

The Voyage

SANTA BARBARA AL-ANON FAMILY GROUPS

JUST FOR TODAY...

I will be unafraid...

I will be happy...

I will have a Program...

I will be agreeable...

I will adjust myself to what is...

I will have a quiet half hour all by myself...

THE VOYAGE IS BACK IN ACTION!

It is with great joy that I announce the return of the Santa Barbara Voyage. With our county just gaining its independence as District 8 and the culmination of the 2005 World Service Conference, there's much to celebrate! Also, the 21st Annual Santa Barbara Convention was a huge success. Much thanks to all of the speakers who shared their experience, strength, and hope, and to all those who attended. As the new Voyage editor, I welcome any feedback, creative ideas, Al-Anon historical information, etc. Please email me at andthegirl-washappy@gmail.com. Thank you for letting me be of service. -Amber T.

FALL COLORS

AL-ANON INFO:

AFG District 8:
805.899.8302
Santa Barbara Web Site:
alanonsantabarbara.info/
Al-Anon/Alateen Web Site:
al-anon.alateen.org
En Espanol:
[Al-anon.alateen.org/
alaspn.html](http://Al-anon.alateen.org/alaspan.html)

Serenity Prayer

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

Recently I was driving a route that I frequently take and, although I always see beauty in this tree-lined road, it was particularly inspiring that day. I thought about the members in my area and wanted to share my thoughts.

As I noticed the varying colors of fall leaves, I thought about the necessity of service rotation. I recalled an old friend who thought fall was a sad time of year because things in nature died. She must have missed seeing the process and just saw the finale. I never viewed fall in that way.

To me fall presents magnificent colors that appear magically. It's as if the leaves show their splendor just before leaving us, which leads me to think about the

benefits of service rotation. A result of rotation is change. Members of a new panel - the buds that show up early in a new year - may present ideas that we haven't explored. Maybe we've heard the ideas before, but now the time is right to embrace them. New leadership can bring energy to an existing process. An incoming panel of trusted and treasured servants may have a slightly different view of the business meeting of Al-Anon - how to handle and communicate Al-Anon's business. Whatever the new panel brings will be exciting. Some changes will be successful and we can learn from unsuccessful changes. No attempt is wasted. Every idea deserves consideration.

Each of us has something to add - *our own unique splendor*.

As service terms end, some members will have difficulty letting go of their service position. Change is necessary, which is exactly what happens when rotation takes place. As individuals and members of an area, change keeps us from becoming stagnant. We will grow and remain active rather than becoming sluggish. So embrace change - expand, explore, and experience!

-Donna H., Missouri Area Chairperson, Panel 42
-Missouri Round Robin, November 2004

DRAWING CONCLUSIONS

One day I heard several dogs barking in a nearby apartment building. After an hour, I talked with the apartment manager. He was surprised because that particular apartment didn't allow. The manager stormed off to chastise the resident. The barking subsided and I went about my day.

When I returned home later that afternoon, I found a small tree completely uprooted in my front yard. The tree was an unusual one that I had nursed from a small cutting. I was shattered, certain the dog owner destroyed my beautiful tree as payback for complaining about the barking.

I imagined that act of violence to my property would lead to a threat on my well-being - possibly on my life. I panicked. I called Al-Anon members and attended my home group that night, sharing my anger, fear, and sadness. After the meeting, I visited several neighbors on our block, warning them of the current and probable vandalism.

The next morning, by sheer coincidence, a friend in the landscaping business came to my house to do some work. "I see your tree finally fell over", he said. "What do you mean?" I asked. He answered, "Well, that particular tree is a desert tree that holds water. It's a miracle it didn't fall years ago due to the way you always trimmed it to be top heavy. I've seen many trees like that just fall over of their own accord, roots and all."

My face flushed with embarrassment as I related my exaggerated assessment of what had happened. My friend pointed out that if a vandal had pushed over the tree, it would have fallen apart. However, as is typical for that type of water retaining plant, it just fell over from its own weight, completely intact without evidence of a third party pushing it.

Embarrassed, but glad to set the record straight, I called my Sponsor. I decided to make amends to my neighbors for instilling fear with my incorrect assessment of vandalism invading our neighborhood.

In the future I'll gather facts before drawing conclusions. I won't share what I think may or may not have happened in any given situation, especially when I don't have proof. Instead, I'll press the "pause" button and use the tools of the program.

By Anonymous. *The Forum*, November 2005

SCHEDULE OF EVENTS

- November 12 - Gratitude Fair; Saint Columba's Church, Camarillo. Visit alanon@alanonventura.org
- November 19 - Area Assembly Meeting; Fullerton Senior Service Ctr. Email Kary.L@att.net
- December 13 - District 8 Monthly Business Meeting; 6:30-7:45pm. Trinity Evangelical Lutheran Church Youth Room, 909 N. La Cumbre Rd. (at Foot-hill Rd.) All are welcome.



Happy Birthday!

Happy Birthday to Ruth, 2 years, Peggy, 3 years, Cheryl N., 8 years, Collette, 25 years, and Carol, 26 years!