



## An Honest Prayer

### It was different than the deal-making prayers...

I've been going to meetings for a long time. Why? Because I need to and ultimately realized I want to. How did that come to be? The day I surrendered to my alcoholism/addiction, I knew I was beaten in life. I knew I had run out of places to hide. I didn't think I had anywhere to go. I was having psychotic episodes; hearing voices spewing negativity about what a mess I'd made of my life. I was taking in air yet felt I couldn't breathe.

A series of events had taken place as I was racing to my bottom. One included a failed suicide attempt, thwarted by a three-year old boy who came to my aid at 3:00 AM. I was in a vacation rental home in Lake Tahoe where I had done some of my most manic drinking and drug use. He was sleepwalking in a large house and had walked through several rooms to come to my unexpected rescue. I didn't know why he was there. Maybe he did. It's just one of those program things we hear about, then discover for ourselves, and then get to share.

A few days later, I had retrieved my things from the home of a partner in yet another broken relationship. When I got home, I had sadness and desperation interrupted by a call out of the blue from a partying type friend of mine. We used to do a little non-habit-forming cocaine together. I hadn't talked to him in a couple of years. He needed a fill-in for his softball team that night. For a moment, I romanticized. Playing sports and the get togethers afterward had always been part of the fun that drinking seemed to provide until it didn't anymore. "Okay, John" I said. "Where do I meet you?" "I'll come and pick you up," he offered.

He arrived 45 minutes before game time. I was glad to see him. Years before, I had coached him in his freshman year in High School. After he grew up, we played softball with and against each other. I got into his car and after greeting him, was surprised by what appeared to be a certain calm about him. His eyes were bright and clear and being around him felt different. I asked him what he had been up to and was shocked to hear him say he had just had a two-year birthday in Alcoholics Anonymous. On my first birthday, he shared that it was an unexpected (to him) "flash" thought to call me.

The guy I was supposed to replace showed up for the game that night. So, I spent the night on the bench, which was not my way. That didn't help; it increased my

loneliness, which I thought impossible. When John drove me home, I went into the house and came back out with a couple of beers. Certainly, a beer would be okay to share with him, right? He politely refused. I cracked the can open and as I brought it to my mouth, the liquid burned as if it were acid. I spit it out. How weird was that? One of my roommates came out of the front door to say hello and passed me a joint. I tried to take a hit, but the taste was foul and burned as if I had taken in coffee that was way too hot. How weird was that? My mind started racing again and the voices were returning. I couldn't tell anyone, especially John. I was his coach, don't you know?

I went into the house and as I was walking down the hallway, I said out loud, "God help me. I can't do this to myself anymore." At the time, I didn't realize that I had made an honest prayer. It was different than the deal-making prayers I had been making for years. They were something like, "If you give me this, I won't do that. If you do this for me, I will do that. If you bail me out of this one, I'll be a good servant, I won't drink, I'll be faithful" and so on. In my first 4<sup>th</sup> and 5<sup>th</sup> steps I came to realize that over the years, I had been helped a lot. And, I hadn't kept up my part of the bargain. This prayer was different. I said it almost child-like and I meant it.

When I reached my room, I lay down on my bed. As if I had snapped my fingers, I woke up surprised to see it was morning. Outside my window a bird was in the tree looking in and chirping away. For a moment, I felt calm. I sensed something was different without having the vaguest idea what it was. Maybe it was my first look at a meaning for Grace.

That was February 16, 1988 and I haven't had a drink or drug since. I began my journey in AA that week too after a call to my sister, Carole P., who had 12-stepped me more than 10 years before; Thank God. It was the beginning of a new life and I got to learn there is no lead-time in God's answers to honest prayers.

Now that's my story and I love reflecting on it and sharing it. Going to meetings gives me the opportunity to hear other people's accounts of their spiritual experiences and awakenings.

- Bob K., reprinted by permission

***Tell us your Story...*** Share your experience, strength and hope as a recovering alcoholic by sending it to [nnleditor@sloaa.org](mailto:nnleditor@sloaa.org)

## MAY: *Integrity*

### Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### Tradition 5

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

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## Sobriety Birthday/Anniversary



Name	Years
Justin S.	4
Linette	6
Dana P.	9
Betsy B.	11
Mike T.	23
Gil M.	29



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!

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

- [List of ONLINE meetings due to COVID-19](#)  
[Submit an online meeting link](#)
- [List of CLOSED meetings due to COVID-19](#)  
[Submit a meeting closure](#)

#### Ways to submit changes to our Directory

- ~~1. Drop by Central Office and enter change(s) on a meeting change form. *Temporarily closed*~~
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>

## 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  
VENMO @slocentraloffice

**Hospitals and Institutions ( H&I )**  
P.O. Box 12737  
San Luis Obispo, CA. 93406

## UPCOMING EVENTS

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>

September 11-13, 2020  
**2020 National AA Technology Workshop**  
Seattle (Bellevue), WA  
[www.naatw.org](http://www.naatw.org)

December 4, 2020  
**EARLY RISERS (LOS OSOS) HOLIDAY PARTY**  
Los Osos. CA  
<https://www.sloaa.org>

## AREA 93: Delegate's Corner

Hello everyone and warmest greetings. My name is Jeff and I'm an alcoholic; currently blessed to be serving as Area 93's panel 69 Delegate.

