



Positive Psychology

Positive psychologists believe that individuals can transcend the self when they engage in a deeply meaningful spiritual experience with the sacred or divine. During this experience they connect with something bigger than oneself, expand self-boundaries, and become aware of life dimensions beyond the self. Positive psychologists also believe that spiritual transcendence allows people to see outside of their immediate sense of time and view life from a more objective perspective, examining their darkness in the past in order to embrace a better future. These ideas seem to reflect what we do in Alcoholics Anonymous.

I mostly agree with the above definitions, but I do not see spiritual experiences as necessarily connecting with the sacred or divine. Spiritual experiences can occur in seemingly normal circumstances that inspire awe and a new vision, sensation, and sometimes in realizations. I was once on a long drive to a Young People in AA convention, and I noticed the silver linings in the clouds as the sun was reflecting on them. I had heard the term silver lining before but had not realized it referred to an actual phenomenon. I realized that my repetitive stinking thinking when driving was making me miss moments in my life.

In Alcoholics Anonymous, I learned about step 11 when I was encouraged to seek spiritual experiences and develop a concept of a Higher Power. Step 11 also encourages prayer and meditation to improve conscious contact with

the Higher Power. When I think about my personal conception of a Higher Power, it does not completely align with mainstream ideals of sacred or divine (I am a Spiritualist and I use New Age practices). In AA, I was also taught about the importance of attending AA groups regularly, service (step 12), sharing my story of recovery in AA meetings, and learning and growing through continued examination of character defects (steps 6 and 7). These practices reflect some of positive psychology's recommendations for self-transcendence: reflection on spirituality, attending groups, volunteering, and lifelong learning. Through engaging in the 12 steps of AA I experience continued sobriety and self-transcendence. As people in the rooms say, all I need to know is there is a God and I'm not it!

-- Elexia, Los Osos

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CCCOI Board of Directors and Staff

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

**7TH TRADITION MAILING LIST
for GROUP TREASURERS
(Contributions)**



General Service Office (GSO)
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

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

February 18-20

19th SW Unity Conference
 Sunlight of the Spirit.
 Write: Ch., Box 3464, Lawton, OK 73502:
sosconference@yahoo.com
 Lone Wolf, Oklahoma.

March 17-20

San Jacinto, California.
 Inland Empire AA Convention
 Write: 1307 E. Citrus Avenue, Redlands, CA 92373.
 Info: <https://www.ieaac.org>

April 22-24, 2022

San Simeon Campout
 "We Absolutely Insist on Enjoying Life"
 Hearst San Simeon State Park
 Cambria, CA
 Reservations:
<https://www.reservecalifornia.com>
 Find us on FB "San Simeon Campout"

Sobriety Birthdays



You did it!
Congratulations



Name	Years
Hayley M	2
Lucas W	3
Dick B	34
Chris C	41
Sharon H	42

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****

ALL MEETINGS

- List of meetings www.sloaa.org

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 new/change forms online at <https://www.sloaa.org/meetings/>
4. Drop off at Central Office at 1333 Van Buerden Dr. Suite 102. Los Osos. CA 93412-6819.

January: *Honesty*

Step 1

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

Tradition 1

"Our common welfare should come first; personal recovery depends upon A.A. unity."

As Bill Sees It: #8

A New Life

Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life—the one that did not work—for a new life that can and does work under any conditions whatever.

Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of A.A.'s Twelve Steps.

Grapevine, December 1957

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

February: *Hope*

Step 2

"Came to believe that a Power greater than ourselves could restore us to sanity."

Tradition 2

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Central Office Intergroup Announcements

BOARD OF DIRECTORS: As is the A.A. way, the end of the year brings some rotational opportunities. We would like to extend our heartfelt thanks to Jeff L for his 4 years of service on the Board; stepping up this year to fill our vacated Chair position and doing so with honesty, an open mind and the willingness to serve. All this on top of the position of Communications Chair he has filled for the duration of his service commitment. Big shoes to fill!

Welcome to Susan L. who has volunteered to fill a vacant position. Now that we have the Board members for 2022, the positions they each fill on the Board will be decided at January's Board of Director meeting (first Wednesday 1/5/22). Thanks to all!

COVID UPDATE: CCCOI recommends that you periodically review the SLO County current restrictions and guidelines for safe operations for COVID19.

