

The Nameless Newsletter



Nov/Dec 2018

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 25

NO. 10

A Funny Thing Happened on the Way to the Forum

... the Pacific Regional Forum in San Jose, CA that is! This "invitation" is found on A.A.'s website:

Ever attended a Regional Forum? If you are interested, we welcome and encourage First Time Forum attendees! These Forums provide a unique opportunity for A.A. members and local trusted servants throughout the U.S. and Canada to exchange information and share experience with representatives of the General Service Board, A.A.W.S. and AA Grapevine, and the General Service Office. There is NO registration FEE! You can obtain more information at: www.aa.org

It was FREE! I could not resist. They got me again...for free and for fun... we are not a glum lot... we never have to be alone again. It was close enough to home that travel was not an obstacle. What more can I say???

So, on September 7th my sponsor rolled into my driveway to pick me up for this new service adventure. Off we drove, chatting cheerfully on our drive north. I was looking forward to meeting our trusted servants from the A.A. General Service Office (GSO in New York City) and mingling with members in service from all over the Pacific Region. My sponsor (whom I will now refer to as S.P.; short for "Sponsor Person") planned on catching up with friends still living in the town where she got sober. The side benefit was spending time with each other as friends and sisters in sobriety. It was a good plan, and we pulled it off without a hitch!

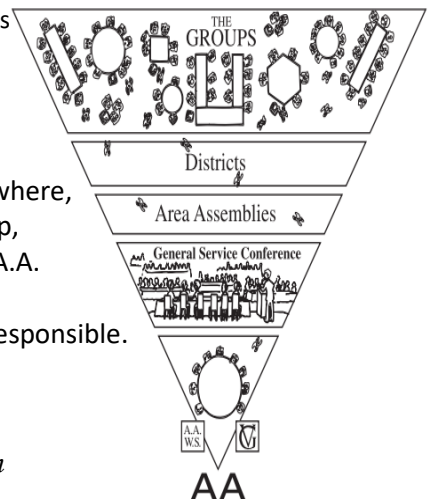
The Pacific Region consists of 9 states; Alaska, Washington, Oregon, Idaho, California, Nevada, Utah, Arizona and Hawaii. There are 8 regions in the U.S. and Canada, and 4 regional forums per year. This works out to each region having a forum every other year. Our next one will be in Las Vegas in 2020. I found it fascinating to hear how members in Hawaii and Alaska stay in touch within their service areas given such geological challenges as

Alaska's vast unpopulated spaces and Hawaii's island hops via air or water. Technology is beginning to be utilized to this end. It's just so cool to meet these brothers and sisters; so different yet so alike. The feeling that we're all working together to carry the message is powerful for this alcoholic!

There was a special meeting for first time attendees (we were the most important people in the rooms), which was the first thing on the agenda. Unfortunately, I missed it, but on the other hand, I had an inspiring dinner with S.P. and her San Jose service friend whom I shall call S.J. Throughout dinner we shared our stories about what it was like, what happened and mostly what it's like now. During the next 2 days S.J. introduced us to local A.A. members and played the gracious host. I am so grateful to **get to** make connections like this!

One of the highlights of the Forum was finding out that the translation of the Big Book into the Navajo language had been completed after years of work and several setbacks. Navajo is a spoken language, so the Big Book was translated as audio only. The Native American alcoholics are very grateful to the fellowship for completing this most important work. They feel it will help keep their language and culture alive. Our dollars in the baskets of our meetings enable this far reaching type of work to be done!

Alcoholics Anonymous
Upside-Down
Service Pyramid



When anyone, anywhere,
Reaches out for help,
I want the hand of A.A.
Always to be there.
And for that: I am responsible.

*Yours in service,
nnleditor@gmail.com*

AA Birthdays!



W H O	W H E R E	YEARS
Mary P.	Morro Bay	39
Don B.	Avila Beach	37
Mary M	Morro Bay	34
Mary F.	SLO	32
Brian B.	SLO	30
Louisa	Arroyo Grande	25
Roy Boy	Los Osos	10
Terry R.	Paso Robles	9



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****

The 7:00 pm **Friday Night Group in Atascadero** has moved to 9333 Santa Barbara Road

All meetings of the **5 Cities Group in Arroyo Grande** have moved to 781 Calle Bendita, Arroyo Grande.

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: cccoinnlchair@gmail.com
4. Access the meeting change form online at <http://www.sloaa.org>



Central Coast Central Office
- **Office Manager** -

Email cccoitreasurer@gmail.com
for more info.

