



# The Nameless NewsLetter

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Nov/Dec 2022

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 29 NO. 6

## A Whole New World

*A daughter returning home for the holidays shares her joy about how AA has transformed her family*

Picture this: It's 15 years ago and it's my first year living in Dallas. I'm on the road heading back home to Midland for Thanksgiving and the sense of dread in my stomach is potent.

As much as I want to go home and be with my family, I'm anxious and I know that somewhere, sometime during my visit the wheels are going to come off. Someone, probably my brother or dad, will get furious and a fight will ensue. Shouts and yelling will commence. I will try to say something to break it up, but I will be told to stay out of it, that it's none of my business. The anger will weigh heavily in the house as we all retreat to our separate rooms. My mom and I will walk on eggshells to avoid causing any further family drama, but at the same time will feel stifled. I won't be able to wait to get back to my life in Dallas where there's no drama, where the house is quiet, not shaking with rage, sickness, and dysfunction.

At some point during the trip, I'll take a walk by myself to escape it all, however briefly. My brother will go off and do drugs somewhere. Dad will read the paper as his form of escapism and will talk to no one. Mom will putter around the house, cleaning up from the meal and working on the mounting list of things my dad has given her to do because he's too busy. No one feels good about any of it, and we just sweep it under the rug. We put up a false front of family togetherness because we are supposed to be enjoying each other's company. Then we will repeat it all a month later at Christmas, which is usually much worse.

Now, picture this: Today, my dad and brother have been sober for 14 years. Then there is me and my sobriety. I make the drive to my parents' home thinking about the fun we will have together, how grateful I am that my kids get to see a happy and healthy family and how much I look forward to being there. It's like a different world.

The kids and I arrive and my brother is at the house because he wants to see us, not because he feels coerced to be there. My dad comes home and hugs and kisses everyone and we express how glad we are to be together. We've taken the pressure off the entire family, the performance, and the expectations.

I get up early and jog to the old stadium, where I run around the bleachers for a long time and enjoy the run home. Along the way, I run into my kids and my mom walking all three dogs. So, I join up with them and we walk home together. Back at the house, my 7-year-old daughter wants me to play school with her, so I do. I am

present. I am alive. Then my 4-year-old son wants me to taste the "tea" he made for me, and I pretend to drink from the empty cup and shower him with accolades of how delicious it is. I am here. I am breathing in the now. It's a gorgeous day, and later we all go outside to play with the dogs. Then my children and I sit on the redwood swing that my dad built and rock back and forth, just enjoying the breeze and talking.

My son, Brooks, asks me to go with him to the fort that my father built 28 years ago. It still sits in the corner of the yard, sturdy and unaltered by time. We climb up into the fort and memories of my childhood—playing in the fort, jumping on the trampoline and good times with neighborhood friends—come rushing back.

Part of my childhood is sacred to me. Those were the times the neighborhood kids spent outside, all hours of the day, playing basketball, throwing the football, playing games. I never wanted to go inside.

After playing in the fort, we go inside for lunch. The kids want to call their dad, and they talk to him for an hour, telling him about swinging in the hammock, what the dogs had been doing, how the cat kept jumping up on the counter and what we will do for the rest of the week. We haven't even been here for a full day and they are happy and so am I.

I go to AA meetings with my dad and brother later in the week. My aunt will arrive on Wednesday and we will have a really nice Thanksgiving. I could never have said that 15 years ago.

I never would have thought our family could change so much. We enjoy hanging out with each other and sharing laughs. This all came from dedication to AA and a willingness to change on the part of everyone. Miracles abound and the Promises come true in this program as long as we stick around and do the work to see them. It's so worth it.

**By: Cathleen G. | Dallas, Texas | December 2020**  
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**CCCOI Board of Directors and Staff**

Dick B	Board	Chair
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Susan L	Board	Treasurer
Debbie P	Board	Secretary
Doug E	Board	Literature Chair
Vacant (Susan L)	Board	Communications Chair
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Chad C	Staff	Phone Volunteer Coord.
Sharon H	Staff	Office Volunteer Coord.
Judy G	Staff	Newsletter Editor
Bob R	Staff	Webmaster

**Sobriety Birthdays**



Name	Years
Maralyn	1
Berendt S.	4
Janice E.	24
Michael A.	25
Susan L.	31
Julia F	39
Don B.	41



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. 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 in to 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](http://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**

**November 5, 10:30am-3:00pm**

**Traditions Luncheon and Delegate Report**

St. Timothy's Church  
Morro Bay, CA

For more info and FREE registration:

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

**November 12, 9:45am**

**And December 10, 9:45am**

**12 Concepts Workshop (11 and 12)**

Hosted by our Area 93 Committee  
Monthly Zoom Meeting; 2<sup>nd</sup> Saturday

Meeting ID: 864 8384 6585 / Passcode: Concepts

**November 13, 10:15**

**District 22 ELECTIONS**

Hybrid meeting 10:15 – 11:30 AM

**If interested in serving on the District 22  
Committee, please attend!**

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

Or via Zoom:

Meeting ID: 893 0392 6186 Password: 121212

## November: *Spirituality*

### Step 11

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.”*

### Tradition 11

*“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”*

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#### The 11<sup>th</sup> Step Promises from the Big Book

- ♥ Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives.
- ♥ What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.
- ♥ We find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely on it.
- ♥ We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day, “Thy will be done.”
- ♥ We are then in much less danger of excitement, fear, worry, self-pity or foolish decisions.
- ♥ We become much more efficient.
- ♥ We do not tire so easily.
- ♥ It works. It really does.

