



Missing All the Hugs

As life takes a swing at us, we seem to be responding like the champs we are. With God's grace, life will settle down and hopefully we'll return to our meetings.

AA has kept me sober for over 15 years now. With a sponsor to guide me, I've been on this journey to a wonderful life.

Fear recently crept back into my life for a short time, but thanks to our Fellowship, as I sit and write this it's been put to rest. During this COVID-19 pandemic, our regular, in-person AA meetings stopped. My home group held 12 meetings a week and I suddenly wondered what was going to happen.

To my shock, my fellow AA folks stepped up to the plate to save us. Thank goodness video conferencing was invented. I had never used virtual meetings until this. Our group cut back a bit to four meetings a week, but other AA meetings have picked up the slack. Now there's definitely no reason to miss a meeting! There are virtual meetings now in any state or country. Wow! Who would have ever thought this was possible?

I'm so blessed to hear the AA message in all types of meetings: Big Book, speaker, Step, discussion and on and on. In many ways, nothing has changed. But it has. I do miss the human touch and the fellowship. I miss all the handshakes and hugs, and of course, the coffee and cookies. One interesting thing: smoking is now allowed at all meetings—that's different!

One great thing is that I've used the phone more than ever calling and receiving calls from AA

folks. I even reread the Big Book and other helpful books that have been gathering dust. I do feel for the newcomer the most, but gratefully, I'm seeing more and more of them at our virtual meetings. That brings a smile to my face. So as life takes a swing at us, we seem to be responding like the champs we are. With God's grace, life will settle down and hopefully we'll return to our in-person meetings soon.

Staying home is tough. Why, just the other day, I invited three good friends to come to my yard, staying 10 feet apart, and have a face-to-face type AA meeting. It was just what I needed and so much fun for all of us.

So, for now online is the way we stay sober. And hopefully soon, just like in Akron a long time ago, we'll be meeting in church basements again. Until then, keep sober my friends. Use the phone, meet us online and pick up your Big Book to stay on the path. And Grapevine, thanks for keeping going! I'll be watching the mail.

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a good laugh. To share a laugh about sobriety, read *Take Me To Your Sponsor*, available in the AA Grapevine Bookstore.

By: Johnny O., Kearny, N.J.

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Sending virtual HUG



AUGUST: *Love*

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

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Sobriety Birthdays



Name	Years
Robert	1
Tony	1
Terry A	10
Dara A	12
Stacy W	18
Mary C	33
Susan W	39
David S	50



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. Drop by Central Office Monday or Saturday 1-4pm and enter change(s) on a meeting change form
➤ **Please wear a mask and call ahead!**
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

August 7-9, 2020
Happy, Joyous & Free
Summerfest 2020 (VIRTUAL)
<https://aa-summerfest.org/>
Eugene, OR

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

August 28, 29 & 30, 2020
Northwest Fellowship of the Spirit
<https://www.nwfots.org/>
Zoom Meeting ID: 880 2818 7579
Seattle, WA

Carrying the Message through Conference Approved Literature

A Tip Sheet for our Virtual Meetings

- Announce the availability of free literature at <https://www.aa.org/>
- Pamphlets can be read online and downloaded.
- Use ZOOM Share Screen and/or Chat features to reinforce your announcements
- Copy and paste a link to https://www.aa.org in the Chat.
- Suggest [What is A.A.?](#)
This link takes you to the equivalent of a Newcomer Packet
- Suggest [Need Help with a Drinking Problem?](#)
This link takes you to resources relevant to a newcomer
- The audio version of the Big Book is available to listen for free at [Alcoholics Anonymous--Audio Version](#)
- The audio version of the Twelve Steps and Twelve Traditions are available to listen for free at [Twelve Steps and Twelve Traditions--Audio Version](#)
- ASL video is FREE for viewing at [ASL Video of Alcoholics Anonymous](#)
- Support Grapevine and LaVina by including them in the announcements as another literature resource
 - [The Grapevine](#)
 - [La Vina](#)
- Announce/post a link to your local Central Office as well as their phone number; <https://www.sloaa.org> (805) 541-3211
- Announce and provide time after your meeting for newcomers to stay and get connected: provide phone list, Central Office info, aa.org info, etc.

Central Office will be open for curbside literature sales:

Mondays and Saturdays from 1-4pm

You must be able to pick them up the same day. The books will be brought to the front 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>.



ZOOM



FREE

53RD ANNUAL DISTRICT 22 AA CONVENTION

WITH AL-ANON PARTICIPATION
"2020 - A VISION FOR YOU"

FRIDAY, SATURDAY & SUNDAY
AUGUST 28, 29 & 30, 2020

AUGUST 28-30, 2020

ALL TIMES PACIFIC - SEE FULL SCHEDULE ONLINE

- FRI. 4:30pm **EARLY BIRD SPEAKER**
JENNIFER H.K., PLANO, TX
- FRI. 7:00pm **WELCOME & SPEAKER**
THERESA F., NORTH HILLS, CA
- SAT. 9:00am **SPEAKER WORKSHOP**
MACKENZIE S., OLIVE BRANCH, MS
- SAT. 11:00am **AL-ANON KEYNOTE SPEAKER**
AJIT, IRVINE, CA
- SAT. 1:00pm **H & I SPEAKER MEETING**
ANGELA P., MONTECITO, CA
- SAT. 3:00pm **FAMILY SPEAKER MEETING**
YVETTE, EDDY & EJ B., GRANADA HILLS, CA
- SAT. 5:00pm **YOUNG PEOPLE SPEAKER MEETING**
RICHARD, LOS ANGELES, CA
- SAT. 7:00pm **SATURDAY EVENING**
DARREN P., MONTECITO, CA
- SUN. 10:00am **COMMITTEE RECOGNITION & SPIRITUAL MEETING SPEAKER**
RICO C., ANTELOPE VALLEY, CA

FREE! REGISTER NOW AT
DISTRICT22CONVENTION.ORG



T-SHIRTS
PRE-ORDER NOW!
at District22Convention.org



Al-Anon Family Groups

<https://www.district22convention.org>

Our New Central Office Sign



This new C.O. sign was a gift from Gary R. who made it at his shop **Goofy Graphics** located at 925 Main Street, Morro Bay. The donated sign was installed for us by Rob E. also of Morro Bay. Big **THANK YOU** shout out to them both for their selfless service

SERVICE OPPORTUNITIES

Office Volunteer (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)

Call Forwarding Volunteer (Calls to be forwarded to the volunteers' home)

Please email our volunteer coordinator Chad at chad@payatech.com if interested.

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



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)