



Nameless Newsletter

Nov/Dec 2017

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 25

NO. 4

THE BOOK IN ACTION

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives." (Big Book, p. 86)

Indeed. From the beginning of my sobriety when I was saying my morning prayers in a men's recovery home, I asked God to guide my thoughts, words, and actions so that they would be devoid of selfishness, self-seeking, dishonesty, resentment, and fear. I would sometimes say prayers at other times during the day; perhaps repeating the sentiments from my morning one. For several years, though, that was it as far as my practice of the Eleventh Step went. And, so, sober life went on. There were a lot of things I was doing correctly. I kept a Fourth Step workbook where I surprised myself by how faithfully I would write whenever I caused a resentment or experienced any emotional distress (and was pleased every time putting pen to paper would help rid me of said distress). I took commitments at the Group level as well as the Area level and was further pleased at the great feeling of belonging and accomplishment such commitments garnered. However, I also felt a definite sense of unevenness during those early months/first years in sobriety. How to describe them? Maybe it was like driving around with a tire that had a slow leak. You know you have to put in the work (i.e. set aside the time and the money and get the tire fixed or replaced). Instead, you engage in half measures (i.e. pull into the gas station and fill up the tire when you see it's getting low or it's pointed out to you). You know you should do the right thing sooner rather than later. Not only does it make you feel like kind of a schmuck, it's also irresponsible (i.e. less stopping power and stability). You endanger the people around you because you're not maintaining the safety of your vehicle. At the very least, it's inconvenient because your tire is always at its

flattest when you're late for work or some other important appointment. That seems to make sense to me with regards to meditation. I had an unevenness to my sobriety that I realized over time was due to a complete lack of meditation. I was not making the slightest effort to set aside any time for meditation at either the start of my day or any time during it. I had had some realizations about this along the way; usually when someone with more serenity than I would mention it as an integral part of their sobriety. I would think, "I've got to set aside some time to meditate. What's ten minutes a day?" Then, the thought would drift away.... along with my serenity, slow-leaking out of me like the tire in my analogy. As I continued to grow haltingly in my sobriety, I was paying more attention to certain things in the Ninth Step Promises that I would hear after most every meeting I attended. "...We will comprehend the word serenity and we will know peace... We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves..." (Big Book, p. 83-84) Then, too, the words later in the Big Book at the conclusion of the Tenth Step began speaking to me: "...To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action." (Big Book, p. 85) Boom, there it was. I needed to meditate more. Briefly, I just want to say here that I get so tired of the repetitive nature of the Program of Alcoholics Anonymous. And, I know I'm not the only one. But here is a perfect example of why this rock head is grateful for such repetition. When I was finally in enough pain, my ears and eyes opened; it finally coalesced for me in the realization that I was holding myself back spiritually by flat out refusing to take even five (5!) measly minutes a day to meditate and allow some of God's nourishing Spirit to flow through me. I further realized the truth of what I have heard others say in the rooms

A.A. Birthdays!

WHO	FELLOWSHIP	YEARS SOBER
Mary	MB	38
David	AG	37
Mary	MB	33
Suzanne	LO	32
Archie	Nipomo	31
Brian	SLO	29
Wayne	AG	27
Terry	PR	8
Sandy Jo	A Town	3

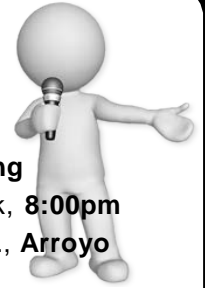


If you'd like to celebrate your sobriety birthday in the NNL, send the details to: nnleditor@gmail.com

TOASTED

On October 11, 1980, I retired from the sport of professional drinking. I was lucky to get out in the prime of my career, rather than struggling along until I did serious damage to others or myself, or took up scarce space in the overburdened prison system. I was blessed to find a society of professional drinkers who really understood the hard work, commitment and dedication required to practice at a professional level. Genetics are not enough. We have to suit up and show up every day in order to consistently score 0.20 and above. Style points don't count if you can't put up the numbers. Sadly, like the rest of us, I never got to compete in a championship match to determine the best drinker in the country. Never got a chance to enjoy all the accolades and endorsement deals that come to top professionals in other sports. It was just practice, practice, practice. The amazing feats we performed, that we cannot even remember, go completely unappreciated. We get no respect, and eventually the practice just turns into hard labor. Drinking is the only professional sport where too much practice will cost you your job. Nobody appreciates the sacrifices we make to become the best. I was privileged to join one of the most exclusive societies of men and women ever formed on this earth. Membership requires no dues or fees. However, the up-front initiation fee can be enormous. I was lucky to get here with the rookie discount. I knew I wanted to be in this society from the minute I walked in the door. I am saddened by those who choose to leave, so they can pay more money, to do more hard labor, while chasing some illusory feeling they, and I, used to think was fun. Strangely, the occasional desire for the old imaginary thrill still drifts through my mind.

