



Nameless Newsletter

Drunk Dreams

I'm one of the really fortunate people in AA. I came to the program desperate. I guess I balked a little at the first meeting I attended, but within 24 hours I realized there was nothing of my old life that I wanted to hold onto, and so I let go absolutely and did the 90 meetings in 90 days, got a sponsor right away, plunged into the Steps, and saw my life begin to get better pretty quickly. None of this is to my personal credit, though. As an old sponsor of mine used to put it, I was beaten down to the point that I became "sweetly reasonable"--I did what I had to do based on fear of ever going back to where I used to be. As a result I haven't had to take a drink in little over 11 years.

So why these drunk dreams? They don't come all the time, but when they do they are worth the wait. About a month ago I dreamed that someone was showing me a new brand of tequila that had come on the market since I got sober, and was telling me that it was far superior to anything I had ever tried before. I replied that I was a sober alcoholic and didn't drink, but this fellow said to me, "Well, then, don't drink it--just taste it!" I stopped to think about it--yes, that was a subtle point. Tasting isn't the same as drinking. I didn't have to swallow. So in this dream I took a big swig and swirled it around in my mouth and then spat it out. Right away I said to myself, "Now that wasn't very smart, was it?" Then I woke up. Hmm--is that the sort of reasoning I might do while I am awake?

A week or two before my 10th sobriety birthday, I had a dream in which it occurred to me that I had been doing controlled drinking for the whole period of time I had been going to AA, and that I had never been sober at all. After I woke up that morning, I was reduced to the old fear and self-loathing I'd felt when I was fresh in the program. I stayed baffled and confused for the next couple of days because I couldn't shake the impression that what I had experienced was absolutely real.

Over the years, I've had dreams in which I was already drinking as far back in the dream as I could remember, with no idea how I'd started or how I could stop. In some of these dreams, members of my home group or my sponsor showed up and I hid my drinking from them. I felt reduced to the old helplessness and hopelessness. I have talked about drunk dreams with others over the years and they have shared their experience with them, but nobody has ever been able to explain what they mean.

Something has come to me recently. I have been working with a newcomer and passing the program on to him. He'd heard about the phenomenon of the drunk dream and asked me about it. I found myself explaining to him that drunk dreams are my Higher Power's way to allow me to have an experience of a relapse with its mental, emotional and spiritual horror, but without having to raise my hand at the meeting as a newcomer. As I see it now, when I have those occasional drunk dreams they do two things for me. First, they give new meaning to the phrase, "There but for the grace of God go I," so that I can identify with someone who comes back to the Fellowship after a relapse instead of looking down on him as not working as good a program as I think I work. Second, they give me an ever-deepening understanding of the insanity of the first drink and gratitude to God for protecting me from it.

Inside This Issue

| | |
|---|---|
| <i>The Spirit of Rotation</i> | 2 |
| <i>Whatever It Takes</i> | 3 |
| <i>Meetings, B-Days, Officers & Staff</i> | 4 |
| <i>Events & Schedules</i> | 5 |
| <i>Spelling it Out, Co-founder Quotes</i> ... | 6 |
| <i>We are not a Glum Lot</i> | 7 |
| <i>Puzzler</i> | 8 |



CYRIL S.

The Spirit of Rotation

One of the most valuable resources of any organization is the experience of those who have gone before. The sharing of what they've done right, and the sharing of the mistakes they've made, become a solid foundation for continued healthy growth. Because of the wise and spiritual principle of rotation, we in Alcoholics Anonymous are blessed with a constantly vital and always growing pool of people whose primary aim is to serve the AA Fellowship. They are willing to share both success and failure in order to preserve what we have been given. How then can we continue to benefit from the experience of those who have rotated?

My understanding of rotation has led me from one service job to another. I don't believe rotation means "I quit." I don't think rotation means "I've done my time, now it's someone else's turn." I do believe rotation means that "I have made my contribution in this capacity. Where can I be of use next?"

I feel a deep need to pass the message on. I have an obligation to the new person to pass on the message of recovery, but my obligation goes beyond today. It extends to those who will come through the doors of Alcoholics Anonymous fifty years from now, when I am dead and gone. Part of our message must be how to preserve this precious gift so that those yet to come will have the same chance at recovery and life we had.

