



Nameless Newsletter

NOT ON FIRE

A FEW days after I came into AA I was at a meeting and the topic was gratitude. With just a couple of day's sobriety I was still full of anger, resentment, shame, guilt and fear. The world had failed to give me what I felt it owed me and everyone in it had let me down. Life was painful and hopeless. I absolutely did not feel grateful for anything!

When it came my turn to share I said "My name is Regan, and I have nothing to be grateful for, so I'll just pass." The long-timer next to me leaned over and whispered in my ear, "Be grateful you're not on fire." What the heck did that mean?! I turned and glared at him with the meanest look I could muster, but he just smiled at me. That old man and his comment made me even more angry. I still continued going to meetings, listening and trying to figure out what people were talking about. It took a few weeks, but eventually I began to understand what that man had been trying to tell me.

I had been focused on all the "bad" things in my life. I was pretty much homeless and had been sleeping in cockroach-infested abandoned buildings and even a dumpster before coming back to AA. I was unemployable, I had no money, and I had lots of legal and financial problems, some of which I was looking at jail time for. I had abandoned my son, destroyed my marriage, and my father had told me that if I ever came near the family again they would call the police. There was nobody who understood how I felt or who even wanted to be around me, let alone help me! Now here I was, living in some halfway house in a town I didn't even like, and sitting in this stupid AA meeting with all these losers! How could anyone be grateful for any of that?

But gradually, I began to see that good things had started happening in my life. True, I still had strained relationships and the same legal and financial problems. But I was sober!

I had a roof over my head and a warm bed to sleep in. I had food to eat and clothes to wear. I was surrounded by people who really understood me and were willing to help me, expecting nothing in return. This is what that old man was saying to me. No matter what is going on in my life, no matter how bad things seem, I can always find something to be grateful for if I just look hard enough.

Even now, many years later, I can still occasionally put myself in a place that seems utterly hopeless with seemingly unbearable circumstances that I am certain I cannot possibly survive.

Then I remember what that old man said and I know there has to be something to be grateful for if I am only willing to change my attitude and look for it.

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I might have to start with just being grateful I am not on fire, but once I get that, I can always build from there.

Regan G.

SPONSOR YOUR DOCTOR

An article appeared in the January 1976 issue of the Grapevine, authored by Dr. John L. Norris. He served for 27 years as a Class A (nonalcoholic) trustee of A.A.'s General Service Board. Known affectionately as Dr. Jack, he was the medical director of Eastman Kodak, where he established a program to help alcoholic employees, after he had been introduced to A.A. in the 1940's by members within the Kodak ranks. His program became a model for other companies. His article, reprinted below, is as pertinent today as it was forty years ago.

All of us interested in alcoholism and the problems of alcohol have been puzzled, frustrated, and at times angered by the lack of understanding or even of interest on the part of the helping professions, especially medicine. A few pioneers in medicine--Silkworth, Tiebout, Kennedy, Gehrman, Seixas, Block, Gitlow, among others in the United States--have understood and done much to soften the prejudice that has been a major handicap to alcoholics' recovery.

Many members of AA have gone back to the physician, clergyman, or other person who tried to help them, and have told of their recovery. This has opened many doors, and I continue to urge AA members, in every way I can, to identify themselves as individuals recovering from alcoholism wherever and whenever the disclosure seems opportune.

When AA members and others who have recovered from alcoholism do this, it is my hope that they will talk about the part of their experience most difficult to talk about--the way they felt, as people, while they were trying unsuccessfully to "handle" their drinking. Rarely, if ever, is this mentioned. How can professional people understand the disease unless those who are the victims will honestly and completely describe their symptoms and their feelings?--describe, for example, how they hated themselves for breaking their promises to themselves and to their families, their employers, and their friends. I can think of nothing that will help as much as this to create the understanding, working relationship we all desire between the "caring professions" and people who are in trouble with alcohol.

Sponsor your doctor, your clergyman, your lawyer, your boss, a social worker, a policeman. They need the knowledge and understanding that only you can give as you tell them honestly your own experience. Let us stop criticizing each other and get on with the job of meeting our common problem, alcoholism.

