



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 on the District website, and also posted 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, 2 computers available with internet access (1 for visitors), as well as plenty of literature to enable volunteers to make the best of their time at the office.

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

We are wheelchair and disabled accessible. The office is managed by the Intergroup Committee and volunteers.

The **Questions about the Committee and office** can be directed to Phil H. at: 805-268-6722 or to your meeting IGR.

Submissions to the Newsletter "*Passing It On*" are welcomed. Contact Keith D. at: 805-937-6015 or email to:

kbdiamond@verizon.net

Mark in subject box "AA Newsletter"



Editor's Corner

I hope that everyone had a great and safe summer. It is pretty well finished, now that the kids are back in school.

Any time is a good time to expand your A.A. involvement and participation by taking on a service position at a meeting that you attend or by volunteering at the 52nd District Central Office to answer telephones and serve office visitors. Being of service is a sure-fire way to strengthen your program and to meet new friends who are also striving to maintain sobriety. Why wait? Get Into Action Now!

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

Letters to the Editor or Articles for the Newsletter

Entries must be received by the 15th of the month for consideration of publication in the following issue. Please submit your material for the Newsletter to:

52nd District Central Office - 500 So. Broadway,
Suite 114, Santa Maria, CA. 93454

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

Why Supporting Member?

The Central Office needs financial contributions to stay open. The supporting member will now receive the newsletter "*Passing It On*" by way of mail to their homes. All you have to do is start making a monthly pledge of at least \$5.00 a month. If you prefer to receive via email, you may make a small pledge of \$1.00 or more. You can make a difference by doing this. Group donations are fine but we need more support.

PLEASE SUPPORT YOUR LOCAL CENTRAL OFFICE.

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**



Speaker Meetings



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

- Sept. 6 Fernando B., Hollywood
- Sept. 13 Steve M., Lompoc
- Sept. 20 Melvin M., Pacoima
- Sept. 27 Discussion Meeting
- Oct. 4 Darren P., Santa Barbara
- Oct. 11 Tammy G., Solvang
- Oct. 18 Brendan B., Solvang
- Oct.25 Discussion Meeting

Santa Maria Live
(4th Saturday, 8PM)

- Sept. 28 Melissa, San Luis Obispo
- Oct. 26 Fay, Los Angeles

**Santa Maria Golden Group
(Saturdays, 8PM)**

TBA

**Santa Maria Valley Group
(Sunday, 7PM, 1600 Club)**

- Sept. 1 Patrick, Santa Barbara
- Sept. 8 Bob T., Santa Barbara
- Sept. 15 Robin O., Santa Barbara
- Sept. 22 Heather, Santa Barbara
- Sept 29 Robert G., Arroyo Grande
- Oct. 6 Armando R., Santa Barbara
- Oct. 13 Richie, Oxnard
- Oct. 20 Donald, Oxnard

Oct. 27 TBA

**Solvang Action Group
(Saturday, 8PM, Solvang Alano Club)**

TBA

**Women 's Meeting – Freedom Group
(4th Saturday, 10-11AM)**

We'll Be Going Where?

Sept. 5 – 8 Seniors In Sobriety, San Diego, CA. 800-772-8527 aasis2013.org
 Sept. 27-29 Sobriety By The Sea, Crescent City, CA. sonrietybythesea.com
 Sept. 27-29 27th Annual Gold Country Roundup, Plymouth, CA. goldcountryroundup.com

Oct. 3-6 62 Annual So. Cal. AA Convention, Rancho Mirage, CA. 919-204-0355 AASOCAL.COM

Nov. 8-9 52bd District Central Coast Roundup, Radisson Hotel, Santa Maria, CA. centralcoastroundup.org

**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:
 Billy N. 805-937-9160 or
 Email: billy@daymakers.com

Recovery Poem – "My Turn"

By Dana M., Agoura Hills

My turn to care
 My turn to share

My turn to be kind
 Have peace of mind

My turn to live
 My turn to forgive

My turn to be grateful
 To lend a hand

This is my turn



**Alcoholics Anonymous
RESPONSIBILITY
DECLARATION**

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

Answer to puzzle:

"God could & would if he were sought"

**FINANCIAL REPORT from Central
Office**

July	
Group Donations	454.07
Indiv. Donations	42.00
TTL Donations	496.07
TTL Sales	273.86
Sales & Donations	769.93

Inventory	Selling \$ +
Chips	984.00
Lit	2400.12
Used	239.68
TTL Inventory	3623.80

BANK BALANCE 1692.23

DUE IN LESS THAN 30 DAYS

CABLE PHONE INTERNET	158.98
ANSWERING SERV	110.00
RENT	350.00
INSURANCE	61.60
Lit Purchase	154.24
TOTAL	874.82

Receivables 266.90



"I give an excellent talk, because I put across my sincerity and humility"

Copyright March 1967, written with permission

(Cont'd from pg. 3)

Has enough effort been made to explain to all groups the value and purpose of a GSR?

