

The

Nameless Newsletter

San Luis Obispo, CA



The Alcoholics Anonymous Central Coast Central Office Newsletter

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I Am Responsible

Responsibility for one's actions, words and problems. Not blame or recrimination or guilt. It took me a long time to realize that Step Four was not about blaming myself or feeling guilty for what I had done or had failed to do in the past. It is about recognizing my shortcomings and accepting responsibility for my actions and their outcomes. No one person can be blamed for what I have been or done. No person can shoulder the guilt for my transgressions. 99% responsibility doesn't work either. What it all comes down to is: I AM RESPONSIBLE.

My addictive self had a hard time understanding what it means to be responsible. I kept fighting that part about honestly accepting the reality of what I had been and done, the reality of the fact that I am an alcoholic. I kept trying to point the finger elsewhere, to rationalize and elevate my selfish motives into selfless nobility (gone astray). Does that sound like a crock to you? It was!

One night as I sat in meeting explaining my "selfless" motives for the umpteenth time that week, I noticed this woman watching me, shaking her head up and down and smiling. After the meeting, she handed me a note, "You are the cause, not the effect." I was angry, hurt, confused. Instead of asking her to explain her note, I balled it up, shoved it deep in my pocket and stormed out of the meeting. Two weeks later, I happened to find the note again. This time I read it and something clicked. I began to understand what it meant and why it had been given to me.

I earnestly began to work on being honest about myself... and to myself. How I felt. What I thought. The things I had done. Slowly... painfully slowly... I learned to face the reality of "the effects" I had caused. I worked on facing the reality without judgment or recrimination thinking that if only I could get those dark secrets out into the light, perhaps I could find a way of exorcising them. Little by little, I worked my way through a real Fourth Step. And with the help of my very dear sponsor, I got through my Fifth Step without dying inside.

Today I can face myself in the mirror and smile because I understand that I am responsible for everything I have ever done or will ever do. If those things are not always "right," I can honestly apologize and make amends. No guilt. No recrimination. As long as I work the Program on a daily basis, striving for progress and growth, I don't ever have to feel horrible about or in myself again. When they read "I AM RESPONSIBLE" at meetings, I have to smile because I know that what they say is true. Today I am capable of being responsible... and of passing on that beloved, wrinkled note when it's needed.

Julia S.

Calendar Events

UPCOMING EVENTS

February 6-8, 2015
20th Annual Thailand Roundup
Royal Cliff Hotel
Pattaya, Thailand
aathailand.org

July 25, 2015
District 22 Workshop & Delegate Report Back
10 am - 2 pm
Unitarian Universalist Fellowship of SLO
2201 Lawton Ave, SLO

July 2-5, 2015
2015 International AA Convention
Atlanta, GA
aa.org/lang/en



To find out what else is going on, you can:
Visit Central Office at 1137 #B Pacific St, SLO, or
Call us at: 805-541-3211, or
Visit our website at sloaa.org

A.A. Birthdays and Announcements

Birthdays for the month of December & January:

Sherrie M. F., SLO 16 yrs
Jim L., Morro Bay 17 yrs
Chris C., Paso Robles 34 yrs



If you are celebrating a birthday, send the details to us:
nnleditor@gmail.com

Deadline for birthday submittal is the 18th of the month

NEWSLETTER ARTICLES NEEDED

Do you have a story, cartoon, etc. that is AA related that you want to share? Email it to us at:

nnleditor@gmail.com

We welcome all submissions but only publish those that are about recovery and AA.

SERVICE COMMITTEE SCHEDULE

Central Office Board of Directors Meeting
2nd Sunday, 8:15am, Central Office
1137 Pacific Ave., #B, S.L.O., CA. 93401

Intergroup Central Office Rep. Meeting
2nd Sunday, 8:45am, Central Office
1137 Pacific Ave., #B, S.L.O., CA. 93401

22nd District General Service Rep. & Comm. Mtg
2nd Sunday, 10:15am, Alano Club
3075 Broad St., S.L.O., CA. 93401

Hospitals and Institutions Mtg + Bridging The Gap
3rd Tuesday, 6:40pm, Alano Club
3075 Broad St., S.L.O., CA. 93401

District 22 Convention Committee
2nd Sunday, 12:00pm
560 Higuera St., Suite E, S.L.O.