<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 open for business during these hours (Masks required):

Monday–Friday	Noon – 6pm
Saturday	1pm – 4pm
Sunday	Closed

DONATIONS: You are welcome to drop off your donations at Central Office during our open hours. You can also make donations using our Venmo account: @slocentraloffice. Please see the "7th Tradition Mailing List" on page 2 for mailing addresses for all service offices in our District.

MEETINGS: Our AA groups meet both online and in person. More information on all our meetings can be found on our website <https://www.sloaa.org/meetings>

ARTICLES, Stories, Poems, Pictures

If you're interested in publishing your work in the Nameless Newsletter please contact nneditor@sloaa.org or call the Central Office, 805-541-3211 to leave a message for the NNL Editor.

Thank you for your cooperation in keeping our meeting listings current. Please contact us for any additional information or corrections/additions to our published information. 805-541-3211, or via email: info@sloaa.org

SERVICE SUNDAY is the 2nd Sunday of each month

COR MEETING Time: 8:45 AM Link: <https://zoom.us/j/95801240779> Meeting ID: 958 0124 0779 Password: None

GSR MEETING Time: 10:15 AM Meeting ID: 893 0392 6186 Password: 121212

CONVENTION Time: 12 Noon Meeting ID: 435033231 Password 000000

Area 93, District 22: DCM Corner

Greetings from District 22!

We have just completed the first year of Panel 71 and are heading into our second year. (The General Service Panels go for two years). It has been an honor to serve as District Committee Member (DCM) this past year.

Here is a recap on some of the highlights and accomplishments of the District 22 Committee in 2021:

- Our first District meeting in January of 2021 was held virtually via Zoom. There were a total of fourteen who “zoomed” in, which included 5 General Service Representatives (GSRs).
- We continued to meet virtually February through August. Our average attendance was seventeen, which included an average of 8 GSRs.
 - Some of us attended the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA), which was held virtually for the first time in A.A.’s history. Some of us also virtually attended the Area’s Pre-conference Workshop and Assemblies.
 - We had a virtual visit from the Area’s Alternate Delegate, Rudy M. and Area Secretary, Aimee T. We voted to send \$2,500 to the General Service Office.
 - We voted to subscribe to QuickBooks online for our Treasurer to use in accounting and creating financial reports.
- Things started to look up in September. We went “Hybrid”! Attendance rose to twenty-three members, which included 11 GSR’s. Some of us met by Zoom, and others returned to our old meeting place at the Alano Club in San Luis Obispo. A big thank you to Judy G., who did the research and gathered the equipment to make our meeting hybrid.
 - At that September meeting, we also had a visit (in person)! From Area Registrar, Tara K.
- In October the ad hoc committee, headed by our Secretary Debbie P. completed the revision of the District 22 Guidelines & Policies, as well as the Bylaws. These had not been updated since 2012 – so it was quite an accomplishment. Thank you, Debbie! In December we voted to accept the updated documents.

- In November we had a very successful Service Luncheon held at Saint Timothy’s Church in Morro Bay. Thirty-five of us met in person, but with the help of Bob R. and Judy G. we were able to make it hybrid. Thank you to Judy & Bob, and to co-chairs Sandi and Jon K, Christine and all the service speakers. We had the honor of having our Area Delegate Karla visit us and report on the General Service Conference she attended earlier in the year.
- In November we heard an excellent report from our District 06 (Spanish speaking) Liaison, Jazmine, who reported on her attendance to El Foro - an assembly for the Spanish speaking groups.
- December attendance: Twenty, which included 11 GSRs.
 - Jeff L. gave an excellent report on his attendance in November at the California Association of Public Information Officers (CAPIO).
 - Our Treasurer Hector had announced he would be rotating out by the end of this year. We appreciate Hector’s service. Fortunate for us, Sheryl G, who recently moved here from Southern CA was looking for a service opportunity. We voted her in, and she will start January 2022.
 - We were also in need of a liaison for the Hospital and Institution committee. Not only did we get one, but we got two! Welcome Maureen and Rusty, from Cambria, who will share the position
 - We are still in need of an Alternate District Committee Member (ADCM).
 - Judy G reported on procuring a website for our District. We will continue to discuss in January.

Wishing you all a safe and healthy New Year. I know it will be a good one.

Yours in Service,

Bonnie N, DCM District 22

district22dcm@gmail.com, (805) 550-8081

Join us on the 2nd Sunday of the month

Hybrid meeting 10:00 – 11:30 AM

In person at the Alano Club 3075 Broad St., SLO

Or via Zoom:

Meeting ID: 893 0392 6186 Password: 121212