Some groups choose not to participate and many people don't know what a GSR dies. We need to do a better job to inform more groups about the benefit of service. We need to promote the use of envelopes.

Do all GSR's have adequate opportunity to serve on committees?

Yes, almost all our committees are currently vacant.

Are district officers picked with care and consideration?

Yes. We follow our service manual and use our 3rd legacy procedures to elect officers and have asked an Area officer to conduct our last district elections as an impartial observer.

Do our groups carry their fair share of supporting the Area and the General Service Office?

Yes and no. One group voted not to support GSO because they were deficit spending and this group plans to revisit their vote. We need to work harder at this.

How well are our groups informed about what is happening in AA worldwide?

Not very well, we are doing this and can do a better job of this. We need to promote the Grapevine and PO Box 459, which is informative about the activity of GSO and alcoholics.

Are our District Meetings informative and enthusiastic?

Yes. Sometimes we need to focus on topics and not go off subject so much.

OUT OF THE HOLE

IN JULY, I was sentenced to eight years for robbing a drug store while drunk. Certainly this harsh sentence would get me sober. But it didn't. My self-pity was deep. I spent the first two in jail drinking and using drugs. I became so loaded on a daily basis that it was apparent to everyone. I even tried to commit suicide twice in those last couple of weeks, and failed. The powers that be rolled me up from, that prison's prison – the hole. There, I came to know the loneliness that the Big Book speaks of. I was completely empty on the inside. I had nothing left. I was miserable with the drink and without.

On July 24, 2004, I asked God to help me change. That was my only prayer. I had been in and out of AA for 25 years. I knew about the program, but I never completely surrendered to it, nor to God. That day is my sobriety date.

After a rough year of getting transferred around, I ended up at a decent yard and started going to meetings again. I stayed sober that next year out of desperation, and by the grace of God. I made my first-ever one year without a drink in that yard. Soon I was elected chairman of our meeting, a commitment I held for the next four years.

All this was great and amazing, but I was scared to death. I was going to go home in a few years, and I had no clue how to live or function on the outside sober. I had never done it. I started working the steps in desperation. The H&I AA members who brought meetings in to us assured me I could do this program no matter how many times I had failed.

Somewhere between my second and third year sober, I was walking back to my cell after a meeting and for the first time ever I felt good about my life and myself. I had true hope in that moment. It blew me away. This was a true spiritual experience. I started thanking God for everything – even the bad food and cold showers, but especially for the gift of sobriety.

Soon it came time for parole. I followed all the suggestions of my sponsor and the H&I panel members. I went to an AA meeting my first day out. I got a new sponsor, and I got into service. I have three H&I commitments now. And even though the economy is in terrible shape, I found work. And I've also since been let go. But *nothing* is worth drinking over today. By the grace of God and the fellowship of AA, I have hope today. One day at a time, I don't have to drink.

Todd K. Lompoc, CA.
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Group Donations

Mid Aug., 2013

6AM Sickies Group	\$1,281.00
Airport Group	\$77.00
BOARD	\$138.00
Freedom Group	\$45.00
Goes To Any Length	\$504.00
Golden Group	\$60.00
Happy Hour Group	\$450.00
Lompoc Valley Group	\$4.00
Love of Nursing	\$105.00
New Beginnings	\$39.00
Our Primary Purpose	\$50.00
Saturday Night Live	\$2.00
SY Action Group	\$146.00
Woman's Book Study	\$75.00
Woman's Discovery Group	\$4.00
Woman's Fresh Start	\$20.00

Donations rounded to nearest dollar

Individual Donations

Mid Aug., 2013

Andrea H.	\$30.00
Anonymous	\$103.00
Nil M.	\$1.00
Billy N.	\$4.00
Chris	\$6.00
Chris J.	\$3.00
Danelle W.	\$175.00
Hoss D.	\$1.00
Jeff	\$7.00
Keith D.	\$45.00
Larry E.	\$15.00
Lynn L.	\$3.00
Mac M.	\$10.00
Marlene G.	\$24.00
Paula W.	\$1.00
Rebecca S.	\$1.00
Richard	\$1.00
Shirley M.	\$1.00
Val F.	\$150.00

Donations rounded to nearest dollar

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Temper is what gets most of us into trouble.

Pride is what keeps us there.

