



# Nameless Newsletter

The A.A. Central Coast Central Office Intergroup Newsletter

VOL 25, NO. 1

April 2017

## WHAT IT WAS LIKE, WHAT HAPPENED AND WHAT IT'S LIKE NOW

WHEN I SLUNK into the rooms of Alcoholics Anonymous, I thought I mustn't be too bad because I hadn't lost a lot of what I heard others had lost. I never lost my home. I never lost my car. I never lost my job and I never lost my freedom since I'd never been arrested. Those hardships were waiting for me if I continued to drink.

Soon I came to realize, I had lost much more valuable possessions. I lost my self respect. I lost my friends. I lost the trust of my family and I had lost my freedom since I'd been imprisoned by alcohol. I couldn't go anywhere, do anything or engage in any activities without it.

I came to AA totally beaten by my addiction to alcohol. I had spent the last few years, holed up alone in my house drinking daily. I couldn't stop. I tried for months, promising myself, *I won't drink today*, only to be drunk by afternoon. Then in the morning, I'd promise myself again. What a vicious cycle.

So with a hang dog face, I admitted I needed help and called AA. I expected a bunch of glum, boozy hobos sitting around lamenting their messed up lives. What I found was happy, joyous and free, well groomed normal looking men and women who welcomed me and made me feel accepted. I came in with shame and regret weighing me down and the wonderful women of AA took me under their wings and showed me how to live again.

That first year of sobriety, I did everything and went everywhere they told me. I totally immersed myself in AA. I got a sponsor and a big book. I worked the steps as instructed. Even if I didn't like it or believe it, I did it anyway. My sobriety became my first priority. I followed those that came before me. They took me to AA speaker meetings, pot lucks, dances, parties and conventions. I went willingly and had a wonderful time.

Little by little, the fog began to lift and I recognized the person that I was, always looking for something on the outside to fix my insides. Every year or so, I'd move, change my hair style, go on a shopping binge, get a new job, or a new boyfriend.

Then I saw the woman I wanted to become, a sober caring member of society. And to do that, I needed to look inward not outward. I learned that most of my misery was my own doing. I learned how to be grateful for all I had instead of focusing on what I didn't have. I learned how to love and accept others as they are. The process took time and work. But it's well worth it.

My sobriety date is Oct. 10, 1986. I can tell you truthfully that the thirty years of sobriety I have enjoyed are the happiest years of my life.

*Written by a grateful sober member of the 5 Cities Group in Arroyo Grande, CA*

**CENTRAL COAST CENTRAL OFFICE INTERGROUP**  
**2017 BUDGET (Approved by COR's 3/12/17)**

	ACTUAL 2016	ACTUAL 2015	BUDGET Increase/ (Decrease)	ESTIMATED 2017
<b>Contributions</b>				
Group	19,495	18,610	885	19,500
Personal	738	849	(111)	750
Birthday	1,401	833	568	1,500
<b>Total Contributions</b>	<b>21,633</b>	<b>20,292</b>	<b>1,341</b>	<b>21,750</b>
<b>Literature</b>				
Literature Sales	14,850	17,742	(2,892)	16,500
Literature Cost	(15,579)	(18,573)	2,994	(16,500)
Literature Freight In	(1,658)	-	(1,658)	-
<b>Literature Net Income</b>	<b>(2,387)</b>	<b>(831)</b>	<b>(1,556)</b>	<b>-</b>
<b>Other Income</b>				
District Event- Convention	186	270	(84)	200
Interest Income (Short -term CD)	138	-	138	140
Other Income	319	48	271	-
<b>Total Other Income</b>	<b>642</b>	<b>318</b>	<b>324</b>	<b>140</b>
<b>TOTAL INCOME</b>	<b>19,889</b>	<b>19,779</b>	<b>110</b>	<b>21,890</b>
<b>Expenses</b>				
Advertising	665	756	(91)	780
Answering Service	923	900	23	1,045
Books, Subscriptions, Reference	99	-	99	205
Computers & Software	-	-	-	-
Conferences, Convention, Meeting	-	90	(90)	-
Group Services - Literature & Other	490	(490)	-	-
Insurance, Liability, D & O	575	575	-	590
Legal/Accounting	-	-	-	-
Licenses & Permits & Bus. Reg.	-	50	(50)	115
Meeting Directory	1,731	1,112	619	2,170
Printing (Sales)	927	913	14	875
Newsletters Printing	915	498	417	825
Office Supplies	130	130	-	135
P.O. Box Rental	49	98	(49)	200
Postage	473	-	473	350
Printing & Copying - Other	9,149	8,923	226	9,320
Rent - Office and Alano club	715	-	715	895
Repairs & Maintenance	4,237	4,765	(528)	1,720
Telephone	-	-	-	-
Travel Expense-COR	-	-	-	-
Rep to PRAASA	2,546	2,416	130	2,665
Utilities & Shared Office Expenses	-	47	(47)	-
Other	-	-	-	-
<b>Total Expenses</b>	<b>23,134</b>	<b>21,763</b>	<b>1,371</b>	<b>21,890</b>
<b>Net income</b>	<b>(3,245)</b>	<b>(1,984)</b>	<b>1,371</b>	<b>-</b>