AREA SPEAKER MEETINGS

Five Cities Speaker Meeting

2nd **Friday**, 7:00pm Potluck,
8:00pm meeting, 781 Calle Bendita.,
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 **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, 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	
	Staff	
Office Manager	Vacant	cccoimanager
Volunteer Coord.	Joe R	
Call Forwarding	Sharon H	
Webmaster	Vacant	centraloffice22
Nameless News	Judy G	nnleditor

STEPS

12 x 12
Principles

Traditions

November: *Awareness & Belief*

Step 11

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

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.



December: *Love & Service*

Step 12

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

Tradition 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



DISTRICT 22 12 TRADITIONS WORKSHOP



WHERE: Five Cities Group, *NEW LOCATION*
781 Calle Bendita, Arroyo Grande
WHEN: Saturday, Nov. 10th 1:45-5:00pm
WHAT: Free Lunch and 12 Traditions presentation
WHO: Locally famous guest speakers

For more information or to volunteer call
Wayne N. 805.473.9333
Armand B. 805.458.1293

Old Timer's Prayer

Higher Power keep me from thinking I must share in every meeting, no matter the topic. Keep my mind free from the recital of endless details and give me wings to get to the point. Remind me to guard confidences and to keep still when I feel it is necessary to speak up "for someone's own good."

Release me from the need to straighten out everybody else's thinking and program. Higher Power, I ask for the grace to listen to newcomers. Please help me to remember the patience with which others listened to me when I was new.

Please seal my lips to giving advice and help me to remember to share only my experience, strength, and hope.

Remind me that my purpose is to fit myself to be of maximum service to you and to the people around me. Help me to remain teachable. Teach me (again) the lesson that, occasionally, it is possible that I may be wrong; and remind me, please, of the freedom that I gain when I am able to promptly admit I'm wrong and make amends where necessary.

Help me to remember the difference between making amends and just saying, "I'm sorry." Help me to be a worker among workers, a friend among friends. Please keep me from being a bleeding deacon and help me to walk the path towards being an elder states(wo)man. Keep me ever mindful that I cannot manage my own life through my own unaided will. I know that I am not a saint; please show me the way to seek you so that I may continue to grow along spiritual lines.

Remind me, please, of "Rule 62"-to not take myself so damn seriously. (It is so easy to take myself way too seriously.) Keep me free of gossip, character assassination, and judgment. Remind me that- because I am not perfect-although I have humbly asked, my character defects and shortcomings still arise unexpectedly, to cause damage to others and to myself.

Help me to walk with faith and acceptance, to see good things in unexpected places and talents in unexpected people, and give me the grace to tell them so.

Help me to see that you love each of us, and that you do not need my opinion of them or suggestions on what they might deserve.

Thank you very much. Amen.

UPCOMINGEVENTS

Nov 10th 1-5

District 22 Traditions Luncheon

781 Calle Bendita
Arroyo Grande, CA

Service Sunday Nov 11th

Central Office Board Nominations 8:45

District 22 Service Board Election 10:15

SLO Alano Club, 3075 Broad St.

Dec 1st 11-1

Women's Holiday Luncheon

Community Center/Kennedy Way
Morro Bay, CA



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>

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.

NOMINATIONS
FOR CENTRAL
OFFICE
BOARD
MEMBERS
11/11/18

ELECTION
FOR
DISTRICT
MEMBERS
11/11/18

7TH TRADITION MAILING LIST

for GROUP TREASURERS

General Service Office

P.O. Box 459
New York, NY. 10163-0459

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

22nd District

P.O. Box 1891
San Luis Obispo, CA. 93406

SERVICE OPPORTUNITIES at the Central Office

CURRENT OPENINGS: Office Manager and Office Volunteers; 805-541-3211

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

To: We of Alcoholics Anonymous From: Bill and Lois Wilson



The G.S.O. Archives Department would like to extend to you and yours best wishes for a wonderful and safe holiday season. The following holiday message was originally sent to the New York Intergroup for their December 1956 Bulletin.

To all A.A. members in the Metropolitan Area:

The Christmas season is with us once again and it is a time when we of A.A. especially count our many blessings and offer our gratitude to God for what he has accomplished in each of our lives. For us, this is truly a season of rejoicing and thankfulness.

Though Lois and I will be away when you read these words, please know that our thoughts are with you and that we join you in these expressions of the Christmas spirit.

And to each one we send our very best wishes for a happy holiday and may the coming New Year prove to be among your very best.

Devotedly,
Bill and Lois

