



Nameless Newsletter

Why It Works

I must admit that when I first looked over our Twelve Traditions hanging on the wall, I thought they were a dumb, boring business charter. I was so smart that I knew they had nothing to do with me, and with that information, I ignored them for as long as I could. That was until the day my sponsor, wise woman that she was, suggested that I go through the Traditions with her just as we had the Steps. It seemed like a corny idea at the time, but she was my sponsor and I did not know you could tell your sponsor no. (I still don't recommend that).

One by one we read them together, studying page after page, looking for the spiritual principles and the practical applications.

Though at the time I did not understand the significance they would have in my life or how much wisdom was within the words on the page, I know today that they are "why it works" and they are also, when practiced in my own life, the glue that allows unity in my relationships with others inside and outside the rooms of AA.

My sponsor taught me to take each Tradition and find how it applied to me personally. When I felt stuck and could not see the spiritual significance or application, she encouraged me to dig deeper. She shared her own experience about what the Traditions had brought to her own life. When I struggled with finances and debt, and with my husband wanting to set a budget, she shared with me the freedom I would experience by being self-supporting through my own contributions.

When I wanted to complain about my husband or mother-in-law one more time, she shared with me that having no opinion on outside issues might save me from some resentments.

She said that the common welfare of my family should come first. She said I should stick to my own side of the street and be self-governing, and in this autonomy I would have peace of mind. She said that everyone, including myself, had the right to be wrong.

And she taught me that keeping my mouth shut and not playing the big shot was a great way to practice anonymity, for it is only by staying right-sized with humility that I can practice the spiritual principles I learned before I let my personality run the show.

Heather L.

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The Nature Of Success

Selections reprinted from the Grapevine's online forum

AA on Tap

A year ago today I posted a message about the problem of staying sober while working in a bar. Although other folks think that it's different from trying to get sober anyplace else, it's not. I had tried to get sober a bunch of times using all my willpower. Guess what? That willpower stuff didn't work a bit! It wasn't until I completely surrendered and asked a God I never knew existed to help me that I got sober. The obsession left me, and I discovered a life of such immense joy.

When I posted my letter last year, only one person wrote back, but what he or she said had a huge impact on me. That person also got sober working in a bar, and said "It just doesn't matter if you get sober in a bar or a cloister. You aren't doing it; God is." I stick with that. It ain't me, it's God.

I still work in a bar and find it a great place to practice the AA way of life--tolerance and compassion for my fellow alcoholics--and to feel grateful every night that there but for the grace of God, go I. Watching folks get trashed every night is an eye-opener; it shows me how I used to be and could be again if I become complacent. I don't understand how it works, but I don't need to. I just need to get on my knees and ask God to keep me sober that day, and to say thanks at night for keeping me sober. It's nice to feel respect for myself when once I felt only disgust.

P.S. Hardly anyone in the bar noticed when I stopped drinking, and those who wanted to buy me a drink almost always accepted that I would rather have soda than tequila. Those who didn't, well, I figure that was their problem, not mine!

Job Or No Job

During the first year of my recovery, I experienced a severe slide in financial stability. I likened it to a train wreck; when my drinking was derailed, the aftereffects just seemed to keep piling up from all the momentum of my past. My sponsor kept telling me things would eventually get better. I believed him, but with some reservations. I had two college degrees, and I was chopping weeds, digging ditches, hauling away debris in my ten-year-old truck. Then my truck was stolen.

Today I am in a totally new career, which I love, and where the opportunities for service abound. My sponsor was right. Please remember the passage from the Big Book about the drunk who is "claiming he cannot master alcohol until his material needs are cared for. Nonsense. Some of us have taken very hard knocks to learn this truth. Job or no job--wife or no wife--we simply do not stop drinking (or resenting) so long as we place dependence upon other people (places or things) ahead of dependence on God. Burn the idea into the consciousness of every man that he can get well regardless of anyone"--or anything, I say. God bless. May you find acceptance and serenity.

The Nature of Success

I have not had a drink now for nine years. Each year my life seemed to improve until last year. After working for the same company for four years, I was terminated. At this time I had not been attending meetings for several years, but still was not drinking and was working the Twelve Steps. For about five months I collected unemployment and experienced depression due to not being able to find a job with pay similar to my previous job. As my unemployment ran out, I began to take lower paying jobs and am still working at one. Looking back a year after being canned, I feel a lot different about the experience. Before, I looked at success in terms of assets and money. Now I realize there are more important things. Frankly, my previous job caused me to be angry often and I often took that anger out on my wife. This is not a problem any longer. Losing my job has also renewed my desire to attend meetings. And I've learned that working the Steps and going to meetings will improve your life even if it does not improve your financial situation.

Too Smart for AA?

A recent letter to the Grapevine said, "You can't be too dumb for this program, but you can be too smart." This stuck a note with me because it told my story exactly. Maybe I should say, "I thought I was too smart." I presently have been sober 37 years, and I'm grateful that I dumbed down. This is my story:

I started my career working for an electronics company in Cedar Rapids, Iowa, after leaving the Navy in the late '50s. My drinking had progressed to a point where my marriage was being affected. I managed to keep my job and suffer through this difficult marriage for several years with controlled drinking. I had become an instructor at this company, teaching customers how to use electronics equipment, so I was too smart to be an alcoholic. Alcoholics were those who were not smart enough to control their drinking, especially skid-row bums and those without an education.

