

The

Nameless Newsletter

San Luis Obispo, CA



The Alcoholics Anonymous Central Coast Central Office Newsletter

VOL 23, NO. 03

March 2015

SALLY'S STORY

My name is Sally, and I am an alcoholic. When I attended my first AA meeting, I had many years of alcoholic drinking and several years of prescribed tranquilizers under my belt. At the first meeting I was deeply struck by the honesty, the variety of personalities and the individual gratitude to the AA program. By the end of the meeting it was clear to me that "it can be done," and I hopefully began my recovery in Alcoholics Anonymous.

I attended this AA meeting on the advice of my psychiatrist. My mental and emotional anguish was quite severe and the doctor had prescribed a tranquilizer which I was taking according to the prescription. I never did adjust the dosage on my own.

One day at a time, I did not pick up the first drink. Just as other AA's had shared with me, life did begin to take on more meaning and I was so deeply grateful that my alcoholic drinking was behind me. I continued taking my prescribed dosage of a tranquilizer, despite the fact that I heard many AA members share their own terrible experiences with tranquilizers, invariably discovering that such medication led to a "slip."

Six months into sobriety, I had a terrible day at the office and felt severely rejected in every possible way. Overwhelmed by self-pity and anxiety, I tried every conceivable means to get rid of my resentments. But I was unable to grasp any insight I had gained from therapy, nor did anything I ever heard at an AA meeting penetrate. At the end of the day, I found myself in the restaurant where I had done much of my drinking and ended up having several martinis.

The fact that I drank again was a stunning blow to me. I did not really want to drink, but I did want to relax. The next evening, at a meeting of my home group, I looked around the room and it occurred to me that everyone there was living the AA program in an honest fashion—everyone except me. For the first time in my life I truly opened my mind and decided to follow suggestions. I promised myself that I would speak with my psychiatrist about discontinuing the tranquilizers, as I was convinced that somehow this medication had something to do with my relapse.

My psychiatrist was willing to cancel the prescription. During the weeks and months immediately following, I came to see that I had been relying on tranquilizers to give me the bulwark against anxiety that most of my fellow AA's were finding in the Twelve Steps. It was apparent to me that although I had been attending many AA meetings, reading the literature, and attempting to integrate the AA way of life in myself, my own use of tranquilizers had prevented a real surrender. Actually, I had been quite remote and isolated, attempting to control my feelings just the way I had once tried to control my drinking. Discontinuing the use of the tranquilizer was crucial in recovering from the disease of alcoholism. Through the AA program, I have learned to live comfortably without mood-altering medication of any kind. Although it has not always been easy to be honest with myself, to reach out to a Higher Power, and to surrender my self-centered will, I feel I am living proof that it is worth it!

Calendar Events

UPCOMING EVENTS

April 2-5, 2015
San Diego Spring Roundup
Town & Country Hotel & Resort
San Diego, CA
sandiegospringroundup.com

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 February & March:

Carol N., Grover Beach 2 yrs
Joe T., Arroyo Grande 15 yrs
Bob R., Los Osos 24 yrs
Karen B-C, Oceano 31 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!

BEING THERE

I have heard people in Alcoholics Anonymous say, "I don't know if I was born an alcoholic, but I know that when I started drinking, an alcoholic was born in me." That's how it was with me. I remember being given a glass of wine when I was six or seven years old. It made me smile so much that my cheeks hurt. I spent the next quarter of a century trying to feel that good again. My alcoholism became my primary occupation, and I used my ability to play guitar and memorize folk and county songs to stay intoxicated for days and weeks at a time. Let me sum up the bottom I reached as briefly as possible: I puked on people, places and things from border to border and coast to coast. I once passed out in my own vomit on the steps of the post office. I tried A.A. in 1972, but gave up on recovery after two or three meetings. My daughter, Melody, was born in February 1976. One year later I tried to control my alcoholism by using bootlegged antabuse that I got from an acquaintance. For the next two years, I stopped drinking during various dry spells, but I abused other drugs daily. On July 11, 1979, I had what I pray to God was my last drink.

Since I have mentioned God, let me say that I spent most of my life as an atheist. In 1974, I stopped my heart with an accidental overdose of a drug, and as a result of the grace of God and CPR, I survived. I like to say that when I took that overdose, the brain cells that got destroyed were the ones that told me I was an atheist. But my discovery of the existence of a loving God who granted me life did not help me quit drinking. The Twelve Steps and the Fellowship of A.A. taught me how to use God to change my life.

