



A Place in the Sun

As the dolphins leaped and his daughter smiled, he knew his Higher Power had brought him to this moment.



In the course of my alcoholism, I spent years in therapy and hundreds of thousands of dollars on doctor visits and medications. I suffered an intense suicidal depression and was labeled bipolar.

The April before coming into AA, I planned to kill myself. One day after work, I went home to end my life. I had been planning to do it for years, considering various options and performing research on the best means of doing so. So when I went to bed that April night, I waited for the house to settle down so that I could take a lethal dose of pills. I wasn't thinking about a thing—not my wife or my child. I just lay there and waited. After all those years of planning, my life was crumbling around me, and the final solution to all of it was tucked away next to me in a bedside drawer. Amazingly, I did not fill my drink and take the pills. Instead, I passed out. I awoke the next day with something I'd never had: a willingness to change.

The next eight months were tumultuous. First I lost my job; then the state got involved in my life. I was forced to quit drinking. I was dry now, but not clean and sober. A funny thing happened on my way to sobriety, however. Even with an active pill addiction, without alcohol my life started to change. Suddenly, my doctors didn't think I was bipolar. Over time, they took me off my last medication and I came into AA. I started a new job and life got better for my family.

One month into sobriety, while working Step Two with my sponsor, I took my family to San Diego for a vacation. The fact that I was alive to be there and had a job to pay for it was amazing. One afternoon, we went to a dolphin show. It was one of those beautiful San Diego days; the sun was shining and the air warm. We sat down in the grandstands and got ready for the show.

Out came the dolphins and the performers, all set to music. The show was nice, but I saw very little of it. My eyes and my heart were watching my 2-year-old daughter.

She was so excited as she watched the show. Her face lit up with such intense joy; I'd never seen so much happiness on another person's face. I was enjoying the show through my daughter's eyes, when I was suddenly filled with intense gratitude and light for being alive to witness the moment. For the first time, I paused to ask myself, Why? Why was I alive in this moment?

I had come into the Fellowship of AA an atheist. I used to call myself an agnostic, because I always felt it was disrespectful to openly deny the existence of someone else's God. During my first month in AA, I stared at those Steps on the wall with great fear, wondering how I could ever get past the need to believe in a God of my understanding.

I thought about how my life had changed since that April night I was going to kill myself. I had stability at home now; I was free from suicidal depression and psychiatric medication, with the beginnings of real happiness I'd not known for 10 years. Why hadn't I done the easy thing that dark night and simply filled that glass and taken the pills? Even in my alcoholism, I was always a man of action. When I made plans, I acted on them. It was such a mystery that I hadn't taken those pills that night. But right there, on a sunny afternoon, while sitting in the stands with my daughter, I realized that such things do not happen by accident. The thought shook me to the core: A power greater than myself had reached into my life that lonely April night.

Tears began to stream down my face. For the first time in my life, I felt the presence of God. While working Step Two with my sponsor, I had wondered how I could ever come to believe a power greater than myself could restore me to sanity. I now realized he already had.

It turns out I found a God of my understanding through the light and eyes of my daughter.

—Kevin F., Vancouver, Wash.

Reprinted with permission from the AA Grapevine, Inc., February 2016

February: Hope

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Reprinted with permission of A.A. World Services, Inc.

Sobriety Birthdays



Name	Years
Janice C.	1
Jim L	23
Pamela J	35
Sherry B	35
Don B	40



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>

Our ability to help the still suffering alcoholic can be enhanced by your meeting changes, additions and deletions. Please keep your information up to date!

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

February 6-7, 2021

AA History Around the Globe
Feb 6th, 6pm-8pm PST
Feb 7th, 10am-12pm PST
Meeting ID: 917 7771 3762
Password: 052000
District 19 Eugene, OR

8:45am Sunday 2/14/2021

SLO AA Service Sunday
8:45am COR Meeting ID: 954 0186 7130
10:15am GSR Meeting ID: 893 0392 6186
PW: 121212

February 18-21

57th International Women's Conference
Internationalwomensconference.org
Charlotte, NC

March 5-7, 2021

PRAASA (Pacific Regional AA Service Assembly)
Virtual Assembly
INFO2021@PRAASA.org <https://www.praasa.org>

Central Office Intergroup

- 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](#)
- How to sign up for VENMO:
<https://help.venmo.com/hc/en-us/articles/209690068-How-to-Sign-Up>

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/>

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.

