



Surrender

A moment on a winter day reminds him that if we just let go and give up fighting we can let others help us fly again

On a snowy day in late December, I noticed a large bird walking among the trunks of the pine trees in the yard of my rural Wisconsin home. While I watched the bird, an AA friend arrived and excitedly identified it as a bald eagle with an injured wing. We watched the eagle struggle in the deep snow, exhausted from his attempts to fly. We called Patrick, a friend who is a certified raptor rehabilitator. Within five minutes, Patrick was on his way to help the injured bird.

As the three of us surrounded the eagle, he tried desperately to flap his way out of our tightening circle. His last great effort to escape was a panicked and ferocious display of talons and flapping wings. We finally were able to throw our blankets over him and he was safely contained. Patrick, his hands protected by thick leather gloves, slowly and gently untangled the eagle from the blankets and spoke to him in soft and soothing tones.

Surprised at how quickly the bird had calmed down and surrendered to the reality of his situation, I asked Patrick, "He seems so relaxed. Is the fight over already?"

"These birds seem to understand the help concept," Patrick replied while stroking the head of the alert but docile eagle. "Since he was in your yard, we'll call him Howard," Patrick added, looking up at me with a smile.

We put the eagle into a dog crate, covered the crate with a blanket and "Howard the eagle" and Patrick headed to the veterinarian's office.

My thoughts returned to Patrick's words, "They seem to understand the help concept." For years I had fought and resisted the help concept and refused to acknowledge or surrender to the

reality of my alcoholism. When I arrived at my bottom and all avenues of escape had finally closed, I reluctantly entered the doors of AA. There, I found the help I so desperately needed in the power of a "we" program.

The "we" that helped Howard consisted of me, my AA friend, Patrick, the veterinarian and raptor rehabilitation volunteers and specialists. The "we" that's helping me recover from my alcoholism are the people at meetings, the Twelve Steps, a sponsor, sponsees, AA fellowship and a spiritual connection to a Higher Power.

In early May, the Raptor Rehabilitation Center reported that Howard was beginning to fly short distances in the flight cage and that he might soon be ready to reenter the world of eagles.

That June, Patrick opened the door of the dog crate and Howard stepped out of captivity into the sunshine of the release site. Turning to the large gathering of well-wishers, he tilted his eagle head back and made loud raspy clucks as if to say, "Thank you all for helping me recover."

After lingering for a few unsure moments, Howard lifted in the warm summer sky and flew effortlessly across the wide Wisconsin River into the freedom and happiness of his new life. Like Howard, I too am thankful for my new life.



Howard O., Cambridge, WI

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We accept personal stories, poems, artwork, cartoons, jokes or anything that has helped you on your journey. Please submit to:

nnleditor@sloaa.org

January: *Honesty*

Step 1

We admitted we were powerless over alcohol – that our lives had become unmanageable.

Tradition 1

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

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Sobriety Birthdays



Name	Years
Lisa	2
Kim S	4
Kim M	9
Mary Anne Z	28



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,

****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>

Happy New Year
2021

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](mailto:VENMO@slocentraloffice)

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

UPCOMING EVENTS

8:45am Sunday 1/10/2021
SLO AA Service Sunday
8:45am COR ZID: [954 0186 7130](tel:95401867130)

January 15-17
Spring, Texas. **SETA Conv.** Write: Ch., 448 W 19th
Street, #696, Houston, TX 77008;
www.setaconvention.org

January 22-24
Biarritz, France. **Second Biarritz Int'l English-Speaking Virtual Conv.** Info:
www.avirtualconventionbiarritz.com

January 29-31
Cambridge, Massachusetts. **Freedom Trail Conf.**
Online. Info: bgbbwknd@gmail.com
<https://bostonfreedomtrailconference.com/>

Central Office Intergroup

Goodbye 2020!%*&@

This year has been a huge challenge for our A.A. program. The quick switch to phone support while the Central Office has been closed has worked well. We all know what **zoom** is, and most of us have a **Venmo** account. All these efforts have kept our program alive and well for the newcomers. Most of us don't know what it's like to get sober without walking into a room full of drunks, getting a hug from a stranger, and feeling the warmth and support of a live meeting. However now many do. They will stay sober and change their lives because we were able to adapt to the situation and figured out how to share our experience, strength and hope remotely. Great job of carrying the message safely during this unprecedented year!

