



The Nameless NewsLetter



Jan/Feb 2023

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 30 NO. 1

January: *Honesty*

Step 1

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

Happy*New*Year*2023

Tradition 1

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

I Was My Problem

There has never been any doubt in my mind that I am an alcoholic since I found out about alcoholism. I think I could best describe myself in the early years by looking at the **First Step** and just taking the last half of it. I think that from the time I was born my life was unmanageable. I didn't know why, and I didn't know that it was. I had a problem from the very beginning and the problem was myself. And that's the reason I think this program works for us because it helps to remove "I"—I was my problem--and the practice of the AA program helps me to change myself so that I am no longer a difficulty to myself.

When I first came to AA I was told that I should not bother to try and find out why I became an alcoholic, but rather I should accept my alcoholism as a fact and begin to do something about it. I was terrified of what I was going to find in AA but when I got here I "came home." When I walked into AA I felt that feeling of friendship and fellowship and warmth and all the things that we come to know as part of an AA group. I sort of fell in love with AA right from the very beginning and I have felt that way about it ever since.

AUGUST 1966, Carrying the Message

BY: E. M. | WELLINGTON

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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."

Where's the Miracle?

In AA, I often hear, "Don't give up five minutes before the miracle." But most of the important and astounding things that have happened to me in the last eighteen years of sobriety in AA have been slow in coming and impossible to recognize or appreciate until long after they took place.

However, there was one exception. That is the miracle that comes with **Step Two**.

One day, after nine months of attending meetings and staying dry, I was standing alone in our meeting room just beneath where the Twelve Steps hung on the wall. I looked up and my eyes fell on Step Two.

As I read, "Came to believe that a Power greater than ourselves could restore us to sanity," I suddenly realized that I no longer had any desire to drink. I couldn't even remember when I had last thought of alcohol. The obsession which had controlled my whole life for twenty-five years had simply vanished. AA works.

NOVEMBER 2006, PO Box 1980

BY: DENNIS D. | FORT WORTH, TEXAS

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- HAPPY NEW YEAR -



Sobriety Birthdays



Name	Years
Elisa M	3
Kim S	6
Brenda G	11
Lyndi M	25
Robert T	28
Sheryl G	33
Dick B	35



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.

Pickup a **BIRTHDAY ENVELOPE** at your meeting or at Central Office, fill in the blanks and mail or drop off at 1333 Van Beurden Dr., Los Osos.

To find CHIP meetings, go to <https://www.sloaa.org/meetings> and choose Type: **BIRTHDAY** for the current information given Central Office by the groups in District 22.

Local LINKS

Central Office Intergroup <https://www.sloaa.org>

District 22 (Area 93) <https://www.d22aa.org>

District 22 Convention <https://myd22.org>

CCCOI Board of Directors and Staff

Dick B	Board	Chair
Jon K	Board	Vice-Chair
Susan L	Board	Treasurer
Debbie P	Board	Secretary
Doug E	Board	Literature Chair
Matt K Welcome!	Board	Communications Chair
Michael C	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

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

January 27th - 29th

Sobriety by the Bay

Redemption Church
105 Nortech Pkwy, San Jose
[SobrietyByTheBay.org](https://www.SobrietyByTheBay.org)

February 2-5

50th All California Young People in AA Round Up

Anaheim Majestic Garden Hotel
900 Disneyland Drive, Anaheim
[acypaa.org/registration](https://www.acypaa.org/registration)

February 16-19

59th International Women's Conference

Renaissance Dallas Addison Hotel
Dallas, TX
[internationalwomensconference.org](https://www.internationalwomensconference.org)

March 3-5, 2023

PRAASA 2023

56th Pacific Region A.A. Service Assembly

LAX Marriott, Los Angeles
www.praasa.org

What is PRAASA?

First of all, it is an acronym for **Pacific Region Alcoholics Anonymous Service Assembly**. We pronounce it as (praw-suh). The Pacific Region consists of AA in these states: Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, Utah, and Washington. Click here for a look at the A.A. Regional [MAP](#).

PRAASA'S PURPOSE

The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of AA. The Assembly and the PRAASA committee should always foster the Recovery, Unity, and Service legacies of AA.

