



Trudging the Road of Happy Destiny

Sober hiking helped him rediscover the joys of living

Like so many other alcoholics that I have heard share over the years, I was certain that there would be no joy in my life without booze. I was 35 years old and literally dying from alcoholism. I was resigned to the fact that my life may as well be over. I joined the glum lot in AA and became one of those miserable members that "just don't drink," not fully understanding the necessity of working the Steps, being part of the Fellowship and being of service.

Sometime during my first 30 days in the program, I was attending a meeting down by the beach where I came across a flyer for the "Sunset Beach Trudgers." Here was a sober backpacking group that went on monthly hikes into the wilderness and had a Saturday night meeting in the woods. I had always enjoyed camping and communing with nature, but my physical condition at that time was terrible and I knew there was no way that I would be able to hike up a mountain carrying a pack in that shape. I put the Trudgers out of my mind and continued on my journey for over a year, staying sober one day at a time without having much fun at all.

When my one-year anniversary passed I made a decision to stop smoking and get in shape. This was more an attempt to find a girlfriend than anything else, but my motives never were in the right place. One Wednesday night at my regular meeting, a man whom I had never seen before came in and announced that there was a great group of alcoholics that went on backpacking trips once a month. He gave me a flyer and it was the same one I had seen when I was newly sober. This time I was ready!

The fact that the contact numbers for the Trudgers were all women made it even more compelling. I made some phone calls, borrowed some camping gear and went on my first hike in September 1993. It was the annual trip to Mt. San Jacinto where they take the Palm Springs tram up the mountain and then hiked for two more miles to the campsite. About half way up the trail I realized that I wasn't as athletic as I thought. I was tired and scared and thought maybe this wasn't such a great idea after all. I stopped to rest for a minute and take a drink of water when it happened.

I took a few deep breaths and surveyed my surroundings. There was a meadow in the not so far off distance and I noticed that there was a deer checking me out. It was as if God hit me over the head with a two by four. I was in his back yard and it was breathtaking. I guess what I felt at that moment was the closest thing I had ever known to a spiritual awakening. My fear was gone. I got a second wind and continued up the trail where I found the group of sober alcoholics that would soon become some of my best friends.

In 1995 the position of secretary became open and I took it. Back then, we typed up the trip flyers every month and mailed them out to all our members. It was a lot of work and I did it with complete gratitude for this group that showed me how to have fun without bring drunk. Eventually, when the internet became more accessible to everyone we decided that email would be more efficient and cost effective. Having little or no computer skills, I attempted to build a website. We have been online now for about 10 years. Our site is certainly not very flashy, but it gets the information out there and it's easy to remember, trudgers.net.

-- Dennis D.
La Palma, California

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****MEETING DIRECTORY CHANGES****

- Back to Basics: Cambria Vineyard Church, 1617 Main St., Cambria, Saturday time change: from 10:30am to 12:00pm.
- Atascadero Women's Meeting, Lutheran Church, 4500 El Camino Real, Added back into the directory.

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 Nov/Dec Birthdays

Name	From	Years
Chris C	ABC, Paso Robles	38
Paul L	Sunday RAP, SLO	35
Kim M	5 Cities/Mesa, AG	8
Kim S	Village, Oceano	3

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!

JANUARY: *Honesty*

Step 1

We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

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	Bonnie N	chair
Vice Chair	Joan S	cochair
Secretary	Leonard L	secretary
Treasurer	Janice E	treasurer
Literature	Gil M	literature
Communications	Jeff L	communications
Member at Large	Andrea W	member
	Staff	
Office Manager	Scott L	manager
Volunteer Coord.	Joe R	officecoordinator
Call Forwarding	Craig/Chad	callforwarding
Webmaster	Bob R	webmaster
Newsletter	Judy G	nnleditor

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic. Only you can decide. No one in A.A. will tell you whether you are or are not.

What is Alcoholics Anonymous?

We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt — most of us successfully — to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.

What happens if I meet people I know?

They will be there for the same reason you are there. They will not disclose your identity to outsiders. At A.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an A.A. meeting?

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

How do I join A.A.?

You are an A.A. member if and when you say so. The only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

How much does A.A. membership cost?

There are no dues or fees for A.A. membership. An A.A. group will usually have a collection during the meeting to cover expenses, such as rent, coffee, etc., and to this all members are free to contribute as much or as little as they wish.

If I go to an A.A. meeting, does that commit me to anything?

No. A.A. does not keep membership files or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don't want to come back.

The excerpts above are taken from the AAWS approved pamphlet P-24 titled: "A Newcomer Asks" which you can order online at <https://www.aa.org> or purchase at our Central Office Intergroup located at 1137 B Pacific St., San Luis Obispo.

Speaking of Service...

What is a GENERAL SERVICE REPRESENTATIVE (GSR)?

GSR's are elected by the members of their group. They have the job of linking the groups with A.A. as a whole. They represent the voice of the group conscience, reporting it to the District Committee Member (DCM) and Area Conference Delegate. In turn, it may then be passed on to the annual General Service Conference in New York. We realize that whatever "authority" there is in A.A. resides in the group conscience. General qualifications, duties, and election procedures of the GSR are listed in the A.A. Service Manual. Local duties include the following:

- Attend district meetings, area assemblies and area workshops.
- Assist the group in ordering literature. A good supply of literature should be maintained. Literature is one of the most effective ways to carry the message.
- Inform alternate GSR of all activities/actions transpiring within the district.
- Serve as central point of contact for all activities concerning the group.
- Request copies of "Meeting Directory" from district directories coordinator.
- Inform the district directories coordinator of any changes with their group, i.e. – location, meeting time, etc.

We are **District 22; Area 93; Pacific Region.** Our district meetings are the second Sunday of each month (Service Sunday) at the time and location noted below:

22nd District General Service Rep. (GSR)
10:15am, Alano Club
3075 Broad St., S.L.O.

Area 93 website: www.area93.org

Central Coast Central Office InterGroup website: <https://www.sloaa.org>

Tune in next month for an article about the Central Office Representative (COR) service position and it's importance to your groups!

UPCOMING EVENTS



February 28-March 1
27th Aloha Roundup
Honolulu, HI
www.aloharoundup.com



March 6-8, 2020
PRAASA
Tucson, Arizona
<https://www.praasa.org>



July 2-5, 2020
85th Annual AA International Convention
Detroit, MI
https://www.aa.org/pages/en_US/international-convention-2020

HIDDEN ARTISTIC TALENT? **HELP US DESIGN AREA 93'S PRAASA BUTTON!**

AREA 93 - 2021 PRAASA BUTTON ART CHALLENGE

EMAIL YOUR BEST BUTTON DESIGN (OR QUESTIONS) TO:
2021PRAASACOMMITTEE@GMAIL.COM

DEADLINE FOR SUBMISSIONS IS
2/17/19

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

1. **Intergroup Central Office Rep. Meeting (COR)**
8:45am, Alano Club
3075 Broad St., S.L.O.
2. **22nd District General Service Rep. (GSR)**
10:15am, Alano Club
3075 Broad St., S.L.O.
3. **District 22 Convention Committee**
12:00 noon, Melody
560 Higuera St., Suite E, S.L.O.

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.

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.