Nameless NewsLetter



April 2020

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 27

NO. 4

Moving Central Office

What it was like - What happened - What it's like now

The end of last year was also the end of the second five-year lease on our AA Central Office on Pacific Ave. Word came that the landlord wanted to rent our space to our neighbors – another non-profit. In our search for a new space, it seemed there was little in our price range, but after several months we found an office located in San Luis Obispo.

In hindsight, we should have seen the red flags. After we signed the lease and put down a hefty deposit, we learned that all of our volunteers and staff would have to sign in (everyday), and every visitor who came to the office. Then we were told all of our volunteers would have to pass a security check. After several sleepless nights, we asked to be released from the contract. They said no problem and even refunded all of the deposit. Our former landlord gave us an extra thirty days to find another space.

Not twenty-four hours passed, and another board member arranged to have several board and staff members look at properties in Los Osos. We looked at six offices and chose the last one we saw. It was a little small, but it seemed to meet our needs. Best of all, the rent at the new Los Osos office is less than half of what we would have paid the first office we chose in SLO.

Many volunteers packed boxes, discarding items we did not need. On a Saturday in mid-March, a handful of volunteers loaded up two trucks and two trailers and moved us to our new digs. Then of course, pizza for all!

The plan was to open up the following Monday. But then came social distancing, and the Board decided we should remain closed, for the health and safety of our community. Volunteers and staff made the adjustments. Calls to the Central Office were forwarded to our volunteers, who answered them 24/7. Our webmaster Bob R. has spent countless

hours posting updates, listing meetings that have closed and adding links to several that are now meeting online.

At this writing it looks like the Central Office will be closed for another month, the volunteers will continue to cover the phones 24/7, and online meetings will be our lifelines.

When we go back to "normal" come check out our brand-new office in beautiful Los Osos. Buy a Big Book; pick up some meeting schedules and Newcomer Packets; have a cup of coffee or soda; have a "mini meeting" with the volunteer and anyone else who might stop by. Until then as our Big Book says at the end of *A Vision for You* ". . . We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. . . . May God bless you and keep you – until then".

Bonnie \mathcal{N} .

CCCOI Chairperson



1333 Van Beurden Drive, Los Osos

APRIL: Courage

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

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Sobriety Birthday/Anniversary

Name	From	Years
Marilyn S	Cambria	5
Judy G	Avila	12
Meliza J	SLO	25
Sharon W	5 Cities	36
Bonnie N	5 Cities	39

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!

MEETING DIRECTORY CHANGES

- <u>List of ONLINE meetings due to COVID-19</u> **Submit an online meeting link**
- <u>List of CLOSED meetings due to COVID-19</u>
 Submit a meeting closure

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

AREA SPEAKER MEETINGS

Temporarily CLOSED

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

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

A.A. Groups Using Digital Platforms to Find Sobriety During Coronavirus (COVID-19) Outbreak

Virtual Meetings, Email, Phone, Social Media Allow Message of Recovery to Carry On — "ONE DAY AT A TIME"

March 23, 2020

Contact: pressinfo@aa.org

The General Service Office (G.S.O.) of Alcoholics Anonymous for the U.S./Canada functions as a repository for A.A. members and groups who are looking for shared experience from the A.A. Fellowship. As the global situation related to Coronavirus (COVID-19) continues to develop, G.S.O. is fully committed to its role as an important resource center to help navigate this unprecedented public health emergency.

It is important to note, G.S.O. is not an authoritative body over A.A. groups, nor does it initiate rules or directives, as each A.A. group and entity is autonomous, and decisions are made through an individual group conscience. Providing guidance on health issues is outside the scope of the A.A. sharing that G.S.O. offers. For anyone experiencing health and safety questions, it is suggested they contact national, state/provincial and local health authorities for appropriate information.

However, in response to the global outbreak, the office does have some general experience regarding how some A.A. groups and members have begun addressing this issue. Many are following "social distancing" guidelines established by local, state/provincial and federal officials, while at the same time maintaining their focus on recovery and facilitating digital A.A. meetings.

By attending digital meetings, group members can focus on A.A.'s primary purpose: to carry its message of recovery to the alcoholic who still suffers. Many groups have alerted local A.A. offices or hotlines if they are temporarily not meeting in their regular physical space. Some groups have shared that they are utilizing digital platforms such as Zoom, Google Hangouts, or conducting conference calls.

A.A. groups and members are also creating contact lists, keeping in touch by phone, email or social media.

POSSIBLE UPCOMING EVENTS

May 1-3, 2020

32nd Annual Big Island Bash

Kailua Kona, Hawaii

https://www.bigislandbash.com

May 15-17, 2020 Men's AA Camp Out

Arroyo Grande, CA

https://www.sloaa.org

June 12-14, 2020 Founder's Day

Akron, OH

https://www.foundersday.org

The 2020 International Convention scheduled for July 2-5, 2020 in Detroit, Michigan, has been cancelled.



September 11-13, 2020

2020 National AA Technology Workshop

Seattle (Bellevue), WA

www.naatw.org

December 4, 2020
EARLY RISERS (LOS OSOS) HOLIDAY PARTY

Los Osos. CA

https://www.sloaa.org



Many local A.A. central/intergroup offices and area service structures have added information to their websites about how to change a meeting format from "in-person" to a digital platform.

A.A. in the digital age has certainly taken on a new meaning in these challenging times, reminding its members and those searching for help that A.A. is not just a "place," but exists in the hearts, minds and help offered.

Tell us your Story...

Got a 600-700 word story about your experience, strength and hope as a recovering alcoholic that you'd like to share with us? Please send to nnleditor@sloaa.org and make sure to indicate how you'd like to be identified; as the author... or not!

Alcoholics Anonymous

A.A.W.S. continues to process literature orders

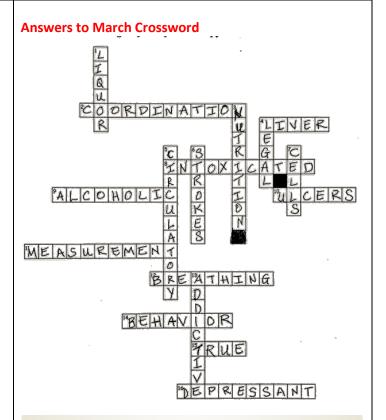
Please contact our Order Department at 212-870-3312 or email orders@aa.org or visit the online store at

https://onlineliterature.aa.org.
Customers who previously had an online
account must call the Order Entry Department to
obtain access. Please call 212-870-3312, Ext. 2

Inspiration Word Search

<u>Find these words</u>: Believe, Breath, Change, Comfort, Dream, Faith, Happiness, Hope, Laugh, Learn, Live, Love, Peace, Positive, Shine

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U	D	Т	E	N	N	Н	W	S	D	Е	Α	Е	0	Е	٧
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M	E	J	U	P	E	Н	D	F	В	D	М	Α	0	Α	G



Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do (3)

