



## FINDING A.A. WHEREVER WE GO

### Two local members attend A.A. meetings around the world

Whenever my husband Paul and I travel to a place new to us, we try to locate A.A. meetings close to us. We spent a few days in June 2019 in Athens, Greece, prior to embarking on a cruise. The new app, Meeting Guide, lead us to the Parthenon Group, an English-speaking noon meeting about a 40-minute walk, 2.7 km from our hotel. It was a pleasant walk, slightly up-hill. On arrival, we were quickly buzzed in and took the elevator to the Group's location on the 6th floor. Two other A.A.'s were there, Panos the secretary, and Vicky, a relative newcomer. We were warmly welcomed, had no difficulty communicating and were grateful for the meeting. Panos had an extra Daily Reflections on hand which we gave to Vicky to celebrate her new sobriety. Before leaving, we took a photograph of the meeting room, which was printed in the November 2019 issue of the Grapevine. We sent a copy of the issue and the photograph to the Parthenon Group, thanking them again for having a meeting for us.

Very shortly later, we received emails from Ana and Chris, the Group's contacts on Meeting Guide, thanking us, and assuring us that Panos and Vicky were well. They told us of the history of the Group. Here it is in Ana's words. "The Parthenon Group started back in the late sixties. Meetings were originally held on the US army ships docked in the southern part of the city. By 1971 the meetings were held three times a week on the American army base itself. These meetings later moved to other parts of the city when the base shut down. We recently lost a member who was around from back then, that is how we know the history of AA in Greece. Greek-speaking groups started around the late eighties. There are 18 English-speaking meetings held in Athens a week. 14 of them are at the Parthenon meeting rooms."

A few days later, we got an email from Vicky. She wrote "Thank you very much for the sobriety wishes. Yes, I am still sober! Panos too. It's a miracle guys that I haven't drunk for such a long time. I can't believe it! You know, some days are good, others are tough, but it all passes in the end if one gives it some time :) I am planning to go to Detroit next July and will be more than happy to meet you there if you go too....I think of you from time to time and still have the Daily Reflections you gave me—thank you, I cherish it."



**The Parthenon Group  
Athens, Greece**

On page 162 of the Big Book, our founders dream that "Some day we hope that every alcoholic who travels will find a Fellowship of Alcoholics Anonymous at his destination". Paul and I were blessed to follow in the footsteps of American G.I.'s, who brought the message to Greece and established an A.A. group, the Parthenon Group, which we were able to attend decades later. Higher powers willing, we will be able to reconnect with Vicky, by then in her second year of sobriety, when she travels to Detroit to join tens of thousands of us to celebrate 85 years of carrying the A.A. message.

*Jim L. & Paul L., Morro Bay*

Read the newsletter online at <https://www.sloaa.org/resources/nameless-newsletter> to take advantage of clicking on the links and viewing it in living color!

## \*\*MEETING DIRECTORY CHANGES\*\*

- **NEW meeting** at Melody Group in SLO at 5:30pm on Thursdays. It is a Big Book Study and is an open meeting lasting 1 hour. 560 Higuera St. Suite E San Luis Obispo.

### 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](mailto:communications@sloaa.org)
4. Access the meeting change form online at <https://www.sloaa.org>

## AA January Birthdays

Name	From	Years
Sherry B.	South County	34
Jim L	Options/Morro Bay	22
Giulio D	SERG-SLO	17
Jen D	Mesa/5 Cities	3

If you'd like to celebrate your sobriety birthday with us in the Nameless NewsLetter send details to: [NNLEditor@sloaa.org](mailto: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!

## FEBRUARY: *Hope*

### Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

### Tradition 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

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## 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

- 1<sup>st</sup> **South County Speaker Meeting**  
8:00pm, St. John's Lutheran Church  
959 Valley Rd., Arroyo Grande
- 2<sup>nd</sup> **Morro Bay Speaker Meeting**  
7:30pm, St. Timothy's Parish Hall  
962 Piney Way, Morro Bay
- 3<sup>rd</sup> **Saturday Night Live**  
7:30pm, Calvary Church  
4029 S. Higuera St, SLO
- 4<sup>th</sup> **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
	<b>Staff</b>	
Office Manager	Scott L	manager
Volunteer Coord.	Joe R	officecoordinator
Call Forwarding	Craig/Chad	callforwarding
Webmaster	Bob R	webmaster
Newsletter	Judy G	nnleditor

## You Are Not Alone

When you feel like giving up, using again, relapsing, "outing"; all the different terms you've heard since being in AA... when you feel that urge:

- Don't give up and don't give in
- You are not alone by any means
- Family
- Friends (personal)
- Friends (AA)
- Facebook and Twitter friends  
all are on your side, all rooting for you.