Since I have become involved in the Fellowship, I have experienced a miraculous change in the way I live and the way I think. At the very first meeting I attended in 1979, I heard a woman say, "If anybody in this circle has young children, and you don't want to wake up one day and realize your child is twenty-one years old and you missed his life, keep coming back." Melody was three years old at the time.

Today she is twenty-two. I have seen her first day of school, watched her participate in Girl Scouts, star in school plays, become a Bat Mitzvah, be confirmed in the faith of her

ancestors, graduate from high school and fall in and out of love for the first time. I pray each day that I will continue to see her grow as a person. I have held my son, Caleb, in my arms for the first hours of his life, seen him catch his first fish, score his first birdie on a golf course, become a Bar Mitzvah, and grow taller than I am. I have learned to respect my wife Elaine, who is an amazing mother, partner, friend, companion and constant source of inspiration and affection.

I have also known the blessings of sponsorship, and I ask God each day to help me honor the memory of my beloved sponsor, Joe M., who continues to mentor me long after he has crossed over. His example of manhood is the goal I strive to become, for he was the first man I knew who tried his best to live up to the principles of love, honesty, purity and unselfishness each day of his life.

Prior to meeting him I thought manhood was achieved through physical strength and emotional toughness. I've been blessed with the opportunity to share my guitar playing and folk singing in recovery. Over the years, I've sung songs about what life was like when I was a drinking alcoholic and what it's like now that I'm recovering. I have visited prisons, jails, halfway houses, schools, churches, and A.A. meetings all over Central Florida, where I live.

One of my most cherished memories comes from a time three or four years ago when I sang at a halfway house. Afterward, a man in the group named Ben came up to shake hands. Caleb had come along with me that night, and when I introduced him to Ben, Ben said, "Your dad really helped me to change my life." I think about that moment often. My son could have grown up thinking about his dad as the missing, abusive, selfish brute who caused pain everywhere he went. Through the grace of God and the Fellowship of A.A., my son knows his dad as a man who tries to help others.

In the years since 1979, I have experienced so many blessings. The simple fact of my recovery is that each day of my life I am moved to tears of gratitude by the miracle of one more precious day of freedom from the bondage of self.

James P., Permission/Grapevine/August 2001

GOD SHOTS

I got sober in February 1991, a daily attendee at the Valley Club in the San Fernando Valley. Four months sober, my wife and I decided to celebrate the start of summer with a camping trip to Morro Bay. The Morro Strand campground was packed on the weekend, but on Sunday morning, it emptied out, leaving a single motorhome in our area.

We were both die-hard LA Laker fans, and that Sunday marked the start of the NBA championship series against the Chicago Bulls. Michael Jordan versus Magic Johnson. A must-see event. But we had a problem – our funky old van had no TV, and our pocketbook had no funds to rent a motel room for a three hour basketball game. That left the most obvious option – a visit to a local bar.

I had been a bar drinker and I knew that was not a good option for me; but we really wanted to see this game. A call to my sponsor (from the campground pay phone, no cell phones at that time) went unanswered. Chick Hearn was doing the pregame show and we were about 20 minutes from tipoff. What to do?

Back and forth we went, discussing the pros and cons of a bar visit. About 10 minutes prior to tipoff, I noticed the door to the solitary motorhome open, and out stepped Sid W., a regular “old-timer” at the Valley Club. I told my wife that I knew that gentleman, he was a solid AA member, and he would know what we should do. I rushed over to Sid, introduced myself as a Valley Club newcomer, and told him about our dilemma. Sid smiled and said he had the solution. “Why don’t you and your wife join me and my wife in our motor home, I have the game on our TV.” And we did, spending the time during commercials talking about AA.

180 miles from home, in a campground with only one other vehicle, about ready to drive to a slippery place – and another AA member materializes. Was it odd, or was it God? I know what I think.

Bob R., Los Osos

Footnotes to my story – the Lakers won the game that day, but went on to lose the next four games. Sid W. and I began a friendship that lasted until he passed away a few years ago. Ironically, Sid W. moved from the “Valley” to Pismo Beach back in the 90’s and I moved to Los Osos a few years ago.

Have you had any God Shots during your AA recovery? If you have, send them to us:
nneditor@gmail.com



Co-founder Quotes

As active alcoholics, we lost our ability to choose whether we could drink. We were the victims of a compulsion which seemed to decree that we must go on with our own destruction.

Yet we finally did make choices that brought about recovery. We came to believe that alone we were powerless over alcohol. This was surely a choice, and a most difficult one. We came to believe that a Higher Power could restore us to sanity when we became willing to practice A.A.’s Twelve Steps.

In short, we chose to “become willing”, and no better choice did we ever make.

Grapevine, November 1960
Letter, 1966

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