

The Nameless NewsLetter



Sep/Oct 2022

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 29 NO. 4

Fragments Of AA History - The AA Preamble

The words contained in the AA Preamble are perhaps the most often repeated words throughout the AA Fellowship. Used to open many meetings around the world, the Preamble encapsulates the essence of AA's Traditions and gives an overview of the practices and principles so vital to AA life.

Yet, where did these words come from? Who wrote them, and why?

Following the first major surge of AA membership in the early 1940s, due in part to the Jack Alexander article about AA in the *Saturday Evening Post* and subsequent media stories about AA, there was an increasing and widespread interest in AA, both among potential candidates for the Fellowship and among those nonalcoholic family members, friends, and professionals who dealt with alcoholics in their daily lives. With the hope of providing a concise definition of AA for such interested people, the June 1947 Grapevine carried the original version of what is now known throughout the AA world as the Preamble. It was written by Tom Y., the Grapevine's first editor, who borrowed heavily for the phrasing on the following paragraph in the Foreword to the first edition of *Alcoholics Anonymous*:

"We are not an organization in the conventional sense of the word. There are no dues or fees whatsoever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted." The Preamble, initially referred to as "the AA Definition," took its place thereafter in each monthly issue of the Grapevine, and soon began to appear in Conference-approved literature and many other AA publications.

The phraseology from the Big Book regarding "an *honest* desire to stop drinking" as "the only requirement for membership" was carried over into the original wording of the Preamble. However, at the 1958 General Service Conference, a delegate asked about the words "honest desire to stop drinking," suggesting that since "honest" does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had

become almost impossible to determine what constitutes an honest desire to stop drinking, and also that some who might be interested in the program could be confused by that phrase. Who was to determine what was an "honest desire" anyway? Thus, as a part of the evolution of AA, the phrase had been dropped from common usage. The mid-summer meeting of the AA General Service Board ratified the deletion, and since then the Preamble has read simply "a desire to stop drinking."

At the same time, the phrase "AA has no dues or fees" was clarified to read as it presently does: "There are no dues or fees for AA membership; we are self-supporting through our own contributions."

Over the years, as the Preamble caught on within the Fellowship and with nonalcoholic friends of AA, it has been translated into many other languages--Russian and Danish being the most recent. In addition, the Preamble has been used in television and radio public service announcements, has been adapted (subject to copyright approval) by many other "twelve step fellowships" as a concise definition of who and what *they* are. It has also been cited in many research papers, self-help books, masters theses, and has appeared in the occasional doctoral dissertation.

Such is the brief history of the AA Preamble--this shining beacon which draws so many sick and suffering alcoholics into its light. And no matter where the Preamble may end up, it will always be best known as the beginning of yet another meeting of Alcoholics Anonymous.

Grapevine Magazine Issue: May 1992

See Editor's Opinion: New Preamble on page 3

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CCCOI Board of Directors and Staff

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Sobriety Birthdays



You did it!
Congratulations

| Name | Years |
|-----------|-------|
| Susan W | 41 |
| Linda W. | 38 |
| Eileen P | 15 |
| Dara A | 14 |
| Chenoah H | 14 |
| Juan H | 3 |
| Mallory | 1 |



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. We accept online contributions via VENMO to @slocentraloffice.

If you can find a **BIRTHDAY ENVELOPE** at your meeting (CORs and GSRs have access to them) fill in the blanks and mail or drop off at Central Office, 1333 Van Buerden Dr., Los Osos.

A suggestion came into the NNL Editor mail slot that we list meetings where they distribute chips for 30, 60, 90 days and years. I can tell you with assurance that my home group (the Avila Group) does this at their monthly birthday meeting which is held at 9:00am in the Avila Community Center on San Miguel St., in Avila Beach on **the last Saturday** each month.

Otherwise, please go to sloaa.org, Meetings, and choose type BIRTHDAY for the current information given us by the groups in District 22.

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

Hospitals and Institutions (H&I)

Bridging the Gap

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

UPCOMING EVENTS

September 9-11

National AA Technology Workshop

"Moving Forward Together"

<https://naatw.org>

Seattle (Tukwila), WA and Online

September 10, 9:45am

12 Concepts Workshop (5 and 6)

Hosted by our Area 93 Committee
Monthly Zoom Meeting; 2nd Saturday
Meeting ID: 864 8384 6585 / Passcode: Concepts

September 24, 2:00pm

5th Edition Big Book Writing Workshop

SLO Alano Club or Zoom

For more info and FREE registration:

<https://d22aa.org/contact-us/event-registration/>

October 8, 9:45am

12 Concepts Workshop (5 and 6)

Hosted by our Area 93 Committee
Monthly Zoom Meeting; 2nd Saturday
Meeting ID: 864 8384 6585 / Passcode: Concepts

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."

The 9th Step Promises

The choice is ours...

Do we want more of what brought us to AA ...

We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people—was not a basic solution of these bedevilements more important ... ?

3rd ed. Big Book pg. 52

... or do we want what practicing the principles of AA promises?

- If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows. *(next column)*

October: *Patience*

Step 10

"Continued to take personal inventory and when we were wrong promptly admitted it."

Tradition 10

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

(continued from left column)

- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

EDITOR'S OPINION:

Our recent Preamble exchange of the words "men and women" for "people" has caused quite a stir. Some AA members are unwilling to adopt its use at their meetings. As a Central Office volunteer, I've been counselled to suggest that taking a group conscience would provide the best answer. **Tradition 4** states that **"Each group should be autonomous except in matters affecting other groups or A.A. as a whole"**.

So, **people**... best to let the group conscience decide whether to accept this General Service Conference (GSC) action or not. Also make sure your meetings have a General Service Representative (GSR) so your voices can be heard at the General Service Office (GSO) in New York (NYC).

D **Corner** **M**

Greetings from Area 93 District 22!

The District has a new Grapevine / La Vina Chair; Christine S. She put up a beautiful display at the SLO Convention. There was a drawing, and two



lucky winners won subscriptions for the Grapevine and La Vina. Christine is looking for Grapevine Reps – If you are interested in serving your group in that way contact me and I will put you in touch with Christine.

The District also has a new SLOYPAA Liaison, who is Brian H. SLOYPAA is an acronym for San Luis Obispo Precinct of Young People in Alcoholics Anonymous. It is a committee of young-at-heart members who help serve young people in AA with sober events, including A.A. meetings, workshops, etc. SLOYPAA serves all SLO county (District 22). SLOYPAA has bi-monthly Committee Meetings on the 1st and 3rd Thursday of the month at 7 PM. They meet at 265 South Street, San Luis Obispo. Welcome aboard Brian!

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

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



The **District 22 GSR Meeting** is the 2nd Sunday of each month. This is an open meeting, join us!

Hybrid meeting 10:15 – 11:30 AM

In person at the Alano Club, 3075 Broad St., SLO
Or via Zoom:

Meeting ID: 893 0392 6186 **Password:** 121212

Central Office Intergroup Announcements

Board Of Directors: The Member At Large position has been filled by Michael C.

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 |
| Sunday | Closed |

Meetings: Our AA groups meet both online, in person, and a combination of both called “Hybrid”. A schedule listing of meetings can be found on <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 for a Hybrid COR meeting 8:45 – 9:45 AM

In person at the

SLO Central Office

1333 Van Beurden Dr.

Suite 102

Los Osos, CA

OR

via Zoom

Meeting ID: 95801240779 / No Password

The Nameless Newsletter needs your **ARTICLES, Stories, Poems, and Pictures!** Please send them to nleditor@sloaa.org or drop them off or mail them to the



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