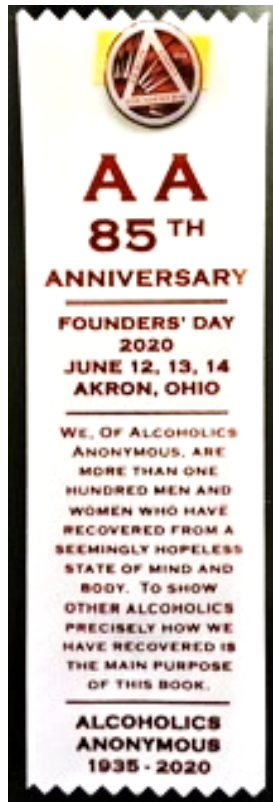




Virtual Founders' Day

Dr. Bob's last drink was on June 10, 1935 in Akron, OH. This day has come to be known as Founder's Day and has been celebrated by recovering alcoholics around the world for 85 years.

Founder's Day was on my bucket list! So, when I heard about this year's opportunity to attend the event for FREE via Zoom online, I signed right up. The Akron Intergroup even sent me a pin and a ribbon in commemoration of my "attendance"!



As we learn to do in A.A. through working the 12 steps, I chose to look at this change in venue for its positive aspects. All the hassle of traveling from California to Ohio was an obvious plus, as well as lack of crowds, being able to hear the tour guide, getting close-ups of the speakers, and being able to view it all from the comfort of home. What more could one ask for?

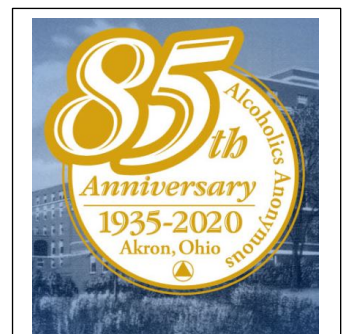
We started off with speaker Matthew M. from San Paula, CA at 8am my time, who shared his experience, strength, and hope. Then we moved onto the Old Timer's Panel with 3 panelists whose time added up to 139 years! Next on the agenda were two AA members talking about our Twelve Traditions. It's always good for me to hear other members' experience with our Traditions. At 1:30 Charlie and Katie P. from Austin, Texas told us about their "Second Surrender", the

first being a false start. Two guys from Texas shared their commitment to service in the program of Alcoholics Anonymous, a subject close to my heart. The Historic Sites Tour narrated by local member John R. was awesome as we not only got to see landmarks such as Dr. Bob's home and grave site, but also to learn lots of the history of A.A.; my main interest in the Convention itself.

At 5pm the Main Speaker, Bobby C. with 32 years of sobriety spoke. He was a firecracker and full of historical anecdotes about A.A. in Philadelphia, which is where he got sober. According to Bobby, Philly was the fourth A.A. group to be formed. To wrap up the first day we were taken on a tour of Akron University, where I might have stayed had this not been a virtual event. Scott and Harmon were our guides, huffing and puffing on their walk up and down the college paths. Quite a beautiful campus and the fellows were knowledgeable and humorous.

On Sunday morning at 6am California time they had a Bagpipe eulogy to Dr. Bob. It was pre-recorded on Friday night to discourage the usual gathering at the gravesite. Apparently this is a highlight of the weekend in a normal year. At 7:00 a panel shared their spiritual journeys with us. We finished up with Roosevelt M. from Akron who also spoke a little about the "Black Lives Matter" movement. He gave a fabulous pitch which left us with gratitude and hope. I know I am grateful to the Akron Intergroup for all the time and effort they put into this year's event, and I'm hopeful that it will be the first AND the last time a virtual venue is necessary!

-Judy G., Avila Group



JULY: *Humility*

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept 7

The Charter and bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct World Service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

Sobriety Birthdays



Name	Years
Earl G.	48
Linda W.	36
Tina I	19
Lynn R	16
Armand	14
Angela H	11



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****

- [List of ONLINE meetings due to COVID-19](#)
[Submit an online meeting change](#)
- [List of CLOSED meetings due to COVID-19](#)
[Submit an online or in person meeting closure](#)

Ways to submit changes to our Directory

1. **Temporarily closed:** 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>

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
PMB #140606
606 Alamo Pintado #3
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](mailto:VENMO@slocentraloffice)

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

UPCOMING EVENTS

July 1-31, 2020
Love and Tolerance is our Code
85th International Convention
(VIRTUAL)
<https://www.aa.org/>

August 28-30, 2020
A Vision for You
District 22 (VIRTUAL)
<https://sloaa.org/>
San Luis Obispo, CA

December 4
Los Osos Early Risers
9th Annual Holiday Party
Los Osos, CA
<https://www.sloaa.org/event/early-risers-los-osos-holiday-party/>

Step of the Month

BY: G. L. | SAN ANTONIO, TEXAS

LIKE A LOT of folks, when I first came into AA, I got real busy and worked all Twelve Steps in about six weeks. I was burning with enthusiasm, bursting with energy, and bound for perfect sobriety. So I thought.

A few months later, when I returned to planet Earth, my sponsor told me the facts of life--that I was on the right road to recovery, but there were plenty of bumps and chuckholes along the way, and because I was such a victim of my emotions, I would have to try harder.

One thing he emphasized was that I needed to keep working the Steps over and over. All of them. In fact, he implied that a day should not pass without some involvement with at least one of the Steps. This could be as simple as admitting I was an alcoholic or taking my inventory at night. I believed him and began to work on Step One again, then Step Two, and on through to the end. I did this for about a year. After that, I just let it quietly go away. I still went to meetings and did a little Twelfth Step work, but I had an uneasy feeling that I wasn't doing enough on the Steps.