Central Office has available free packets, "Sponsor Your Healthcare Professional", created by the CPC/PI Committee of District 22, Area 93, which members can take to their groups and healthcare professionals along with current meeting schedules. We too can sponsor our doctors as the Kodak employees did so long ago.

Submitted by Jim L., Morro Bay

JOIN US ON THE BROAD HIGHWAY



*District 22
49th Annual Convention
August 26th - 28th, 2016
Veterans Memorial Building
801 Grand Ave,
San Luis Obispo, CA*



district22convention.org

Register Early and Save!

Register Online @district22convention.org

Speaker Meetings

Friday

Clancy O., Oklahoma (AA)

Saturday

Jack C., Sylmar, CA (Al-Anon Luncheon)

Terry M., Orange Co., CA (H & I)

Josh H., Hermosa Beach, CA

(Young People)

Clancy I., Los Angeles (AA)

Sunday

Adrienne B., Palm Springs (AA - Spiritual)

Activities include:

Marathon Meetings

Sobriety Countdown

Speaker Meetings

Barbeque

Golf

Al-Anon Meetings

Basket Raffle

Entertainment

Chili Cookoff Fund Raiser

June 18, 2016, 5:00 PM

United Church of Christ

11245 Los Osos Valley Road

SLO

Cost \$5

For questions,

contact:

Laura G.

805-801-9528



GOLF TOURNAMENT ***Morro Bay Golf Course***

Friday, August 26 @ 8:30am

(sign in at 7:30am)

Format is four person scramble

Contests (Men and Women)

Long Drive

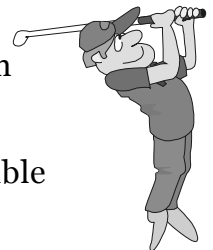
Closest to the Pin

Form your own team or be assigned to one

Info: Matt G., (805) 801-9528

Convention registration required

to enter golf tournament.



SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
SLO	Sunday	7pm	Sun Evening Rap Group – <i>moved to: 1060 Palm St.</i>		Address change
Morro Bay	Friday	6pm	Spanish Language AA Book Study Spanish (SP)	330 Panay St	New Meeting
Templeton	Monday	8:30pm	Explorer's Book Study		Change name to Monday Night Book Study

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

Judy G., Grover Beach, 8 yrs

Tom M., SLO, 15 yrs

Bob R., Los Osos, 25 yrs

Kathleen M., Morro Bay, 27 yrs

Sharon W., Grover Beach, 32 yrs

Bonnie N., Shell Beach, 35 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, Calvary Church
4029 S. Higuera St, 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

May 6 - 8, 2016

23rd Costa Rica International Convention

Manuel Antonio
Costa Rica

<http://www.costaricaaa.com/international-aa-convention-in-costa-rica/>

May 6 - 8, 2016

28th Annual Big Island Bash

Sheraton Kona Resort & Spa
Kona Coast, Hawaii

<http://www.bigislandbash.com/>

June 10 - 12, 2016

35th Annual Calgary AA Roundup

Glenwood Inn & Convention Center
Calgary, Alberta, Canada

<http://www.gratituderoundup.com/lodginglocation/>

July 8 - 10, 2016

15th Tehachapi Mountain Roundup

Tehachapi, CA

www.tehachapiroundup.org

August 26 - 28, 2016

District 22 49th Annual Convention

JOIN US ON THE BROAD HIGHWAY

Veterans Memorial Building
San Luis Obispo

<http://www.district22convention.org>

See page 3 for more convention info

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.

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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THE MONKEY IN MY HEAD

At the tender age of 19, my drunkenness brought me before the same judge three times in a row. My poor father, a well respected citizen, was sobbing in the courtroom for fear of what they might do to his idiot son. The judge growled: "You have disgraced your father! You have disgraced your mother! Ninety days!" Luckily for me, the sheriff knew my dad and he convinced the judge to put me on probation.

Off the hook but terrified, I made a conscious decision never to drink again; I was through drinking forever. I also quit drinking again "forever" at age 20 and 21, but the alcoholic merry-go-round continued year after year, until I finally realized that "quitting drinking forever" just got me drunk. Will-power didn't work!

I developed a foolproof, sure-fire, no-drink method: High-protein health shakes with wheat germ oil, blackstrap molasses and dessicated liver; lots of vitamins; and athletics: handball, weightlifting, swimming and boxing. I felt so wonderful that I thought I would never drink again--but I did!

