



Join Us on Zoom to Hear From Our Delegate to New York

Who: Jeff G., Area 93 Delegate

What: Report back from 2020 North American General Service Conference

When: Sunday, December 6, 2020, 10:30 a.m. to noon

Where: Zoom Meeting ID: 810 2922 8696
Password: 451241

Why do you want to attend??

I attended my first Delegate Report Back last year at our District 22 Service Luncheon. If you are like me, I rested comfortably in the cocoon of my local AA meetings and potlucks. What happened for me through my involvement as a meeting GSR (General Service Representative) is my view of AA has expanded to include an appreciation of the larger purpose of A.A: When anyone, anywhere reaches out for help, I want the hand of AA always to be there, and for that I am responsible.

Jeff G. is a great presenter. Last year I, and many others, were moved to tears by his report. I gained a huge appreciation for the people who have been in service on the local, state, country and world level, facilitating AA's growth, through the tedium of meetings of large groups of people with differing opinions, working tirelessly to stay on task to serve AA's primary purpose: to carry the message to the alcoholic who still suffers

-Valerie, Alternate DCM District 22.

The written General Services Conference Report can be downloaded at area93.org. Please announce this at your regular meetings and spread the word. All are invited.

Reaching Out

I got sober in March of 2020, right when COVID-19 hit. I had been in a rehab facility for two weeks. I had only been to two AA meetings, because the pandemic shut them down. When I left the rehab, I just isolated at home. I had no idea how to stay sober. I was so lost. But I remembered from rehab that there was a local AA website. I found a virtual meeting and popped in. Right away, I heard my story. In the following months, I worked my way through Step Eleven with the help of a sponsor, who I've only met physically once.

Here's what I'd like to share. Because of COVID, there are many lonely drunks out there, just like I was. They might not know about us. I had a tough time. There were no service positions like greeting and making coffee. I urge members to stay on after virtual meetings and reach out, open the chat and shoot newcomers your phone number. A text can be a lifesaver for people just getting their sober sea legs. And if you haven't seen the regular members for a couple of weeks, reach out to them too. Let's help each other.

By: Greg O. Kailua Kona, Hawaii
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Central Office Website

Online and Face to Face meeting listings can be found via the COVID-19 splash page on the Central Office/Intergroup website <https://www.sloaa.org>

There is lots of good local information on the site, if you click on the X in the top right corner of the splash page, you'll see the Home page and can navigate through the site using the links provided.

Check out local A.A. events, current and past newsletters, contact information, etc.

If you don't find what you need, please feel free to contact our webmaster Bob R. who does such a terrific job! Bob's email is webmaster@sloaa.org

December: *Love and Service*

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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Sobriety Birthdays



| Name | Years |
|-----------|-------|
| Jewels D | 3 |
| Brenda G | 9 |
| Inette L | 16 |
| Douglas B | 28 |
| Shelle | 32 |
| Sharon H | 41 |
| Suzie S | 41 |
| Ray | 44 |



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 an (birthday) envelope and let us know if you'd like us to include it in the newsletter! Send to CCCOI, PO Box 1237, San Luis Obispo, CA 93406

****MEETING DIRECTORY CHANGES****

- [List of Face to Face meetings](#)
- [List of ONLINE meetings](#)

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
3. Access the meeting change form online at <https://www.sloaa.org>

7TH TRADITION MAILING LIST for GROUP TREASURERS (Donations)

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

December 6, 2020
General Service Conference Report
10:30am GSR ZID: [810-2922-8696](#), pwd: [451241](#)

December 12, 2020
Home for the Holidays
9:00am – 4:30pm
Zoom ID: [901 336 4499](#), no password
Visit [IntoActionGroup.org](#) for more details

December 13, 2020
Service Sunday
8:45am COR ZID: [676 772 528](#) pwd: [817218](#)

6:00pm 12/24 -8:00pm 12/25, 2020
Christmas Virtual Alcathon
Virtual Group
Zoom ID: [825 4733 8848](#), pwd: [Alcathon](#)
90 minute meetings every 2 hours



Central Office Intergroup Volunteer 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.

