



No More Excuses

My first drink led to my first blackout. Alcohol took away the shyness and paralyzing self-consciousness. It gave me a warm and happy new feeling that freed me up to do anything. I danced at parties, yelled in the street, sang on buses, hitchhiked across the United States, talked to strangers, no fear of anything. I loved it. I thought it helped me to be the real me. I didn't want to do anything that didn't involve drinking: movies - boring, walks - you must be joking! I learned early to have a few drinks from my parent's liquor cabinet before I went out, filling thermoses to take with me. I thought everybody did it! I look back at my teens and see that I have no idea what my family were doing, no memory of spending any time with them.

I went to France for 6 months – my college days are still a black hole full of twinkly lights – and was hospitalized with alcohol poisoning. Came back and got married to a heavy drinker, workaholic, who took care of the boring stuff – bills, housework etc. I was a charming wife – he never knew what he was coming home to. We had two beautiful children and drinking to party was no longer an option – my secret drinking started. Hiding bottles, trying to hide the fact that I'd had a drink, sneaking extra drinks whenever we had company, stealing money for alcohol, making any excuse to buy a bottle. And it got worse. I started to feel ashamed – a quick burn that another drink would fix. My daughter wrote in her diary about all the weekends we spent at bars and clubs...the fights that would flare up and the way I turned from happy smiley to hell-cat with a couple of drinks.

I managed to divorce my husband for his unreasonable behavior and found somebody else who drank like me. I was in big trouble now. Desperately unhappy, life in chaos, coming to on the kitchen floor in the morning, trying to get the kids to school, house being repossessed. I saw counselors, psychologists - blaming my childhood, my mother, my husband – anybody and everything. I was in trouble. If only I could sort out the money (I borrowed and begged from anybody

who stood still long enough). If only I could find the right man. If only I had a different upbringing. If only I got the right job. I'd be OK then. I kept trying to manage all this - with the same outcome – drunk and in a worse mess. I wore an old army jacket – bottle up each sleeve and a half pint in the inside pocket, hadn't cut my hair for years. One day a group of kids sitting on the wall at the end of my street shouted 'ALKIE' at me. I was furious, burning with shame – if only they knew what sort of life I had!

I had one 'friend' left. A neighbor who brought food for the kids and gave me money. She told me one Sunday morning that I had to do something, or she'd have to walk away. She just couldn't watch it any more. I don't know what it was that pushed me to make the phone call to AA. Thank God for those AA members in service, people at the end of the phone 24/7 to handle calls from people like me, with nowhere left to go, no more excuses.

Within a couple of hours, two members of Alcoholics Anonymous were in my living room, curtains drawn, vodka tears and snot running. They were not interested in my problems. They told me about the way they drank, and I knew they were like me. I'd never admitted it to anybody. They told me about alcoholism, the physical allergy which meant that once I had one drink I was unable to stop. The mental obsession which meant that I couldn't leave it alone, no matter how bad it got. The spiritual malady which led to the terrible dark loneliness and terror. These people told me that they had found a way to stop drinking in AA and that their lives had changed for the better and they were happy. I don't know why but I believed them. I did as they suggested. I went to a meeting near me, started going to others, started working the Steps. After a short time, the desire to drink left me and has not returned. My life has changed in ways that are beyond belief. I have faith in the future and I'm no longer ashamed of my past. I'm so grateful for the chance to live free from the obsession with alcohol.

- Anonymous

A.A. Birthdays!



W H O	W H E R E	YEARS
Donna P.		34
David P.	Los Osos	25
Connie	Atascadero	18
Eileen M.	SLO	18
Kathy G.	Cambria	18
Belinda J.	Shell Beach	12
Donna J.	SLO	8
Kathy M.	Atascadero	8
Leonard L.	Arroyo Grande	6

If you'd like to celebrate your sobriety Bday with us in the NNL, send details to:

NNLEditor@gmail.com -OR-

Send us a donation in a Birthday Envelope And mark the box to include in the NNL



Meeting Directory Changes

Aging with the Steps. Wednesday 10.15 am, 1hr.
560 Higuera St. STE. E
San Luis Obispo

Last House on the Block. 1hr
770 Evans, San Luis Obispo
Sundays, Speaker, Open, 5.00pm,
Tuesdays, Closed, Men, Big Book, 7.00pm

4 ways to submit changes to our Directory

1. Drop by Central Office and enter change(s) on a meeting change form
2. Call Central Office (805-541-3211) 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

Help yourself, they are FREE!