My drinking reached a point where my wife threatened a divorce if I did not do something. My trouble was her, not the drinking! I finally agreed to talk to a couple guys she'd tricked me into seeing. They, of course, were in AA, and I met them for a discussion. I agreed to go to a few AA meetings. I was then in my late 20s. I think I went to about three or four meetings and remember not identifying or fitting in at all. In fact, at the first meeting, I remember saying my name and that I was there to observe only! I would not identify myself as an alcoholic.

Of course you know the outcome. We went through the divorce and my troubles were gone, right? This was in the mid-60s and the Apollo Program was in full swing. The company I was working for designed the communications equipment for the Apollo spacecraft. I became the instructor for those using this equipment. Now I was really smart! I couldn't be an alcoholic with these brains. Also, they wanted to transfer me to California to teach the astronauts, flight controllers and engineers. I got rid of my wife and now I got rid of the state of Iowa that caused all my problems.

IN 1966 I headed for California and a new life. I was obsessed with controlling my drinking. After all, I was a smart guy, and anyone with my smarts could do that, right? My drinking continued and progressively worsened. I started missing work and getting into trouble on business trips to the space centers in Houston and Florida. I would lose the rental car and get kicked out of bars. I would wake up in parking lots after a fight. I would not be allowed on flights leaving the Los Angeles airport because I was drunk. The only reason I kept my job was because I was protected by the "good ole boy network." I still would not give up! I was too smart to have this happen and, above all, too smart for AA.

In 1970, I received my third DUI and had to spend time in the Los Angeles County Jail. Wow . . . a smart guy like me? Can't be! I obtained a leave of absence from my company to do the time. I was crushed. This must be a mistake.

My experience in the jail did not wake me up. I still felt that I was not an alcoholic, but a victim of bad luck. In fact I was in a cell with a wino and tried to convince him to go to AA. He might have a problem. When I sat down for the interview for my jail job, I said I was an instructor for the astronauts. I figured for sure I would be assigned to the office near the head of the jail to do bookkeeping or give advice. I finally got the word: I was assigned to the kitchen chopping lettuce and cabbage! My ego was shot. Me? A smart guy? Unbelievable!

Finally, the day came when I was to be released. Several of us got caught playing Poker, which was not allowed. The guard said that we would get 30 more days. I was due to be released at midnight, and I lay in my bunk that night praying to God to please let me out. If he would let me out, I would quit drinking and shape up. Well, I did get released, but my first thought was, I have two hours before the bars close.

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SLO AA MEETING UPDATES

| <u>City</u> | <u>Day</u> | <u>Time</u> | <u>Meeting</u> | <u>Address</u> | <u>Change</u> |
|-------------|------------|-------------|--------------------------|-------------------------|--------------------------------------|
| Atascadero | Wed | 5:30pm | There's a Way Out | 6005 Capistrano | Remove Meeting |
| Atascadero | Thurs | 6:30pm | Freedom Group Book Study | 6005 Capistrano, Unit D | One hour, open, mixed New Meeting |

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

Jeff T., Arroyo Grande 8 years



*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. ccoovice@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

August 7-9, 2015
Serenity in the Sierras
Oakhurst, CA
serenitysierras.com

August 9, 2015
Newcomer's Workshop
Introducing the Newcomer to AA
SLO ALANO Club
3075 Broad, S. L. O
1:15 - 2:30 PM
Snacks Served

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

November 26 - 29, 2015
49th Las Vegas Roundup
Westgate Las Vegas Resort
Las Vegas, NV
lasvegasroundup.org

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
1st Wednesday, 5:30pm, Central Office
1137 Pacific Ave., #B, S.L.O.

Intergroup Central Office Rep. Meeting
2nd Sunday, 8:45am, ALANO Club
3075 Broad St., S.L.O.

NEW LOCATION

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

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

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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Too Smart for AA (cont'd)

I continued to drink for two more months, and it got worse. The day came when I finally hit bottom and couldn't take anymore. I realized that I was an alcoholic and had to quit: March 9, 1971. I had remarried and my brother-in-law was in the program. I gave him a call and asked if he was going to a meeting that night. He picked me up and I went to the meeting in La Puente, California, that night. It was the beginning of a new life for me.

Now this is the best part. You see, I was too smart for AA, but in the La Puente AA Group, I found those who taught me that you can't be too dumb. What I learned in this group about life and sobriety came from people who were skid-row bums, train hobos, a junkyard worker, a blacktop worker, gasman, swimming pool worker, etc. I knew nothing about life and how to stay sober. They were my instructors in life and sobriety. That was 37 years ago, and I will never forget the people who saved me and my career.

"AA is a program for alcoholics from Yale or from jail," as the letter writer said.

Gary S.



