



A Small Victory

Practicing Step 7 one day at a time

As I was only ready to turn over a few of my character defects to my Higher Power at the end of Step Six, I was surprised—and frustrated—when those defects that I held onto kept popping up. My fear of change seemed to give my selfishness free reign. I was plagued by my defense mode of aggression. I was emotionally immature. My emotional pain fed my mental and physical pain, and my lack of trust in my Higher Power kept me in turmoil. Sharing in meetings was my only outlet. This provided a brief period of relief, perhaps a couple of hours if I were lucky.

My tour of duty on Okinawa was drawing to a close around this time, and I was getting ready to go home on leave before my next assignment. I was exchanging letters with a man in my hometown who had twenty-two years of sobriety, and I told him about the struggles I was having with my character defects. In the last letter I got from him before I returned home, he asked me what I was going to do about it. What was I going to do about it? What I was doing certainly was not working. I had a sudden realization that I was unable to do anything about my defects myself.

Out of options, I began to ask (instead of demanding, like I usually did) my Higher Power for relief of the emotional, mental, and physical stress my character defects were causing me. Those negative feelings and thoughts were not removed, but I found that different solutions became available as those feelings lost their power. I began asking for help with these issues each day, in addition to asking for help to stay sober. Each day I was able to overcome fear, resentments, anger, and selfishness was a small victory, allowing for less aggression and better relationships. Each victory was not mine; it

belonged to the program of Alcoholics Anonymous and my Higher Power. Slowly, my practice of turning these negative feelings over to my Higher Power grew into trust and faith that He was looking after me.

Truthfully, my character defects have never left me. They hide until they get the opportunity to jump out. During my journey in sobriety, my Higher Power has proven that He can quiet these negative feelings, emotions, and the thoughts that accompany them. When a defect pops out during the day, I immediately ask my Higher Power to be relieved of it. Sometimes more than one defect comes up. Sometimes they all appear at once. My defects might come when I'm sleeping, and I have strange dreams that awaken me. When this happens, I ask my Higher Power to relieve my fear so that I may better do His will. It always seems to work.

This alcoholic has had to deal with my character defects one day at a time by facing a character defect and turning it over to my Higher Power for the day. My faith grows, and I find myself making better choices. Over these last forty years of sobriety, the Steps of the AA program and my faith in my Higher Power have rewarded me with contentment in my own skin and peace in sobriety. I wish the same for all alcoholics.

-Bill F.



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Sobriety Birthdays



Name	Years
Jon O	2
Angela G	12
Lynn R	17
Tina I	20
Dave J	27



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 93412-6819

MEETING DIRECTORY CHANGES

- [List of Face-to-Face meetings](#)
- [List of Remote \(Online\) 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>
4. Drop off at Central Office at 1333 Van Buerden Dr. Suite 102, Los Osos, CA 93412-6819.

7TH TRADITION MAILING LIST for GROUP TREASURERS (Contributions)

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. 93412-6819
VENMO: @slocentraloffice

**Hospitals and Institutions (H&I)
Bridging the Gap**
P.O. Box 6819
Los Osos, CA 93412-6819

UPCOMING EVENTS

July 11, 2021
Delegate's Report Back
1:00 – 3:00 PM
Via Zoom

Meeting ID: 958 8416 7133 Password: Area93
(Spanish Translation will be available)

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>

September 17-19
Southern California AA Convention
"We Overcome in 2021"
Westin Mission Hills Golf Resort and Spa
71333 Dinah Shore Drive
Rancho Mirage, CA
<https://www.aasocal.com>

July: *Humility*

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.



Humility... is not thinking less of yourself but thinking of yourself less!



As Bill Sees It: 97

Self-Respect Through Sacrifice

At the beginning we sacrificed alcohol. We had to, or it would have killed us. But we couldn't get rid of alcohol unless we made other sacrifices. We had to toss self-justification, self-pity, and anger right out the window. We had to quit the crazy contest for personal prestige and big bank balances. We had to take personal responsibility for our sorry state and quit blaming others for it.

Were these sacrifices? Yes, they were. To gain enough humility and self-respect to stay alive at all, we had to give up what had really been our dearest possessions—our ambition and our illegitimate pride.

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Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.
Amen.

~Alcoholics Anonymous, pg. 76.

Central Office Intergroup Announcements



The Central Office will be partially reopened starting **Monday July 12th** for people to visit and purchase literature.

Mon-Fri Noon to 6 PM

Saturday 10am – 4pm

Mon-Fri 9-Noon will be phone calls only as our volunteers will be working from home.