During those 28 chaotic drinking years, I was continually "quitting forever" out of vivid apprehension of drunk-tanks and all the rest of the misery. Even today, I cannot remember how many times I felt those dismal jailhouse doors clang. Obviously, conscious contact with my good-keen-intellectual-alcoholic mind did not work. The sneaky notion that someday I could drink again was still lurking deep within. I was later to learn, during the very first week of AA, that I had a drunken monkey (obsession of the mind) living in my head.

This "drunken monkey" description of the mental obsession was something my confused and foggy mind could readily comprehend and accept. It gave me something to fight against, but that didn't make that imaginary chattering creature disappear. After being sober for six months, I almost ordered a drink. I was losing the battle.



Co-founder Quotes

HITTING BOTTOM

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A. A. 's remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking.

12 & 12, p. 24

EXPECTATIONS vs. DEMANDS

Burn the idea into the consciousness of ever, man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.

AA Big Book, p. 98

A new sponsor taught me how to live in the spirit of Steps Ten, Eleven and Twelve, and a few months later the miracle happened.

I had finally surrendered to the 12 Steps of AA; thus, I began an ongoing conscious contact with God. I had a vital spiritual experience. Not only did my conscious mind change, but my subconscious mind changed as well. I was at once released from thoughts of drink--the monkey was gone! The thought of drinking has disappeared from my emotional vocabulary and has never returned.

Self cannot rid self of self, so I needed a power greater than self, which I found in AA.

Bob S.

Sober Terms

P T D Q P E D U T I T A R G J
R I N S A N I T Y G U I L T V
O O P E N M I N D E D N E S S
M D U B O Z M E P A I N G A Y
I N R K N R A X S A F B N B R
S O E P Y E I P S E G A I S O
E I T I M S N E E C R N L T T
S T C H I E T C N N E E B I N
F A A S T N E T E A P C A N E
L T R W Y T N A V T R N N E V
A I A O E M A T I P I E E N N
I D H L G E N I G E E I U C I
N E C L O N C O R C V T K E H
E M G E C T E N O C E A A Q W
D I T F K S P S F A C P F V K

TERMS

ABSTINENCE
ACCEPTANCE
ANONYMITY
CHARACTER
DENIAL
ENABLING

EGO
EXPECTATIONS
FELLOWSHIP
FORGIVENESS
GRATITUDE
GUILT

INSANITY
INVENTORY
MAINTENANCE
MEDITATION
OPENMINDEDNESS
PAIN

PATIENCE
PROMISES
REPRIEVE
RESENTMENTS

MEETING CHANGE REPORT FORM

Today's Date: _____ Effective Date of Change: _____

CITY: _____ DAY OF WEEK: _____

MEETING TIME: _____ MEETING DURATION: 1 hour 90 minutes Other _____

MEETING NAME: _____

MEETING ADDRESS: _____

CITY: _____ ZIP CODE: _____

TYPE OF MEETING CHANGE:

_____ DISCONTINUED

_____ DAY/TIME CHANGE (enter new info below)

New Day _____ New Time _____

_____ NEW ADDRESS (enter new info below)

NEW ADDRESS _____

CITY: _____ ZIP CODE: _____

_____ NEW MEETING (enter info at top, additional info below)

Meeting Type: _____ OPEN _____ CLOSED

Gender: _____ MEN _____ WOMEN _____ MIXED

Format: _____ DISCUSSION _____ BOOK STUDY

OTHER _____

Location: _____ CHURCH _____ HOME _____ SCHOOL

OTHER _____

YOUR INFO

(ALL of the info in this box MUST be filled out for this meeting change to take effect)

Name: _____ Contact Phone No: _____

Email (if available) _____

Address: _____ City: _____

Zip Code: _____

You can submit this form as follows:

1. Fill out, scan and email to: NNLEditor@GMAIL.COM, or
2. Drop off at Central Office: 1137 Pacific St, #B, SLO, CA 93401, or
3. Mail to Central Office: CCCOI, PO Box 12737, SLO, CA 93406, or
4. Bring to the Intergroup Meeting (2nd Sunday, 8:45am, Alano Club, 3075 Broad St., SLO)