



## In Gratitude for Service

This year started off remotely, then the doors opened, and we got to meet in person again which felt weird; hug - don't hug, what no coffee?!, where the heck is my cake!! But all in all, it's felt pretty good. It seems like this zoom thing is here to stay and likely has changed AA forever. There are people who got sober and have stayed sober over zoom for months and years now! This was only possible because we were able to adapt and make sure the program that changed our lives was available to those who needed it, and best of all, *wanted* it.

Zoom meetings have opened our groups up to people far and wide, we have attended meetings around the world from our beds and couches, wearing clothes (or not) that we wouldn't dare step outside in. Rolling out of bed clicking a few buttons has increased my attendance and ability to be a part of. Hybrid meetings allow members to attend when we travel and can't get to our home groups. It's nice to try new meetings when travelling, but... they don't do it the way my home group does, so why should I miss the best meeting in the world? Avoid that FU call and login to stay connected. Thank you, AA!

Who knows what this year will bring, but one thing is for sure; this program will be available to those who want it and need it. It will help people get sober and live the lives they have dreamed of and for many like me, far exceed anything I ever dreamt would be possible. The joy and happiness that my family and I have today, is clearly a reflection of the work I've done in this program, and for that I'm truly grateful.

Thank you for allowing me to be of service!  
- Chad C, Los Osos

## Editor's Note:

Chad is one of our Central Office Rock Stars. The article above was written on the email he sent with the Volunteer Schedule for the first month of the New Year; January 2022. I was really moved by his positive attitude and entertaining writing style, so asked if I could publish it in the next Nameless News Letter (NNL) and he graciously agreed.

When the office was closed by the County at the beginning of the Pandemic, many of our volunteers switched to work from home. As we trickled back into the office, Chad did a spectacular job of juggling the shifts and keeping things running smoothly. Meanwhile his home group meeting split into two; one on Zoom and one in the room in the same time slot. So yes, he knows firsthand about being adaptable! Thank **you** Chad 😊

## Table of Contents

In Gratitude for Service.....	1
Board of Directors.....	2
Sobriety Birthdays.....	2
*7th Tradition Mailing List*.....	2
Upcoming Events.....	2
Steps and Traditions (3 & 4).....	3
As Bill Sees It #152 <i>Miraculous Power</i> .....	3
Central Office Announcements.....	3
District 22: DCM Corner.....	4
Recovery Word Search.....	4

**CCCOI Board of Directors and Staff**

Dick B	Board	Chair
Jon K	Board	Vice-Chair
Janice E	Board	Treasurer
<b>Vacant</b>	<b>Board</b>	<b>Secretary</b>
Doug E	Board	Literature Chair
Susan L	Board	Communications Chair
Debbie P	Board	Member-At-Large
Jon O	Staff	Central Office Manager
Chad C	Staff	Phone Volunteer Coord.
Sharon H	Staff	Office Volunteer Coord.
Judy G	Staff	Newsletter Editor
Bob R	Staff	Webmaster

**Sobriety Birthdays**



You did it!  
*Congratulations*



Name	Years
Keenan H.	1
Elizabeth L.	5
Mary Lou R.	11
Christina C.	19
Gary E.	19
Jim L.	24
Jim H.	52

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 contribution (suggested \$1.00 per year of sobriety) to CCCOI, PO Box 6819, Los Osos, CA 93412-6819

**\*\*MEETING DIRECTORY CHANGES\*\***

**ALL MEETINGS**

- List of meetings [www.sloaa.org](http://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: [info@sloaa.org](mailto:info@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.

**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**

**April 15-17**  
**37<sup>th</sup> Annual OCAA Convention**  
"A Vision for You re-do in 2022"  
<https://www.ocaac.org>  
Costa Mesa, CA

**April 22-24, 2022**  
**San Simeon Campout**  
"We Absolutely Insist on Enjoying Life"  
Hearst San Simeon State Park  
Cambria, CA  
<https://www.reservecalifornia.com>  
Find us on FB "San Simeon Campout"

**August 19-21**  
**55<sup>th</sup> Annual District 22 Convention**  
"We Will Know Peace"  
<https://www.district22convention.org>  
San Luis Obispo, CA

## March: *Faith*

### Step 3

*“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

### Tradition 3

*“The only requirement for A.A. membership is a desire to stop drinking.”*

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## As Bill Sees It: #152

### *Miraculous Power*

Deep down in every man, woman, and child is the fundamental idea of a God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that Power in human lives are facts as old as man himself.

<<< >>>

“Faith may often be given through inspired teaching or a convincing personal example of its fruits. It may sometimes be had through reason. For instance, many clergymen believe that St. Thomas Aquinas actually proved God’s existence by sheer logic. But what can one do when all these channels fail? This was my own grievous dilemma.

“It was only when I came fully to believe I was powerless over alcohol, only when I appealed to a God who just might exist, that I experienced a spiritual awakening. This freedom-giving experience came first, and then faith followed afterward—a gift indeed!”