Additional Service Opportunities

Central Office Representative (COR)

Does your group have a COR? This is a person who attends a monthly meeting (currently on Zoom) on Service Sunday at 8:45am to provide communication between the Central Coast Central Office Intergroup and their (home) group. For more information, please attend the next COR Meeting

<https://zoom.us/j/95401867130>

Meeting ID: 954 0186 7130

Newsletter Contributor

Submit an article, story, poem, cartoon or joke related to recovery from alcoholism to the Nameless Newsletter. Please email our newsletter editor Judy at nnleditor@sloaa.org or mail to PO Box 12737 San Luis Obispo, CA. 93406 if interested.

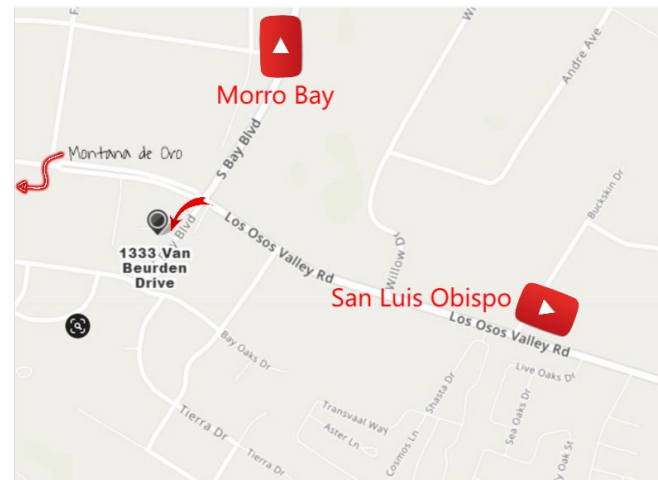
Curbside Literature Sales

*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 3 PM Mondays and 4 PM Saturdays. 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.



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: SLO County

DCM Column

New Year, New Panel, New Zoom Link!

My name is Bonnie N., and I am an alcoholic. I am honored to serve as the new District Committee Member (DCM) for District 22. Our district consists of the entire San Luis Obispo County. Here are the "Panel 71" Officers, Chairs, and Liaisons:

OFFICERS

DCM – Bonnie N. **Alt DCM - Vacant**
Secretary – Debbie P. **Treasurer** – Hector G.
Registrar – Judy G.

STANDING COMMITTEE CHAIRS

CPC/PI – Jeff L. **Archives** – Leonard L.
Grapevine – **Vacant**

LIAISONS

SLOYPAA – Richard M. **Intergroup** – Joan S.
Convention -Gerald B. **H & I** – Ray R.
District 6 (Spanish) - Vacant

Note we have three vacant positions:

* **Alternate DCM** - Valerie H. will continue serving as the "acting" alternate until someone steps up. Four to five years sobriety recommended, and some past service experience, preferably as a GSR. Valerie will be happy to mentor someone new.

* **Grapevine Chair** – Get the word out to the groups on how to subscribe to the monthly Grapevine magazine-printed & online. Two years sobriety recommended.

* **District 06 Liaison** – Two years sobriety recommended and speaks Spanish.

If you are available for any of these positions, or have any questions, please contact me at the email below, then come to **our next District 22 (GSR Meeting) on Feb 14 via ZOOM.**

Meeting ID: 893 0392 6186 PW: 121212

Next month I will introduce you to our GSR's.

Until then remember
SERVICE ROCKS!

Bonnie N.,
district22dcm@gmail.com

Self-Worth

I hate who I have become
You will never hear me say
I have always been enough
My heart tells me
My history defines my worth
and
Being numb will make me happy
I refuse to listen that
There can be change
I am guilty, afraid, and ashamed
Never will you hear me say that
I am worth it

Now read the poem from bottom to top,
starting with the last line :)

By: *Alyssa C.*

Thank you for contributing! -NNL

RULE 62



"Folks, let's pause and give thanks to that higher power that keeps this group together... our internet service provider."

Don't take yourself too seriously!

A New Leaf

I've read so many horrible things about drinking and poor health recently that I made a firm New Year's Resolution: No more reading!

-D.H. Davie, FL, April 2018

A Thirsty Mind

Optimist: "My glass is half full."
Pessimist: "My glass is half empty."
Alcoholic: "You gonna finish that?"

-Jim S., Virginia Beach, VA, Feb 2018

