



Nameless Newsletter

Mar/Apr 2018

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 25

NO. 6

Sober despite myself...

When I was new in sobriety, I would complain a lot. I still complain, but not nearly as much. Back then I would complain to my sponsor Rick T., about her, about them, and about those damn lawyers. When I would complain to him, he would just say "that's great Danny, let's go to Metro." And I would think "what the #@*!" does that have to do with anything? So, we would go to the State Metropolitan Mental Hospital at Norwalk, California. I hated that. We arrived there to be met by people with badges and guns who took us behind walls with locks and razor wire. And there we met the "patients", who would act out and scare me to death. But I would go, and read, or talk, or whatever it was that we were supposed to do. But when we left, something magic happened to me. As I passed through the sally port and heard that gate "clang" shut behind me, I felt better. I relaxed. I had absolutely nothing to complain about. It took me the longest time to figure that out. My sponsor was teaching me that if I got with you, I could get out of my own head. It was a gift.

The next gift was when he gave me "his" panel at the Navy brig. I think he got it just to make me do it. You see, I had been in the brig when I was in the Navy, and I got to go back in on a panel and see myself across the table. I had that panel until that base was closed down. Not long after that, I got a panel at Juvenile Hall, where I had spent some time when I was fifteen. I had that panel for more than three years.

It was about then that I started going into prisons. My first was at Tehachapi, where the prisoners had many "AA groups" and even had an "AA Convention" once a year. I got to go there many times with Angie T. and my sponsor. Did I just say that I "got to" go there? More Gifts. Although I have never had a panel there of my own, I've been to Chino Prison several times. I once drove half way up the State with Nick M. to Kern Valley State Prison. That's what my sponsor calls going to any length plus a couple of hundred miles.

But the panel that affected me the most was when I went to Calipatria State Prison with Rick. Calipatria is a level four prison, which means that eighty percent of the prisoners are in under a life sentence. The walls have armed guards and electrified fences. You have to sign a hostage waiver to get in. It's the real deal. After heavy security and a long walk across the yard past some very scary people, we arrived at the meeting room. Soon thereafter, the inmates were escorted in. When they started sharing, a world I never knew came into view. Under all the tattoos and scars there were real people. In prison you can get anything you want, and there are some serious games going on. But these guys had their own Big Books, and the books were obviously much worn and heavily used. These men had AA groups, and sponsors, and did 12 step calls on the yard. They had meetings and fellowship. And boy were they very glad to see us bring a meeting into them. Some of them had found a freedom inside the walls that many other people want. I wanted what they had. That really put the light of day on me.

Twenty-seven years later, I am still doing H&I panels. I currently have a panel at the Salvation Army ARC in Anaheim and at the VA Hospital in Long Beach. I go to Skid row in LA twice a month. I know the secret of Alcoholics Anonymous. You have to give it away to keep it. So, in April I'll be going to the Southern California H&I Conference, being held in Ventura April 6th, 7th and 8th. We'll have food, fun, and fellowship. We'll talk about how best to help the suffering alcoholic and we'll stay sober together. We're having a banquet and we're having a dance. Come join us and show "How our experience benefit others". You can register at WWW.SOCALHANDI.ORG and be part of. "Among them you will make lifelong friends." (BB 152)

- Joe W.

A.A. Birthdays!



WHO	FELLOW SHIP	SOBRIETY DATE	YEARS SOBER
Josh F	MB / LOSos	1/30/2017	1
Carol N	5 Cities, AG	1/11/2013	5
MaryLou R	Serenity, AG	2/11/2011	7
Armand B	Avila / 5 Cities	1/6/2006	12
Giulio D	SLO	1/31/2003	14
Christina C	Serenity, AG	2/22/2003	15
Dick M	SLO	1/1/1998	20
Jim L	Morro Bay	1/20/1998	20
Kevin S	Los Osos	1/5/1994	24
Mary B	SLO	1/21/1994	24
Barney R	Village Group	2/23/1988	30
Richard S	Paso Robles	1/7/1983	35
Jim H	Village Group	2/28/1980	38

If you'd like to celebrate your sobriety birthday in the NNL, send the details to: NNLEditor@gmail.com
Better yet, use a Birthday envelope to send in a donation celebrating your years of sobriety, and mark the box asking if you'd like us to include it in the NNL.

