

March 31 --- Easter

April 1 --- April Fool's Day

April 22 --- Earth Day

The A.A. Home Group

Traditionally, most A.A. members through the years have found it important to belong to one group which they call their "Home Group". This is the group where they accept service responsibilities and try to sustain friendships. And although all A.A. members are usually welcomed at all groups and feel at home at any of these meetings, the concept of the "Home Group" has still remained the strongest bond between the A.A. member and the Fellowship.

With membership comes the right to vote upon issues that might effect the group and might also affect the group as a whole—a process that forms the very cornerstone of A.A.'s service structure. As with all group-conscience matters, each A.A. member has one vote, and this, ideally, is voiced through the home group.

Over the years, the very essence of A.A. strength has remained with our home group, which, for many members, becomes our extended family. Once isolated by our drinking, we find in the home group a solid, continuing support system, friends and, very often, a sponsor. We also learn firsthand, through the group's workings, how to place "principles before personalities" in the interest of carrying the A.A. message.

Talking about her own group, a member says: "Part of my commitment is to show up at my home- group meetings, greet newcomers at the door, and be available to them—not only for them but for me. My fellow group members are the people who know me, listen to me, and steer me straight when I am off in left field. They give me their experience, strength and A.A. love, enabling me to 'pass it on' to the alcoholic who still suffers."

Reprinted from The A.A. Group – Where It All Begins

10

Anonymous Times

Life Gets Better the More Involved We Are

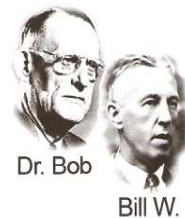
Get involved. We hear it all the time. It's a very broad statement. Just how do we get involved and with what? The good thing is in AA there are many ways and things with which we can become involved.

In my case I am a slipper, a rethead. Attach whatever label you wish. This time around, I got a sponsor. I got involved with calling him every day, whether I thought I needed to or not. Then we began looking at the steps and after a while other things came into play.

My sponsor was involved in conventions, so I took commitments like clean up and the like, which got me involved with other people. I found that I liked people and it turned out that some of them even like me.

After a year or so, I started to sponsor people myself and I started to get involved with them, becoming concerned with their issues, both good and bad. I was able to get them involved with the things my sponsor had gotten me involved with. I was able to show them the way because someone had taken the time to show me that I could understand their frustrations and share in their victories.

I don't do the convention stuff anymore; it just wasn't my thing. This is part of the beauty of AA – there are so many different avenues that if one thing isn't for you, you can try something



Dr. Bob

else. I went to GSR and didn't like it. Some folks do. I see the GSR guys around, and we're cool. Nobody shunned me. How great is that?

For me, the H&I Committee is a good fit. I have found people I enjoy being with, doing things I enjoy doing.

Going into the jails and prisons is not for everybody, but it works for me. I haven't done many of the hospital panels, but I have friends who absolutely love them.

What I am trying to say is it is really true that I only get out of AA what I put into it. I was a slacker, doing just enough to get by, for my entire life before I got sober. I never really appreciated things that were just handed to me, and I would neglect them until they were destroyed.

In AA, I was shown to put some effort into my sobriety so that when those times come that I am weighing the consequences of a drink (the thought of a drink does pop in from time to time) for the last 17 years I haven't had to succumb to that thought.

This theory of applying effort has paid off in all areas of my life, whether it be work, home, family etc.

So try some stuff, you may find you are capable of much more than you give yourself credit for.

- Paul P. Fullerton

(From the September/October Anonymous Times)

Letters to the Editor or Articles for The Newsletter

Must be received by the 15th of April for consideration of publication in the following issue.

Please submit your material to:

52nd District Central Office

500 So. Broadway, Suite 114, Santa Maria, CA. 93455

Email: kbdiamond@verizon.net Mark in subject box Newsletter

Happiness is that certain something you acquire while you are too busy to be miserable.

Central Office Board of Directors

Chairman: Keith D.

Co-Chair: Terry S.

Treasurer: Wade W.

Secretary: Robert N.

Board Member: Mac Mc.

All Intergroup representatives have a vote on all things pertaining to the Central Office.

What is happening in the Central Office

Jan. 1st to Feb.9

AA Information calls -----21
 Chip Sales -----3
 Office Walk-ins -----12
 Book Sales -----11
 Out of town visitors-----0
 12 Step calls thru Office-----2
 Al-Anon Referrals -----0
 One interesting phone call asking for the phone number of the Central Office in Seattle, WA.

