



Mad? Who, me?

When I got to AA, I thought I was pretty smart, but I knew very little about feelings and attitudes. I used to confuse the two. I once told someone that I didn't have any resentments--although there were some people I couldn't stand.

Although I did Step Five with a priest, I didn't mention any resentments. Months later, I met a member who told me he could sense that I was burning up with anger and resentment. We went to a restaurant and he helped me make a list of resentments, and then he wrote down a prayer for me on a doggy bag.

My friend told me to picture the person I resented while I wished him health, fullness of joy, no war in his heart, a grateful heart, spiritual and material prosperity, and sadness and forgiveness for any wrongs done. He told me to recite it several times a day for two weeks, and I did. Slowly, I came to mean what I was saying. I realized that I had hated almost everybody.

Neither anger nor resentments present many problems today, although I still have problems taking criticism. The most useful thing I've read on that subject was: "If someone calls you an SOB, and you are, they are just telling you something that might be useful. If you are not, then there is nothing to be gained by acting like one and getting mad about it."

AUGUST 2006

BY: ANONYMOUS | DEVONPORT, TASMANIA

The Shadow of Fear

When my AA sponsor helped me through the Fourth and Fifth Steps, I learned that fear is like a shadow that's just behind resentment. Over ten years ago, I felt that my obsessive-compulsive disorder made

me nothing but a worthless failure, even though I was sober. My sponsor wanted to know if I was doing my best to live a sober life. I said, "Yes." He said that to continue, I must get over my resentments.

Today, the Twelve Steps and our Fellowship have inspired me to no longer think of myself as mentally ill. Instead, I think of myself as having a mental challenge that can be overcome--as long as I'm sober. I have even learned that it is possible to be successfully obsessive. I am obsessive that I stay sober and live spiritually fit for today, no matter what challenges life brings me.

DECEMBER 2005

BY: BRUCE K. | TUCSON, ARIZONA

Assets or issues?

I am writing in regard to the philosophy of not listing "assets" in the Fourth Step inventory described in "Fear and the Fourth Step" (April 2001).

When I began writing my Fourth Step, I really looked forward to completing the last section, where my sponsor said I could list the good points of my moral inventory. At least, that is how I looked at it at the time.

What actually happened was that by the time I was ready to write down what I thought was so good about me, I had gotten the honesty (humility) to see that the things I first considered assets were, upon closer examination, liabilities. These things were, in fact, prideful illusions, which needed to be listed not as assets but as issues. People get drunk over pride every day; I did not want to be one of them.

AUGUST 2001

BY: ALAN M. | PALM BAY, FLORIDA

CCCOI Board of Directors and Staff

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Sobriety Birthdays



| Name | Years |
|-------------|-------|
| Erin H. | 1 |
| Richard M. | 4 |
| Judy G. | 13 |
| Jim D. | 15 |
| Bonnie N. | 40 |
| Marian L.S. | 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,

MEETING DIRECTORY CHANGES

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

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!

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

10:30am April 24, 2021

Beginner Orientation

<https://www.NewHorizonsGroupAA.com>

Zoom: 840 3911 3545 Password: 164164

August 20-22, 2021

The Age of Miracles

San Luis Obispo, CA

<https://www.district22convention.org>

SAVE THE DATE!

September 17-19, 2021

Keys to Serenity

Key West, FL

<https://www.keysforserenity.com/>

November 12-14, 2021

5th Annual National Corrections Conference

New Orleans, LA

<https://www.nationalcorrectionsconference.org/>

April: *Courage*

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

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

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As Bill Sees It; 39

Resentment is the Number One offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have also been spiritually ill. When our spiritual malady is overcome, we straighten out mentally and physically.

In dealing with our resentments, we set them on paper. We listed people, institutions, or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened.

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“The most heated bit of letter-writing can be a wonderful safety valve—providing the wastebasket is somewhere nearby.”

1. **Alcoholics Anonymous pp. 64-65**
2. **Letter, 1949**

Wine Bar Out, AA In

A.A. has taken over the more spacious **B & B** wine tasting office next door (around the corner of the 1333 Van Beurden building). Same address, different suite.

