



Zoom or in the Room?

Post Pandemic Meeting Choices Loom...

It all began with a request from our District 22 Committee Member (DCM) for an Ad hoc Committee to investigate the possibility of modifying our monthly GSR meeting from Zoom (online only) into a hybrid meeting (same meeting both online **and** in person), when the county met the qualifications to resume indoor gatherings. I volunteered to chair the committee, having an interest in the subject. I work at a local Community College, and we are facing a similar situation with our Fall semester class offerings.

The first thing I did was to recruit a GSR from Morro Bay and our Grapevine Rep from Paso Robles to join the committee. They were both involved to some extent in their own fledgling hybrid meetings. Their evolving reports of environmental, physical, and technological issues revealed that this was a multi-faceted research project with no simple solution.

But wait... there were the **Hybrid Pioneers!** I knew there were a few meeting places that had been holding hybrid meetings for months already. I had gone to a couple monthly Birthday meetings on zoom and some attendees were actually sitting **in the room** on Higuera in SLO! I had had a similar experience at a Five Cities Group meeting! People were in the room, occupying one square of my zoom meeting's Brady Box! As you can tell by the number of exclamation points, I found this to be some pretty exciting stuff.

Speaking of the "Melody" group, they have a sister group named "Harmony" which consists of... **online meetings only!** At the college we would call this an "asynchronous hybrid" as opposed to a "synchronous hybrid".

Synchronous is where the attendees are at the same meeting in Zoom **and** in the Room (1 meeting, 2 venues), and asynchronous refers to attendees in separate meetings in Zoom **or** in the Room. So, we are talking *synchronous* when we say "Hybrid". Clear as mud? What happened to SIMPLE program???

To give an example of just a few of the differences involved, our two committee members' hybrids are worlds apart. The one in North County is in a park (e.g., outdoors). The technology is a cell phone and a laptop. The issues are mostly weather related... glare from the sun on the screens and camera, wind messing with the audio, the need to pass the phone around to be able to share with the zoomers and be heard... crazy, man! The laptop is used so the zoomers can see and be virtually a part of the park setting. Some of us will go to ANY LENGTHS to carry the message to the still suffering alcoholic!

The coastal hybrid is in a meeting hall. To keep anonymity for those who desire it, there is a podium audio/video booth for the secretary and the speaker(s) which allows the rest of the roomers to be off camera. At least that is my understanding, I must admit that I have not participated in any of these meetings yet. But I will!

I have much more to report to you as I have more research to do and some experiments of my own to try. I would like to request that any of you reading this and having any experience with the hybrid meeting format please contact me at NNLEditor@sloaa.org If you know anyone who has this type of knowledge, could you let them know? I'd love to talk to them also.

Thanks so much for your consideration.
Judy G., NNL Editor

CCCOI Board of Directors and Staff

Jeff L	Board	Chair
Vacant	Board	Vice-Chair
Janice E	Board	Treasurer
Dick B	Board	Secretary
Vacant	Board	Literature Chair
Jeff L	Board	Communications Chair
Debbie P	Board	Member-At-Large
Jon	Staff	Central Office Manager
Chad C	Staff	Volunteer Coordinator
Judy G	Staff	Newsletter Editor
Bob R	Staff	Webmaster

Sobriety Birthdays



Name	Years
Joe R.	13
Sharon P.	29
Janet F.	36
Tory S.	39



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 6819, Los Osos, CA 93402-9998

MEETING DIRECTORY CHANGES

- [List of Face-to-Face meetings](#)
- [List of ONLINE \(Remote\) 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>
4. Drop off at Central Office mail box in front of 1333 Van Buerden Dr. Suite 102, Los Osos, CA; or in the office on Mondays 12-3 or Saturdays 1-4.

