



# Nameless Newsletter

The Alcoholics Anonymous Central Coast Central Office Newsletter

VOL 24, NO. 7

July/August 2016

## HIDING OUT

### Going to meetings is only one part of recovery

Some of the most wonderful people I have ever met are sober recovering alcoholics. But not everyone I've met in AA, even with years of sobriety, has something I want. This program is about taking all Twelve Steps, developing a relationship with a Higher Power as we understand that Higher Power, and then practicing those principles in all our affairs and giving it away. At six-and-a-half years sober, I have the gift of being able to work full time in chemical dependency treatment. I get to hear about how all kinds of people are given direction by all sorts of people in our program. It's wonderful to watch the lights come on and people embracing AA.

What I notice when patients are resistant to AA is that it is often because of certain messages that I also hear in AA--namely very little about working the Twelve Steps in your life. Instead, there is an insistence on going to meetings and more meetings and more meetings. Patients (newcomers) worry about losing themselves in AA; they tell stories of things I've also seen: people who live in AA meetings and whose life outside of AA is a disaster zone, even after years of recovery. Often it is the people in AA whose life outside of AA is very unsatisfying who are the most insistent that everyone else in AA needs to do more than they are doing for their sobriety. Often it is the sickest among us in AA who attempt to speak with the most authoritative message at the podium. This is unfortunate, especially for the newcomer.

There is nothing wrong with those wonderful old-timers who are retired and going to daily meetings. We need them, just as we need the newcomers going to daily meetings to survive early sobriety.

But hopefully, as people become healthier in AA, they will also find places outside of AA to practice the principles. We would serve newcomers better by letting them know that it's OK to have a life and be a member of AA. Most people I admire in AA are those who bring the principles of their program to their marriages, their relationships, their work, their children and the world around us, so in need of these wonderful Twelve Step principles. This program was never meant to be about hiding out from life in AA, but about taking the Twelve Steps and applying them to what hopefully becomes a happy and peaceful life both inside and outside AA.

#### **Inside This Issue**

- Different Paths* ..... 2
- Join Us on the Broad Highway* ..... 3
- Meetings, B-Days, Officers & Staff* ..... 4
- Events & Schedules* ..... 5
- Short Takes, Co-founder Quotes* ..... 6
- Steps to Serenity* ..... 7
- Meeting Change Report Form* ..... 8



*Brad K.*

## DIFFERENT PATHS

It is often said at AA meetings that there's your way and there's AA's way.

The clear implication of such pronouncements is that you'd better do it AA's way, or else. The less clear, but often very real, implication of such pronouncements is that the speaker already knows AA's way and that you'd better do it his or her way, or else. The underlying premise is that there's a single uniform AA way of getting sober for everybody.

Yet, there are many "AA ways" to recovery, just as there are many varieties of alcoholism. How often has a speaker at an AA meeting announced that he knew he was not an alcoholic because he never drank in public, only to be followed by another speaker who knew he was not an alcoholic because he only drank in public?

The list of such varying perceptions of the symptoms of alcoholism could go on and on. Varieties of successful AA recoveries are equally diverse.

The recorded experience of the early members of AA indicates many ways to recovery. While the call is to "thoroughly follow our path," the material that follows demonstrates the many paths taken by early AAs. Again and again the Big Book covers the spectrum of not only the varieties of alcoholic symptoms, but of the varieties of spiritual experience and paths to recovery.

Chapter Five ("How It Works") is scattered with phrases setting out differences, such as "on the other hand," "one school would allow man no flavor to his fare and the other would have us all on a straight pepper diet" and "whatever our ideal turns out to be."

Chapter Seven ("Working With Others"), containing AA's "twelfth suggestion," is equally pragmatic. "Sometimes it is wise to wait"; "let him draw his own conclusion"; "he can choose any conception he likes, provided it makes sense to him"; "he should not be pushed or prodded by you"; or, "if he thinks he can do the job some other way, or prefers some other spiritual approach, encourage him to follow his own conscience. We have no monopoly on God."

Again, the list goes on and on. The practical aspects of Twelfth step recovery work set out in the "Twelve and Twelve" are even more varied.

There are many AA paths to recovery. AA's greatest gift to the alcoholic seeking recovery is to help the alcoholic find the path that is right for him or her. There is no doubt that "my way" didn't work. That part of the "your-way-and-AA's-way" pronouncement is all too true.

But the phrase might better be stated not as "There's your way and there's AA's way," but as, "There's your way and there's an AA way for you." Your way didn't work. Based on the experience of many AAs in recovery, there's an AA way for you that will work. Your job, with AA's help, is to find it.

John K.