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>

Central Office Intergroup *Volunteer Opportunities*

Help Wanted:

We are in dire need of an **OFFICE MANAGER** for Central Office in our new location.



SHOUT OUTS!

Thank you **Roy Boy** for the superb job you did during the Pandemic; that had to be the hardest service position in the history of the office!

AND... Thank you **Doug E** for the donated service work of cleaning the windows in our old Central Office's front lobby. Fantastic job!

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. Please email it to our newsletter editor Judy at nneditor@sloaa.org or mail to PO Box 12737 San Luis Obispo, CA. 93406.

Curbside Literature Sales

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.**

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.

District 22: SLO County

DCM Column ~ April 2021

Spring is a busy time of year for the GSRs (General Service Representatives). Our Area 93 Delegate, Karla Y. will be attending the **71st General Service Conference** later this month. To prepare her with the group consciences from our area we held a two-day, **Pre-Conference Workshop** in March on Zoom.

As usual there were several Agenda Items to be discussed, so we split up into groups. I was asked to moderate a discussion on the Agenda topic "Corrections – Discuss innovative ways of carrying the message to alcoholics in correctional facilities/programs". I asked Christine S. to take notes on our discussion, and to forward them to our Delegate Karla. Both Christine and I were happy to share what our local H&I and Bridging the Gap committees do to carry the message to AA's on the "inside", and to hear from other districts on what they do. Christine's notes are as follows:

Bonnie started off with introductions and informed the group how District 22 is currently carrying the message. Before the pandemic District 22 was taking panels to men and women at the San Luis Obispo County Jail and men at the California Men's Colony Prison. We were able to deliver soft bound books and other literature without staples to the jails. Since last March we have not been able to resume in-house visits, but we are still able to leave AA literature.

We also have a Bridging the Gap program. Last year 136 pieces of mail were exchanged between AA volunteers and incarcerated men and women in San Luis Obispo County. Our Bridging the Gap program offers continued exposure to AA with "Contact After Release" where an AA volunteer can take a released person to their first six AA meetings and introduce them to the fellowship.

Bonnie brought up the fact that GSO also has a Correctional Correspondence program that inmates may not know about. She informed us about what some of the other H&I groups throughout the country have tried.

Matt M. said he would like to see a more personalized program with AA members on the inside corresponding with AA members outside. At the present time his district is having virtual meetings

conversations either over the phone or computer would be helpful.

Steven K. said that H&I in his area also works with those who are on work release at fire camps. Members go through an orientation, then are sent out to share experience, strength, and hope to those working during fire season. When going to a fire camp they send in less experienced AA members. AAs with a stronger message are sent to the facilities. They also have a prison outreach much like District 22's.

Matt M. indicated a good place to start looking for innovative ideas is to volunteer on one of the panels and see where you can help. If a prison or jail has access to computers, digital data such as the Grapevine and many other AA teaching tools are available.

Alec reminded us that you can purchase a Grapevine subscription for an inmate. Grapevine developed this program because although they won't take donations of money, they will send a paid-for subscription to an inmate.

Bonnie N. said that in Los Osos a women's group collected old Grapevines which the jail accepted. This is a great way to pass the message and recycle used Grapevines.

Matt explained how H&I works in his area. A panel chair acts as a liaison between the facility and the panel. The chair reaches out to the panel leaders. A leader would oversee that panel and would work with the chair to become aware of prison rules and changes in policy and procedure. Matt said if you don't have an H&I group in your area you might want to reach out to other committees and ask, "How do you do this?" It's a sharing experience.

It would be good to have a repository of information to see what would work for any particular community. The consensus was that each facility is unique, and each location and situation is also unique. Teleconference calls, video of inmate meetings to be aired in the facility, tablets to access Grapevine stories and other technology sources are all resources that can be utilized now.

For more information about H&I , Bridging the Gap, or correspondence programs please contact me anytime.

In Love & Service,

Bonnie N., district22dcm@gmail.com 805-550-8081