



## Sponsorship - The Heart of

I guess it all really depends on whom you ask and on when you ask it: What is the most important job in AA? While I certainly don't wish to diminish the importance of our many "jobs" in AA, I am grateful for this opportunity to express my opinion.

There exists little doubt in my mind, or heart, that sponsorship has been, and continues to be, the most important job in AA for me. I also believe there are some valid criteria for a good sponsor. First of all, my sponsor has sufficient time in AA, with good quality sobriety. I've also been taught that the best way to be a good sponsor is to be a good sponsee. My sponsor has a sponsor. His sponsor has a sponsor. The people that I have respect for, with good quality sobriety and longevity, use sponsors themselves.

I further believe that if I am able to manipulate my sponsor, then I really don't have one. I'm glad to say I have never been able to manipulate this man. I also know my sponsor is the most active and positive member of AA that I've ever known. He has always been a good example. He has always been gentle but firm, firm but gentle.

At first my sponsor provided AA basics: how to stay away from that first drink one day at a time, the importance of going to meetings on a regular basis, the necessity of a "home group," trying to carry the message on a daily basis.

He has always been there for me. I've shared all of my life story with him over time, and he has always shared his with me. He can and does keep a confidence. As a result, I finally was able to put trust in another human being. I've been taught that trust is the very basis of faith. Without good sponsorship, I would have no faith in a Higher Power today. I wouldn't even be sober.

I haven't always liked this man, but I have always respected him. And I haven't always followed his suggestions or advice. As a result, I've made many errors and mistakes. Yet, he has always allowed me the right to be wrong. His "able example" of love, tolerance, patience, and kindness has taught me more about what my Higher Power is all about than I could have learned in any other way.

I've been sponsored into service. He taught me that "service is gratitude made visible." As a result, I've not only stayed sober but have found in the process, a way of living infinitely better than any way I've ever known.

I found out after the fact that I didn't choose him. Rather, he made himself available to me as a friend. He's turned out to be the best friend I've ever had.

Today, I go to meetings looking for the newcomer. I try to quietly sidle up to him and make myself available as a friend. We exchange phone numbers and get together for coffee. I try to give it away, as it's been so freely given to me. What a deal!

I believe Bill W. and Dr. Bob sponsored each other out of necessity in the beginning. Today, of course, we enjoy a Fellowship which owes its ever-increasing membership of recovering alcoholics (unprecedented in human history) to the well-wishers and combined efforts of many outside agencies and services, as well as many professionals. To these folks, we surely owe a debt of gratitude.

Yet, the heart of AA remains the same, thank God, when one alcoholic reaches out to another, and we find that we can do together what none of us could do alone.

**BY: JIM T. | ABERDEEN, SOUTH DAKOTA  
SEPTEMBER 1991**

*Reprinted with the permission of A.A. Grapevine, Inc.*

### CCCOI Board of Directors and Staff

Andrea W	Board	Chair
Joan S	Board	Vice-Chair
Janice E	Board	Treasurer
Dick B	Board	Secretary
Lori O	Board	Literature Chair
Jeff L	Board	Communications Chair
Kimberly L	Board	Member-At-Large
VACANT	Staff	Central Office Manager
Chad C	Staff	Volunteer Coordinator
Judy G	Staff	Newsletter Editor
Bob R	Staff	Webmaster

### Sobriety Birthdays



Name	Years
Ryland V	3
Dana R	10
Kim B	26
Meredith H	32
Chris C	40
Jeff L	43
Gary M	55



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 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](#)

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](mailto: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

**7pm Mondays May 10, 17, 24, & June 7, 2021**

The Gatehouse Group presents  
**The Four Absolutes**  
<https://www.gatehousegrp.com>

**June 12-13, 2021**

**Founder's Day**  
Online from Akron, OH  
REGISTER NOW @  
<https://foundersday.org/>

**August 20-22, 2021**

**The Age of Miracles**  
San Luis Obispo, CA  
<https://www.district22convention.org>



# May: Integrity

## Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

## Tradition 5

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



## As Bill Sees It; 164

### A Saving Principle

The practice of admitting one's defects to another person is, of course, very ancient. It has been validated in every century, and it characterizes the lives of all spiritually centered and truly religious people.

But today religion is by no means the sole advocate of this saving principle. Psychologists and psychiatrists point out the deep need every human being has for practical insight and knowledge of his own personality flaws and for a discussion of them with an understanding and trustworthy person.

So far as alcoholics are concerned, A.A. would go even further. Most of us would declare that without a fearless admission of our defects to another human being, we could not stay sober. It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this.

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



### Gratitude Shout Out

I'd like to thank Cambria Connection AA's for their hospitality at the **13th annual BBQ/campout in San Simeon**. There is something very special about feeling welcome by strangers on the spot. It was great to enjoy the outdoors and fellowship.

