



## Say What You Need to Say

When I attended my first AA meeting in June of 2009, I had no idea that my resentments were ruling everything I believed about the world and my personal relationships. Fear had driven me to a level of self-centeredness that had completely cut me off from others and what I call the "spirit of the universe." What I did know was that I was miserable. Driven by total despair, I was open to a series of simple AA messages: keep coming back, attend a meeting every day and work the Steps. I was off on a new adventure.

With a Big Book in hand, I listened to the greeters at the door, the speakers at the podium and my fellow members in neighboring seats. Two months later, I was sitting in front of an old-timer sharing my inventory in a lovely, Eden-like backyard.

One day, about four months later, with the guidance of my first sponsor, I started Step Eight. I began contemplating the harms I had done to my family, particularly to my brother. My brother had been my hero when I was a kid. Under the influence of fear and the bottle, I had trashed him, his faith and our relationship to anyone within earshot.

Around that time I got a text message from my niece. She was reaching out to me with an invitation to take part in a parent weekend at her university. This would be my first opportunity to make amends to my brother. So I seized the chance. I had hoped to use God's grace to help make things better between us. But by the time I arrived at the event, I had snatched back my will and failed to muster the courage to get the job done. Still, a positive change in me was evident. My brother and I had a lovely time together and I didn't need to turn to booze to make it through the weekend.

In December, our family gathered for the holidays. It was likely my first sober all-family event since I was 15. Again, I planned to make amends to my brother. But my thoughts, driven by fear, could only focus on selected words of the Ninth Step: "... except when to do so would injure them or others."

I rationalized to myself that Christmas was not a time to inflict the family with my drama. I had already done enough of that. And so I resolved to do my best impersonation of a bobble-head for the balance of my vacation and the holiday passed without a hitch. And then the unimaginable happened.

My sister-in-law called to inform me that my brother had a yet-undetermined blood disease. Panic came over me. Was I going to be prevented from making my amends to my brother?

Contrary to my old way of doing things, I simply said to her, "Is there anything I can do to help?" She sighed with relief. "Actually, yes," she said. "I have plans to celebrate my birthday out of town with my sisters and I did not want to leave your brother alone."

"At your service," I said. I got online to make travel arrangements. By the time I arrived, my brother's diagnosis had escalated to a life-threatening variety of leukemia. I stayed with him at the hospital while the doctors scurried around to find a solution. I also regularly attended AA meetings at a little cottage nearby.

On the morning my sister-in-law happily returned to my brother's side, I went to an early morning AA meeting. I expressed gratitude to the group for supporting me. I spoke of my disappointment that I had not yet made amends to my brother. Several of the guys encouraged me with AA slogans, and one kind soul handed me a bookmark with a prayer that opens, "Look to this day, for it is life, the very life of life."

Driving to the hospital before returning home, I tuned the radio to the local pop station. Making amends to my brother was the furthest thing from my mind in that moment. Suddenly, the words of a song rang out clearly, "Say what you need to say ... say what you need to say ... say what you need to say."

*(Continued on pg. 4...)*

### CCCOI Board of Directors and Staff

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Dick B	Board	Secretary
Doug E	Board	Literature Chair
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Chad C	Staff	Volunteer Coordinator
Judy G	Staff	Newsletter Editor
Bob R	Staff	Webmaster

### Sobriety Birthdays



Name	Years
Dara A	13
Stacy W	19
Patsy T	34
Susan W	40
Earl G	49



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 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](mailto: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



**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>

**October 8-9, 2021**

**Central Coast Roundup**  
Sunlight of the Spirit

Orcutt Presbyterian Church

<http://www.centralcoastroundup.org/wp/>

## August: *Brotherly Love*

### Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

### Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

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## As Bill Sees It: Start by Forgiving

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. Triumphantly we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own. Right here we need to fetch ourselves up sharply. Let's remember that alcoholics are not the only ones bedeviled by sick emotions. In many instances we are really dealing with fellow sufferers, people whose woes we have increased.

If we are about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?

*TWELVE AND TWELVE, p. 78*

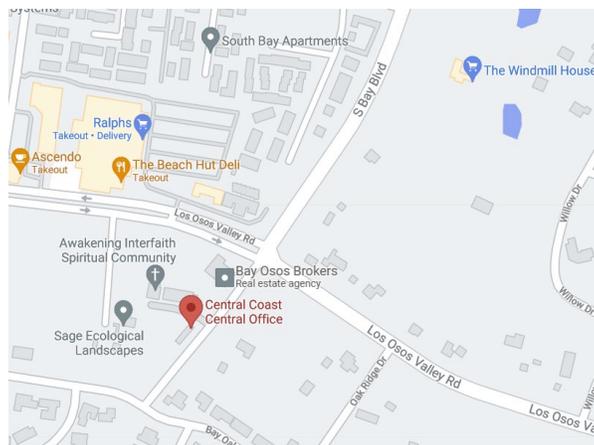
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If you haven't been to the Central Coast Central Office Intergroup (CCCOI) lately, here is the "new" address and a map for your driving pleasure. 1333 Van Beurden Dr., Suite 102, Los Osos, CA 93412-6819



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

## Central Office Intergroup Announcements



Our Central Office is unique in several ways. We are entirely staffed by volunteers and sell all our literature at cost.

