



## 2020: A Vision for You

The theme for the 53<sup>rd</sup> annual District 22 Convention this year was appropriate on so many levels, even though it was proposed and voted on *way back* in 2019, **pre-pandemic**. Who knew our "Vision" would literally be a "Brady-box" screen full of AA's, Al-Anon's and Speakers sitting in our individual homes and safe gathering places, connected by Zoom?

I imagine that during the planning, which begins in October of the year previous to the August event, the Convention Committee could not have foreseen this world-wide state of affairs in their wildest dreams... not even with 20-20 vision! 😊

The amazing result was beyond all expectations, thanks to those talented and dedicated committee members. The speakers were fantastic, the marathon meetings filled in the gaps and presented us with more information and a chance to meet some of our brothers and sisters from 26 states and 6 countries! We had 670 registered guests this year, a new record!

Yes, I'm sure we missed all the hugs and conversations with our fellows, the snacks and coffee and Bull's famous BBQ, lunch at Madonna Inn with the Al-Anon speaker, silent basket auction, the 50/50 drawing for the Central Office, sobriety countdown, dancing the rest of the night away... all those live event perks we look forward to. But as in all things, there are Pros as well as Cons. It was FREE, people! The weather didn't matter, no searching for parking spaces, no need to save seats. Watched from the comfort of home, no dress code, no second hand smoke, no MASKS required! I could go on ad infinitum. It's so good to have a new pair of glasses to look at this from a more positive perspective.



We started off with Jennifer HK from Plano, Texas. This lady was FUNNY! Such a good choice for a kick-off! Her list of obsessions was so relatable: alcohol, food, sex, ukeleles... wait, **ukeleles**??! It's so freeing when we can laugh at ourselves in hindsight, and realize how insane and unmanageable our alcoholic lives had become. Jennifer's message was heard and this weekend's entertainment began to fill my soul.

Next on the bill was Theresa F from North Hills, CA. As another speaker noted further on down the track, Theresa's story was not to be topped. She was fed alcohol in her mother's womb and continued on through infancy drinking alcohol-filled baby bottles. Throughout her childhood, teens, and as a young adult she continued drinking alcohol until for some unknown reason she began coming to at the age of 24. I can imagine that was a rude awakening! Still, she got sober and carries the message today with a big smile on her beautiful face.

Saturday morning started off with Mackenzie S from Olive Branch, Mississippi. This young lady's story was absolutely inspirational. Destined to alcoholism at a young age, she was able to get sober at 17 and now has 11 years of one day at a time behind her. She appeared so sweet and wise that it was hard to imagine her as she described herself; once a biker chick with a goth-like bent, morphing into a cowgirl... I felt like cheering as she told us her road to and through sobriety. You go girl!

The rest of my Saturday was spent listening to married couple Angela and Darren P. Angela spoke about her introduction to and later work for Hospitals and Institutions (H&I). She got sober while in prison through a connection formed with H&I volunteers she met while a patient in the psych ward (Jails, institutions,...). After her release she was eventually able to enter Santa Barbara County Jail on an H&I panel to share her experience, strength, and hope. English husband Darren's story was about his decline into alcoholism beginning with success and fun in England through fun and problems in California to nothing but problems in the streets of Santa Barbara. After sobering up he was able to share what he had learned with Angela. Thankfully today they are a solid sober couple in service.

Finally on Sunday we got to hear Rico C's pitch. His story was like a great movie script. Success, failure, sickness, loss, spiraling down into the darkness... would he, could he emerge? I was on the edge of my seat. YES! It took a long time but the lessons learned were spiritual gems. I was left with the feeling of fulfillment that Alcoholics Anonymous gatherings always brings, and the best part is that we can listen to all these speakers and more at <https://www.district22convention.org> Events > Speaker Meetings. In summary, a good time was had by all!

-NNL Editor

## September: *Self Discipline*

### Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

### Tradition 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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## Sobriety Birthdays



Name	Years
Stephen R	.75
Gerry R	4
Bruce F	5
Heather S	13
Shelly	14
Lindsay K	15
George P	27
Beverly J	40



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 Face to Face meetings](#)
- [List of ONLINE meetings](#)
  - ☑ The Serenity Group has moved to 555 13th St. Suite G, Grover Beach, Ca. 93433
  - ☑ The Trudging Herd is a new meeting at 8600 Atascadero Ave, Atascadero, Ca. Fridays at 5:30 pm. 1hr, Open meeting
  - ☑ The Nooner meeting at Emerson Park, 1316 Beach Street, San Luis Obispo is now seven days a week.