#### The 12th Step Promises from the Big Book

- ♥ Life will take on a new meaning.
- ♥ To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends.
- ♥ Frequent contact with newcomers and with each other is the bright spot of our lives.
- ♥ These things will come to pass naturally and in good time provided, however, the alcoholic continues to demonstrate that he can be sober, considerate and helpful, regardless of what anyone says or does.
- ♥ If you persist, remarkable things will happen.
- ♥ When we look back, we realize that the things which came to us when we put ourselves in God’s hands were better than anything we could have planned.

## December: *Service*

### Step 12

*“Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”*

### Tradition 12

*“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”*

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#### The 12th Step Promises (continued...)

- ♥ Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances.
- ♥ Keep on the firing line of life... and God will keep you unharmed.
- ♥ We have stopped fighting.
- ♥ Life will mean something at last.
- ♥ The most satisfactory years of your existence lie ahead.
- ♥ You are going to meet these new friends in your own community.
- ♥ You will make lifelong friends.
- ♥ You will be bound to them with new and wonderful ties.
- ♥ You will escape disaster together.
- ♥ You will commence shoulder to shoulder your common journey.
- ♥ You will know what it means to give of yourself that others may survive and rediscover life.

#### Central Office Intergroup Announcements

**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

Join us on the 2nd Sunday of the month for a Hybrid COR meeting 8:45 – 9:45 AM

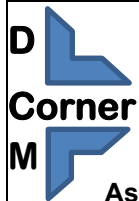
In person at the

**SLO Central Office**

**1333 Van Beurden Dr. Suite 102**

**Los Osos, CA**

OR via **Zoom ID: 95801240779** / No Password



## Greetings from Area 93

### District 22!

As the Autumn leaves change, it is time for us to do the same. November is a time for rotation. What are your plans for 2023? With the District's upcoming elections on November 13th, there are several service opportunities.:

- **DCM (District Committee Member)**
- **ADCM (Alternate DCM)**
- **Treasurer**
- **Registrar**
- **Secretary**
- **Archives Chair**
- **CPC / PI Chair**
- **Grapevine Chair**
- **Technology Chair**

Or maybe you would like to become a **GSR** (General Service Representative). A.A.'s co-founder Bill W. said "The GSR may be the most important job in AA. By choosing its most qualified man or woman as GSR, a group helps secure its own future - and the future of A.A.."

The job descriptions for all these positions, including GSR are posted on our website at <https://d22aa.org/service-job-descriptions/>

Speaking of our website <https://www.sloaa.org/>, have you checked it out recently? The District launched it this last year. I want to personally thank everyone who was involved with it, especially our Technology Chair Judy G., our Treasurer Sheryl G., our Secretary Debbie P., Jeff L. with CPC/PI, Leonard with Archives and last but not least our Webmaster Gary E. from <https://www.westlinks.com/> I think it is one of the best service websites I have seen and used.

#### In 2022, the District has had some other events and accomplishments:

- **In March we held an Agenda Item Workshop** on Zoom. We had some excellent speakers from our District speak on some of the Agenda Topics that were later taken action on at the General Service Conference.
- **Also in March several of us attended PRAASA** (Pacific Regional Alcoholics Anonymous Service Assembly) via Zoom.
- **Our new Grapevine Chair**, Christine S. put up an impressive display at the August Convention, where she had a drawing for some Grapevine and La Vina subscriptions.
- **My personal favorite – A writing workshop** for personal stories for the 5<sup>th</sup> Edition Big Book. The first workshop was held in person and on Zoom. PK of San Luis Obispo and Ralph P. of Washington DC facilitated it. Setting up the hybrid meeting was Judy G. We were only going to meet once, but we continued to keep writing and meeting four more times on Zoom.

- We are submitting our stories to GSO by the Oct 31 deadline. Our plans are to publish an online booklet by years end of all the stories submitted by our group. Stay tuned . . .
- **Looking forward to November 5**, District 22 along with the Central Office Intergroup, will host a Traditions Luncheon. We will have speakers in the morning (probably someone you know!) and our Area Delegate Karla will give report back from the General Service Conference that she attended earlier this year. Thank you to our committee, Jon K., Sandi P., Judy G. and Christine S. You can register for the event and a **FREE lunch** at <https://d22aa.org/contact-us/event-registration/>

**I am coming to the end of my DCM position serving District 22 for the last two years.** Since this is my last DCM Corner/Column, I want to take this opportunity to thank the members of the District 22 Committee. It has been an honor and my pleasure to serve with all of you:

- **Sheryl G.** – Treasurer
- **Debbie P.** – Secretary
- **Leonard L.** – Archives Chair
- **Jeff L.** – CPC / PI Chair
- **Christine S.** – Grapevine Chair
- **Judy G.** – Technology Chair
- **Jon K.** – Intergroup Liaison
- **Gerald B.** – Convention Liaison
- **Maureen & Rusty** – H & I Liaisons
- **Jazmine Y.** – District 6 Liaison
- **ALL the GSRs**
- **Area Delegate Karla Y**
- **And the other Area Officers – Rudy, Norm, Aimee, Danielle, Tara & Past Delegate Debbie J.,** who have taken the time to visit us.

#### I want to leave you with this:

"Everybody can be great because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You only need a heart full of grace, a soul generated by love."

- Martin Luther King Jr.

**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](mailto:district22dcm@gmail.com), (805) 550-8081

**The District 22 GSR Meeting**  
**2<sup>nd</sup> Sunday of the month**  
**Next meeting: November 13, 2022**  
 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