Thanks to these volunteers for the Central Office

Mondays 9AM to 12PM Michelle M. Wednesdays 1PM to 3PM Shirley M.
Mondays 12PM to 3PM Donna M. Wednesdays 3PM to 5PM Billy N.
Mondays 6PM to 5PM Terry S. Thursdays 9AM to 10AM Open
Tuesdays 9AM to 11AM Raquel T. Thursdays 10AM to 1PM Lisa B.
Tuesdays 11AM to 2PM Lisa B. Thursdays 1PM to 3PM Tom W.
Tuesdays 2PM to 5PM Open Thursdays 3PM to 6 PM Wade W.
Wednesdays 9AM to 10AM Open Fridays 9AM to 1PM Phil H.
Wednesdays 10AM to 1PM Gerry W. Fridays 1PM to 5PM Open

If you should see these people, tell them 'THANKS' for doing a great job.

BRIDGING THE GAP

Bridging the Gap is a wonderful service that help alcoholic's locate AA meetings the day they leave a treatment program or correctional facility. The way each group is set up differs depending on the area, and they sometimes go by a different name. But it's usually made up of volunteer AA members who sign up to contact new members, meet them at the door of the facility or at an AA meeting, introduce them to other AA's, make sure they get phone numbers, and try to help them find a sponsor. In the following story you will hear how one shares their *Bridging the Gap* experience.

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 indescribable experience, and want to greatly enhance their sobriety, then join the meeting and see if H&I is for you.

**Your 52nd District DCM Report
DISTRICT INVENTORY**

What is the basic purpose of the District Committee?

Our purpose is to be liaison between our groups and service structure, to exchange experience about our group success and failures. To take suggestions from other groups that have experienced the challenges we face and report them back to our group. Make a spiritual connection with alcoholics worldwide. Provide our delegate with information and concerns from our group so that he or she can be informed and ensure that our group be have a voice at all the levels of AA.

Help insure that our traditions are being followed. We pull our resource together to help carry the message of love, recovery and hope to alcoholics suffering outside the rooms and throughout the 52nd District.

What additional activities can we engage in to carry the message?

We need to find Alcoholics who will serve as PI and CPC Chairs in order to help lead us in taking actions and hosting unity days in the district and with other districts.

Considering the number of alcoholics in our district, are we reaching enough people?

We can never reach enough people. People are either ready or not, but we do what we can to carry the message to alcoholics. The best way, is how we act by living examples of the book. By a simple vote and show of hands 11 to 1 members of the group stated their groups are currently growing in size and one said they were not growing at this time.

What has the District done lately to bring the AA message to the attention of professionals who can be helpful in reaching those who are in need of AA?

Sponsor your doctor packets that we used last year to inform our doctors about how we abuse the medical system and how they spot an alcoholic and refer them to AA.

Do we try to illustrate a good cross section of AA in our message carrying?

Based on the members present and participating in the inventory we responded with a unified, yes.

Do new GSR's stick with us, or does our turnover and missed meetings seem excessive?

Based on the members present participating in the inventory, we responded with a unified stick. We have a strong core of GSR's and find that 2 or 3 will miss a meeting per month but never enough to prevent the district from holding a meeting or conduct its business. 75% of new GSR's have less than 5 years of sobriety, 10% have 5-10 years of sobriety and 15% have over 20 years of sobriety.

How effective are we in communicating with our groups?

We need to do a better job of communicating with our groups that do not have GSR's, especially in the Lompoc and Santa Ynez Valleys.

Do all AA's know about district meetings and have the opportunity to attend?

Yes, all members and visitors have an opportunity to attend and participate. Many members will car pool to assist with better attendance. We believe some groups are aware and choose not to participate in service groups or don't have a willing representative.

(Cont'd on pg. 4)

Central Office Board Meeting

Every 4th Wednesday of the month:
5:15 PM Starbucks in Food Max shopping center
South Broadway & McCoy

What is happening in the Central Office

15 June to Aug. 16, 2013

- AA Information calls: ----- 61
- Chip Sales: ----- 5
- Office Walk-ins: ----- 34
- Book Sales: ----- 18
- Out of Town Visitors: ----- 1
- 12 – Step calls: ----- 2
- Al-Anon Referrals: ----- 2

Alcoholics Anonymous Website

www.aa.org

District 52 Website

www.aadistrict52.org

Central Office Website

www.aa52centraloffice.org

Steering committee Meetings

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

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.

NOTHING IS QUITE so annoying as to have someone go right on talking when you're interrupting.

A sponsee told his sponsor that he used to pray and meditate every day and work the Program. And he said he just felt fine when he did. But now I find I'm not doing those things anymore, and I feel awful. What should I do?

**Central Office Intergroup Meeting Minutes
Saturday July 6, 2013**

Opened meeting with "I Am Responsible"

Agenda approved

Introductions made around the room.

New volunteers for key approval: Michelle M. approved

Keys: all accounted for

Secretary's Report: not available at this time, computer down

Treasurer's Report: Donations are down. Inventory is good. July 4th fundraiser went well. Actual totals next month. Report approved

IGR Reports: 12 groups represented.