7th Tradition Mailing List

General Service Office	22nd District
P.O. Box 459	P.O. Box 1891
New York, NY. 10163-0459	S.L.O., CA. 93460

Central Coast Central Office Intergroup (CCCOI)
P.O. Box 12737
San Luis Obispo, CA. 93406

Central California Area Assembly Area 93
606 Alamo Pintado, #140
Solvang, CA. 93463

Hospitals and Institutions (H&I)
P.O. Box 12737
San Luis Obispo, CA. 93406

Service Opportunities at the Central Office

Our Central Office provides AA-Approved Literature and general information to alcoholics, the public and the groups of San Luis Obispo County. We are entirely staffed by volunteers ... **Would you like to be of service?**

We maintain regular business hours Monday through Saturday with our **Office Volunteers** who work a 3-hour shift every week or every other week. We also have an answering service who contact our **Call Forwarding Volunteers** who are available by phone when the office is closed.

Our goal is for anyone who is looking for help for themselves or someone else to be able to talk to an alcoholic 24 hours a day 7 days a week.

If you'd like more information or would like to volunteer **please call 805-541-3211**. Six months continuous sobriety is required and training is provided.

To volunteer to be on the Central Coast Central Office 12th step list please call the office at 541-3111 and leave a message for the Office Manager with first name, last initial, phone # and email address (optional). Or send an email to CCCOIManager@gmail.com with the same information and a return email will be sent to you with details. Thank you for your service!

From the Archives - The Rockefeller Connection

The following is Bill W.'s recollection of the Rockefeller connection with the development of AA, from an interview in 1951.

Question: How did the connection between the Rockefellers and Alcoholics Anonymous develop?

Bill W.: After the meeting in Akron in the fall of 1937, I went back to New York as we say, all steamed up. I then made the dismal discovery that the very rich who had the money that we needed had not the slightest interest in drunks, they just didn't give a damn. I solicited and I solicited and I became very worried. I even approached the Rockefeller Foundation, you know, I figured John D. would have an interest in alcoholism, sociology, medicine and religion and this should just fit the bill. But no, we didn't fit into any category with the Rockefeller Foundation and they felt a little poor at the time, what with the depression.

One day, I'm in my brother-in-law's office, he a doctor (Leonard Strong). I was moaning about the stinginess of the rich, our need for money and how it looked like this thing wasn't going to go anywhere. He said, "Have you tried the Rockefeller Foundation?" And I told him that I had.

"Well," he said, "it might help if you saw Mr. Rockefeller personally." I said, "Dr., I don't want to seem facetious, but could you recommend me to the Prince of Wales, he might help out too."

And then came one of those strange turns of fate, if you like, or providence, if you prefer, and the slender thread was this: my brother-in-law, the doctor, sat there scratching his head and he said: "When I was a young fellow I used to go to school with a girl and I think the girl has an uncle and it seemed to me that his name was Willard Richardson. And it seems he was a pretty old guy and he might be dead now, but it does seem to me that he had something to do with the Rockefeller charities.

Supposing I call the Rockefeller offices and see if he is around and if he would remember me?" He called this dear old gentleman on the phone, one of the greatest non-alcoholic friends that AA ever had. Immediately he remembered my brother-in-law and said: "Leonard, where have you been all these years. I'd love to see you."

Unlike me, my brother-in-law is a man of very few words and he rather tensely explained that he had a relative who was trying to help alcoholics and was making some headway and could we come over to Mr. Rockefeller's offices and talk about it. "Why certainly," said the old man, and soon we were in the presence of this wonderful Christian gentleman, who was incredibly one of John D.'s closest friends. When I saw that I thought that now we are really getting close to the bankroll and the old man asked me a few shrewd questions and I told the yarn so far as it had been spun. Then he said, "Mr. W., would you like to come to lunch with me early next week?"

Oh boy, would I. Now we were really getting warm. So we had lunch and at the lunch he said: "I know of three or four fellows who would be real interested in this. I'll get a

meeting together with them as they are friends or are associated with Mr. Rockefeller and some were recently on a committee, which recommended the discontinuance of the prohibition experiment.

So presently, several of us alcoholics (Dr. Bob, and a couple from Akron, some of the boys from New York), found ourselves sitting in the company of these friends of Mr. Rockefeller in his private boardroom. In fact, I was told that I was sitting in a chair that Mr. Rockefeller had sat in only a half-hour before. I thought, now we are really getting hot.