- Literature sales are EVERY Monday and Saturday. Please call before pick up →
- Venmo has become popular way to pass the basket, please let folks know contributions are still needed to keep the doors open for when we return to them... [@slocentraloffice](#)

Please share the nameless newsletter, feel free to print a copy for someone as well.

<https://www.sloaa.org/resources/nameless-newsletter/>

REMOTE MEETINGS:

<https://www.sloaa.org/covid-19-remote-meeting-list/>

FACE TO FACE MEETINGS:

<https://www.sloaa.org/face-to-face-meetings/>

How to sign up for VENMO:

<https://help.venmo.com/hc/en-us/articles/209690068-How-to-Sign-Up>

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.

As this ever-challenging year wraps up, I want to extend a grateful thank you to my fellow members on the Central Office Intergroup Board, the staff, and all the telephone volunteers. Thank you to the Central Coast fellowship. It was an honor to serve with you as chairperson of the C.C.C.O.I. Board.

"We shall be with you in the Fellowship of the Spirit . . . as you trudge the Road of Happy Destiny . . . May God bless you and keep you until then". (Big Book page 164)

In gratitude,

Bonnie N., Central Office Chair 2020

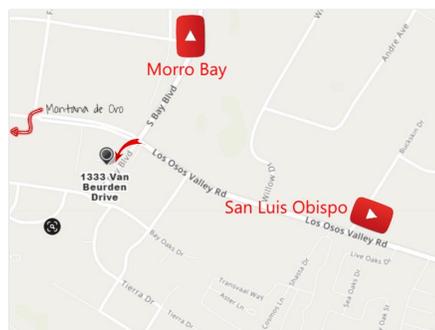
Curbside Literature Sales

*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.



District 22: SLO County

Alternate District Committee Member (ADCM) needed

District 22 is in need of an Alternate DCM for Panel 71! If interested please come to the GSR meeting on Sunday, January 10, 2021 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 ASAP.

In fellowship and service,

Bonnie N, District 22 DCM

Newcomer Packet

"The Big Book"

Alcoholics Anonymous, nicknamed "The Big Book," is the basic text of AA. The Big Book outlines the program of recovery through the Twelve Steps and contains the personal stories of recovered alcoholics from all walks of life. You can order a copy of the Big Book for \$9.95 [here](#) or read it for free online in PDF format [here](#). The Big Book is also available as a free audiobook or as a video in American Sign Language.

Learn More About AA

You may have many questions as you step into AA. You may find some of the pamphlets below, which are available for free online, very helpful in answering them. These and many other pamphlets are available at AA.org, along with other AA literature.

[AA At a Glance](#)

[Frequently Asked Questions About AA](#)

[Is AA for You?](#)

[Do You Think You Are Different?](#)

[This is AA](#)

[Problems Other Than Alcohol](#)

[Questions and Answers on Sponsorship](#)

RULE 62



A son asked his dad, "Dad, what's an alcoholic?"

The dad replied, "Well, son, you see those four trees? An alcoholic would see eight."

The son replied, "But Dad, I only see two."

BAH-DUH-BOOM!

TECH CORNER

ZOOM SECURITY UPDATES - A few recent updates include:

- **Profile picture control:** Account admins and hosts can disable the ability for participants to show their profile picture and also prevent them from changing it in a meeting.
- **Minimum password length:** The minimum default password length will be six characters for meetings, webinars, and cloud recordings.
- **Cloud recording security:** Admins and meeting hosts can set expirations on their cloud recordings and can disable the sharing of their recordings.