From the beginning of AA, the concept of sponsorship has been one of our most important means of passing on experience. My early sponsors lovingly showed me simple and direct steps I could take that would produce very specific results. They demonstrated these results in their lives in such a way that I wanted what they had. I followed their suggestions and got the same results. I began to recover and walk the spiritual path as they did. How nice it was to have someone who had been over the path before to show me the rough spots and to explain the new things that were happening to me. When the time came, my sponsors shared with me about serving the Fellowship. I was to do for the new people what had been done for me. I was to make my time and my experience available.

One of the things I like best about spiritual people is that they are seldom rude. They don't often demand their own way, nor do they seem to be driven by a need to be right all the time. They do seem to be around and available, but usually wait to be asked. As I've gone from service assignment to service assignment, I've found that those who preceded me were always willing to share with me, but they also allowed me to make my own mistakes. They told me what they had done, what had worked and what had not. Often when I would go to my service sponsors, they listened, then said, "Let's see what the manual says" or "How does that idea fit the Concepts?"

A "loving invitation" always seems to work with me. So perhaps one of the best ways for us to continue to benefit from our rotated servants would be to request that they put on a workshop at an assembly or be on a panel with others who share their experience. I once heard that the condition of "bleeding deaconism" was caused by service people who got out of service. I don't need a title, but I do need to be involved. I love the action of service. I love service people. I would be less if I couldn't participate. If this is so for me, then perhaps it is so for others. I need to ask them to continue to be part of my service life so that their precious learning is not lost. When I'm allowed to help plan a function, I try always to give out those "loving invitations." I need, and have, service sponsors. I call on the phone or stop by and visit. I don't always agree with my sponsors, but I always listen. But there will be nothing to listen to if I don't ask.

As is usually the case, the answer to most of my questions is in the question itself. "How can we continue to benefit from the experience of those who have rotated?" The best way I can think of to benefit from their experience is to be certain that they are a part of mine.

Don P.

Whatever It Takes

The cute blond on the bar stool reached out her hands for me. "Hey, Sweetie, did you find the ladies' room?" I nodded my head. As a matter of fact, I had, but this young lady had me confused with someone else.

As a recovering alcoholic of a year and a half, I inwardly smiled at inebriated ladies. Because I am a spoken word poet, I still sometimes frequent nightclubs and bars--strictly sober this time. "Oh, I'm sorry," she said, obviously embarrassed. "You are not who I thought you were. I'm afraid I've had a bit too much to drink."

"No problem," I answered pleasantly. "I certainly understand. That has happened to me."

The bartender refilled my glass with club soda and a lime. Although I had never chatted with him about my sobriety, he knew me well enough to keep those club sodas coming.

When I got sober, I was concerned that I would have to give up my stage appearances and my social life. Through the power of the Twelve Steps, I have learned how to avoid alcohol and continue the art I love. I had begun drinking because of my constant contact with nightclubs. Just a glass of wine here and there. Then more.

Four years later, I was a full-fledged alcoholic waking up with the shakes, downing eighteen ounces of straight Scotch every night, and driving to work with a hangover every morning. That was just the weekdays. The weekends were far worse. Every Sunday I stayed in bed nursing a hangover.

A good party was when I vomited on the way home so I could sleep without the dizzy bed syndrome. My performances were characterized by slurring and giggling. I could no longer walk across a stage or daintily step over microphone cords.

What had started out to be fun had become a nightmare. The last year I drank, I lost part of my liver function. Through AA, I learned how to deal with life on its own terms and enjoy myself in the environment I still loved. The alcohol was not a threat to me. I knew what horror hid inside the bottle.

The young lady was now asking, "Don't you drink?"

"Not any more," I said, and tried to change the subject. I work hard to not make an issue out of my sobriety when I am out. I was at a poetry open mike with people who chose to drink--not at a meeting!

She wouldn't let it drop. "You used to drink?" she persisted.

"Yes," I said. "I learned I couldn't handle it. Have you heard this poet before?" I asked.

"When did you know you had to stop?" She was looking at me quite earnestly now, ignoring the poet on the stage. She really wanted to know. Suddenly I recognized that look she was giving me. She was asking for help.