*Shelly B.* (5 years 9 months). Home group: in person meeting Saturday 9:30 St. Paul's episcopal church in Cambria.

## Central Office Intergroup Volunteer Opportunities

### Central Office Manager

Minimum 2 years continuous sobriety. Two to four hours per week stocking office supplies and performing office errands. Suggested attendance at monthly Board Meeting and/or COR meetings. Communicate with landlord and service providers as necessary. Pick up and distribute mail. For more info call the office or email [info@sloaa.org](mailto:info@sloaa.org)

**Office Volunteer** currently calls are forwarded to the volunteer's home, but normally the volunteer would answer the phones in the office during business hours 9am-6pm and process literature sales during 3 hour shifts.

**Call Forwarding Volunteer** After-hours calls are forwarded to the volunteers' personal device. Please email our volunteer coordinator Chad at [chad@payatech.com](mailto:chad@payatech.com) if interested.

### 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](mailto:nneditor@sloaa.org) or mail to PO Box 12737 San Luis Obispo, CA. 93406.

Central Coast Central Office Intergroup (C.C.C.O.I.),  
Area 93 / District 22

Located at:

**1333 Van Beurden Dr., Suite 102, Los Osos, CA 93402**

Mailing address:

**PO Box 12737 San Luis Obispo, CA 93406**

Phone: **805-541-3211**

Website: [www.sloaa.org](http://www.sloaa.org) includes

- Online AA meetings and Face to Face meetings
- <https://www.sloaa.org/meetings>
- Nameless Newsletter  
<https://www.sloaa.org/resources/nameless-newsletter/>
- County COVID-19  
<https://www.emergencyslo.org/en/covid19.aspx>

## To Contribute to the Central Office our

Venmo account is: @slocentraloffice

If donating for a group, please put the name of group, town, and group number if available. Or note if it is a contribution for a birthday or personal contribution.

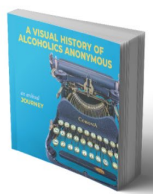
## Curbside Literature Sales Instructions

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 to place your order. See the literature page at <https://www.sloaa.org/aa-literature> for current stock and prices. You will be told the amount you owe.
2. Bring the exact amount, as we cannot make change at this time. Checks (made out to CCCOI) and cash are accepted.
3. Pay for and pick up your books at **1333 Van Beurden Drive Suite 102, Los Osos, CA** 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.
4. 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](mailto:orders@aa.org) or visit the online store at [onlineliterature@aa.org](mailto:onlineliterature@aa.org)



### A Visual History of Alcoholics Anonymous

Originally developed as the souvenir book for the 2020 International Convention in Detroit, this colorful, gift-sized volume serves as both a lavishly illustrated tour through A.A.'s history and a lively celebration of our Fellowship.  
Now in print!

### A.A.W.S. eBook publishing program

A.A. World Services, Inc. is pleased to provide the digital publication of Conference-approved literature.  
When purchasing a new eBook, you will exit the online bookstore and be directed to the respective vendor's Website where the purchase will occur.



## District 22: SLO County

### DCM Column ~ May 2021

**HELP WANTED:** ADCM

**What's that?** Alternate District Committee Chair

**What does the ADCM do?** Back up the District 22 Committee member when needed and be willing and available to step into the job of DCM if God forbid she decides to do something crazy like “jaywalk” and does not make it back.

All kidding aside – be willing and available to chair the monthly District/GSR meetings and to represent the District at the Area meetings if the DCM cannot do it. Additionally, the responsibilities would include coordinating and hosting two District events each year:

1. A **Service Workshop** – usually co-hosted with Central Office, and where the Area 93 Delegate will give her report about the A.A. World Service Conference that she attended. It has been the custom to do this in the Summer, but we can wait to do it in the early Fall if needed.
2. A **Traditions Celebration**, to be held each year in November.

God willing, we can do these events in person this year, but if not, we can hold them by Zoom as we did last year.

### Have I sparked your interest?

- Call me and we can discuss.
- Or come to our next District 22 / GSR Meeting on Sunday, May 9. Check in for fellowship at 10 AM. The meeting will start at 10:15 and runs until 11:30.  
Zoom link:  
<https://us02web.zoom.us/j/89303926186?pwd=TI13OHdGNWIIZXhvM2RQM0FIR2dLUT09>

Meeting ID: 893 0392 6186, Password: 121212

Some items on the Agenda for the May 9<sup>th</sup> meeting are:

- A report back from the ad-hoc committee about making our District meeting “hybrid” (meetings are defined as meetings that are both In Person and on Zoom at the same time.
- I will introduce someone that is willing to be our Spanish District 06 Liaison. We will take a simple majority vote to confirm her in.
- A visit and talk from the Area 93 Alternate Delegate Rudy M.

Yours in service,

*Bonnie N*

DCM District 22

805-550-8081

[district22dcm@gmail.com](mailto:district22dcm@gmail.com)