



You Are Not Alone

When I came through the doors of AA, I did not plan on staying. Guilt, remorse and shame ruled my life as an alcoholic woman because of the actions I had taken during my 28 years of drinking. Even though some times were fun filled early on, more times than not, I placed myself and my children in a position to be hurt. Their safety was never foremost in my mind as they joined me on a journey that included multiple moves, new schools, moms' new boyfriend (again) and many mornings of screaming, yelling and uncertainty.

A fear filled childhood can take a lifetime to get over, especially when your primary caregiver is an alcoholic mother. I won't say, "I did the best I could," because it would be untrue. My children ate frozen pizza, while I devoured rib-eye steaks. My sons had clothes, food and a roof over their heads. Wasn't that enough?

Writing this today with 14 years of continuous sobriety, I can assure you that Alcoholics Anonymous has given me the dignity and self-respect that had eluded me for many years. Along with sponsorship, it took willingness, honesty and open-mindedness before my life transformed into what I have today. Through working the Steps, applying the Traditions and practicing the Concepts, my foundation today is unshakeable—just like my sponsor promised. But I had to become as willing as only the dying can be. My sponsor helped me to find a Higher Power of my own understanding that has carried me through one day at a time to where I am today.

Unfortunately, I believed, as so many women do, that if I only had the right ____ (fill in the blank) man, house, car, amount of money or job—that my life would be fine. After being in the rooms of Alcoholics Anonymous for a couple of years and not drinking, I had all those things, but my home life was still a mess. I was still angry, obnoxious and discontent. My oldest son left home 2 weeks after his 18th birthday and my youngest son dropped out of high school to join him.

At four and a half years of my "sobriety", a woman Twelfth-stepped me. That is where my old life ended and my new life began. She promised me

happiness, usefulness and a design for living that has transformed my life. My youngest son actually bowed as he thanked her the first time they met. We can laugh about that today. We can laugh about everything today.

For the last 16 years, I have had the same phone number, the same job and have lived in the same city without having to run away from my problems. My oldest son still wanders, sleeping under the stars. My youngest son stays close by. They are living their lives without any interference from me. They both know I'm here and that I will do anything for them—within my power. Alcoholics Anonymous has taught me that to be helpful is my only aim, and that means in AA, at work, in my community and certainly in the lives of my family. My Higher Power gave me a heart of service for which I am very grateful. I'm staying around AA!

I stay for the sons who might need AA and for the women I sponsor. But most of all I stay for the beautiful grandson who has blessed my life in countless ways. All my amends have been made, but the work continues alongside my sponsor. Because of some simple, yet necessary actions on my part, my guilt remorse and shame have been transformed into happiness, joyousness and freedom! Thank you Alcoholics Anonymous!

-- Beth F.
Iowa City, Ia

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****MEETING DIRECTORY CHANGES****

1. A **new meeting** has started in Avila Beach. 11th Step Meditation, Sunday nights@7 pm, 1 hr, open, 191 San Miguel St. Avila Beach. {Above Post Office}
2. Attitude Adjustment, Tuesday 6.00 pm, **new address** is 2120 Green Street, Cambria
3. Last House on the Block, Tuesday 7.00 PM, 770 Evans Rd, San Luis Obispo, Ca **Discontinued**
4. Last House on the Block, Sunday 5.00 PM, 770 Evans Rd, San Luis Obispo, Ca, **Discontinued**

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: communications@sloaa.org
4. Access the meeting change form online at <https://www.sloaa.org>

AA Birthdays!

Person	Home Town/Group	# Years
Earl G.	Mesa Group	47
Joe R.	Los Osos	11
Angela G.	Nipomo	10
Kurt G.	Nipomo	9
Donna J.	SLO	9
Betty Jo	Mesa Group	5

If you'd like to celebrate your sobriety birthday with us in the Nameless NewsLetter send details to: NNLEditor@sloaa.org **-OR-** Send us a donation (suggested \$1.00 per year of sobriety) in a birthday envelope and mark the box to include in the newsletter!

Thank you!

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

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, 1916 Creston Rd #400 upstairs, Paso Robles

Trusted Servants

Central Office	Officers	@sloaa.org
Chair	Leonard L	chair
Vice Chair	Vacant	cochair
Secretary	Andrea W	secretary
Treasurer	Bonnie N	treasurer
Literature	Gil M	literature
Communications	Jeff L	communications
Member at Large	Joan S	member
	Staff	
Office Manager	Scott L	manager
Volunteer Coord.	Joe R	officecoordinator
Call Forwarding	Sharon H	callforwarding
Webmaster	Bob R	webmaster
Newsletter	Judy G	nnleditor

STEPS

12 x 12
Principles

Traditions

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 non-professional, but our service centers may employ special workers.