The Promises IN REVERSE

I have been struggling with recovery since 1991. But here I am with 93 days of sobriety. I've come to believe that any and every time I've relapsed it's because I failed to grow spiritually. So now I have three home groups. It feels good to be involved in AA. So I came up with this:

If we are **NOT** painstaking about this phase of our development, we will be drunk before we leave the parking lot. We are going to know a new path and a new misery. We will regret our deeds and repeat them over and over. We will comprehend the word chaos and we will know calamity. No matter how far down the road we stagger, we will still wonder where we are going. That feeling of uselessness and self-pity will intensify. We will lose interesting things and gain relations with strange fellows. Self-seeking will be constant. Our whole attitude will be on the lookout for the cops. Fear of people and economic insecurity will leave us--homeless. We will intuitively know how to stay drunk with little or no money. We will suddenly begin to think that God does not exist.

Are these extravagant promises? Probably not. They are being practiced daily, sometimes insanely, sometimes deadly. They will continue to happen if we keep drinking.

I've been told that something similar to this has been written before. But I don't care. I wrote this from my own experience. My only hope is that this time I can experience the real Promises. But more than that, I hope that no else will have to drag themselves through years of pain and misery like I have. Maybe someone will read this page and realize I did for them, and they don't have to.

Robby R. Memphis, Tenn.

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Speaker Meetings



Freedom Group Speakers (Friday, 8PM), Lompoc:

- 3/1 Mikey A., Lompoc
- 3/8 Kelly R., Oxnard
- 3/15 Kacey A., Lompoc
- 3/22 Erika W., Santa Maria
- 4/5 Alex B., Santa Barbara
- 4/12 Mark W., Santa Barbara
- 4/19 Gary L., Buellton
- 4/26 TBA

Santa Maria Live (4th Saturday, 8PM)

- 3/23 Bob W., Thousand Oaks
- 4/27 TBA

Santa Maria Golden Group None available at this time

Santa Maria Valley Group (Sunday, 7PM)

Santa Ynez Action Group (Sat., 8PM, Solvang Alano Club)

South County Speaker Meeting (8PM), Arroyo Grande

- 3/2 Bob L., Los Angeles
- 4/6 Don L., Los Angeles

Women's Meeting-Freedom Group (10-11:30AM: 4th Saturday)

113 North V. St. Lompoc

Your 52nd District DCM Report

I participated in the last Area 93 Assembly of the year on November 18th at the Oak View Park & Resource Center. We elected a new slate of Area Officers for the next 2 years. I stood for the Area Secretary position and received a few votes before being quickly eliminated. It was a great personal feeling to overcome my fears and make myself available to be of service to Area 93. More importantly it was great to participate in AA's Third Legacy procedures for electing officers. I learned a lot about this process. Most importantly it was great to share it with so many of our General Service Representatives from our District.

Your Public Information Committee of District 52 has been passing out Big Books to every high school in the District and is now returning to provide additional AA approved books and literature to high schools that have made requests. All these activities are only possible through the 7th Tradition donations that are sent by your Group to the **District 52 Treasurer at P.O. Box 2026 Orcutt, CA. 93457.**

For planning purposes the next PRAASA is March 1-3 in Boise, Idaho. I know there are at least 5 groups in the District that make a special collection and fund in order to send their Group Representatives (GSR) to this event and is a great use of 7th Tradition monies. I am planning on attending this event and I hope that I will be as inspired as past participants have been and expand my knowledge of AA, Spirituality and anonymity in the digital age.

It seems like I have been saying good bye for the past few months however since I am not going anywhere simply moving to serve as the District Secretary position I would simply like to say that it has been a privilege to serve as your District Committee member for the past 2 years. You have changed my life. I couldn't know how being DCM would change me as a person and alcoholic but my wish for each of you is that if you feel the calling to serve in this position or as an Inter Group Representative or General Service Representative please take a leap of faith and do it! I promise it will change your life too!

Yours in service,
Mark D. Martinez
DCM District 52

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Happy Birthday Wishes to

March 8, 1989 Doug P.
March 15, 1979 Trish S.
Happy Birthday To You

**Do the voices in my head scare
you as much as they scare me?**

Steering Committee Meetings

SMV Group – 2nd Tuesday of every month
SMG Group – 2nd Thursday of every month



GET YOUR NEWSLETTER!!