Welcome to Spring 2020. As I write this I am filled with sadness and at the same time anticipation. Today, April 19th was supposed to be the first day of the 70th General Service Conference in Rye Brook New York. Instead of being in NY, I am sitting in my home office catching up on A.A. e-mails and assisting in planning our Area's upcoming events. What a year we are having. For the most part quarantined to our homes. No "in person" A.A. meetings. Thank God for online. That is where we've moved temporarily. Even the conference will be held through teleconference technology. That is my anticipation. I and the other panel 69, and 70 Delegates will be part of the first ever virtual General Service conference. My hope is we can be productive and significant even with the shortened schedule (Sunday May 16th through Tuesday the 19th).

Given our current environment, what a fortunate opportunity PRAASA was, March 6th through 8th in Tucson. The Pacific Region Alcoholics Anonymous Service Assembly. One of the last large A.A. events before this pandemic arrived and placed practically all of what we do in person on pause. I am grateful I was able to take part, being there with many of you.

Back to our current situation, let's keep our focus. A.A. is still vital, relevant, and important. We must keep our program and our service work flowing. If the reports I hear are accurate, we may have an influx of new and returning members once we come out the other side of our predicament. Let's make sure A.A. is ALWAYS there for those who suffer.

It was great to be part of our Area pre-conference workshop on 4/11. I also attended a workshop put on by Area 42, Nevada on March 22nd. Another for District 23, Santa Barbara on March 29. And Area 93 is in the planning stages for another workshop session for the entire Area in early May, just before the virtual conference begins May 16th. Many thanks to those who participate in any or all of these great days of AA service.

Don't forget to check out <https://www.area93.org/> to fill out the conference Opinion poll. The results will be used in my conference prep. Any poll posted by May 10th will be downloaded and included.

Please feel free to contact me with questions you may have about the conference or anything AA related.

With love in service –

Jeff G.  
Area 93, Panel 69 Delegate  
[delegate@area93.org](mailto:delegate@area93.org)



## Options for Meeting Online\*

Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. Below is some shared experience around meeting online.

### Decide if you want to create your own online meeting or attend one that already exists.

There are a variety of existing online A.A. meetings accessible via <http://aa-intergroup.org/>

### If you decide to create your own online meeting, you'll need to choose a platform to use.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting. There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

[Google Hangouts/Meet](#)

[Zoom](#)

[Free Conference Call](#)

For more information on other online platforms visit: [G2.com](#)

### Share information about the meeting

Provide your group members and your local A.A. offices with information and any relevant instructions for your meeting.

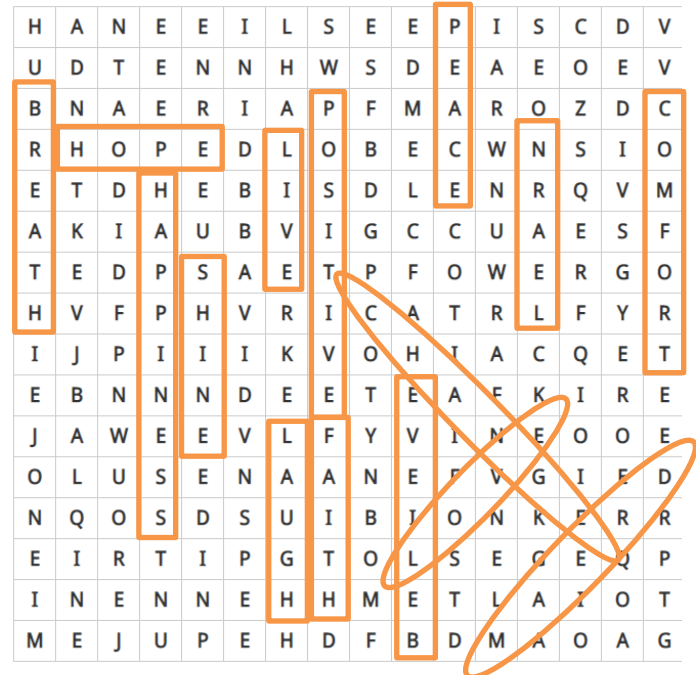
**\*Read the whole article at**  
[https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online)

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## Answers to April Word Search

### Inspiration Word Search

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



*"Do you have some time to go over my inventory?"*

"If the Fourth Step is the exploration of an abandoned house, I have come to think of the Fifth Step as raising the blinds and throwing open the windows. The house has air and sunlight now, and it's no longer haunted. When people come to the door, I can welcome them without shame, and I can even invite them in. Some rooms are private of course, but none are secret, and I live in all of them."

New York, New York, May 1999, "Sunlight and Air,"  
Spiritual Awakenings

## A.A.W.S. Continues to Process Literature Orders

Please contact our Order Department at 212-870-3312 or email [orders@aa.org](mailto: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



### As Bill Sees It

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### A Saving Principle

The practice of admitting one's defects to another person is, of course, very ancient. It has been validated in every century, and it characterizes the lives of all spiritually centered and truly religious people.

But today religion is by no means the sole advocate of this saving principle. Psychiatrists and psychologists point out the deep need every human being has for practical insight and knowledge of his own personality flaws and for a discussion of them with an understanding and trustworthy person.

So far as alcoholics are concerned, A.A. would go even further. Most of us would declare that without a fearless admission of our defects to another human being, we could not stay sober. It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this.

TWELVE AND TWELVE, PP. 56-57