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 6819
Los Osos, CA. 93402-9998
VENMO: @slocentraloffice

**Hospitals and Institutions (H&I)
Bridging the Gap**
P.O. Box 6819
Los Osos, CA 93402-9998

UPCOMING EVENTS

June 12-13, 2021

Founder's Day

Online from Akron, OH
REGISTER NOW @

<https://foundersday.org/>

July 9-11, 2021

6th Annual Unity & Service Conference

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

August 20-22, 2021

The Age of Miracles

San Luis Obispo, CA

<https://www.district22convention.org>

THE AGE OF MIRACLES



54TH ANNUAL · DISTRICT 22 CONVENTION
ΑΥΓΟΥΣΤΟΣ 20-22, 2021 · ΣΑΝ ΛΟΥΙΣ ΟΒΙΣΠΟ · CA



June: *Willingness*

Step 6

Were entirely ready to have God remove all these defects of character.

Tradition 6

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.



As Bill Sees It: 122

Willingness is the Key

No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is?

A beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more.

Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

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

=====

" ARE YOU AN ALCOHOLIC?" QUIZ,
IF THEY ALLOWED ME TO WRITE IT

- 1 DO YOU THINK IT'S CRAZY WHEN PEOPLE DON'T FINISH THEIR DRINK?
- 2 HAVE YOU EVER DRANK UNTIL YOU VOMITED, AND THEN DRANK SOME MORE?
- 3 DO YOU OFTEN FIND YOURSELF SAYING, "OH WELL. F**K IT."?
- 4 DO YOU THINK YOU JUST HAVE SUPER TERRIBLE LUCK?
- 5 ARE THE INSURANCE AND REGISTRATION STICKERS EXPIRED ON YOUR CAR?
- 6 HAVE YOU EVER NOT HAD THE MONEY FOR RENT/ELECTRICITY, BUT WENT OUT DRINKIN' ANYWAYS?
- 7 HAVE YOU EVER SAID THE STATEMENT, "NO, I'M NOT AN ALCOHOLIC"?
- 8 HAVE YOU EVER SAID THE STATEMENT, "YES, I'M AN ALCOHOLIC"?
- 9 HAVE YOU EVER ACTED AS IF YOU WERE HAVING A PARTY TO THE MAN BEHIND THE COUNTER AT THE LIQUOR STORE, IN ORDER TO JUSTIFY THE AMOUNT OF ALCOHOL YOU ARE BUYING?
- 10 HAVE YOU EVER LOST A SHOE?
- 11 HAS YOUR CELLIE EVER TOLD YOU THAT YOU MIGHT HAVE A DRINKING PROBLEM?
- 12 HAVE YOU EVER WOKEN UP NEXT TO SOMEONE AND WONDERED WHAT HIS/HER NAME IS?

-AGK 2015

Central Office Intergroup Announcements



ARCHIVES

District 22 Archivist Leonard L. stated that he is still looking for anyone that has any history of the groups, and requested them to please contact him at leonardlenger@yahoo.com

SERVICE MANUAL STUDY on zoom

Area 93 District 1 holds a **Service Manual study** via Zoom every Wednesday night at 7pm for 1 hour. GSRs are especially welcome, but all members of Alcoholics Anonymous are invited. Contact Bonnie N. (805) 550-8081 / district22dcm@gmail.com for the link.

Not one of us is given a torch big enough to lead the drunks of the world out of the darkness and into the light. Instead, each of us has been given a candle that burns for a short while with a flickering flame. If we stand together, the light will outshine the greatest torch. If we argue and bicker and blow at each other's candle so that each of us starts shielding our own little flame, then the alcoholics of the world will continue to suffer in darkness, and so will we.

Anonymous,

Presentation to the 1995
General Service Conference

CENTRAL OFFICE HAS MOVED: Central office has moved from Suite 101 to Suite 102 at 1333 Van Beurden Drive in Los Osos.

OUR MAILING ADDRESS HAS CHANGED: The new mailing address for CCCOI is: **P. O. Box 6819, Los Osos, CA 93402-9998.**

COVID UPDATE: CCCOI recommends that you periodically review the SLO County current restrictions and guidelines for safe operations for COVID19. Please keep yourselves and our A.A. meetings safe for everyone.

<https://www.emergencyslo.org/en/covid19.aspx>

OFFICE HOTLINE: At this time, our 24 X 7 Hotline is supported by volunteers answering the phone line from home. (805) 541-3211

OFFICE OPERATIONS: The CCCOI Office remains closed to normal office activities until the SLO County Emergency Services relax restrictions associated with the Shelter At Home orders. However, we do provide limited hours of operation for the sale of literature.