# JOIN US ON THE BROAD HIGHWAY



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



*district22convention.org*

*Register Early and Save!*

*Register Online @[district22convention.org](http://district22convention.org)*

## **Speaker Meetings**

## **Activities include:**

### 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)

### **Marathon Meetings**

### **Sobriety Countdown**

### **Speaker Meetings**

### **Barbeque**

### **Golf**

### **Al-Anon Meetings**

### **Basket Raffle**

### **Entertainment**

## ***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

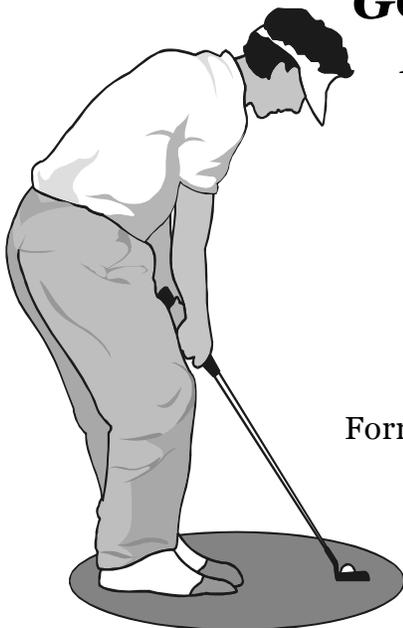
Closest to the Pin

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	Wed	7pm	Survivor's Big Book Study		Start at 7pm, not 6:30pm
Morro Bay	Tue	7pm	12 x 12	1405 Teresa Dr	Bayside Care Center
SLO	Wed	7pm	Primary Purpose	11245 LOVR	New meeting
Cambria	Sat	12pm	Cambria Young People	870 Main St	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](mailto:nnleditor@gmail.com)*

## BIRTHDAYS

*Marlene O. Morro Bay 1 yr*



*Andrea W., Los Osos 16 yrs*



*If you are celebrating a birthday, send the details to us:  
[nnleditor@gmail.com](mailto:nnleditor@gmail.com)*

*Deadline for birthday submittal is the 18th of the month*

### Central Coast Central Office Intergroup Officers & Staff

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

## 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**

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

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

**3<sup>rd</sup> Saturday Night Live**  
7:30pm, Calvary Church  
4029 S. Higuera St, San Luis Obispo

**4<sup>th</sup> 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

**July 8 - 10, 2016**

### **15th Tehachapi Mountain Roundup**

Tehachapi, CA

[www.tehachapiroundup.org](http://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

**September 9 - 11, 2016**

### **38th Annual Ventura County Convention**

Westlake Village, CA

[vcaac2016@aol.com](mailto:vcaac2016@aol.com)

**October 7- 9, 2016**

### **60th Northern Lights Roundup**

Prince George, British Columbia

[brucewaynecars@hotmail.com](mailto:brucewaynecars@hotmail.com)

**October 27- 30, 2016**

### **55th Honolulu Convention**

Honolulu, Hawaii

[annualhawaiiiconvention.com](http://annualhawaiiiconvention.com)

**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](http://sloaa.org)

## SERVICE COMMITTEE SCHEDULE

### **Central Office Board of Directors Meeting**

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

### **Intergroup Central Office Rep. Meeting**

2<sup>nd</sup> Sunday, 8:45am, ALANO Club  
3075 Broad St., S.L.O.

### **22nd District General Service Rep. & Comm. Mtg**

2<sup>nd</sup> Sunday, 10:15am, Alano Club  
3075 Broad St., S.L.O.

### **Hospitals and Institutions Mtg + Bridging The Gap**

3<sup>rd</sup> Tuesday, 6:40pm, Alano Club  
3075 Broad St., S.L.O.

### **District 22 Convention Committee**

2<sup>nd</sup> Sunday, 12:00pm  
560 Higuera St., Suite E, S.L.O.

#### **7th Tradition Mailing List**

<b>General Service Office</b>	<b>22nd District</b>
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](mailto: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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## SHORT TAKES

I've recently had a lot of time on my hands due to the economy. Sitting around waiting for the phone to ring can bring on our number-two killer, self-pity. When this arises, I always remember what we were told in Bill's story, and I head for the local hospital. As the Big Book tells: "On talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going." The message I bring is the same one that Ebby T. gave to Bill in his kitchen. We simply lay out the kit of spiritual tools for inspection and describe how it has worked for us. After that, it's up to the individual and the Higher Power.

Anonymous

---

Lately I've been fascinated with the concept of humility. I've read about it, meditated on it, and thoughtfully explored it for several months. It has been absolutely delicious! Then one day at my home group meeting, I was sitting there looking around the room and heard my own mind saying, "I'm more humble than anybody here!" So, scratch that one!

Pat B.

