



As Promised

I am sitting on the beach in Cedar Key, Florida, when, for the second time in a week, a wave of almost inexpressible gratitude washes over me. I am here because the Promises are coming true in my life.

I was the most tenacious kind of drunk: a functioning alcoholic. The fact that I still held a job (albeit barely); that I had no DUIs merely by lucky coincidence; that, on the outside at least, I appeared to be doing a passable job of living--all these things kept me in denial about the progression of my disease. If I paid my bills on time, and if I showed up for work more or less regularly, I could convince myself that I did not have a drinking problem. My previous public drinking career had left me feeling so shameful that I preferred to drink in isolation: it made the denial easier when there were no witnesses. I led a tightly reined drinking life, and tried to minimize the amount of evidence I left in my wake.

So when I finally got sober in 1990, this obsessive discipline was already a fixed part of my character. In lieu of drinking, I worked, went back to school, quit smoking, and got out of debt. I was a model of recovery.

Except that fear still ran my life.

For example, as I came to know myself through the Steps and the help of sponsors and friends, it became apparent to me that I was in a business which I felt engendered more problems than solutions in the world. Yet I stayed in it for almost nine years in recovery because I was afraid--of economic insecurity, of trying something new, and, paradoxically, of succeeding in a new endeavor. It is easier to stay stuck in a familiar mire than to risk life on an unknown island.

Fortunately, pain is a great motivator. The "disease" I was suffering was the result of one of the many boons of sobriety: the clarity with which we are able to re-examine our values or even to establish them for the first time. I was discovering that my actions were at odds with my beliefs. Previously, I had craved money and security; now I wanted integrity and purpose. But how could I bring

my life into alignment with my newfound values? What I needed, and what I feared most, was an upheaval. It is not easy to upheave oneself; typically, this is reserved for powers beyond our control: natural disaster, a possibly fatal illness, the death of a loved one. But a Power greater than myself was at work behind the scenes. I have always loved to travel, and suddenly, opportunities appeared where I had never seen them before. Some time ago, I had contemplated moving to Montana, but it would not have been practical for me; I have too many precious ties (family, friends, meetings) to Chicago. But I started thinking, How about a few months in Montana? A summer? What if I went on a traveling sabbatical? Of course, I was immediately assailed by all of the reasons why not. On examination, however, they really did not hold up. I was concerned about my job, my apartment, my relationship, my pets, and my stuff, and initially, the problems seemed insurmountable, but when I looked into them, I found that my job would take me back when I was ready, that my lease would be up shortly, that supportive friends offered temporary homes for my pets, that I could put my stuff in storage, and that my significant other understood, and would join me on my travels when he could. Possibilities began to materialize where before I had seen only obstacles. And things began to happen almost without my interference: my parents planned a fortieth anniversary celebration on Sanibel Island in Florida; a friend offered a round-trip ticket to London, while an acquaintance offered his apartment there; and I received a small inheritance. The pieces fell together in a way that convinced me that it was not just me running this show. When my itinerary was completed, it looked like this: July and August in Missoula, Montana, with a week's stopover in Northern Minnesota on the way home; September in England; October to mid-November in Sanibel and Cedar Key, Florida; a month at home in Chicago for the holidays; and finally, January through March in Isla Mujeres, Mexico.

And I believe I have decided not to go back to my unfulfilling career. I am going to try my hand at something more creative and less ruinous to society and to my soul.

(Continued on pg. 4, col. 2)

CCCOI Board of Directors and Staff

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Bob R	Staff	Webmaster

Sobriety Birthdays



Name	Years
Ivana	1
Jasmine	7
Leslie	16
Gina S.	24
Lee	34
Carol B.	35



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 \(in person\) 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

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>

September 18, 9am-2pm

Area 93 Archives presents
"AA History Symposium"
3031 W. 5th St., Oxnard, CA 93030
HYBRID Zoom ID: 791 9547 3896 PW: 5bdkFP



October 8-9, 2021

Central Coast Roundup
Sunlight of the Spirit
Orcutt Presbyterian Church
<http://www.centralcoastroundup.org/wp/>

September: *Discipline*

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

As Bill Sees It: 145 To Take Responsibility

Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure.

