



Nameless Newsletter

The A.A. Central Coast Central Office Intergroup Newsletter

VOL 25, NO. 2

June 2017

Sick and Tired of Being Sick and Tired

I don't know how you got into the rooms of Alcoholics Anonymous, but I can tell you my story. It wasn't pretty and it wasn't my idea. My idea was to drink myself to death, but it was taking too long. People were starting to notice I was missing a lot of the time. Missing from holiday gatherings, birthday celebrations, the dinner table, and the straw that broke this camel's back... missing from work.

I'd already been put on probation in 2006 for too many absences from my job. I was ordered to attend counseling with our Employee Assistance Program (EAP), and from there it was determined that alcohol was a problem in my life. I chose to go to a local outpatient program for substance abuse while taking a leave of absence from work to try to get my life back together. Now that I look back I can see that this is where it became apparent that my "life had become unmanageable", but I couldn't yet "admit that I was powerless over alcohol". Half-measures avail us nothing, especially when taking the first step where 100% is the goal. So, after being sober for 6 months and attending numerous meetings including A.A., I drank again.

It got worse. A lot worse. Not all at once, but pretty quickly. I drank for 2 ½ more years. This time it was not fun. There was so much shame involved! Shame about the dishonesty and about the failure. I worked hard at keeping the feelings numbed, but it took more and more alcohol to do that. This is the progression of the disease. It is where the addiction becomes physical, where when I stopped drinking to sober up enough to face my responsibilities, my body reacted with shaking, sweating, chills and nausea. I spent hours in the bathrooms at work, took puke bags along on car trips and kept a wastebasket next to my bed. As time went on, I spent more time in bed and less time at work, not even bothering to call in. I was too sick and too tired.

Even with several years of sobriety under my belt, this is hard to revisit. I never expected to end up like that pitiful, incomprehensible creature I had become. Drinking had been about having fun, overcoming inhibitions and taking exciting risks! When had that turned into pain and suffering? Luckily for me, a higher power intervened and sent an angel to help me. She listened. She didn't tell me what to do or make me feel like I was bad. She helped me understand that I was sick and that I could get well. I will always be grateful for this divine grace and try my best to return the gift by helping other alcoholics find the solution to our common problem.

On March 11, 2008, I had my last drink. The next day my friend drove me to 28 days of inpatient rehab. I have found a new life in sobriety as a member of the fellowship of A.A. I celebrate every day I am blessed to wake up. My whole attitude and outlook upon life has changed. I have gone from glass half empty to glass half full and strive to live in the present, one day at a time. I enjoy a host of true friends. My family relationships are being healed. I have found happiness, joy and freedom. Through following a simple program consisting of 12 steps, life has become worth living.

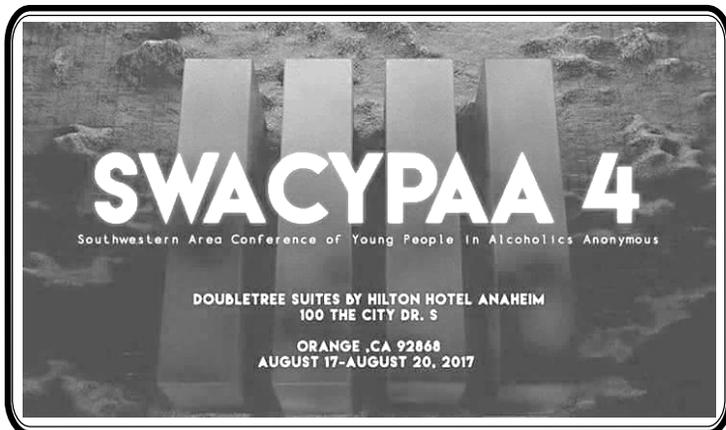
Shared by a sober member of the **Avila Group** ☺ Share YOUR story with us! Mail to PO Box 12737, SLO, CA 93406, email to nneditor@gmail.com, or drop it off at 1137 B Pacific St., SLO, CA 93401

BIRTHDAYS

NAME	YEARS
Mary K.	10
Belinda T.	12
Tom M.	16
Connie	17
Sharon P.	25
Donna P.	34
Tory S.	35



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



UPCOMINGEVENTS

June 10, 2017
82nd Founder's Day
 Akron, OH
www.akronaa.org

July 7-9, 2017
16th Tehachapi Mountain Roundup
 Tehachapi, CA
www.tehachapiroundup.org