Get the Newsletter delivered to your desktop every other month! FREE
Send an email to: kbdiamond@verizon.net
And simply type in the subject box:
"newsletter please".
This will get you on the mailing list.

Came To Believe

Way back in the beginning when I first came to meetings with a desire to stay sober, I listened little but I looked a lot. I didn't want to hear how the other man had got sober— I wanted to see that he was sober—and then I wanted to go back the next week to see if he was still sober!

If my fellow member had told me at this stage (and he probably did) that he had something good and I ought to get some of it for myself. I wouldn't have known what he was talking about. But I could see that this man had something which I wanted and the only way to get it was to keep coming each week to see if I could find out, by just looking, what it was he had. As I looked and looked and looked – I listened once in a while.

And thus it was I came to believe.

T.C., England

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April, 1968

Thanks to these volunteers for their service in The Central Office

Mondays 10AM to 1PM – Virgie

Mondays 1PM to 3 Pm – Open

Mondays 3PM to 5 PM – Terry S.

Tuesdays 10Am to 2PM – Samantha F.

Tuesdays 2PM to 5PM – Gerry W.

Wednesdays 9AM to 1PM – Phil

Wednesdays 1PM to 3PM – Shirley M.

Thursdays 10AM to 1PM – Samantha F.

Thursdays 1PM to 3 PM – Donna M.

Thursdays 3:30 PM tp 6PM – Wade W.

Fridays 9AM to 1PM – Bill P.

Fridays 1 PM to 4PM – Cat P.

Saturdays – Open

If you should see these people around tell them thanks for doing a great job.



Regular Meetings

1st Sat. of month 10:00 A.M.
 Intergroup Committee (Central Office)
1600 Club 324 West Cypress St. S.M., CA.
 3rd Sat. of month: 10:00 A.M.
 Central Coast Round-Up meeting
1600 Club 324 West Cypress St., S.M., CA
 2nd Sunday of month 10:00 A.M.
 GSR meeting – location varies
Call Yolanda M.: 805-314-2092
 3rd Thursday of each month 6:45 P.M.
 North S.B. H&I committee meeting
 Freedom Group
 113 N.V St. Lompoc, CA.

**After Hours Phone Service
 Opportunities Available**



Be of service from the comfort of your own home! You can now have the Central Office transferred to your home after hours. It's simple! It's easy! And you simply press a few numbers to transfer it back to the Central Office the following morning.

Shifts are flexible to fit your schedule. The commitment is for 6 months. So, if you have a night of the week when you are normally home, why not be of service!

What you need!

- A night you will be home
- At least 6 months of sobriety
- Willingness to be of service

What you get!

- A 12 Step package will be mailed to you which includes simple phone instructions, suggestions for handling the phone calls and connecting the caller with people on the 12 Step list if necessary, **confidential** 12 step contact lists of men and women in the Santa Maria, Lompoc, and Santa Ynez Valley areas and a current 52nd District meeting list.
- An opportunity to be of service

**For info or to schedule a night
 Contact:
 Samantha 805-598-7733**

Central Coast Round-Up Fundraiser

Saturday, April 13, 2013
Santa Maria Gun Club
 3150 Telephone Rd. Santa Maria, CA.
 \$12.00 per person Includes Enchilada, cassarole, Rice, Beans, Salad & Beverage

Agenda for CCRU Fundraiser

4:30 Pm – Open Meeting
 5:30 PM – Door Opens
 6:00 PM – Dinner
 7:30 PM Speaker
 No - Talent Show

Our New DCM

A dark group is a registered group that has been non-communicative with GSO, mostly by not supporting AAWS through donations. It is suggested that all groups be plugged in to A.A. If your group is not registered with General Services in New York you do not have a voice nor can you share your experience. Currently, there are 225 dark groups in Area 93. To register a new group, download an A.A. New Group Form from www.aa.org or contact your group GSR or myself, Yolanda M., your current DCM representative at 805-314-2092.

Service Ops

Dist. 52 needs officers for 1) Public Info., 2)CPC., 3) H&I., 4) Grapevine , 5) Guidelines., 6) Archives and 7) Registrar.

Area 93 needs Committee chairs for Grapevine and *Special Needs/ Accessibilities*.

