

The

San Luis Obispo, CA



# Nameless Newsletter

The Alcoholics Anonymous Central Coast Central Office Newsletter

VOL 25, NO. 3

August 2017

## 13<sup>th</sup> Journey Around the Sun

I am sitting here with my coffee, watching the morning news in the comfort of my living room. As the crow flies i am only 5 miles north of where i was 12 years ago today. My journey over the last 12 years has taken me thousands of miles, literally and in my own spirit. Have I achieved riches, fame, and accolades? Yes, but not in the form one would normally think. I am still poor but my living expenses are higher, I have no fame but a lot of people know who I am, and I have accomplished many things within my spirit and legacy that no one will know about, which is the most humbling part.

Twelve years ago I was living under a death sentence of less than 5 years. My body couldn't take it anymore and was falling apart rapidly. This didn't bother me and I welcomed an end to all the pain. I was admitted into Fresno V.A. for two months of recovery. On my last day, I told my case manager that it wasn't enough; I felt like I was just beginning to understand the path I must take. His response was, "*think of it as discovery, not recovery*". This turned out to be the most important thing I was ever told and it has stuck with me every day since then. My goal was to get some tools to learn how to best cope with the few years I had left. I had no intention of never drinking alcohol again, I just wanted to learn how to enjoy it and to live life in peace.

Something happened to me 12 years ago today and I know the moment it did but I don't understand what it was. As they were pushing me into the psych ward for detox the fight completely left me. I had completely surrendered to whatever my future would be and I have not had the desire to drink or drug since.

In the past 12 years, I have crossed this country from the western shore of Oahu to Washington D.C., and the west coast from San Diego to the northern San Juan Islands in Washington state. I have gained new friends, reconnected with old ones, and lost many to death from the same disease I am recovering from. I have reconnected with and am respected by my family again.

In the past 12 years, I have...

- made more positive differences than negative, where before it was **only** negative.
- been able to follow my lifelong dream as a working artist and photographer.
- learned to be at peace with whom I am.
- learned that I need to keep working on being the best human I can be (far from perfect I assure you!) and to be the best steward of our home that I can.

As I begin today - my 13th trip around the Sun sober, I begin with gratitude to those that laid the path before me, to those that believe and trust me and to those that will follow me. I began this journey with nothing and now I have everything. Not the riches I expected or that my bank would like to see, but riches in so many spiritual ways that I never would have imagined existed. I am still poor but I have a humble home, warm and dry and with a killer ocean view. I have my dearest and best friend to walk with me. I have me, and I like for the most part who that is. And most importantly I have a few very dear friends that I know love me.

I begin this 13th journey around the Sun not only with gratitude but with a wish and prayer for you - that you may find the inner peace and serenity that I seek for myself.

*- Hunter K. from Morro Bay*

# Birthdays!

W	H	O	YEARS
Marlo F.			3
Leonard L.			6
Donna J.			7
Kathy Mac			8
Belinda J.			12
Andrea W..			17
Kathy G.			17
Susan W.			36
Bob "Klink"			40



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

## Our Pick Struck Gold

50<sup>th</sup> 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)

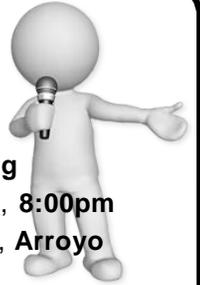
#### Saturday

Wendi T, Aliso Viejo, CA (AA)  
Lynn A, Valencia, CA (AI-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](http://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](mailto:reg@district22convention.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)

### Week SATUDAY 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, SLO

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

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"Can I keep using alcohol and tobacco if I blend them into my morning health shake?"



## As Bill Sees It

# 227

<<<<< >>>>>

We ask ourselves what we mean when we say that we have “harmed” other people. What kinds of “harm” do people do one another, anyway? To define the word “harm” in a practical way, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to those about us.

TWELVE AND TWELVE, p. 80

### Step 8 – August *Justice and Brotherly Love*

*Made a list of all persons we had harmed, and became willing to make amends to them all*

### Step 9– September *Good Judgement – Self Discipline*

*Made direct amends to such people wherever possible, except when to do so would injure them or others.*

## GRAPEVINE Daily Quote

August 12, 2017

"The question arises of just what constitutes an amend. Many of us find that the old rationalization, 'If I stay sober, that's amends enough to those I have hurt,' just doesn't work. We have to be willing to go further."

June 1945

"On the Eighth Step," Step By Step



### First Responders; Fire Fighters, Medics, Cops

If you fit in one or more of these categories, there is a meeting starting at 5:30-6:30 Thursday nights in Morro Bay. For more info call

**Josh F.at (805) 801-4726**

## Twelfth Step Work

The Central Office is updating their 12-Step call list. To act as a volunteer, you need to have a phone and 6 months of sobriety.

The way it works; a person in need calls the Central Office and asks for help. They just don't know what to do. The person at the Central Office obtains the individual's name, phone number and location and informs the caller they will have another alcoholic call them back. The Central Office then starts calling people from the relevant area 12 step list who can in turn call the person in need.

When contact is made, it could be that talking on the phone or over a cup of coffee will suffice. Perhaps suggesting they attend a particular meeting, or that you meet them at a meeting will be a good choice. Perhaps they will need a ride to a meeting. Whatever happens is up to you, but don't forget to buddy up with another alcoholic when meeting face to face. Training can be found in Chapter 7 "Working with Others" in the Big Book of Alcoholics Anonymous.

If you are interested, please list your information below and drop off or send in to the Central Office. Want more information? Call the Central Office during business hours at 541-3211, 9am to 6pm M-F and Sat 9am to 3pm. Or stop by our website sloaa.org and sign up online.

Thank you for your consideration of this most important service commitment.

### I want to volunteer for 12 Step work!

Name: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

\*Email: \_\_\_\_\_

Availability: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_

\* optional

## HELP WANTED

### Communications Chair

to sit on the

### Central Coast Central Office Intergroup Board of Directors 2017-2019

If interested, please email [cccochair@gmail.com](mailto:cccochair@gmail.com) or attend the next Board meeting. Board meetings are held at the Central Office the first Wed. of each month at 5:30pm



## UPCOMINGEVENTS

**August 20**  
Sunday 3:00pm  
Area 93 Presentation at the Assembly  
Simi Valley Senior Center  
3900 Avenida Simi  
Simi Valley, CA  
[Area93.org](http://Area93.org)

**August 25 & 26**  
District 22 Convention  
San Luis Obispo, CA  
[district22convention.org](http://district22convention.org)



**September 1-3**  
Monterey Bay Area Roundup  
Monterey, CA  
[Montereybayarearoundup.org](http://Montereybayarearoundup.org)

**September 14-17**  
Seniors In Sobriety  
International Conference  
Van Nuys, CA  
[seniorsinsobriety.com](http://seniorsinsobriety.com)

**September 23**  
Area 93 3<sup>rd</sup> Annual Historical  
Members Presentation  
10:00am-2:30pm  
Las Palmas Park  
505 S Huntington St  
San Fernando, CA 91340  
[Area93archives@gmail.com](mailto:Area93archives@gmail.com)  
Attn: Victor Z. (818) 518-6030

**July 2-5, 2020**  
2020 International AA Convention  
Detroit, MI  
[www.aa.org](http://www.aa.org)



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, 12:00 noon, Melody  
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 per 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