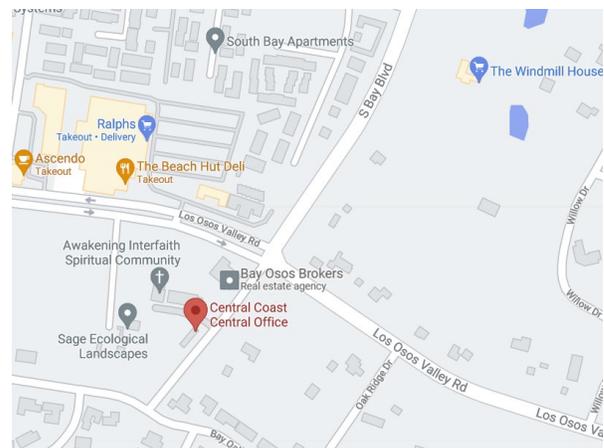
Orientation for the returning and new volunteers is on Saturday 7-10-21 from 11 am to 2 pm.

OUR MAILING ADDRESS HAS CHANGED:

The new mailing address for CCCOI is:

P. O. Box 6819, Los Osos, CA 93412-6819

AND just in case you haven't been to the Central Coast Central Office Intergroup (CCCOI) lately... like in the last year + 3 months, here is the "new" address and a map for your driving pleasure. 1333 Van Beurden Dr., Suite 102, Los Osos, CA 93412-6819



Los Osos on left side of S. Bay Blvd., SLO down LOVR on right

District 22: DCM Column ~ July 2021

A BIG WELCOME to Jon O. who is the new General Service Representative (GSR) for the Harbor Lights group in Morro Bay. Jon is also serving as the Office Manager at Central Office. He just celebrated two years of sobriety. Jon said he was told "The first year is for you, and the second is for others". Good going Jon!

Our next District 22 / GSR meeting will be on Sunday, July 11 at 10:15 AM. We are still meeting on Zoom, but plan to go "hybrid" in August. If your group does not have a GSR, elect one and send them over!

Also on Sunday, July 11, at 1:00 PM via Zoom - We are all invited to hear the Area 93 Delegate Karla give her report back from the General Service Conference, that she attended earlier this year. Are you wondering if there will be a Fifth Edition of the Big Book? This is where you can find out!

Here is the Zoom info for both meetings:

DISTRICT 22 COMMITTEE (GSR Meeting)

Time: 10:15 AM

Meeting ID: 893 0392 6186 Password: 121212

Delegate's Report Back

Time 1:00 PM

Meeting ID: 958 8416 7133 Password: Area93
(Spanish Translation will be available)

Hope to see you on the 11th!

Yours in service,

Bonnie N

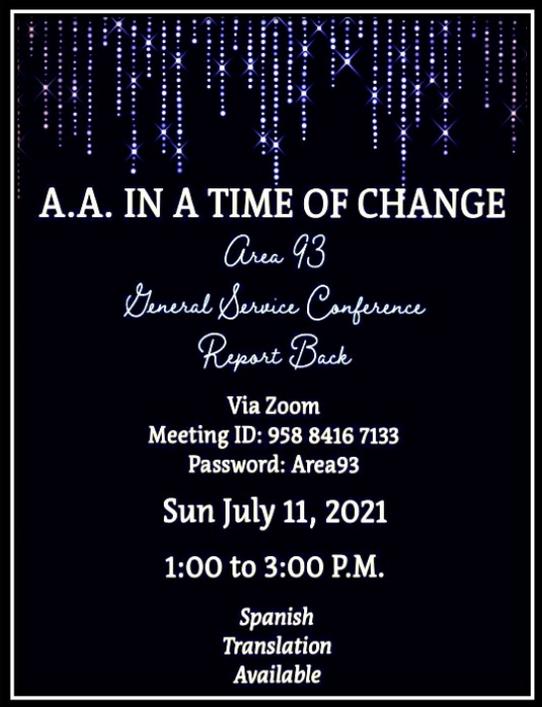
DCM District 22

805-550-8081

district22dcm@gmail.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.



A.A. IN A TIME OF CHANGE
Area 93
General Service Conference
Report Back
Via Zoom
Meeting ID: 958 8416 7133
Password: Area93
Sun July 11, 2021
1:00 to 3:00 P.M.
Spanish
Translation
Available

THE AGE OF MIRACLES



54TH ANNUAL · DISTRICT 22 CONVENTION
AUGUST 20-22, 2021 · SAN LUIS OBISPO, CA



Highlights of this year's convention include:

- Free Registration (Donations gladly accepted)
- Eight AA Speaker Meetings
- Al-Anon Keynote and Family Meeting Speakers
- Marathons (AA Al-Anon)
- Interview With an Alcoholic
- Saturday Night Comedy Hour
- Zoom Dance Party
- Sunrise Meditations Saturday and Sunday
- Sunday Sobriety Countdown
- **Register at**
<https://www.district22convention.org>