GSO Corrections desk needs male A.A. volunteers to write inmates. The database include 10,000 names, 1,000 requests are received yearly and 150 are on a waitlist to receive A.A. program information.

Court Card opinion polls will be available on Area 93 website for GSR's to review with their groups.

Suggested ideas for the Area 93 website are under review as well as the role/responsibilities of webmaster.

Upcoming 2013 Area 93 activities include:

Mar. 17, Pre-Conference Workshop, Simi Valley

Mar. 30, Archives Repository Anniversary, Oxnard.

The society of Alcoholics Anonymous has served me well, giving me new life. It is my responsibility to work to ensure the alcoholics of tomorrow find the doors of A.A. as I did.

Thank you for allowing me to be of service,
 Yolanda M.



Group Donations

January 1 to February 20, 2013

<u>Group</u>	<u>Jan.</u>	<u>Feb.</u>	<u>Grand Total</u>
6 AM Sickies Group	213.89	207.77	421.66
Airport Group	17.00		17.00
Freedom Group		45.00	45.00
Goes to Any Lengths	180.00		180.00
Happy Hour Group		150.00	150.00
New Beginnings		8.02	8.02
Pyramid Group	59.00		59.00
Women's Fresh Start	20.00		20.00
Grand Total	489.89	410.79	900.68



Individual Donations

January 1 to February 20, 2013

<u>Name</u>	<u>Amount</u>
Hoss D.	064
Lynn L.	3.46
Valerie F.	0.00
Virgie V.	.26
Wade (not W)	.84
Amor S.	.97
Danelle W.	20.00
<u>Keith D.</u>	<u>5.00</u>
Grand Total	181.17

When I got to AA and heard about Pitiful And Incomprehensible Demoralization (PAID), no one had to explain that to me. --- I knew what they meant --- and I was aware of the price I had paid for my seat in these rooms.

We'll Be Going Where?

March 1-3 PRAASA, Boise, Idaho
 March 14-17 All Calif. Young People in AA
 Fresno, CA. (Jill P. 559-593-9673)
 March 15-17 Women to Women 26th Annual
 AA & Alanon (registration w2wca.org)
 March 29-31 28th Annual Orange Co.
 Convention
www.ocaa.org
 April 5-7 42nd H&I Conference Foster City, CA.
 April 13 Central Coast Round-Up Fundraiser
 Santa Maria Gun Club
 April 19-21 Annual Serenity By The Sea
 Ventura County AA Roundup vcaaroundup.org

H & I Report

Santa Barbara North County Hospitals & Institutions Committee is dedicated to providing AA meetings and literature to those confined in hospitals, jails, prisons, and other facilities that request support from Alcoholics Anonymous. SBNC Hospitals & Institutions Committee serves the 52nd District and meets on the third Thursday of every month at the Freedom Group in Lompoc at 6:45 pm. Those who are interested in an indescribably rewarding way of carrying the message to fellow sufferers, please join us. For more info regarding local H&I participation and efforts, contact: Adam W. 805-733-1603 or Ken S. 805-637-9900

Answer on page 6

Two CATERPILLARS were crawling across the grass when a butterfly flew over them. They looked up, and one nudged the other and said "You couldn't get me up in one of those things for a million dollars!"

You never get a second chance to make a good first impression

My Wife Divorced Me

It seemed the worst thing that could have happened

I have been in the AA program several months now, and though I am alone. I'm pretty happy most of the time. I hit bottom when my wife filed for a divorce. I went out and got drunk. In a sober moment I realized what I was losing by my drinking, and I decided to try to stay sober. Not knowing how, or who to go to, I signed myself into a mental hospital. I'd heard they dried out drunks in it. While there I attended my first AA meeting, but I didn't learn anything except that there was AA in my town. When I got out of the hospital, I tried for reconciliation. I'd been sober two weeks, why shouldn't she take me back? Well, she didn't, so off I went again. During this bender I called AA three times. I guess I wasn't ready on the first two, as I took off before they got to me. After the third call, though, I waited. I was in pretty bad shape after a long drunk, so I was hospitalized again—this time in an alcoholic clinic. I got a good dose of AA in the clinic and when I got out I attended meetings faithfully every night. I was very lonely though and my emotional condition wasn't good. I was so full of self-pity I was on a dry drunk crying jag for six weeks. Here I was all alone, no family to turn to, my wife divorcing me. No friends, (I couldn't make friends at the meetings as most of the men were older than I). The self-pity finally got the best of me, and another drunk started which I hope was my last one. While I was on this drunk I met my AA sponsor. I wound up at his home – till this day I don't know how I got there. With his help and his wife's I straightened out eventually. I started back to meetings again. This time with a different frame of mind, an open one anyway. I began reading everything I could get hold of on alcoholism, attended meetings and best of all; I had a friend, someone to talk to. My wife went through with the divorce, and thanks to AA I had the strength to accept it. I received double benefits from the AA program. I'm not only sober, but I have the serenity to accept the things I cannot change. I am in my room alone now. But it isn't lonely anymore. I have my books, one in particular. Any time I need to be in touch with AA, I have a full book of telephone numbers. I owe so much to AA. I'll never be able to repay it.