July 21-23, 2017
Lake County Intergroup Soberfest
 Lakeport, CA
www.lakecountyaa.org

August 25-26, 2017
50th Annual District 22 Convention
 San Luis Obispo, CA
www.district22convention.org

July 2-5, 2020
2020 International AA Convention
 Detroit, MI
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 <http://www.sloaa.org>

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

AA SERVICE LUNCHEON & DELEGATE REPORT BACK

July 8, 2017

10am to 2pm

St. Timothy's Catholic Church
 962 Piney Way
 Morro Bay

Learn about service opportunities in your local AA
 &
 What is happening of importance on the national level
 to make sure AA will be there in the future

FREE LUNCH

GIFT BASKET RAFFLE TO SUPPORT DISTRICT 22

Our Pick Struck Gold
 50th Annual District 22 Convention
 August 25-26 2017
TWO DAYS ONLY!!!
 801 Grand Avenue
 San Luis Obispo, CA 93401



Speakers

Friday
 Wayne B. Los Angeles, CA (AA)

Saturday
 Wendi T, Aliso Viejo, CA (AA)
 Lynn A, Valencia, CA (Al-Anon)
 Young People To Be Determined
 Jeffrey N, Navato, CA (H&I)
 Father Tom W, Oakland, CA (AA)

Marathon Meetings
 Sobriety Countdown
 Entertainment
 BBQ
 Golf
 5K Fun Run/Walk
 Fellowship

Register Online: www.district22convention.org
 OR mail completed form with check or money
 order payable to:
 District 22 Convention Committee
 P.O. Box 13308
 San Luis Obispo, CA 93406
 For more information call Laura W. at (805)801-
 9528
 or email reg@district22convention.org

**Central Coast Central Office Intergroup
 Officers & Staff**

Chairman	Jim L.	cccoichair@gmail.com
Vice Chair	Bob R.	cccoivice@gmail.com
Secretary	Leonard L.	cccoisecretary@gmail.com
Treasurer	Bonnie N.	cccoitreasurer@gmail.com
Literature Chair	Joe E.	cccoilit@gmail.com
Member At Large	Gina S.	cccoilit@gmail.com
Communications Chair	Elexia E.	cccoinnlchair@gmail.com
Office Manager	Brad O.	cccoimanager@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

SERVICE COMMITTEE SCHEDULE

Central Office Board of Directors Meeting

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

Intergroup Central Office Rep. Meeting

2nd Sunday, 8:45am, ALANO Club
 3075 Broad St., SLO

22nd District General Service Rep. & Comm. Mtg

2nd Sunday, 10:15am, Alano Club
 3075 Broad St., SLO

Hospitals and Institutions Mtg + Bridging The Gap

3rd Tuesday, 6:40pm, Alano Club
 3075 Broad St., SLO

District 22 Convention Committee

2nd Sunday, 12:00 noon, Melody
 560 Higuera St., Suite E, SLO

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!**

Newcomer Packets Available at Central Office

The CCCOI Board and the Central Office Representatives agreed that we should offer a Newcomer Packet; so that groups can have a concise set of pamphlets to hand out to the newcomer on their first visit to a meeting.

The new Newcomer Packets will be listed as *NP-01. The total cost of each packet is approximately \$1. Central Office will pick up half of that cost; hence, we are asking the groups to pay **\$0.50 for each packet. (.54 cents with tax).**

The *NP-01 Newcomer Packet comes in a printed envelope, with room for telephone numbers, and consists of:

*P-42 A Brief Guide to AA

*P-24 A Newcomer Asks

*P-03 Is AA for You

*P-55 The Twelve Steps Illustrated

*M-02 Wallet Card . . . Steps, Traditions, and Serenity Prayer

*MD-SLO2 Meeting Directory

Come by the Central Office (1137 #B Pacific St.) to pick some up packets, or send your COR (Central Office Representative) to the COR meeting at the SLO Alano Club (3075 Broad St.), the second Sunday of the month at 8:45 AM, to pick some up.



Space is at a premium in our new format, so devoting an entire page to the meeting change form is not a viable option. The form can be printed off our website <http://www.sloaa.org> on the Forms/Downloads page. (You can call it in, too!) 541-3211

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: NNLEEDITOR@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)