## **“When I Got Busy, I Got Better”**

### *Service Opportunities*

#### **Volunteers Needed to Correspond with AA's On the Inside**

“I have been in and out of jail and now prison since I was 18. I am now 37. I would always leave with the best intentions - to be a good husband, good father, get a job, not drink, and never to return. But I always drank and always returned . . . This time I will be here until 2020 . . . I started to go to the AA meetings that are brought inside, and I feel hopeful . . . Please write back”.

So writes an inmate from the California Men's Colony (CMC) in San Luis Obispo –The prison that is on the right hand side as you drive by if you are headed toward Morro Bay. The County Jail sits on the left a few miles up the highway.

In 2016 Bridging the Gap (BTG) in San Luis Obispo County received 36 requests like the one above from male inmates. They come from CMC and our County Jail, and a few from other correctional facilities in California. In most all cases the BTG committee was able provide an AA member to write to them.

So far in the first three months of 2017 we have around 18 new requests for correspondence. Two from the women's jail and the remainder from men.

Bridging the Gap is a service committee of Alcoholic Anonymous. Its basic goal is to connect AA members on the inside with AA members on the outside. In our District 22 it carries two functions. One is for the outside volunteer to meet with the inmate when they are released to show them around to a half a dozen meetings in the area they will be living. The second is to provide a much needed correspondence while the inmate is doing their time. The BTG committee gets more requests for the latter.

How it works is an inmate writes to the Bridging the Gap post office box (The same PO box as our Central Office). The request is forwarded to a volunteer coordinator, to be assigned to a volunteer. The volunteer then writes to the inmate and uses the PO Box address as a return address. The inmate then writes to the volunteer using the PO Box address. You just use your first name and last initial to insure anonymity.

There is a group of around 20 men who volunteer to write to inmates. But through the years a volunteer could be writing up to a half a dozen inmates. New volunteers are always needed. We can also use female volunteers to write to women inmates, but at this time we are more in need of men.

If this is a service you can provide, please call Central Office at (805) 541-3211. Leave a message to have someone from the Bridging the Gap committee to call you or write to the PO Box below. Thank you.



**Bridging the Gap**  
**Attn: Volunteer Coordinator**  
**PO Box 12737**  
**San Luis Obispo, CA 93401**

## SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
Cambria	Sun-Fri	All	All	870 Main St.	1069 Main St.
Paso Robles	All	All	All English	514 14 <sup>th</sup> St.	1916 Creston Rd., Suite 400
Paso Robles	All	All	All Spanish	514 14 <sup>th</sup> St.	1916 Creston Rd., Suite 500
Arroyo G.	Tue	Noon	Women's BB		301 Trinity Ave.
Arroyo G.	Sat	7pm	5 Cities Candlelight	Mesa View Dr.	Cancelled
SLO	Thu	6pm	Melody Young People's	560 Higuera #E	8:30pm
Oceano	Mon	6pm	Village Group		5:30pm

*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.*

*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

NAME	YEARS	DATE
Kevin S.	23	1-5-94
Richard S.	34	1-7-83
Carol N.	4	1-11-13
Mary B.	23	1-21-94
Mary Lou R.	6	2-11-11
Stephen Lee H.	19	3-23-98
Bonnie N.	36	3-29-81



If you'd like to celebrate your sobriety birthday in the NNL, send the details to: [nnleditor@gmail.com](mailto:nnleditor@gmail.com)

### MEETING MAKERS MAKE IT

"If you haven't been to a meeting for a while, come, and add to the mix ... we need you. Come for yourself, come for the Fellowship, come to celebrate sobriety, and come for the alcoholic who still suffers."

"Torn Asunder," San Francisco, California, February 1993 AA Grapevine



1. First things first
2. One day at a time
3. Easy does it
4. H.A.L.T
5. Keep it simple
6. This too shall pass
7. Let go and let God
8. Live and let live
9. Pass it on

## 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

### Week SATURDAY SPEAKER MEETINGS

#### South County Speaker Meeting

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

#### Morro Bay Speaker Meeting

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

#### Saturday Night Live

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

#### Cambria Speaker Meeting

4<sup>th</sup> 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

## UPCOMINGEVENTS

**April 28, 29 & 30 2017**

**Woman to Woman  
Conference**

Sacramento, CA

<http://ncwomantowoman.org>

**May 5, 6, & 7**

**29th Big Island Bash**

Kailua Kona, HI 96739;

<http://www.bigislandbash.com>

**June 16, 17 & 18 2017**

**June Lake Kampvention**

June Lake, CA

[junelakekampvention.org](http://junelakekampvention.org)

**July 2-5, 2020**

**2020 International AA Convention**

Detroit, MI

[http://www.aa.org/pages/en\\_US/international-convention-2020](http://www.aa.org/pages/en_US/international-convention-2020)



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

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, 12:00 noon, Melody  
560 Higuera St., Suite E, S.L.O.