1. ALCOHOLICS ANONYMOUS, P. 55
2. LETTER, 1966

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## April: Courage

### Step 4

*“Made a searching and fearless moral inventory of ourselves.”*

### Tradition 4

*“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”*

## Central Office Intergroup Announcements

### BOARD OF DIRECTORS:



There remains a need to fill our vacated **Secretary** position. Two years of continuous sobriety required. Availability to attend two meetings per month to take notes: 1<sup>st</sup> Wednesday Board and 2<sup>nd</sup> Sunday COR/IGR.

This is a 2 year commitment for AA members in good standing. Email [raberg@att.net](mailto:raberg@att.net) if interested.

**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:

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 “7<sup>th</sup> 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>

**Your ARTICLES, Stories, Poems, Pictures** are needed for the Nameless Newsletter! Please send them to [nnleditor@sloaa.org](mailto:nnleditor@sloaa.org) or contact the Central Office, 805-541-3211 for further info.

We currently have 259 In Person meetings, 50 Hybrid meetings and 87 Zoom only meetings in our District. 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](mailto: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 <https://us02web.zoom.us/j/89303926186> ID: 893 0392 6186 Password: 121212

CONVENTION Time: 12:00 Noon <https://zoom.us/j/435033231> Meeting ID: 435 033 231 Password 000000

# Area 93, District 22:



## Greetings from District 22!

**This is the busiest time of year in General Service.** The 72<sup>nd</sup> General Service Conference will be held on April 24-30. That is where the Delegates and Trustees from U.S. and Canada meet in Brooklyn, New York to discuss and make policies/decisions for the A.A. Groups.

### Topics will include:

- Discuss request to make A.A. literature changes slowly and with A.A.'s primary purpose in mind
- Consider request to add a historical disclaimer to the front of the book *Twelve Steps and Twelve Traditions*
- Discuss the wide-ranging impact the Preamble change has had on our A.A. Fellowship
- Review progress report regarding the translation of the book *Alcoholics Anonymous* (Fourth Edition) into plain and simple language.
- Review progress report regarding development of a Fifth Edition of the Book *Alcoholics Anonymous*.

These are just a few of what will be discussed at the Conference. For a complete list of Agenda Items or if you have any questions please contact your Group's General Service Representative (GSR). Your GSR will be attending several meetings between now and April 24<sup>th</sup> to prepare our Delegate for Conference. It is the responsibility of your group's GSR to relay your group conscience to the Delegate.

**District 22 has planned an Agenda Item Workshop to be held on Saturday March 26**, on Zoom between 1 – 3 pm. Our Area 93 Delegate, Karla be attending. **Everyone is welcomed.** If you are interested in attending, please contact me at my email below and I will send you the Zoom link and flier. (Both will be available next week).

**I would be remiss if I did not encourage you to attend PRAASA** (Pacific Regional Alcoholics Anonymous Service Assembly) to be held on Zoom March 4-6. Go to [www.praasa.org](http://www.praasa.org) to register. Meet other members of A.A. from Alaska, Arizona, Hawaii, Idaho, Nevada, New Mexico, Oregon, Utah, Washington, and California.

Also in attendance will be several of the Trustees & staff from the New York General Service Conference.

I told you it was a busy time of year . . .

As always, if you have any questions, please call, or email me. I am at your service!

Yours in Service,

Bonnie N, DCM District 22  
[district22dcm@gmail.com](mailto:district22dcm@gmail.com), (805) 550-8081

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### Join us on the 2<sup>nd</sup> Sunday of the month

Hybrid meeting 10:00 – 11:30 AM  
 In person at the Alano Club 3075 Broad St., SLO  
 Or via Zoom ID: 893 0392 6186 Password: 121212



Find the following words in the puzzle below. There are also 12 'AA's. Can you find them all?

Unmanageable	Must	Lonely
Circumstance	Regret	Heal
Endless	Descended	Help
Beaten	Denial	Undergo
Collapse	Ready	Recover
Occurrence	Binge	Plead

S	F	I	H	P	F	S	R	E	V	O	C	E	R	O	E
A	J	Y	E	G	N	I	B	L	H	F	L	E	T	U	I
D	Y	S	A	A	I	A	P	E	U	B	D	O	G	Y	K
E	N	D	L	E	S	S	O	G	A	K	L	W	D	L	O
S	A	S	R	U	T	I	L	E	A	T	Z	A	F	E	K
C	S	A	E	Y	W	U	G	C	T	V	E	A	S	N	L
E	G	F	P	O	A	A	Y	N	T	R	F	N	H	O	L
N	S	A	E	T	U	N	E	A	S	T	D	A	E	L	P
D	E	N	I	A	L	J	Y	T	D	W	E	A	R	J	L
E	W	D	M	A	O	U	H	S	T	V	M	P	O	I	H
D	A	N	E	T	U	F	U	M	U	S	T	A	A	M	N
Y	Q	E	A	L	K	I	H	U	N	D	E	R	G	O	G
P	E	S	P	A	L	L	O	C	X	W	R	G	J	T	O
U	T	L	F	B	V	N	P	R	A	I	G	Y	T	G	P
Z	E	D	A	A	R	T	H	I	A	N	E	D	W	D	H
H	C	W	E	G	L	O	C	C	U	R	R	E	N	C	E