At times, maybe every day, maybe all day, you may feel overwhelmed, anxious, depressed, angry, etc. Again, you are not alone. All of those mentioned above are there with you and for you. Cheering you on.

You may never know how much you impact their lives. How they look at you as brave enough to boldly tackle this disease. How you still stay strong amidst all those messed up moments or even a full messed up day.

Initially and ultimately, it is you who makes the daily, hourly, or by the minute decision to stay sober. Please know and embrace this. There is a full army out there encouraged by your daily efforts and achievements.

Even through setbacks, you are not alone. Your courage to pick yourself up and keep going is just as much of an encouragement to all, just as much as it is to you. The impact of fighting this disease goes both ways.

Keep going, keep strong ~ you are not alone.

*Submitted anonymously via USPS. Thank you!*



### PLEASE NOTE:



Central Coast Central Office will be moving to a new location around the first of March 2020. Call our Hotline (805) 541-3211 after February 5th for the address. We look forward to seeing you at our new location!



## Speaking of Service...

### What is a CENTRAL OFFICE REPRESENTATIVE (COR)?

#### Group Representation at a Central/ Intergroup Office

The key purpose of the Intergroup Rep is to be a link in the chain connecting individual AA members in the group to Intergroup resources. Central offices are essentially A.A. service entities, "directly responsible to those they serve," as described in Tradition Nine. **Local group representatives reflect their group's conscience in the Central Office operations.** Our Central Office/intergroup Board of Directors (steering committee) is set up to handle the administrative activities of the service office. **The Board holds regularly scheduled meetings and reports to group representatives on central/intergroup office problems and accomplishments.** It is extremely important to keep a two-way flow of information going between the central/ intergroup office and its member groups.

The **Central Office Rep (COR)** is selected by each participating group and attends the monthly Intergroup business meetings to bring suggestions, comments and opinions from the group. Our meetings are held the **second Sunday of each month (Service Sunday) at 8:45am in the SLO Alano Club meeting room, 3075 Broad St. in San Luis Obispo.**

The COR brings information such as new flyers, announcements, newsletters and meeting schedules back to the group. The COR should be present to cast a vote on all matters requiring a group conscience. Through active intergroup participation, the COR helps the group stay involved and keeps AA in the county of San Luis Obispo healthy and active.

#### What are the qualifications for a COR?

Each AA group determines its Central Office Rep qualifications. However, experience has shown that both the group and AA as a whole are best served by Reps having at least one (1) year of continuous sobriety and able to serve for at least one (1) year.

## UPCOMING EVENTS

**February 28-March 1**

**27th Aloha Roundup**

Honolulu, HI

[www.aloharoundup.com](http://www.aloharoundup.com)

**March 6-8, 2020**

**PRAASA**

Tucson, Arizona

<https://www.praasa.org>

**May 15-17, 2020**

**Men's AA Camp Out**

Arroyo Grande, CA

<https://www.sloaa.org>

**July 2-5, 2020**

**85th Annual AA International Convention**

Detroit, MI

[https://www.aa.org/pages/en\\_US/international-convention-2020](https://www.aa.org/pages/en_US/international-convention-2020)

The 2020 International Convention of Alcoholics Anonymous will be held July 2–5, 2020 in Detroit, Michigan with the theme “Love and Tolerance is our Code.” A.A. members and guests from around the world will celebrate A.A.’s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.

During the Convention, the Cobo Center will be packed with panels, regional meetings, marathon meetings and topic meetings on subjects ranging from “Came to Believe” to “Healing Through Laughter” to “Tolerance and Trust.” “We are looking for something in the neighborhood of 700 speakers,” Julio E., G.S.O. staff member on the International Conventions assignment, says. He will send a letter out to General Service Conference members in September, asking for their help in finding speakers who can focus on recovery in A.A. as they weave a selected topic into their talks. All convention meetings are “open” meetings, so it is important that speakers pass along the message of A.A. to any visitors or guests.

Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee. For further information please see the [Frequently Asked Questions \(FAQs\)](#).



We look forward to seeing you  
in Detroit!

## 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
- **12<sup>th</sup> 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](mailto: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.