Gently, I took her by the arm and led her to a quiet spot in the club. In a lowered voice, I told her some of my story. I asked her some of the questions from the AA World Services website. I ended by saying, "If you are asking yourself that question, the time to stop is probably now. Later, you may not be able to."

I told her to get in touch with AA and prayed with her to the clink of glasses and the beat of the music. That night on stage, I chose to do my "drunk poem," where I tell my story in spoken word verse. She watched me raptly. As I left the club, she smiled and waved. Her husband thanked me.

I learned that night that there is no perfect time to share the message. I must be available whenever and wherever my Higher Power needs me. I have wondered about that woman many times. Wherever she is, I hope she is doing well. I listen carefully to people out in public now. My reluctance to avoid preaching almost kept me from sharing a message with someone who was asking for help.

Lori T.



Rescue from Shipwreck 2015

District 22

48th Annual Convention

August 14th - 16th, 2015

Veterans Memorial Building

SLO AA MEETING UPDATES

| <u>City</u> | <u>Day</u> | <u>Time</u> | <u>Meeting</u> | <u>Address</u> | <u>Change</u> |
|-------------|------------|-------------|--------------------|----------------------|---------------|
| Atascadero | Tues | 5:30pm | Women's Step Study | 6225 Atascadero Mall | Cancelled |

Note concerning SLO AA Meetings: we have made a concerted effort to synchronize meeting information found in the printed Directory of Meetings and the online directory at sloaa.org. As you would expect, it is progress, not perfection.

But we strive for perfection. And we need your help. Please check the printed and the online directories for your meetings and let us know if you find any issues. If you do, please do one of the following:

- 1- Drop by Central Office and enter the change(s) on a meeting change report form, or*
- 2- Call Central Office (541-3211) and relay the change info to the phone volunteer, or*
- 3- Email the change info to: nnleditor@gmail.com*



BIRTHDAYS

Phil W., Arroyo Grande
 Leonard L., Arroyo Grande
 Belinda T., Shell Beach
 Andrea, Los Osos

3 yrs
 4 yrs
 10 yrs
 15 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

Central Coast Central Office Intergroup Officers & Staff

| | |
|------------------------|---|
| Chairman | Mike M. ccoichair@gmail.com |
| Vice Chair | Terry R. ccoivice@gmail.com |
| Secretary | Judy G. ccoisecretary@gmail.com |
| Treasurer | Gina S. ccoitreasurer@gmail.com |
| Literature Chair | Jim L. ccoilit@gmail.com |
| Web Chair | R.J. C. ccowebchair@gmail.com |
| Communications Chair | Bob R. ccoinnlchair@gmail.com |
| Office Manager | Bonnie N. ccoimanager@gmail.com |
| Volunteer Coordinator | Dave S. sheldonservices@charter.net |
| Call Forwarding Coord. | Sharon H. shay79@charter.net |
| Website Design | Hunter K. centraloffice22gmail.com |
| Nameless Newsletter | Bob R. 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

UPCOMING EVENTS

June 4 - 7, 2015

**A.A. Desert Pow Wow
Indian Wells, CA**

Renaissance Indian Wells Resort & Spa
desertpowwow.com

July 2-5, 2015

2015 International AA Convention

Atlanta, GA
aa.org/lang/en

July 25, 2015

District 22 Workshop & Delegate Report Back

10 am - 2 pm
Unitarian Universalist Fellowship of SLO
2201 Lawton Ave, SLO

August 7-9, 2015

Serenity in the Sierras

Oakhurst, CA
serenitysierras.com

August 14 - 16, 2015

48th Annual District 22 Convention

Veterans Memorial Building
San Luis Obispo, CA
district22convention.org

September 11 - 13, 2015

Bridging The Gap Workshop Weekend

Best Western Landmark Inn
Park City, Utah
btgww.org

September 25 - 27, 2015

26th Annual Big Sur Campout

Pfeiffer Big Sur State Park
Campsite info:
reserveamerican.com
Alan and Theresa D. (805) 927-2607

October 2 - 4, 2015

41st Woman to Woman Conference

Mission Bay
San Diego, CA
womantowomansandiego.com

November 7, 2015

Traditions Celebration

Lutheran Church of the Redeemer
4500 El Camino Real, Atascadero
2pm - 4pm

July 2-5, 2020

2020 International AA Convention

Detroit, MI

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

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. 93406 |

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 541-3211 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!