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 March, 1967

Ed F. Warren, Ohio
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Editor's Corner

Hi everyone!! It is good to be back in the saddle again, taking in meetings, and getting back to getting the Newsletter published.

Happy New Year to all of you, even though we are already in this New Year. I hope that all of you have a great year by doing "One Day At A Time."

It was great having wonderful friends like you that will bring a meeting into your home. Especially when one cannot get out. That is "Service" working in all of us. I want to thank the ones that made it to my house for the two months while I was recovering from surgery.

The October fundraiser for the Central Office was a great success, thanks to our Santa Ynez Valley Groups for putting it together. The January fundraiser at the Solvang Memorial Hall headed up by Valerie F. was another great success. Thanks again Valerie F.

The Central Office always needs support in keeping the doors open and answering phones and selling literature.

Many think that it is supported by World Headquarters and that is a non-profit, it shouldn't make any money. Neither of these is true. Central Office provides much more than a place to sell books. It is the conduit for the first timer to find a meeting or help. It is a repository of information of what is going on in the Central Office Intergroup. It is the voice on the phone in the middle of the night.

Please support the Central Office by either Service or donations.

I apologize for not getting this edition out in time. It is unfortunate that some unknown things to arise, which kept me from getting this edition out on time.

Hopefully everything will be back to somewhat of order by next edition. Elections for some of the Board members will be held at our April meeting.

Thank you for letting me be of Service,
Keith D. – Your Editor

Any one that would like to make individual contributions to the Central Office is Greatly appreciated. Below is a form if you would like to become a supporting member. You can now go online to our website and send your donations in by way of PayPal.

Supporting Member Pledge of Financial Donation

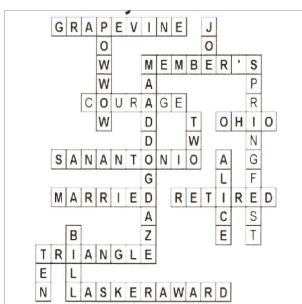
I would like to become a supporting member of The 52nd District Central Office, and help it continue to carry the message and be there for the alcoholic who still suffers. Enclosed is my first contribution of \$ _____. I will continue to donate this amount on a (circle one) monthly, quarterly, annual, other _____ basis.

I am already a supporting member. This is my regular contribution \$ _____.

Name _____
 Street _____
 City/State/ Zip _____
 Phone _____ Email _____

Please make check payable to: **Central Office**
500 So. Broadway #114
Santa Maria, CA. 93454

Puzzle Solution



ONCE OVER LIGHTLY

THE LADY MUST HAVE packed a punch, and the fellow in this anecdote must have wanted to throw a few at a houseguest of his. He was an American who had invited an English cousin to spend a week or two visiting him.

Being fairly well to-do, the American gave his relative the red-carpet treatment. They ate in the best restaurants, drank in the most exclusive nightclubs, and went to the best places of entertainment, But the only response the Englishman ever made was that, although it was all very nice, none of it could compare with the quality, service, taste, size, or whatever to be found in England.

Finally, the American had had enough. He went to a pet shop and bought a four-inch snapping turtle, which he slipped into his cousin's bed before taking him out for an evening of drinking. Arriving home, they went to their bedrooms. Shortly afterward, there was a great commotion from the Englishman's room. When the American rushed in, his cousin pointed at the turtle and asked, "What is that bloody thing in my bed?"

"Oh, that?" said the American casually. "Why, it's an American bed-bug. Surely, you must have bigger ones in England." Oct. 1978

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*God grant me the serenity to accept the things I cannot change
and the courage to change the things I can and the wisdom to
know the difference.*