But every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake.

<<< >>>

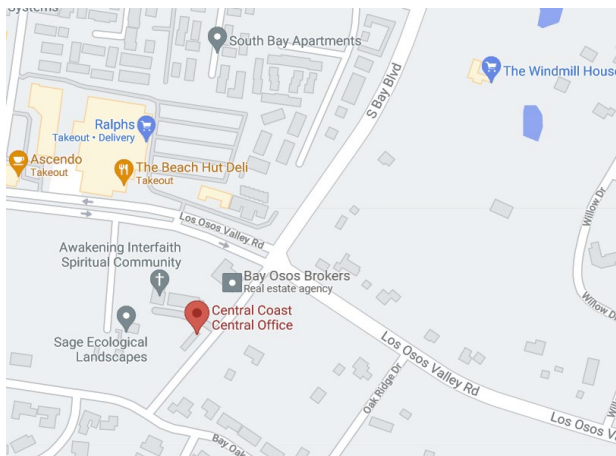
The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

TWELVE AND TWELVE

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2. P. 87

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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



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 93412-6819.

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. Use the link below.
<https://www.emergencyslo.org/en/covid19.aspx>

OFFICE HOTLINE: Our Hotline is supported by volunteers answering the phone line 24 X 7 either in the office or from home. **(805) 541-3211**

OFFICE OPERATIONS: The CCCOI Office is now open during limited hours per day. These hours are Noon to 6pm, Monday through Friday, and Saturday 1pm to 4pm.

LITERATURE SALES: CCCOI is open for literature sales during the Office Hours listed above.

DONATIONS: You are welcome to drop off your donations at Central Office during our opening hours listed above. You can also make donations using our Venmo account: @slocentraloffice

MEETINGS: Our AA groups meet both online and in person. More information on all our meetings is provided below.

ONLINE MEETINGS: For a comprehensive list of online AA meetings, [click here](#). If you would like to [submit an online meeting](#), please fill out the Remote Meeting Form and we will add it to our comprehensive list of Remote meetings.

IN PERSON MEETINGS: For a comprehensive list of in person meetings, [click here](#). If you would like to [submit an in person meeting](#), please fill out the Remote Meeting Form above and we will add it to our comprehensive list of in person meetings. We are also working on compiling an up to date list of meetings for our area; we hope to have this completed by September 15, 2021.

Thank you for your cooperation keeping our meeting listings current. 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

Important Info for Group Treasurers New ID Numbers for Old and New Groups

Recently the General Service Office (G.S.O.) has issued new Group ID numbers to all of the groups in the U.S. and beyond. This is a new digital format, which better helps identify the groups. It is important to include your groups new group number when making contributions to: G.S.O., Area 93, District 22, and the Central Office, because your group can then get proper credit for its contribution.

From G.S.O.'s web Q&A page:

How do I find my **group number** to contribute to the General Service Office? There are several ways to find out the **number** your **group** was assigned when it was entered in the records at G.S.O. If you create a profile to contribute online, you can search for your **group service number** in the system. Your Area Registrar has access to this information and can provide you with your **group service number**.

Or in our District 22 you can contact our District Registrar, Judy G. (who also happens to be this Nameless Newsletter editor) at nnleditor@sloaa.org or you can contact me directly by email, phone, or text (below). The Central Office should have the new numbers in a couple of weeks. Call 805-541-3211, M-F 12-6 PM or Sat 1-4 P.M.

Speaking of the Central Office – There have been many changes of where and how groups are meeting: In person face to face, online, or both (hybrid). The Central Office is updating the meeting directory (online and printed). They need your group's updated information. Please submit that information to: <https://www.sloaa.org/> and complete the Meeting Change Form or send updates directly to info@sloaa.org. Or pick up a meeting change form at Central Office.

Does your group have a General Service Representative (GSR)? If not, please consider becoming one and going to our next District 22 / GSR Meeting on 9/12/21. Two years of continuous sobriety is recommended to be a GSR.