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Spelling it Out

A local SLO member with over 40 years shares his story and some handy acronyms (from The Grapevine Online)

I am a schizophrenic and an alcoholic. My first drink was at age seven and I felt it all the way down to my toes. Yet, I didn't drink again for several years after.

My father died when I was 10 and I felt lost. My mother remarried an alcoholic. When I was 12 years old, my stepfather took me to the bar with him and bought me a beer. I enjoyed it!

Soon, I stole vodka from a liquor store and shared it with friends. I also stole beer off of liquor trucks by the case.

I was a periodic drinker and so there were years in between my drinking. But my friends became fewer and fewer. I wound up in a juvenile detention home for 18 months. When I got released on parole, I immediately drank again.

This time, I was sent to the state hospital. I went AWOL and got drunk on wine. I tried to convince the staff that I was fine and that I hadn't been drinking. Meanwhile, I stank of wine and was puking in a wastepaper basket. My mother came and signed me out.

I continued to drink and commit crimes. Eventually, I was sent to the county jail. I managed to get my GED while I was locked up. Finally, I was released.

A short time later I got married. But I was still drinking and still getting into trouble with the law. Again I was sent to the state hospital. This time I was there for a quite a long time.

While I was there, a man named Lou D. asked me if I wanted to go to an AA meeting. I had a kind of vision of myself. I realized that I'd drink myself to death if it were up to me. So, I went with him.

In AA, I shared at the meetings, mopped the floors, emptied ashtrays and made coffee. I read the Big Book, the Twelve and Twelve, As Bill Sees It and other AA literature.

I also collected some acronyms, which I will share with you:

ACTION - Any change that improves our nature

CHANGE - Can have another new growing experience

SPONSOR - Sober person offering newcomer suggestions on recovery

COOL - Concerned over our life

TRUDGE - Try relaxing under daily growing experiences

FAITH - Father always in thy hands

NUTS - Not using the Steps

I've been sober for over 40 years. I'm eternally grateful to AA for giving me a life and real friends and family.

Donald D., Los Osos



Co-founder Quotes

Brain Power Alone?

To the intellectually self-sufficient man or woman, many A.A.'s can say, "Yes, we were like you -- far too smart for our own good. We loved to have people call us precocious. We used our education to blow ourselves up into prideful balloons, though we were careful to hide this from others. Secretly, we felt we could float above the rest of folks on our brain power alone.

"Scientific progress told us there was nothing man couldn't do. Knowledge was all powerful. Intellect could conquer nature. Since we were brighter than most folks (so we thought), the spoils of victory would be ours for the thinking. The god of intellect displaced the God of our fathers.

"But John Barleycorn had other ideas. We who had won so handsomely in a walk turned into alltime losers. We saw that we had to reconsider or die."

TWELVE AND TWELVE, PP. 29-30

Q & A Time

Going Backwards - I have been sober for six years, but lately I have been feeling like I did when I first sobered up. I have been behaving as I did earlier in my recovery. I react before thinking. Please advise. I hate being this way. *Diane T.*

I would like to share a few thoughts in response to "Going Backwards." I have discovered, sometimes painfully, that sobriety isn't always "merrily riding your pony through misty meadows." Sometimes I get into a funk that I just have to ride out. In fact, I'm in one now. It seems lately that serenity has left me, I feel disconnected from my HP, old tapes are playing in my head, and I just feel generally that I've lost my way. Going to more meetings, praying, pleading--nothing seems to help. I've been here before. I've learned that sometimes nothing helps. Sometimes sobriety is just putting one foot in front of the other and doing whatever I have to do to get through the day, or week, or month, or minute. If I hold on, and keep working my program, these tough times, too, shall pass. I remind myself that by the grace of God and AA, I have grown through every depression, broken heart, broken dream, loss, and pain in my life, drunk and sober. By God's grace, I will get through this one, too. Maybe it's a test, maybe subconsciously I need a bad time so I have something to compare good times to; maybe my HP went fishing--I don't know. I do know, however, that in their own time, these periods end, and sanity returns.

Jeff L.