---

Spirituality is quiet; it accepts and doesn't reject out of hand. It doesn't need to know, for it already knows. It makes no judgments nor defines any terms. It has no need to boast for it is not proud, no need to worry for it is calm. The spirit is serene. And being serene it can always smile. And smiling it can sometimes laugh. And after laughing it can be quiet again.

Wayne B.

---

There are many paradoxical statements in AA. "Surrender to win," "In defeat we know victory," "You have to give it away to keep it." These kinds of statements are hard to understand for those who do not attend AA meetings on a regular basis. I heard an old-timer in a meeting respond to a person who had been absent from meetings for a long time and had had a slip. The old-timer said that "We need to attend meetings to find out what happens to people who don't attend meetings."

Dean R.

---

It is very dangerous for me to believe the notion that a spiritual message can be carried from a podium with a microphone, any more than I can



## Co-founder Quotes

### ***The Obsession and the Answer***

*The idea that somehow, some day, he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.*

*Alcoholism, not cancer, was my illness, but what was the difference? Was not alcoholism also a consumer of body and mind? Alcoholism took longer to do its killing, but the result was the same. So, I decided, if there was a great Physician who could cure the alcoholic sickness, I had better seek Him at once.*

1. ALCOHOLICS ANONYMOUS, P. 30
2. A.A. COMES OF AGE, P. 61

expect it to be carried by a paid counselor or social worker in a commercial treatment center. The message that Dr. Bob carried was offered not as a medical professional, but as a drunk; it was not advice, but love and understanding.

Elinor C.

---

"We are like roses, and roses need fertilizer to grow. I have found the best fertilizer for me is Miracle Grow. I don't have any Miracle Grow, so I have to go to the Master Gardener's who always has an unlimited supply of this wonderful fertilizer and the Master Gardener is God."

Nancy M.

---

"Heard at an AA meeting: It took me five years to know I had a brain. It took me another five years to know how to use it. It took me 5 more years to realize I didn't need a brain."

Joanne H.

# STEPS TO SERENITY

*Continuing work with the Steps has given this AA increased periods of serenity*

I drank for fifteen years, and for the last of those years, there was no question about whether or not I would drink.

Today, the AA program and the grace of God have restored my choice. There's no possibility of my staying sober on my own will or strength. I can't do it alone. I have stayed sober with the help I find in the AA Fellowship.

During my first year of sobriety, I attended six or seven meetings a week and took two Fourth Steps and two Fifth Steps. I found my sponsor while I was still in a rehabilitation hospital, and he kept me busy with Twelfth Step work.

I began going to Step meetings in my second year of sobriety. During that year, I wrote several Fourth Steps and shared them with a number of other AA members. They usually shared their Fourth Steps with me at the same time.

I got into making direct amends, as Step Nine tells us to do. After making these amends, I experienced a marked improvement in my ability to meditate. Something changed after I had tried to thoroughly work Steps One through Nine. I was able to sit quietly and turn my thoughts to God, and I began to meditate for about fifteen minutes in the morning--noise and family conditions permitting! I would begin by saying the Third Step prayer found in the Big Book on page 63, the Seventh Step prayer described on page 76, the Serenity Prayer, and the Eleventh Step prayer. I then repeated a phrase such as "Thy will be done" or perhaps the word "love." I would keep bringing my mind back to this, and if the period was going well, might continue longer than fifteen minutes.

This kind of continuing work with the Steps, including regular meditation, has given me increased periods of serenity, more emotional balance, and greater acceptance of myself. My tendency toward depression and fear has lessened, and my life is more stable. It's as if God's will is a river, and by working the Steps, I find myself going naturally with the current rather than trying to swim upstream or cross-stream.

During my sober life in AA, I've occasionally wondered about drinking. Last spring, I was in Houston on business, and I ordered a ginger ale at dinner. By mistake, I was served a highball, and drank a mouthful before realizing what it was. I set the glass down, but the terror that had accompanied my last drunk came back. It had been two years since I'd had a drink, but here in that Houston restaurant, the fright washed over me once more.

During my last drunk, twenty-four months before, my mind was shattered with numbing terror, and I was physically unable to get out of bed for a full day and a half, except to crawl to the bathroom. I was sleeping in a back bedroom by myself. My wife and children were living a separate life, as if I didn't exist.

During that last drunk, I became acutely conscious of my powerlessness over alcohol. Sick, alone, frightened, I heard a voice say over and over, "You can't stop drinking. You're hopeless. You're weak and you're hopeless and you can't stop drinking."

Well, I did stop, with the wonderful help of our program. But then, two years later, those same fears overwhelmed me when I took a drink by accident in that Houston restaurant. I didn't drink any more that evening, and I haven't since, thank God.

However, the experience was valuable, because it renewed my awareness of precisely what the stakes are in Alcoholics Anonymous: life or death. It reminded me of the words on page 85 in the Big Book: "We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

S.M.

## 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)