Trusted Servants 2020

| 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 | Roy W | manager |
| Volunteer Coord. | Chad C | officecoordinator |
| Webmaster | Bob R | webmaster |
| Newsletter | Judy G | nnleditor |

Let's give a shout out and a big



To our outgoing Board members **Bonnie N, Leonard L and Gil M!** You were fantastic trusted servants and we sure appreciate all the work you accomplished.

- Central Office move from SLO to Los Osos
- Transition to online during COVID-19.

Of course, these are just two of the MANY projects completed on your watch, but they were doozies! We wish you all the best in your future endeavors 😊

We accept personal stories, poems, artwork, cartoons, jokes or anything that has helped you on your journey. Please submit to: nnleditor@sloaa.org
Thank you in advance!

Curbside Literature Sales

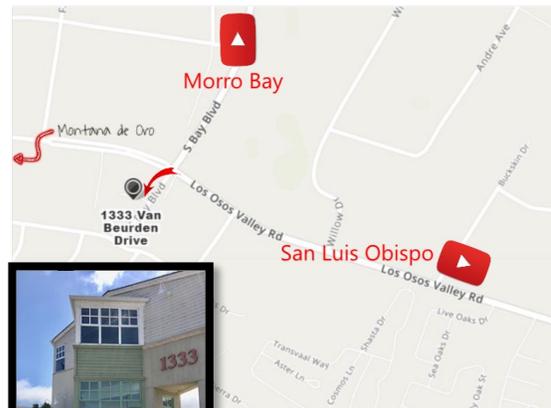
Central Office is selling AAWS literature with curbside pickup **Mondays 12-3pm and Saturdays 1-4pm**

You must be able to order and pick 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 **(805) 541-3211** between 12-3pm Mondays and 1-4pm Saturdays 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. Checks (made out to CCCOI) and cash are accepted.
4. Pay for and pick up your books at 1333 Van Beurden Drive, Los Osos by 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.



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>

District 22: Honoring our Traditions

Hi All, November 17,2020

I received a phone call from the County Department of Health today while on my Central Office shift. They received a complaint that an in-person meeting was not following Covid-19 guidelines, specifically not wearing masks. The complainer did not identify the meeting involved in the email complaint.

I told the official that all groups are autonomous, and Central Office does not regulate behavior in the meetings. I am reminding all groups to follow County rules and regulations. We also need to honor our A.A. Traditions, particularly Traditions One, Four, Five and Ten which relate to this issue:

Tradition One—Our common welfare should come first; personal recovery depends upon A.A. unity.

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

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

Tradition Ten—Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

In fellowship and service,
Paul LaRiviere, DCM, District 22

District Committee Member (DCM)

District 22 is still in need of a DCM for Panel 71! If interested please come to the GSR meeting on Sunday, December 13, 2020 at 10:15 AM via Zoom. This is an opportunity to provide service to your fellowship. Please announce this at your regular meetings and spread the word. Qualifications are 2 years of continuous sobriety and some past service experience, preferably as a General Service Representative (GSR). We hope to fill this position before January 1, 2021.

Meeting ID: 810 2922 8696
Password: 451241

In fellowship and service,

Paul LaRiviere, District 22 DCM

Valerie Hosford, District 22 Alternate DCM

RULE 62



[List of Face to Face meetings](#) in District 22

I didn't think my hangover was that bad until I spent 10 minutes trying to log onto my kid's Etch-A-Sketch!

-Bob M., Green Valley, AZ, Oct. 2012

TECH CORNER

ZOOM SECURITY FEATURE - Zoom has added a new feature to their Security tab to allow the meeting Host to pause the meeting if a Zoom bomber pops up. The description of this feature is provided below. Note that you have to download the latest version of Zoom to find this feature under the Security tab on the bottom of your screen.

Suspend Participant Activities Under the Security icon, **hosts and co-hosts** now have the option to temporarily pause their meeting and remove a disruptive participant. By clicking "**Suspend Participant Activities**," all video, audio, in-meeting chat, annotation, screen sharing, and recording during that time will stop, and Breakout Rooms will end. The hosts or co-host will be asked if they would like to report a user from their meeting, share any details, and optionally include a screenshot. Once they click "Submit," the reported user will be removed from their meeting, and Zoom's Trust & Safety team will be notified. Hosts and co-hosts may resume their meeting by individually re-enabling the features they'd like to use. Zoom will also send them an email after the meeting to gather more information