Webmaster & Directories Report: everything is up to date,

After Hrs & 12 Step Report: Not present to give report

Literature & Chips Report: Stock is full.

Newsletter Report: Need articles. Sending into to be put on website.

Old Business: working on setting a meeting to be held in the Alano Club in Solvang in October.

New Business: Fundraiser floored till next month. Raquel voted in as Co-Secretary.

Donation Basket: Passed around.

Preyed out with Serenity Prayer at 11:00 AM

In Attendance

Liese L., Shirley M., Phil H., Lisa B., Gerry W., Jeff M., Neil O., David S., Tom W., James H., Cheryl L., Raquel T., Doug T., Arlene H., Marlene G., Sylvia M., Michelle M., Wade W., Keith D., Patrick S., Rob N., Jim N.

Recovery Word Quiz

Use the 30 letters once, that make up the 8 words of this month's recovery words quiz. The first and last letters have been provided.

<u>T</u>	N	D	F	O
U	U	D	E	O
D	E	S	U	O
D	R	L	H	A
I	G	L	H	O
W	E	G	C	W



<u>G</u>									
								<u>T</u>	

Answer on pg. 5

CLUE: "The one who will give us the power."



52nd District

"Passing It On"

500 So. Broadway, Suite 114, Santa Maria, CA. 93454

805-925-3782

Inside This Issue

Board of Directors & Board Members	1
Trip to China	1
What is Happening in the Central Office	2
Central Office Board Meeting	2
AA Websites	2
Steering Committee Meetings	2
Regular Meetings	2
Central Office Intergroup Meeting Minutes	2
Recovery Word Quiz	2
Thanks to these volunteers for the CO	3
Bridging the Gap	3
H&I Report	3
Your 52 nd District DCM Report	3
Group & Individual Donations	4
Disclaimer	4
Out Of The Hole	4
Speaker Meetings	5
Financial Report Central Office	5
We'll Be Going Where?	5
After phone Service	5
Recovery Poem	5
Central Office At A Glance	6
Why Supporting Member	6
Editor's Corner	6
Letter to The Editor	6
Supporting Member Form	6

Trip to China

Carrillo Community Medical Center in Santa Barbara was my place of employment from 1949 to 1999. The landlord of the clinic was Dr. Luan who escaped from the Communist Chinese in 1949 and completed his medical training in Chicago before moving to New Mexico for his practice and then on to Santa Barbara for his retirement. One day Dr. Luan walked into my office and said "I am going to adopt you as my son. "Really?", I said. Dr. Luan knew that I had lost my father to alcoholism when I was 18. It was a Chinese cultural practice that a man who was old enough to be another man's father and that father was diseased. The older man could "adopt" the fellow. I discovered it was like a sponsorship relationship. The next year Dr. Luan walked into my office and said, "I want to take you to my home town in China." I said, "OK." We were going over with an eye surgery team, but a tourist visa would not work for my visit. I needed a health issue to speak on while in China. The Chinese had expressed a desire to speak on HIV/AIDS, but I requested alcoholism. The Chinese accepted. They found a mental institution in Dalian near the North Korean border. I contacted WSO of AA and discovered that the Big Book had been translated into Mandarin six months before. I was supposed to speak to five doctors, so I bought five Mandarin big books at \$18.00 each. I spoke to 30. I wish I had bought more. On the flight to Tokyo, I realized that I was not sure what I was going to say to these doctors. When in doubt, use what works. So, I had Dr. Luan go through the Mandarin and find the portion of chapter 5, and 12 Traditions, which we read to the doctors. They were read by Dr. Lu who received his MD from University of Vienna, the same school and as Freud and Jung. The readings were received well by the medical staff, but all of the questions that followed were Al-Anon type questions. My response was to have two drunks in each locked room with the Big Book and leave them alone. For this moment, I just got blank stares. After going to the mental institution, Dr. Luan and I had dinner with the Communist Governor of Manchuria. During dinner the governor stated he thought AA in China would be a good idea and wondered if his drinking would cause me to drink. Since my visit to China, Dr. Luan has gone back with 14 alxies from San Francisco to participate in addiction caravan travelling the country and educating on tobacco, alcohol, and drugs. Dr. Luan has also taken medical students from Yale and alxies to China in the same group. It was very educational for both parties. AA has grown significantly since my visit to China. I encourage anyone who travels abroad to visit meetings. I have gone to meetings in Fortuna, Costa Rica and the Pacific group on the Pacific Coast of Costa Rica.

Peter B., Los Alamos, CA.

Central Office Board of Directors

- Chairman: Keith D.**
- Co-Chair: Patrick S.**
- Treasurer: Wade W.**
- Secretary: Liese E.**
- Co-Secretary: Raquel T.**
- Board Members**
- Virgie V., Doug T., Phil H.**