Well, we were nonplused, a little lost for words, so each of us alkies just started telling his story. Our new friends listened with rapt attention and then with reluctance and modesty I brought up the subject of money and at once you see that God has worked through many people to shape our destiny. At once, Mr. Scott who had sat at the head of the table said: "I am deeply impressed and moved by what has been said here, but aren't you boys afraid that if you had money, you might create a professional class; aren't you afraid that the management of plants, properties and hospitals would distract you from your purely goodwill aims?" Well, we admitted, we had certainly thought of those difficulties. They had been urged upon us by some of our own members, but we felt that the risk of not doing these things was greater than the risk of doing at least some of them. "At least," we said, "Mr. Scott, this society needs a book in which we can record our experience, so that the alcoholics at a distance can know what has happened."

One of the gentlemen (Frank Amos) said that he would go out to Akron and we kind of steered him that way as the mortgage on the Smith's house was bigger than mine and he went to Akron and came back with a glowing report which Mr. Richardson placed in front of Mr. Rockefeller. This marked another turning point.

After hearing the story and reading the report on Akron Group No. 1, Mr. Rockefeller expressed his deep interest and feelings about us. "But Dick," he said, "If we give these fellows real money, it's going to spoil them and it will change the whole complexion. Maybe you fellows think it needs money and if you do, go ahead and get them up some." He said: "I'll tell you what I'll do. I'll put a small sum in the Riverside Church treasury and you can draw it out and at least try to help these two men for a while, but this thing should be self sustaining. Money, Dick, will spoil it."

What a profound realization. God did not work through us, but through Mr. Rockefeller whose every interest we had actually claimed from that moment. This man who had devoted his life to giving away money said: "not this time." And he never did give us real money, praise God.



Co-founder Quotes

The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Even the newest of newcomers finds undreamed rewards as he tries to help his brother alcoholic, the one who is even blinder than he. This is indeed the kind of giving that actually demands nothing. He does not expect his brother sufferer to pay him, or even to love him. And then he discovers that by the divine paradox of this kind of giving he has found his own reward, whether his brother has yet received anything or not.

GOD SHOTS

I found two definitions of "God Shots" on the web.

The first refers to "the perfect divine espresso shot." Coffee lovers can relate to that.

The second (that applies to AA members) goes something like this: "When a God shot appears in someone's life, God is working for them in ways that are not just by chance or unintended; rather, it is part of a plan, something of a bigger design for that person."

Additionally, it says: "There is a fine line between God shots and coincidences. When something in an individual's life happens that would be considered a God shot, the reason it is considered as such and not just a coincidence is because that person has a present and existing spiritual connection with a higher power, which very well could be God."

Have you had any God Shots during your time in the program? Would you like to share them with the Nameless Newsletter readers?

If the answer is YES and YES, please email your experience(s) to us. We will be publishing the God Shots column starting with the March 2015 issue.

Please keep your response to 4 to 5 paragraphs, about as long as this article.

Thank you in advance for your participation in our newsletter.

Nameless News Editor Email: nnleditor@gmail.com



AREA SPEAKER MEETINGS

Five Cities Speaker Meeting

2nd Friday, 7:00pm Potluck, 8:00pm meeting
564 Mesa View Dr., Arroyo Grande

Fellowship Speaker Meeting

Every Friday, 7:00pm, United Methodist Church
1515 Fredricks St., San Luis Obispo

Middle House Speaker Meeting

Every Sunday, 10:00am (Pastries/coffee at 9:30am)
2939 Augusta St., San Luis Obispo

Sunday Night Speaker

Every Sunday, 6:00pm, Lutheran Church
4500 El Camino Real, Atascadero

Week SATURDAY SPEAKER MEETINGS

1st **South County Speaker Meeting**
8:00pm, St. John's Lutheran Church
959 Valley Rd., Arroyo Grande

2nd **Morro Bay Speaker Meeting**
7:30pm, St. Timothy's Parish Hall
962 Piney Way, Morro Bay

3rd **Saturday Night Live**
7:30pm, Mountainbrook Community Church
1775 Calle Joaquin Rd., San Luis Obispo

4th **Cambria Speaker Meeting**
8:00pm, Santa Rosa Catholic Church
1174 Main St., Cambria

Last **Easy Does It Speaker Meeting**
7:00pm, St. James Church,
14th & Oak St., Paso Robles