Never the Same Again

It was discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself, "Maybe those A.A.'s were right." After a few such experiences, often before the onset of extreme difficulties, he would return to us convinced.

In the first years, those of us who sobered up in A.A. had been grim and utterly hopeless cases. But then we began to have success with milder alcoholics and even some potential alcoholics. Younger folks appeared. Lots of people turned up who still had jobs, homes, health, and even good social standing.

Of course, it was necessary for these newcomers to hit bottom emotionally. But they did not have to hit every possible bottom in order to admit that they were licked.

1. TWELVE AND TWELVE, P. 23-24
2. A.A. COMES OF AGE, P. 199

Moment Of Grace

When I was three days sober, I felt the presence of God for the first time. It happened at my second AA meeting, a young people's meeting, on a Saturday night.

I was weak and uncomfortable from detoxing, but I had made it through the day. I felt safe that night at that meeting. I had a sense that I was going to make it, and that I had a chance.

At the end of the meeting, a young man came up to me and said, "Congratulations on three days," and handed me a name and phone number. I didn't feel as if he was trying to get something from me. It seemed genuine.

I asked him to be my sponsor and he accepted, with some simple conditions. I left and went home. Physically, I was weak, but I realized that I had left the meeting with something I had not arrived with--hope.

I knew then that I wouldn't be keeping myself sober. I realized a Higher Power had given me the courage to go to that meeting and had placed a sponsor in my path. It was God who spoke the words: "My name is Jason and I have three days" because I didn't have the strength to speak them. God gave me that strength.

Jason J.

WE ARE NOT A GLUM LOT

Murphy's Law for AA

1. The more cautiously you walk with a cup of coffee in an A.A. meeting the greater your chances of somebody bumping into you and spilling it.
2. Whatever you don't want to deal with is always the topic of every A.A. meeting you go to.
3. The more you resent your sponsor, the happier she is to see you.
4. The harder you work on a character defect, the more glaring it becomes.
5. Whenever a speaker says he is not going to give a long drunkalog, a long drunkalog ensues.
6. The less you work the principles, the greater you work the personalities.
7. The more you want to speak the less you will be asked. The less you want to speak the more you will be asked.
8. When you finish working all the Steps and start to feel really good, a catastrophe always happens so that you have to start working them all over again.
9. The speaker will always focus on the one person in the room who isn't listening.
10. Wherever you put the cream and sugar in an A.A. meeting, it's always in the wrong place.
11. When your fear of financial insecurity is finally removed so is your job.
12. Whenever you keep hearing the same speaker at every meeting you go to and you go out of town to a new meeting, he will be the main speaker.
13. Anything done in your home group more than once and which is totally illogical, will probably become a tradition.
14. When you feel your worst and go to a meeting, somebody always comes up and tells you how good you look.



**"I LIMIT MYSELF TO ONE
GLASS OF WINE A DAY."**

AA One Liners

A computer lets you make mistakes faster than any other invention--with the possible exception of tequila.

My favorite oxymoron: "Functioning alcoholic."

Sign in cantina in Mexican fishing village: "If our drinks and service don't meet your standards, please lower your standards."

Alcohol won't solve your problems. But it will give you some interesting new ones.

One nice thing about egotists: They don't talk about other people.

Humility is sharing the funniest thing you ever thought of and having absolutely no one in the room even crack a smile.

By the time I got to AA, even my imaginary friends had stopped talking to me.

I told my sponsor I had a Jeckyll-and-Hyde personality. He said it was too bad that I'd sobered up the wrong one.

Rescue from Shipwreck 2015



District 22
48th Annual Convention
August 14th - 16th, 2015
Veterans Memorial Building
801 Grand Ave,
San Luis Obispo, CA
district22convention.org



Speaker Meetings

Friday

8:00pm - Sam M., Phoenix, AZ (AA)

Saturday

11:30am - Delta D., Fremont, CA (Al-Anon Luncheon)

2:30 - Maggie A., Sacramento, CA (H & I)

6:30pm - Emily D., San Mateo, CA (Young People)

8:00pm - Father Leo B., Long Beach, CA (AA)

Sunday

10:00am - Jerome S., Bellflower, CA (AA - Spiritual)

Activities include:

Marathon Meetings

Sobriety Countdown

Speaker Meetings

Barbeque

Golf

Al-Anon Meetings

Basket Raffle

Entertainment

Saturday Night Entertainment

Comedian, Mark Schiff

Mark has headlined in all the major casinos and clubs across the country and has appeared many times on both *The Tonight Show with Jay Leno* and *Late Night with David Letterman*. He has had both HBO and Showtime specials, and has been the featured act at the *Montreal Comedy Festival*. He has written for and guest starred on *Mad About You*, as well as appearing on *Empty Nest* and serving as a writer on *The Roseanne Show*.

GOLF TOURNAMENT **Morro Bay Golf Course**

Friday, August 14 @ 8:30am

(sign in at 7:30am)

Format is four person scramble

Contests (Men and Women)

Long Drive

Closest to the Pin

Form your own team or be assigned to one

Info: Matt G., (805) 610-2571

*Convention registration required
to enter golf tournament.*

