



Nameless NewsLetter



July/August 2022

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 29

NO. 4

Wendy's Chance To Live

She was 17, a waitress at a pancake house whose late-night clientele included some members of A.A. "They were loud, hard to please", she recalled. "They table-hopped and didn't tip well." But she liked their laughter and bright smiles. They convinced her to go to a meeting with them. But it was never her intention to end up in A.A., she said. "If someone mentioned perhaps I drank too much, I laughed at them."

If the story sounds familiar, you perhaps read it in the current Fourth edition of the book Alcoholics Anonymous, starting on page 309 under the title, My Chance to Live. But I first heard Wendy C's story in 1993, at my home group's Friday night meeting in Sunnyvale, California.

Twelve years sober, I'd heard everyone's pitch a dozen times over, but something about this young woman's share drew me in. "I was told it was a special A.A. anniversary meeting, which meant that anyone could attend" she wrote. "On the designated evening I arrived to find that the anniversary meeting was the following week, but they took a vote and decided I could stay. I was shocked and humbled. These people wanted me around?"

I was an ex-smoker, but there I was at that Sunnyvale meeting, hanging out with Wendy and the other smokers outside the kitchen door during the break. I wanted to know her. Wendy was ten years younger than me, but we were only a year apart in recovery.

Born in Bismarck, North Dakota, she was raised by adopted grandparents. "My grandfathers were alcoholic" she tells in My Chance to Live "and I was raised on stories of how it had ravaged their lives and the lives of those around them. Nope, I didn't want to be an alcoholic".

Wendy met her husband Mark in her A.A. home group. They had two children and lived in Seattle before we crossed paths in Sunnyvale. I learned my new friend was a writer of fiction as well, and when I asked her if I could see something she wrote, the next Friday night she brought me a copy of a three-inch-thick manuscript, which she had manually typed. When I finished

reading that one, she brought me another, then another. I found her novels rich with stories of romance and adventure, which kept me reading into the early morning hours. A bit challenging when I had to be at work at 8:00 AM!

I also found that Wendy and I both had an interest in General Service. After I rotated from being our group's General Service Representative (G.S.R.), Wendy took the position. I was proud that she called me her service sponsor.

In 1998, Wendy and Mark relocated to the Spokane, Washington area. I was sad to see her go, but we made a pact to stay in touch.

It was not long after that I relocated to Lake County in Northern California. Around 2000 I received an email from Suzanne M., a past delegate from Area 06. Suzanne told me the General Service Office (GSO) in New York was trying to locate Wendy, so she could sign a release to publish her story in the new Fourth Edition of the Big Book, which was going to press in 2001. Wendy had moved after submitting her story, and her forwarding address had expired. Did I know how to contact her? You bet I did! Wendy and I had recently reconnected on our new email accounts. Suzanne and I felt it was divine providence that we were able to help Wendy and GSO to connect. Wendy was able to sign the release, and the rest is A.A. history.

In the last twenty-some years, there has always been a sense of pride when Wendy's story is read in the Big Book meetings I attend. The part I like best is when she writes at the end of the story "Growing up in A.A., I have been blessed with children who have never seen their mother drunk. I have a husband who loves me simply because I am, and I have gained the respect of my family." I will sometimes share that I know the author, and all these years later, all that she wrote is still true, but now includes grandchildren who have never seen their Grandma drunk.

It was a sad morning last year when I found out that Wendy had died at the age of 58. But she had died with over 41 years of sobriety and her memory will live in my heart the rest of my days. Her story will always remain a part of A.A. history.

By Bonnie N.



Shell Beach, CA

CCCOI Board of Directors and Staff

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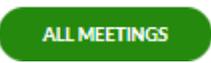
Sobriety Birthdays



Name	Years
Lynn R	18
Maggi S	28
Sharon P	30
Meredith H	33
Tory S	40

If you'd like to celebrate your sobriety birthday with us in the Nameless Newsletter send details to: 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****



- 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: 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)

P.O. 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](https://www.venmo.com/@slocentraloffice)

Hospitals and Institutions (H&I)

Bridging the Gap
P.O. Box 6819
Los Osos, CA 93412-6819



UPCOMING EVENTS

July 4th, 11:00am-3:00pm

40th Annual Fourth of July Fellowship BBQ
Daily Reflections Meeting 11-12; Lunch 12-2
Cuesta Canyon Park, SLO

July 9th, 9:45am

12 Concepts Workshop (I and II)
Hosted by our Area 93 Committee
Monthly Zoom Meeting; 2nd Saturday
Meeting ID: 864 8384 6585 / Passcode: Concepts

August 19-21

55th Annual District 22 Convention
"We Will Know Peace"
<https://www.district22convention.org>
SLO Veteran's Hall, San Luis Obispo, CA

September 9-11

National AA Technology Workshop
"Moving Forward Together"
<https://naatw.org>
Seattle (Tukwila), WA and Online

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."