Meeting Directories
Newcomers Packets
Nameless Newsletters
Pamphlets

1137-B Pacific St.
San Luis Obispo

Central Office

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 Meeting
Every Sunday, 6:00pm, Lutheran
Church 4500 El Camino Real,
Atascadero



Last House on the Block Speaker Meeting
Every Sunday, 5:00pm, 770 Evans,
San Luis Obispo

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	@gmail.com
Chair	Bob R	cccoichair
Vice Chair	Jim L.	cccoivice
Secretary	Leonard L	cccoisecretary
Treasurer	Bonnie N	cccoitreasurer
Literature	Joe E	cccoilit
Communications	Jeff L	cccoinnlchair
Member at Large	Gina S	
Central Office	Staff	
Office Manager	Scott L	cccoimanager
Volunteer Coord.	Dave S	
Call Forwarding	Sharon H	
Webmaster	Hunter	centraloffice22
Nameless News	Judy G	nnleditor

STEPS *12 x 12* **Traditions**
Principles

July: *Humility*

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.



August: *Brotherly Love*

Step 8

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

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

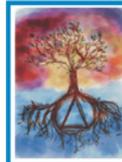
■ Estimates of Groups and Members as of January 1, 2018¹

	Groups	Members
United States	61,904	1,297,396
Canada	4,956	84,558
Sub-Total	66,860	1,381,954
Correctional facilities ²	1,360	34,524
Loners, Internationalist, Homers	1	27
Total	68,221	1,416,505
Outside U.S. & Canada ³	52,079	671,335
Grand Total	120,300	2,087,840

1. The General Service Office does not keep membership records. The information shown here is based on reports given by groups listed with G.S.O. and does not represent an actual count of those who consider themselves A.A. members.

2. U.S. and Canada only.

3. We are aware of A.A. activity in approximately 180 countries, including 62 autonomous general service offices in other lands. Annually we attempt to contact those G.S.O.s and groups that request to be listed in our records. Where current data is lacking we use the previous year's figures.



**August 24,
25, and 26,
2018**

**51st Annual
District 22
Convention
San Luis Obispo, CA**

*Want to have FUN in sobriety?
Looking for a place to dance sober?
Eager to meet like-minded people?
Love speaker meetings?
Got a friend in Al-Anon?
Love BBQ?*

Come join us at the **51st Annual District 22 Convention! August 24-26, 2018.** Scan the QR code below with your phone and REGISTER online!



<https://www.district22convention.org/>

While there for **REGISTRATION**, how about Clicking on **EVENTS** and signing up to chair a **MARATHON MEETING?** It's a great way to carry the message! AND...

Sponsors/Sponsees: It qualifies for a service commitment, and only takes an hour of your time 😊

There's a Golf Tournament Friday, a 5K run Saturday morning, Alanon Speaker Luncheon at Madonna Inn, BBQ, 50/50 Drawing, Basket Raffle, Sobriety Countdown, Movies and Dancing with a DJ both nights! T-Shirts, mugs, CDs and books for sale and around the clock meetings!

What more could you ask for???

PUZZLE

Can you **DECODE** the **District 22 Convention Theme?** (Hint: A=21)

PUZZLE

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
21																									

_____ **A** _____ **A** _____
17 15 19 19 17 17 10 14 20 19 21 14 12 7 4 21 24 7 25 14 17 16 1

UPCOMINGEVENTS

July 14th, 10-3
SERVICE LUNCHEON (free!)
Area 93 Delegate Report of
67th General Service Conference
 Morro Bay, CA
[St. Timothy's Church](http://www.sloaa.org)

August 24-26
51st Annual District 22 Convention
 San Luis Obispo, CA
<https://www.district22convention.org>

September 7-9
Pacific Regional Forum
 San Jose, CA
https://www.aa.org/pages/en_US/online-forum-registration

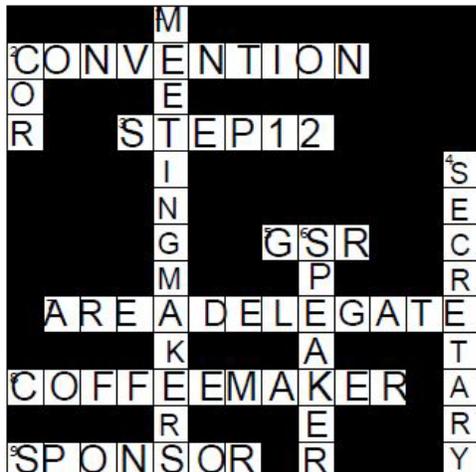
September 21-23
Courage to Change
 Rancho Mirage, CA
<http://www.aasocal.com>



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 <http://www.sloaa.org>

Answers to "How Can I Be of Service?"
 From our May/June issue



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 for GROUP TREASURERS

General Service Office P.O. Box 459 New York, NY. 10163-0459	22nd District P.O. Box 1891 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

CURRENT OPENINGS: Office volunteers for every Friday 9-12 and every OTHER Friday 12-3.

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 which consists of 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 805-541-3211 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 on www.sloaa.org