WE ARE NOT A GLUM LOT

Recycling an Overflowing Collection of AA Chips

For many of us the road to recovery has been filled with up and downs, and it took us several times to achieve long term sobriety. On the way to recovery we have picked up quite a few AA Chips, from newcomer to 9 months. What then should we do with the numerous amounts of AA Chips we have acquired? Here are some fun ideas:

Earrings: Since annoying people are always coming up to you in meetings, forcing you to mumble your name and days sober, you can make it really easy for them to figure out how much time you have by wearing your sobriety on each side of your face by hanging chip-earrings from your ears. You'll just need to drill a hole in each, and slide a paperclip through. If you want to take it a step further, slap on a nametag, so you don't have to speak even your name to anyone!

Hippie Beads: If you are a chronic relapser, you probably have a lot of chips. You've probably also attempted the marijuana maintenance program, replacing alcohol with marijuana (be sure to let us know how that's working for you!). As a newfound hippie, your bedroom ought to showcase your new lifestyle. Go buy a few sticks of incense and a Bob Marley poster. Next, with the drill you used to make your earrings, make two holes in each chip, one at the top and one at the bottom. Weave fishing line through the holes until you have a strand of chips that is long enough to reach the floor as it hangs from the top of your door jam. Repeat until your doorway is completely covered with strands. Full hippie status is best achieved using a plethora of colors, so make sure to stay sober long enough to earn the variety of chips before relapsing and starting your time over.

In Next Month's Issue: Free Drinks & Stepping Stones

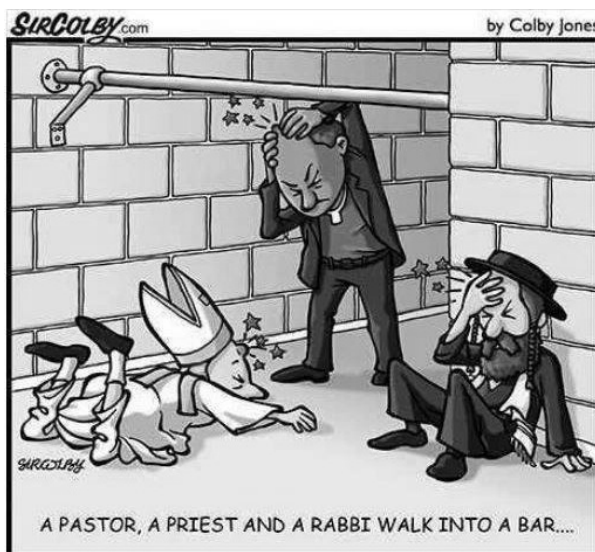
T-Shirts seen at AA Meetings

I Thought I Was Dancing
Til Somebody Stepped On My Hand

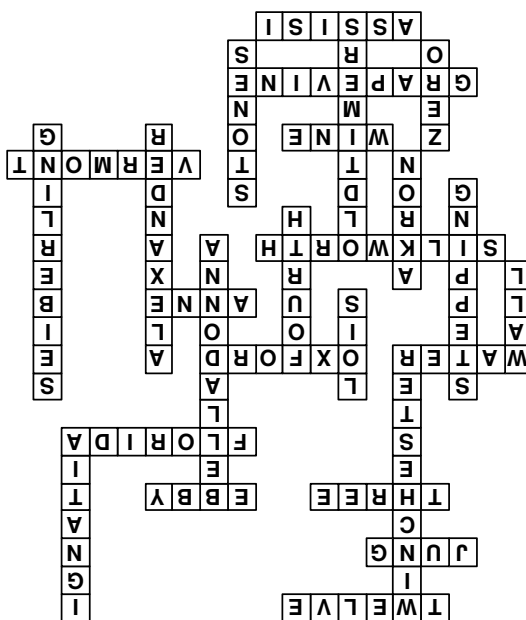
I've just been drunk once.
It lasted 20 years though.