**37th Annual Hospitals and Institutions
Conference with Alanon Participation**
April 6, 7, & 8, 2018
Four Points Sheraton Ventura Harbor Resort
1050 Schooner Drive, Ventura, CA 93001

OUR EXPERIENCE CAN BENEFIT OTHERS

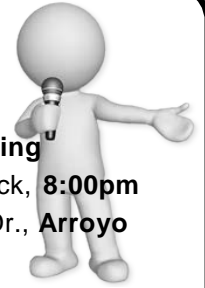


PROGRAM HIGHLIGHTS:
(Spanish translation provided for all programs)

Friday Night AA Speaker: Shane M.
Friday Night Entertainment
Al-Anon Lunch & Speaker
Saturday Night Banquet
Saturday Night Keynote Speaker: Scott Keman
Secretary of Calif. Dept. of Corrections/Rehab.
Sunday Morning AA Speaker: Debbie D.
Young People AA Saturday Night Dance*
(*included with registration or \$10 at door)

Panels:
Treatment
Corrections
Contact on Release/Bridging the Gap
Spanish H&I Panel
Most Memorable Moments in H+I

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

Central Office: Officers

Chairman	Jim L.	cccoichair@gmail.com
Vice Chair	BobR.	cccoivice@gmail.com
Secretary	Leonard L.	cccoisecretary@gmail.com
Treasurer	Bonnie N.	cccoitreasurer@gmail.com
Literature Chair	Joe E.	cccoilit@gmail.com
Communications	Jeff L.	cccoinnlchair@gmail.com
Member At Large	Gina S.	cccoilit@gmail.com

Central Office: Staff

Office Manager	Brad O.	ccoimanager@gmail.com
Volunteer Coordinator	Dave S.	davidsheldon1@charter.net
Call Forwarding Coord.	Karyn H.	kaheystee@gmail.com
Webmaster	Hunter	centraloffice22@gmail.com
Nameless Newsletter	Judy G.	nnleditor@gmail.com



As Bill Sees It

3

Pain and Progress

“Years ago, I used to commiserate with all people who suffered. Now I commiserate only with those who suffer in ignorance, who do not understand the purpose and ultimate utility of pain.”

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Someone once remarked that pain is the touchstone of all progress. How heartily we A.A.’s can agree with him, for we know that the pains of alcoholism had to come before sobriety, and emotional turmoil before serenity.

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“Believe more deeply. Hold your face up to the Light, even though for the moment you do not see.”



March: *Faith*

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3

The only requirement for A.A. membership is a desire to stop drinking.



April: *Courage*

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

A Funny Thing Happened on the Way to the Forum

When: September 7-9

What: **Pacific Regional Forum**

Where: DoubleTree by Hilton San Jose
San Jose, California

FORUMS OFFER... A meeting place to ask questions and spark new ideas to help carry the A.A. message of hope to the still-suffering alcoholic. Forums are designed to enhance communication and participation among A.A. members, the General Service Board, and Staff and Directors from the General Service Office and A.A. Grapevine.

First Time Forum Attendees... Those of you attending your first A.A. Regional Forum, are especially welcome! Come and meet other A.A. members and learn about the rich variety of service opportunities that our Fellowship offers. Whether you are new to service or have been sober and active in A.A. service for years, the Regional Forum experience is a wonderful way to learn and share about our worldwide, life-saving Fellowship.

More than a Presentation... Presentations cover topics such as: A.A. Around the World, Who are Our Trustees and What Do They Do? Your General Service Office: How It Helps My Group Carry the A.A. Message, Self-Support, and much more. Most presentations feature hand-outs and time for questions and answers.

Workshops, we need your voice... Regional Forums provide a great opportunity for members to exchange group, district, area, and regional experience. You will find that Area Delegates and committee members also come to listen and share their experience.

Spiritual Principles, Practical Experience... Communication—one alcoholic talking to another—is the vital link for all of us in A.A. Regional Forums create another important link in that chain. Whether it is a one-on-one chat during a coffee break, asking a question at the microphone during a Sharing Session, or just absorbing information, each member’s attendance at these Forums helps to further our primary purpose—staying sober and helping other alcoholics to achieve sobriety.

[Hotel Details and More
Information Flyer](#)
[Online Registration Coming Soon](#)
www.aa.org

UPCOMINGEVENTS

March 2-4

PRAASA

Sparks, Nevada.

www.praasa2018.com

April 6-8

37th Annual H&I Conference

Ventura, CA

Socalhandi.org

August 24-26

51st Annual District 22 Convention

San Luis Obispo, CA

<http://district22convention.org/home>

September 7-9

Pacific Regional Forum

San Jose, CA

https://www.aa.org/pages/en_US/online-forum-registration



July 2-5, 2020

2020 International AA Convention

Detroit, MI

Meeting Directory Changes

SLO

All meetings at Melody on Higuera St. are offsite parking. Do NOT park in the building's parking lot!

Ladies Helping Hands is at 12 noon NOT 12:05 and is still at 2180 Johnson but has moved to the Aqua Room.



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: nnleditor@gmail.com
4. Access the meeting change form online at www.sloaa.org

Thank You

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 1891
New York, NY. 10163-0459

22nd District

P.O. Box 459
San Luis Obispo, 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 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