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

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, SLO

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

But it loses out to the authentic pleasure of sitting down with other retired professionals and sharing stories. We tell the same stories over and over, but they are never boring. We always get magic out of them. What a change from our old companions who told the same stories over and over, only to become more boring and obnoxious as time went on. So I have now been happily retired for 37 years. The televisions, billboards and supermarkets lure me to get back into the sport. I have no interest. Maybe tomorrow, but not today. Today, I am renewing my sobriety. Do I get a toaster?

- David H.

UPCOMINGEVENTS

November 18

A.A. Traditions Seminar

11:00-2:00pm

St. John's Lutheran Church

959 Valley Rd.

Arroyo Grande

district22convention.org

November 23

Thanksgiving Feast

San Luis Obispo Alano Club

3075 Broad St.

<https://www.gofundme.com/alano-club-thanksgiving-2017>

December 9

Women's Holiday Luncheon

11:00-2:00pm

Morro Bay Community Center

1001 Kennedy Way

Morro Bay

July 2-5, 2020

2020 International AA Convention

Detroit, MI

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



Meeting Directory Changes

- Nipomo:
Monday, 6:30pm
Nipomo Foothills Group
New Address: 200 East Dana St.
 - Oceano:
Monday, 6:30pm
Village Group
1687 Front St.
DISCONTINUED
- Last Saturday, 6:00pm
90 min. Birthday Meeting
DISCONTINUED

To synchronize our printed Directory of Meetings and the online directory at www.sloaa.org, we need your help. If you find discrepancies, please do one of the following:

1. Drop by Central Office and enter change(s) on a meeting change form
2. Call Central Office (541-3211) and relay the change info to the volunteer
3. Email the change info to: nneditor@gmail.com
4. Access the meeting change form online at www.sloaa.org

SERVICE COMMITTEE MEETINGS

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, 12:00 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

Treasurers!

Send your
donations to
these addresses

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 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. There is also an online form for your convenience on www.sloaa.org

THANK YOU FOR YOUR SERVICE!



As Bill Sees It

8

Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life – the one that did not work – for a new life that can and does work under any conditions whatever.

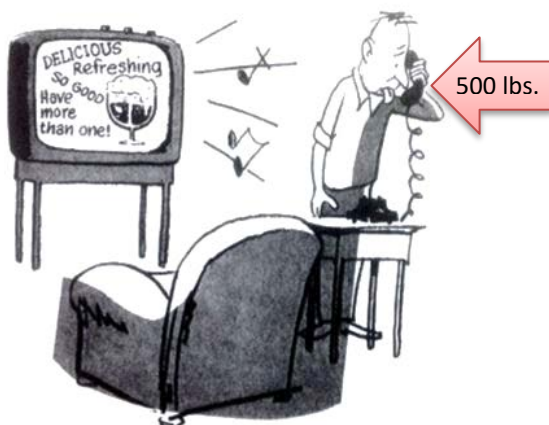
Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of A.A.'s Twelve Steps.

Step 11 – November *Awareness*

Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for the knowledge of his will for us and the power to carry that out.

Step 12 – December *Service*

Having had a spiritual awakening as a result of these steps, we tried to carry the message to alcoholics and practice these principles in all our affairs.



"Could you come over and sit with me while I watch the ball game?"

A.A. Traditions Seminar

November 18th, 2017

St. John's Lutheran Church, 959 Valley Road,
Arroyo Grande, CA.

11:00am to 2:00pm + lunch buffet

5 experienced members will talk about the history, how Bill W. viewed their use, application of the Traditions in our daily lives, future possibilities of changes and social media applications.

Anyone interested in being a presenter (with 5 or more years of sobriety) on those or subjects of their choosing and willing to volunteer to help with this please call Wayne N at 805-473-9333

Remember to bring your years of sobriety and experience to the question-answer quiz



"The Book in Action" (continued from pg. 1)

of A.A. "Prayer is you talking to God; meditation is you listening for His response". The realization was in feeling the futility of praying to God for direction, seeking His will for me that day and then NOT taking even those 5 measly minutes to sit quietly and listen! Once I began to meditate, I began to feel a greater sense of peace and direction - no joke. The intuitive thought began to flow through more often—anything from a person I wanted to call (and, who it turned out, really needed the call) to the answer to a question that had been bugging me. The bottom line is that once I began to consciously open myself up to God's direction, I began to get filled up with far more good stuff than my own mind could generate. I just don't place any judgments on my level of meditation. Whether I can quiet the noise up there for seconds at a time or my mind resists every effort to be quieted, the important thing is that I am inviting God in on a daily basis. There is a great deal more evenness now; and, a longer, less stressful ride throughout my day! - *Joey K.*