LITERATURE SALES: CCCOI is open for literature sales on EVERY Monday from Noon to 3pm and on EVERY Saturday from 1pm to 4pm. To obtain literature, do the following: 1) Call the AA Hotline (805-541-3211) during those times and place your order. You will be told the amount due upon pickup. 2) Drop by CCCOI and accept curbside delivery. Or come to the outer office for pickup.

SCHEDULE FOR LITERATURE SALES:

Monday, Noon to 3pm
Saturday, 1pm to 4pm

DONATIONS: Central Office needs your donations since our expenses for rent and phone systems continue through the COVID-19 shutdowns. You are welcome to drop off your donations at Central Office during our opening hours listed above for literature. You can also make donations using our Venmo account. Our Venmo account is: @slocentraloffice

MEETINGS: Most of our AA groups continue to meet remotely using platforms like Zoom. A few groups are now meeting face-to-face. More information on all our meetings is provided below.

REMOTE MEETINGS: * For a comprehensive list of Remote AA Meetings

* If you would like to submit a Remote meeting, please fill out the form here, and we will add it to our comprehensive list of Remote meetings.

FACE TO FACE MEETINGS: * For a comprehensive list of Face to Face Meetings

* If you would like to submit a Face to Face meeting, please fill out the Remote Meeting Form above and we will add it to our comprehensive list of Face to Face meetings.

Central Office is providing notice of these meetings for informational purposes only and takes no position and makes no representations nor guarantees that these meetings comply with current federal, state or local laws as they apply to the current COVID-19 pandemic. Confirm compliance at each location you attend and make your own decisions.

Thank you for your cooperation during this difficult time. And please reach out to us for any additional information or corrections/additions to our published information. 805-541-3211, or via email: info@sloaa.org

District 22: DCM Column ~ June 2021

A BIG WELCOME to our new District 06 Liaison – Jazmin from Santa Maria! District 06 encompasses the Hispanic Groups from Goleta, Grover Beach, Guadalupe, Lompoc, Paso Robles, San Luis Obispo, and Santa Maria. We look forward to hearing reports from Jazmin on how the Spanish speaking groups are doing, and if there is any way we can be of service to them. By-the-way, Jazmin is going to celebrate **SIX** years on June 7. ¡Feliz cumpleaños!

A BIG THANK YOU to Area 93 Alternate Delegate Rudy M. for visiting us at our May District 22 / GSR Meeting. He told us about the importance of the General Service Representative's job in serving A.A. as a whole and being the voice of their group.

There was an Area 93 Assembly in May which I and a few of us from District 22 attended. The highlight of it for me was hearing our Delegate Karla give a brief report about this year's General Service Conference. She will give her full "Report Back" this July 11. If you would like the Zoom ID to attend, please contact me at my email shown below. I hear she may be reporting on an updated version of the Big Book. More will be revealed . . .

Our next District 22 / GSR meeting will be June 13. If your group does not have a GSR, then elect one! And send them to the district meeting. Two years sobriety is recommended for this two-year commitment. It sounds like a big investment in time, but trust me, it is worth every minute. Here is a special Zoom invitation to you:

<https://us02web.zoom.us/j/89303926186?pwd=TLI3OHdGNWlIZXhVMTZRM0FIR2dLUT09>

Meeting ID: 893 0392 6186, Password: 121212

We open up the Zoom room at 10:00 AM for fellowship. The meeting starts 10:15 and runs to 11:30. One of the items we will be discussing and possibly deciding on is holding our District 22 / GSR meetings "hybrid" (meeting in person and Zoom at the same time). Judy G. who is heading the ad-hoc committee on this subject will be reporting on what she has found out and how other groups are doing it. (See Judy's excellent article on page 1 of this newsletter).

Best wishes to all and happy summer! As the Beatles sang "Little darling, it's been a long cold lonely winter . . . Here comes the sun" . . .

Bonnie N

DCM District 22
805-550-8081
district22dcm@gmail.com