DISTRICT 22 COMMITTEE (GSR Meeting)

Sunday September 12

Hybrid meeting 10:15 – 11:30 AM

In person at the Alano Club 3075 Broad St., San Luis Obispo, CA 93401

Or via Zoom:

Meeting ID: 893 0392 6186 Password: 121212

Visiting Area 93 Officer:

Aimee T, from Simi Valley

All are welcomed!

Yours in love and service,

Bonnie N.

DCM District 22, Area 93

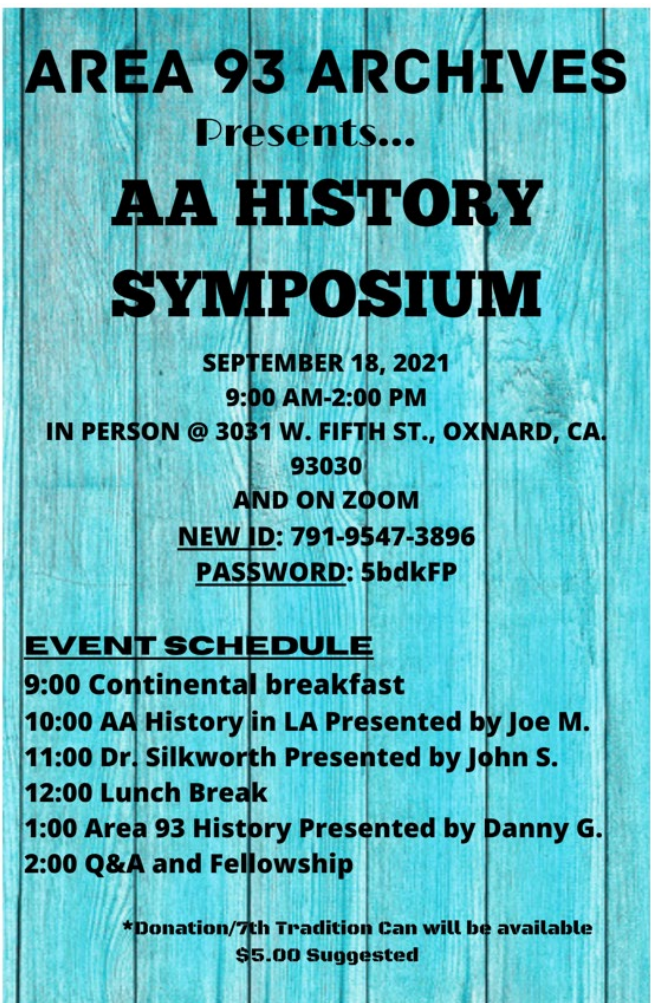
Email: district22dcm@gmail.com

Cell: 805-550-8081

(Continued from pg. 1...)

The life I am living today is truly beyond my wildest dreams, and God must be in charge, because I never could have conceived it on my own. As promised, I know "a new freedom and a new happiness." I am so grateful to AA and my Higher Power for giving me the ability to see beyond convention, and for the assurance that excitement and joy belong in a sober life. What a gift!

by: Marcia R. | Chicago, Illinois | June 2000
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AREA 93 ARCHIVES
Presents...
AA HISTORY SYMPOSIUM

SEPTEMBER 18, 2021
9:00 AM-2:00 PM
IN PERSON @ 3031 W. FIFTH ST., OXNARD, CA. 93030
AND ON ZOOM
NEW ID: 791-9547-3896
PASSWORD: 5bdkFP

EVENT SCHEDULE
9:00 Continental breakfast
10:00 AA History in LA Presented by Joe M.
11:00 Dr. Silkworth Presented by John S.
12:00 Lunch Break
1:00 Area 93 History Presented by Danny G.
2:00 Q&A and Fellowship

***Donation/7th Tradition Can will be available \$5.00 Suggested**

SERVICE MANUAL STUDY on zoom

Area 93 District 1 holds a **Service Manual study** via Zoom the 2nd, 3rd and 4th Wednesday nights 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.

*** We start the 12 CONCEPTS on 9/8/2021 ***
JOIN US!