Dr. Bob's Farewell Talk

My good friends in A.A. and of A.A.,

... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member **the tongue**, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

Thank you very much.

** From Dr. Bob's brief remarks on Sunday, July 30, 1950, at the First International A.A. Convention in Cleveland, Ohio.*

August: *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."

Central Office Intergroup Announcements

Board Of Directors: The **Secretary** position has been filled by Debbie P. leaving the **Member At Large** vacant. At least two years of continuous sobriety is required. This position attends up to two meetings per month: 1st Wednesday 5:30pm Board of Directors and 2nd Sunday 8:45am COR meetings. This is a 2 year commitment. Email raberg@att.net or call (805) 541-3211 for more information.

Office 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

Meetings: Our AA groups meet both online and in person. A schedule listing of meetings can be found on our website

<https://www.sloaa.org/meetings>

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 at 805-541-3211, or email info@sloaa.org

Join us on the 2nd Sunday of the month

Hybrid COR meeting 8:45 – 9:45 AM

In person at the SLO Central Office

1333 Van Beurden Dr. Suite 102

Los Osos, CA 93412-6819.

OR via Zoom

Meeting ID: 95801240779

No Password



Greetings from Area 93

District 22!

Have you visited our new

DISTRICT WEBSITE

<https://d22aa.org> ?

Its purpose is to keep the groups in San Luis Obispo County connected to District 22, Area 93 and A.A. as a whole.

Here are some useful shortcuts :

EVENTS CALENDAR

<https://d22aa.org/events>

This calendar contains AA related events for District 22 and the Area 93 Committees.

AGENDAS/MINUTES

<https://d22aa.org/meeting-agendas-and-minutes/>

GSR Agendas, Minutes and Treasury Reports from our monthly meetings.

FINANCIALS PAGE

<https://d22aa.org/financials/>

Go here to make an on-line contribution to District 22, and to find your group number. It also includes the year-to-date contribution report for moneys sent to the District.

LIST OF GROUPS WITH A GSR

<https://d22aa.org/groups-with-gsr/>

Does your group have a GSR? Go here to find out.

72nd GENERAL SERVICE CONFERENCE Quick Reference

Want to know what happened at the General Service Conference last May? Click on: <https://d22aa.org/wp-content/uploads/2022/06/72nd-GSC-Quick-Reference-English.pdf>

As I reported last month – AAWS (A.A. World Service) is requesting your sobriety stories – for the Fifth edition of the Big Book. The deadline is October 31, 2022. If you are thinking about submitting your story, give into the temptation. It's easy! Just go to:

<https://www.aa.org/submit-bigbook-english-5th>

Friday, August 19th - Sunday, August 21st, 2022
VETERANS HALL, 801 Grand Ave, San Luis Obispo, CA 93401

ACTIVITIES	SPEAKERS
Six AA Speaker Meetings Marathon Meetings (AA & Al-Anon) Golf Tournament 5K Fun Run/Walk Al-Anon Luncheon and Family Meeting Speakers DJ Dancing • Karaoke Bull's World Famous BBQ Pancake Breakfast Saturday & Sunday Saturday Sobriety Countdown Recovery Movies	FRIDAY, AUGUST 19 8:00 PM Friday Night Welcome Speaker SATURDAY, AUGUST 20 9:00 AM Speaker Workshop 11:00 AM Al-Anon Keynote Speaker 1:30 PM Young People's Speaker Meeting 3:30 PM H&I Speaker Meeting 5:30 PM Family Meeting Speakers 8:00 PM Saturday Evening Speaker SUNDAY, AUGUST 21 10:00 AM Sunday Spiritual Speaker Meeting

DENNY S - Woodland Hills, CA
 RALPH W - Los Angeles, CA
 BONNIE M - Turlock, CA
 LAURIE K - Davis, CA
 KEN M - Vacaville, CA
 ROBERT & SHANA B - Camarillo, CA
 LESLIE S - Powder Springs, GA
 CYNDI M - Louisville, KY

ONLINE REGISTRATION \$25
 ONSITE REGISTRATION \$30

SUPPORT YOUR CONVENTION AND REGISTER NOW!
 VIEW FULL SCHEDULE AT www.MYD22.ORG

GET INVOLVED!
 VOLUNTEER OPPORTUNITIES STILL AVAILABLE!

I personally knew a woman who's story was published in the Fourth Edition (back in 2001). I wrote an article about her and our friendship. You will find it on **page one** of this Nameless Newsletter. 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, (805) 550-8081

Join us on the 2nd Sunday of the month
 Hybrid GSR meeting 10:15 – 11:30 AM
 In person at the SLO Alano Club 3075 Broad St.,
 SLO
 OR via Zoom
 Meeting ID: 893 0392 6186 Password: 121212

The Nameless Newsletter needs your **ARTICLES, Stories, Poems, and Pictures!** Please send them to nneditor@sloaa.org or Mail them to the



SLO Central Office
P.O. Box 6819
Los Osos, CA. 93412-6819