My bad. I thought you said
STREAKERMEETING

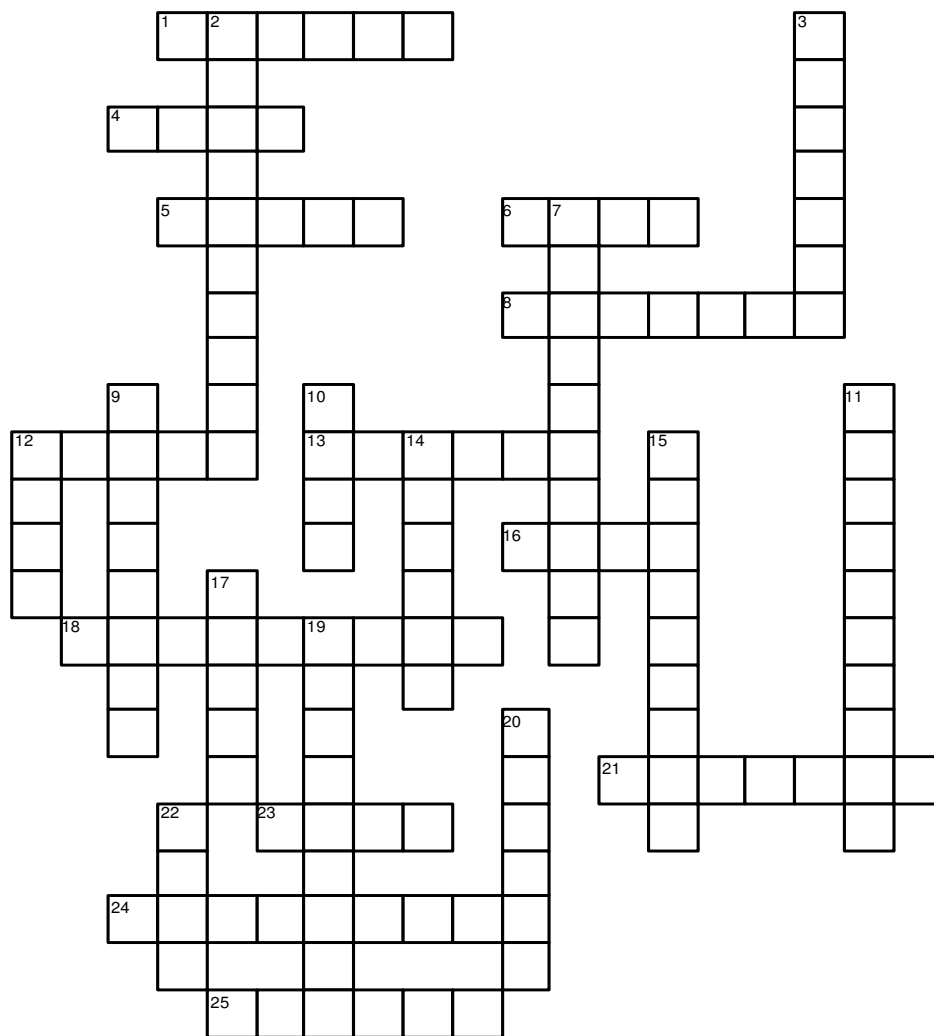
I'm here because I was
violating my standards faster
than I could lower them



Solution For AA Names & Numbers Puzzler



AA NAMES & NUMBERS PUZZLER



www.CrosswordWeaver.com

ACROSS

- 1 Number of steps and traditions
- 4 Swiss psychiatrist who treated alks
- 5 Number of Legacies
- 6 Bill W.'s first sponsor
- 8 State where Bill W. passed away 1971
- 12 Type of wagon alcoholics fall off of
- 13 Group instrumental in founding of AA
- 16 Bob S. spouse
- 18 Doctor who wrote his opinion
- 21 Bill W.'s home state
- 23 Movie: "Days of _____ and Roses"
- 24 AA publication started in 1944
- 25 Prayer of St Francis of _____

DOWN

- 2 Cathedral in BB Chapter 1
- 3 Sister prominate in AA history
- 7 Early cure for alcoholism
- 9 Wilson's home - first word
- 10 Bill W. spouse
- 11 Henrietta _____ who introduced Bill to Bob
- 12 Street that Bill W. occasionally worked on
- 14 Step to get past to avoid being a three-stepper
- 15 Sat. Evening Post author Jack _____
- 17 City where it all began
- 19 "Dr Bob and the Good _____"
- 20 Wilson's home - last word
- 22 Number of tres "sponsor" is used in BB 164 pages