#### **How to submit changes to our Directory**

1. Call Central Office (805-541-3211) and relay the change info to the volunteer
2. Email the change info to: [communications@sloaa.org](mailto:communications@sloaa.org)
3. 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

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



## UPCOMING EVENTS

**September 5-6, 2020**

**5<sup>th</sup> Annual Virtual**

Unity & Service Conference

<https://unityandserviceconference.org>

**September 19, 2020**

**A Taste of SoCal**

Recovering with Grace

Zoom Meeting ID [918 4740 1523](#)

Pswd: [SoCal](#)

<https://www.area05aa.org/area05-meetings/>

**September 26, 2020**

**Woman to Woman Virtual**

<http://www.womantowomansandiego.com>

Zoom Meeting ID: **836 5348 6379** Pswd: **w2w2020**

San Diego, CA

**Enter the talent show by Sept. 15<sup>th</sup>!**



## Tending Our Spiritual Garden

“My name is Thomas and I am an alcoholic, who, for about 30 years now, has had a fatal obsession to drink along with a physical allergy to alcohol. This allergy to alcohol led to a mental addiction to drugs. By the grace of God, I have been sober now for over two years. I am currently in a Florida correctional facility for alcohol and drug-related crimes, and I have lived the last two years here locked in fear of my addictions. I have no family or sponsor to help me with my pride, anger, self-pity, or fear — all seeded in me. After two years of sobriety I feel like a sick, lonely, empty, and useless person. I still feel like I just want to drink and do drugs to take the pain away. I continue to be overwhelmed with thoughts of my release from incarceration with thoughts of people, places, and things. I have no family to speak to, so I will not have tools or help from others to tend my spiritual garden; the weeds of drinking and drugs won't be pulled out, and they will block the sunshine of sobriety. I am writing to you under the Responsibility Declaration of A.A., which states, ‘I am responsible, when anyone, anywhere, reaches out for help...’”

— Thomas J., South East Region

### *Corrections Correspondence Service (C.C.S.)*

This service is for incarcerated alcoholics who have at least six more months to serve. We randomly match an outside A.A. from another region, with men writing to men and women writing to women. We do not provide letters of reference to parole boards, lawyers, or court officials. We do not assign sponsors; however, once you make contact, an outside A.A. member may be willing to sponsor you. If you have an interest in sharing about your experiences as they relate to sobriety and problems with alcohol, then please write and request a form. We appreciate your patience.

Thomas J.'s story above is from the newsletter ***Sharing From Behind the Walls*** which is published quarterly by the Corrections assignment and contains excerpts from inmate letters sent to G.S.O.

For more information or to sign up to be of service please visit

[https://www.aa.org/pages/en\\_US/corrections-correspondence-service](https://www.aa.org/pages/en_US/corrections-correspondence-service)

or

Email the Corrections Desk [corrections@aa.org](mailto:corrections@aa.org)

## AAWS Continues to Process Literature

Please contact the 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>

## Central Office is 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 4 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.**



It really was a fun convention



Thank you Robert T. and the 2020 District 22 Convention Committee!

## From GSO: In-Person Meetings

GSO listened in on a Zoom NY district workshop this week on thoughts, concerns and questions pertaining to opening back up to in-person meetings. The discussion, which focused on the Traditions and Concepts of AA, raised more questions than answers, but here are some good points in case you are interested. Please forward to others in your groups.

- In accordance with our 12 Traditions, it's important to remember that Central Office is not a "command center." It provides coordination, information, and experience. It offers a central point of contact for people outside of AA seeking information, and it provides 24-hour availability for alcoholics in need. It does not dictate any "policies and procedures" to groups, and while it may offer suggestions about how groups might conduct their affairs when asked, it never requires any group do anything. The questions and points below are for each group to consider and answer independently.
- The law of the land does not stop at the door to AA. We should abide by the law and not risk putting AA in the spotlight in a bad way... i.e.: meeting outside in groups larger than is permitted by law can affect AA as a whole. (What if someone's first impression of AA is from reading about an AA meeting getting cited for breaking the law?)
- When in-person meetings start up, will your group be restricted to a certain number of attendees, either by law or the landlord/church? If so, how will your group handle this if more people try to attend than is permitted?
- How to handle contact tracing? Do you give up the names of everyone in a meeting if you get sick? Anonymity concerns?
- Will your group require people to wear a mask? If so, will your group provide masks? How will your group handle noncompliance?
- How to handle the 7th tradition basket and germs.

- How to handle passing out readings and NOT passing out germs.
- Will your group still serve refreshments? If so, what precautions will your group take related to germ concerns? What about the "community spoon in a cup of water" for stirring in sugar or creamer?
- Many groups want to have a hybrid meeting with both in-person and virtual. How to do this? Concerns about anonymity.
- Some states consider AA an essential service and some do not. Some of these points may be more applicable than others to your group but it certainly gives us a lot to consider!
- Lastly, because so many groups are not meeting, GSO and Your Central Office are definitely in need of contributions.

**NOTE:** The opinions expressed in this article are from a NY district group conscious and may not necessarily agree with ours.



## 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](mailto: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](mailto:nnleditor@sloaa.org) (@ 650 words)