I am not a very well-organized person, generally speaking; so after about four years in the program, I decided something had to be done. I needed some kind of simple system to insure that I would be working on at least one of the Steps at any given time. I tried using my desk calendar at the office, and that worked for a while. I tried using stops at traffic lights. Someone suggested thinking of AA every time the phone rang. These were all good reminders, but there was too much interference to permit serious working of the Steps. I needed something steady, dependable, and neat. Something I could carry around in my head. Something easy to recall.

Suddenly it hit me! There are twelve months in the year, and there are Twelve Steps in AA. Why not concentrate on one Step a month? For years, I had heard of the Book of the Month, Fruit of the Month, and Employee of the Month, so why not Step of the Month? My AA birthday is in January, so it would work out just right: First Step in January, Second Step in February, and so on. I decided to try it.

During the month when I am concentrating on a particular Step, I read about it, talk about it, think about it, meditate on it, and generally try to apply it whenever I can. This does not rule out working on other Steps as the occasion arises, but it focuses my scattered brain on one Step a month, giving me a sort of security feeling. It's a kind of insurance that I will cover all the Steps each year.

Continued next column 

Sounds mechanical? Maybe so, but a disorganized person like me needs some framework, some system to help him keep moving. Otherwise, I procrastinate; I say I'll do it tomorrow, and you know how that goes. I am convinced that AA will keep a person sober even if the program is worked in a purely mechanical way--plus willingness and the grace of God, of course.

I used to worry that I wasn't doing enough about working the Steps, but since using the Step of the Month idea, I feel a lot better. At least, so far.

Reprinted with permission from the AAGrapevine.org, June 1980



Central Office will be open for literature sales:

Monday July 13 and 27 from 1-5pm
Saturday July 11 and 25 from 1-4pm

You must be able to pick them up the same day. The books will be brought to the door as the **office is not open at this time.**

Steps to order and pick up books:

1. Call Central Office on the day you want to pick the books up. Call (805) 541-3211 between 12 noon and 4 PM and place your order
2. You will be told the amount you owe.
3. Bring the exact amount, as we cannot make change at this time. Check (made out to CCCOI), cash, and Venmo payments are accepted. (Venmo@slocentraloffice).
4. Pay for and pick up your books at 1333 Van Beurden Drive, Los Osos before 5 PM. We will bring them to the door. Van Beurden Dr. is located where South Bay Blvd and Los Osos Valley Road meet.
5. If you would like any **FREE Newcomer Packets, Meeting in a Pocket, or Birthday Contribution Envelopes** (limited to 5 each) – please let us know when you place your order.

Thank you for your cooperation.



AAWS Continues to Process Literature

Please contact the Order Department at 212-870-3312 or email orders@aa.org or visit the online store at <https://onlineliterature.aa.org>.

Dear friends,

As most of you are aware, in the spring the decision was made to cancel the 2020 International Convention due to the COVID-19 pandemic. While this was a difficult decision, and a disappointing outcome for those planning to attend, we are confident it was the most appropriate action to ensure the health and safety of our members. There is good news, however, as we now have an opportunity to bring together many of the special components that make International Conventions memorable — by utilizing a virtual platform. For this purpose, we are planning a 2020 International Convention digital site. Throughout the month of July, the 2020 International Convention will come alive online to provide a new experience that includes A.A. speakers; a digital “Carrying the Message Pavilion”; sharing from nonalcoholic friends of A.A. and special guests linked to our history; a presentation of the 40 millionth Big Book; a new Archives video on the history of A.A.; an AA Grapevine video created for the Convention, and more.

The virtual experience will also help us reaffirm the International Convention’s goals, which include rededicating ourselves to the primary purpose of A.A.; sharing the success and growth of the A.A. program around the globe; and letting the world know that A.A. is alive, flourishing and available as a community resource internationally.

We will be up and running on aa.org by July 1, 2020, to coincide as closely as possible with the original Convention date, and the site will be available throughout the entire month of July. Please stay tuned for updates on aa.org.

In fellowship,

Julio E., 2020 IC Coordinator.

Step 12... Carry the Message

Tell us your Story... Share your experience, strength and hope as a recovering alcoholic by sending it in your own words to nnleditor@sloaa.org (@ 650 words)



Coming Soon!

53RD ANNUAL DISTRICT 22 CONVENTION



**AUGUST 28-30, 2020
SAN LUIS OBISPO, CA**

The 53rd District 22 Convention will be held virtually on Zoom this year.

- Registration is FREE, although we are accepting donations.
- T-Shirts can be purchased online and will be mailed or available for pickup locally in SLO County.
- The program features five Speakers: H&I and Young People Speakers, Al-Anon keynote speaker and AA Meeting Speakers on Friday and Saturday.
- AA and Al-Anon marathon meetings will also take place on Zoom.
- Registrants will be sent the Zoom meeting codes one week prior to the start of the convention. You are welcome to share those meeting codes with other members of AA and Al-Anon.
- The convention website will be ready for online registration starting July 5.

SERVICE OPPORTUNITIES

Every other Saturday 10am-1pm (currently calls are forwarded to the volunteer’s home, but in the future the volunteer would answer the phones in the office and process literature sales)

Every Sunday 6pm to 9am (Calls to be forwarded to the volunteers’ home)

Every Friday 6pm-10am (Calls to be forwarded to the volunteer’s home)

**We want the hand of A.A.
ALWAYS to be there!**

