



Uneasy Rider

The spring of 1984 was a tough one for me. I drank away my wife, my home, and my job--everything, except my motorcycle. I was living from couch to couch, fortunate that I was pretty good with a wrench and that people still cared about me. I built their bikes, repaired their motorcycles, and stayed in their homes. Otherwise, I was unemployable and would have been on the streets. My drinking prevented me from being able to hold down a real job. I had to drink--I had no choice.

One day, the inevitable happened. My buddies and I were out on our bikes, bar-hopping. I had been drinking. I went into a blackout. In the middle of a curve, I lost control of my bike. I went end over end until I landed, face down, on the asphalt. This is what I was told--I remember nothing.

I woke up in the hospital. My body was aching, and I felt as if I were on fire--I was burning all over. I had no insurance or financial means, so after regaining consciousness, I was discharged from the hospital in short order. I was beat up badly, and I could do nothing in the way of turning a wrench. It took nearly a year to recover. I also had a head injury and could not think clearly. From time to time, the left side of my body, from my face on down, went numb. Sometimes, I went in and out of consciousness. I used cocaine to help numb my burns, and liquor to help numb the pain in my mind. Slowly, I began to lose whatever sanity I had left. Fear haunted me. Drugs and booze began to lose their effect. My friends worried if I would ever fully recover.

In time, I was able to fix my bike. But I continued to drink, to use drugs, and to ride, taking the chance that my left side might suddenly go numb or fade out while I was riding. Sometimes, when coming to a stop, I didn't know which foot to put down. This all seemed normal to me.

But on September 15, 1984, I awoke in the presence of "the hideous Four Horsemen" that the Big Book describes--"Terror, Bewilderment, Frustration, Despair." I walked to the nearest store for something to drink. I had only enough money to buy a quart of beer. But it did nothing to clear my head or ease my pain. I was at the jumping-off point.

Somewhere in the insanity of my head, I remembered a card. On it was the phone number of an old friend who had stopped by a house where I used to live. I remembered getting out my stash and going to the

refrigerator for a couple of beers, but he wasn't interested in getting high or in drinking. He said that he had quit. This seemed very strange to me, but we sat and talked. He told me something of AA. I pretended to listen. As he was leaving, I accepted a card with his phone number. Although it was two years past, the card was still in my wallet. I had dragged bottom long enough. I was desperate enough to use the only change I had left to make the call.

My friend Jeff came and took me to my first AA meeting. I didn't know it, but while I was sitting in the meeting, Jeff and his sponsor were in another room, on the phone, searching for a detox. They found a detox with an open bed, but when they told me about it, I wasn't really thrilled. At the time, it didn't seem like a good idea. But I was out of choices, so I agreed to go. Jeff bought me two beers on the way over. We went to a park and sat beside the lake. I nursed a beer and he told me more of AA. I finished off the other beer. I remember telling him that we had better go if that was to be my last drink, so off we went. Jeff checked me into a detox, and a counselor asked me questions while filling out my intake papers. He threw in questions that I thought were unrelated to checking into a detox, but I was surprised by how difficult it was to answer. I couldn't tell him who the president was. I had a hard time putting together my birth date and my age. I began to realize how sick I was. While sitting on my bed in detox, I thought to myself, This is the strangest thing I have ever done. But I was done in--the booze and drugs had finished me.

In that treatment center, my new life began. I learned something of the Steps and got a start on a sober life. That was over twenty-two years ago. I have not had a drink or a drug since. The instructions in the Big Book and the help of the AA Fellowship give me a foundation and a connection to the Higher Power I need in order to have a sober life. That alcoholic who took the time to carry me to AA saved me from the miserable, slow death of an alcoholic. Although there have been rough times since I got sober, solutions always come about. I never thought that a life without drinking would appeal to me, much less faith in a power greater than myself who could make a life like that happen.

-- Ernest C.

(reprinted with permission from Grapevine, Inc.)



****MEETING DIRECTORY CHANGES****

1. Tuesday Atascadero "Start Right Too" time change. 6:55 am to 7:55 am
2. New Women's discussion meeting 7 pm at 5 Cities Group, 781 Calle Bendita, Arroyo Grande. The last Tuesday of every month they celebrate monthly milestones and yearly birthdays.

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

Name	From	Years
Shelly B	Cambria	4
Ellen S	Los Osos	5
Sandy Jo	Atascadero	5
Aaron B	Arroyo Grande	7
Steve D	San Luis Obispo	7
Terry R	Paso Robles	10
Janice E	Morro Bay	21
Wayne N	5 Cities Group, AG	29
Archie C	Nipomo	33
Susan W	Los Osos	38
Mary P	Morro Bay	40

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

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
- LGBTQ "You Are Not Alone" Speaker Mtg**
Last Thursday, 7:00pm, 781 Calle Bendita, Arroyo Grande

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

NOVEMBER: *Spiritual Awareness*

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: *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.



 *Speaking of Service...*

Traditions Celebration

I have to put in a plug for our District 22 Alternate DCM Valerie. She put on the best Service Luncheon I have attended at the United Methodist Church in SLO earlier this year. Now she has arranged another gathering at that same venue to celebrate our 12 Traditions on Saturday, November 2nd! If you want to enrich your knowledge of these most important tools of our fellowship, make it a point to attend. You will not be disappointed!

There will be plenty of coffee and comfortable seating, lunch catered by Panda Express, SKITS, Unity building exercises, and Speakers, “Oh My!”. If you feel so inclined, dessert “donations” are gratefully accepted.

- Judy G., NNL Editor

Bridging the Gap Workshop

Thank you to all who came to our Bridging the Gap Workshop. We had 17 attendees, including 5 speakers, 6 new female volunteers, 3 new male volunteers, and 4 volunteers who would like to serve on the BTG committee. This is great progress, but **we still have a need for more male volunteers.**

BTG is a service where AA members are willing to meet with sober inmates when they leave jail or prison and hopefully take them to some meetings and introduce them to the fellowship. Volunteers are also needed to correspond with those sober inmates who will be incarcerated for a longer period of time. One year of sobriety is required and the willingness to be of service.

If you'd like more information please call Central Office (805) 541-3211 and leave a message for Bridging the Gap-Bonnie N. (or David P.) to call back, or write to BTG, PO Box 12737, San Luis Obispo, CA 93406 and include name, address, phone number, and sobriety date.

*Please note that **active H&I volunteers who go inside of the jail or prison can NOT perform this service.**

UPCOMING EVENTS

November 2, 2019

AA Traditions Celebration

10:00 am until 2:pm
1515 Fredericks Street
SLO

November 3, 2019

Area 93 Old Timers Event

11:30-3:00pm
2101 Ridge Rd.
Bakersfield, CA

November 8-10, 2019

Central Coast Round-Up

Santa Maria, CA

www.centralcoastroundup.org

December 7, 2019

AA Women's Holiday Potluck

11:00-1:00

Morro Bay Community Center
Vanessa (805) 290-6544

I Am Responsible When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

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

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.

SERVICE Opportunities at the

Central Coast 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.

Central Office History

On June 24, 1990 at the Alano Club in San Luis Obispo, there was an historical meeting led by the Area 93 District 22 GSR Central Office Research Committee. With representatives from 17 groups and many visitors an Intergroup was formed on the Central Coast of California!