We do this with our Office Volunteers who have a regular shift and others who fill in as needed. We also have Call Forwarding Volunteers who are available by phone when we're closed. Our goal is to have a recovering alcoholic available to help visitors and callers 24 hours a day, 7 days a week.

If you would like more information or are interested in being of service in one of these positions, please call the Central office at 805-541-3211 to leave the Volunteer Coordinator a message to call you, or contact him directly at [chad@payatech.com](mailto:chad@payatech.com).

Six months continuous sobriety is required and training is provided.

**Our Mailing Address has changed:** The new mailing address for CCCOI is:

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

Our Central Office provides A.A.-Approved Literature and printed materials, as well as information and help to alcoholics, the public, and the groups of Alcoholics Anonymous in San Luis Obispo County.

We'd like to introduce and welcome our two new board members, filling the slate once again. Jon K. has filled the Vice Chairman position, and Doug E. has taken on the Literature Chair. Both men are familiar faces in our local service arena, and we are so glad to have them on board (hey! A pun!)

The training that was held at the Central Office for our volunteers who are returning to work was very successful and fun, and we hope to have a really good year in our "new" digs. The office has been designed and decorated to make it a safe and sober place to come and chat or browse our literature shelves. C'mon over to Los Osos for a visit! Have a cup of coffee on us 😊

### Office Hours

Monday – Friday Noon – 6 PM

Saturdays 1 PM – 4 PM

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### POLL

Would you be interested in getting the [link](#) to the Nameless Newsletter in your email inbox each issue?

Yes \_\_\_ No \_\_\_ email \_\_\_\_\_ @ \_\_\_\_\_

Let me know at [nnleditor@gmail.com](mailto:nnleditor@gmail.com) Thanks!

## District 22: DCM Column

Our next District 22 GSR Meeting on Service Sunday, August 8<sup>th</sup> will be a "hybrid" meeting. That means we will be meeting live and in person at the Alano Club in SLO and simultaneously via Zoom. We meet from 10:15 to 11:30 A.M. I am not sure if the Alano Club is requiring masks, but please bring one just in case.

Here is the log in info for Zoom:

Meeting ID: **893 0392 6186**

Password: **121212**

-or-

come to the Alano Club in San Luis Obispo at 3075 Broad Street in San Luis Obispo. Your choice!

### *Save the date!*

On **November 6<sup>th</sup>** District 22 and the Central Office Intergroup will be hosting a **Service Luncheon**. In the morning we will have service panels (this is a good way to find a service commitment), then lunch (free), ending with a visit from our Delegate Karla who will report on what happened at the General Service Conference. Did you know there is a 5th edition of the Big Book in the works? Karla will give us the scoop on that and so much more! God willing we can do all that in person. If not we will come up with a "Plan B". Please stay tuned for a flyer next month.

The 54<sup>th</sup> Annual District 22 Convention is almost here! It will be virtual - online through Zoom - but it will be *FOR FUN AND FOR FREE!* There are 8 different AA Speakers and T-Shirts for sale! Check out all the cool things the Convention Committee has arranged for our entertainment in the box at the bottom of the next column. Please REGISTER so we can count on your presence!

Register at <https://www.district22convention.org>

Does your group have a GSR? If so, right-on! If not please consider electing one and sending them to our GSR meeting. If you are reading this, **you** might even want to represent your group. We'd love to have you. Remember, the GSR is the voice of the group for communication with the General Service Office and Conference. If you would like more information please do not hesitate in contacting me.

Yours in service,

*Bonnie N.*

DCM District 22

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

Cell: 805-550-8081

*(Continued from pg. 1...)*

There and then, I decided to make my amends and to offer to be of maximum service to my brother and his family. And that's just what I did.

Unfortunately, the disease got the better of my brother. A couple of weeks before he died, we had time by ourselves to celebrate being brothers. I expressed my truth. I got to say, "You are my hero." He expressed his. "I am so proud of you," he told me, "I'm happy you've found AA and your own Higher Power."

My brother left us with no resentments and no one resenting him: a free man. I felt the flush of freedom too.

As I look back at this experience, I see it as the most significant turning point in my recovery. It was the beginning of other-centeredness and my conscious constant contact with my creator.

- John S., Los Angeles, CA

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### 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>