New Book: [Our Great Responsibility](#)

The first original title released by Alcoholics Anonymous since *Daily Reflections*, the book **Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks, 1951–1970** is now available for order in English, French and Spanish. Publication of this important volume culminates years of research and transcription of archived audio recordings of Bill W. addressing the General Service Conference. Complementing the text are more than sixty photographs and other images from the A.A. Archives — some never before published. Timeless and timely, these 16 talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words. For more information, visit the [A.A.W.S. Online Bookstore](#) or call 212-870-3312.

Editor's Note: There are copies now available for purchase at Central Office.

Our Convention

This is the **52nd Annual District 22 Convention**; our event is held at the Veteran's Hall in San Luis Obispo. All

events take place at this location, except for the Al-Anon Luncheon, to be held at Madonna Inn. The convention opens on Friday, **August 23, 2019** at 2:00pm; it closes on Sunday, **August 25, 2019**, at Noon.

Most associations like to hold conferences or conventions. However, in AA, a conference or convention is an important opportunity to share the AA experience in a broad way. There are many AA conferences held around the world. One of the most common misconceptions of these gatherings is that they are AA meetings, and since "There are no dues or fees for AA membership..." there should be no fees to attend.

Conventions and conferences are special events, not regular meetings. They require months of planning, preparations, and money to present. Since most events are held in hotels/convention centers, there is a charge for the use of these facilities. Other expenses include travel and lodging for conference speakers, printing of flyers and schedules, postage and supplies. A large event requires a substantial amount of money. This conference/convention is self-supporting. No group monies are used to pay for this event. The cost of the event is paid through registration fees. No baskets are passed. The ideal goal for any committee of such an event is to break even; therefore, the registration fee is nominal compared to a weekend's worth of spiritual events anywhere else. Attendance is voluntary and as responsible AA members, we "pay our own way."

Do you ever wonder what it takes to put on a convention for hundreds of people? Come to the next planning meeting and find out. The Convention is just around the corner and there is much to be done. Be a part of the next chapter in the legacy of our convention and become a volunteer on either the AA or the Al-Anon committee.

The AA Convention Committee meets the second Sunday of the month, at Noon, at the Melody Group location in San Luis Obispo. 560 Higuera St., Suite E, San Luis Obispo. The Al-Anon Convention Committee meets the same day, same place, at 1pm. <https://www.district22convention.org>



UPCOMING EVENTS

July 4, 2019

38th Annual Fourth of July BBQ

10:30am-3:00pm
Toyon Group Site
Cuesta Park, SLO



July 20, 2019

District 22 Service Luncheon

Methodist Church
1515 Frederick St, SLO
Time: TBD

August 23-25, 2019

52nd District 22 Convention

San Luis Obispo, CA
www.district22convention.com

September 27-29, 2019

68th Annual Southern California Convention

Rancho Mirage, CA
www.aasocal.com

July 2-5, 2020

2020 International AA Convention

Detroit, MI
www.aa.org

7TH TRADITION MAILING LIST

for *GROUP TREASURERS* (and other donors)

General Service Office (GSO)

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

Area 93

606 Alamo Pintado, #140
Solvang, CA. 93463

District 22

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

Central Office Intergroup (CCCOI)

P.O. Box 12737
San Luis Obispo, CA. 93406

Hospitals and Institutions (H&I)

P.O. Box 12737
San Luis Obispo, CA. 93406

HUMILITY... is not thinking less of yourself,
but thinking of yourself less.

SERVICE COMMITTEE MEETINGS

Hospitals and Institutions (H&I)

3rd Tuesday, 6:40pm, Alano Club
3075 Broad St., S.L.O.

Central Office Board of Directors

1st Wednesday, 5:30pm, Central Office
1137 Pacific Ave. #B, S.L.O.

SERVICE SUNDAY – 2nd Sunday of each month

Intergroup Central Office Rep. Meeting (COR)

8:45am, Alano Club
3075 Broad St., S.L.O.

22nd District General Service Rep. (GSR)

10:15am, Alano Club
3075 Broad St., S.L.O.

District 22 CONVENTION Committee

12:00 noon, Melody
560 Higuera St., Suite E, S.L.O.



BILL W. and Dr. BOB

SERVICE Opportunities

Central Office Intergroup

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. For those still suffering who ask for more personal help, our list of
- **12th Step Volunteers** is used to find a local alcoholic to provide it.

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. To volunteer please call the office **805-541-3211**. Leave a message for the Office Manager with first name, last initial, phone # and email address (optional). Or send an email to: Manager@sloaa.org with the same information and a return email will be sent to you with details. Six months' continuous sobriety is required and training is provided.