### 7th Tradition Mailing List

#### General Service Office

P.O. Box 459  
New York, NY. 10163-0459

#### 22nd District

P.O. Box 1891  
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 12<sup>th</sup> 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!

## Central Coast Central Office Intergroup Officers & Staff

Chairman	Jim L. ccoichair@gmail.com
Vice Chair	Bob R. ccoivice@gmail.com
Secretary	Leonard L. ccoisecretary@gmail.com
Treasurer	Bonnie N. ccoitreasurer@gmail.com
Member At Large	Gina S. ccoilit@gmail.com
Communications Chair	Elexia E. ccoinnlchair@gmail.com
Office Manager	Brad O. ccoimanager@gmail.com
Volunteer Coordinator	Dave S. davidsheldon1@charter.net
Call Forwarding Coord.	Karyn H. kaheystee@gmail.com
Webmaster	Hunter K. centraloffice22gmail.com
Nameless Newsletter	Judy G. nnleditor@gmail.com



## Co-founder Quotes

Is Happiness the Goal?

*"I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?"*

*"In my view, we of this world are pupils in a great school of life. It is intended that we try to grow, and that we try to help our fellow travelers to grow in the kind of love that makes no demands. In short, we try to move toward the image and likeness of God as we understand him."*

*"When pain comes, we are expected to learn from it willingly, and help others to learn. When happiness comes, we accept it as a gift, and thank God for it."*

Letter, 1950

As Bill Sees It #306

Contributions By Groups	Jan - Feb 2017	Jan - Feb 2016	\$ Change
AG-Five Cities Group	100.00	100.00	0.00
AG-Serenity Group	0.00	1,127.30	-1,127.30
AG-Women's Big Book Study	250.00	250.00	0.00
AT-Afternoon Delight	120.00	0.00	120.00
AT-Birds of a Feather	0.00	75.00	-75.00
AT-Miracles	50.00	75.00	-25.00
AT-North County Mens	0.00	65.00	-65.00
AV-Avila Beach	750.00	750.00	0.00
CA-Attitude Adjustment	0.00	288.00	-288.00
CA-Cambria Lterature Comittee	0.00	5.02	-5.02
CY-Cayucos Mon Night	194.50	140.00	54.50
H & I District 22	0.00	10.00	-10.00
LO-Early Risers	950.00	0.00	950.00
LO-Home Girls	0.00	125.00	-125.00
LO-Sunday Morning Serenity	0.00	35.00	-35.00
MB-Girlfriends	0.00	57.00	-57.00
MB-Harbor	0.00	134.81	-134.81
MB-Sat.Womens	95.15	80.25	14.90
MB-Sober& Out	0.00	113.58	-113.58
MB-Steps to Attitude Adjustment	150.00	0.00	150.00
MB-Sunday 11th Step	0.00	40.00	-40.00
NP-Foothills Group	59.50	0.00	59.50
SL-Back To Basics	296.07	135.81	160.26
SL-Fri Speaker	0.00	195.00	-195.00
SL-Laguna Lake Meeting	83.00	71.00	12.00
SL-Melody	1,040.00	0.00	1,040.00
SL-Pioneer	60.00	0.00	60.00
SL-Sun Spkr Middlehouse	0.00	50.00	-50.00
<b>TOTALS</b>	<b>4,198.22</b>	<b>3,922.77</b>	<b>275.45</b>

# Sobriety Tool Bag

## THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

R.H. SMITH, M.D.  
2ND NATIONAL BUILDING  
AKRON, OHIO 44310  
TELEPHONE: HE-8523 REG. NO. \_\_\_\_\_

FOR alcoholics DOB \_\_\_\_\_  
ADDRESS \_\_\_\_\_ DATE Feb. 1937

**R**

1. Trust God
2. Clean house
3. Help others

SUBSTITUTION POSSIBLE DO NOT SUBSTITUTE  
DO NOT REFILL SIGNATURE OF PRESCRIBER  
REFILL \_\_\_\_\_ TIMES

*R. H. Smith*

Keep it Simple

God grant me  
the Serenity  
to accept the things  
I cannot change  
Courage to  
change the things I can  
and the Wisdom  
to know the difference



**Don't Drink  
And  
Go to  
Meetings**

Get a:

Be a: **SPONSOR**

What is YOUR favorite tool?  
Send me a quote or a picture  
and I'll share it in the next  
newsletter!

[nnleditor@gmail.com](mailto:nnleditor@gmail.com)

# AA GRAPEVINE

The International Journal of Alcoholics Anonymous

**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