What Happens at PRAASA

The Pacific Region Alcoholics Anonymous Service Assembly is a mix of panel presentations, roundtable discussions, open mic sharing, and speakers. Many attendees also come for the great fellowship and bonding that takes place with others from the same service Area and with new friends made from other Areas. Topics for the presentations and sharing are focused on general service. PRAASA is held prior to the General Service Conference and includes topics that will be discussed at the upcoming conference along with issues that are of interest to members involved in general service. Roundtables provide an opportunity for members to discuss topics with people who have the same service position, like the Corrections and DCM roundtables, or who are interested in a particular topic, like YPAA or technology. Come join over 1000 excited AA members from all over the Pacific Region and be part of this unforgettable event!

Who Attends PRAASA

Anyone can attend! Those who are involved in general service at the district or Area levels are generally the most interested in the topics that are discussed at PRAASA, but it's also a great way to get inspired into doing general service, so all A.A. members are welcome and encouraged to attend.

Where is PRAASA Held

PRAASA is an annual conference hosted by one of the 15 areas in the Pacific Region of Alcoholics Anonymous on a rotating basis. This means that each area has the opportunity to host PRAASA roughly every 15 years. This year, the conference is being held in Los Angeles, California and hosted by Southern California Area 05, which is part of our Area 93! www.praasa.org

Tell me about Central Office/Intergroup...

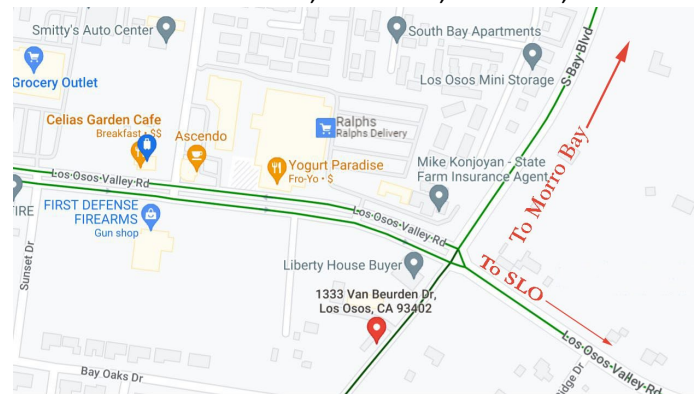
Serving San Luis Obispo County

- Do you think you have a problem with alcohol?
- Do you want to stop drinking, but find you cannot quit entirely, or you have little control over the amount you drink?
- If you answered yes to either of these questions, there are a number of ways Alcoholics Anonymous can help.
- For confidential support, please contact us at **(805) 541-3211** or info@sloaa.org.

Central Office Location

Conference approved literature is for sale near our cost in English and Spanish. We also stock Grapevine books, and calendars, meeting schedules, newcomer packets, meeting in a pocket and maybe some printed copies of this newsletter. Come and see us at:

1333 Van Beurden Drive, Suite 102, Los Osos, CA 93402



Take left at the corner of Los Osos Valley Road and South Bay Blvd.

A.A. Meetings

Online Meeting Guide

You can use the [online meeting directory](https://www.sloaa.org/meetings) to locate an AA meeting near you (<https://www.sloaa.org/meetings>). There are many types of meetings, including those specifically geared toward beginners and speaker meetings, where one sober member shares his or her experience, strength, and hope. Generally, however, our experience is that the best meeting to attend is the first one you can get to.

Meeting Guide App

For mobile phone or tablet users, download the free [Meeting Guide app \(iOs and Android\)](#) from your App Store to get the most up-to-date meeting info in major cities across the U.S. and Europe, including San Luis Obispo County.



Area 93 District 22

d22aa.org

District 22 GSR Meeting: January 8, February 12
2nd Sunday of every month at 10:15 – 11:30 AM
In Person at the Alano Club 3075 Broad St., SLO
Or via Zoom: 893 0392 6186 Password: 121212

- Welcome Panel 73 committee members:

DCM	Jeff L.
ADCM	Vacant
SECRETARY	Elisa M
TREASURER	Sheryl G
REGISTRAR	Joe R

- Check out the Personal Stories of Experience, Strength and Hope that were a result of the Area 93 District 22 Writing Workshop held as a response to the “Call for Stories” by AAWS. Some if not all of these stories have been submitted and may be chosen to become part of the Fifth Edition of the Big Book “Alcoholics Anonymous”.
 - Go to <https://www.d22aa.org>
 - Scroll down to “What’s New”
 - Click on the link in “Call for Stories”

SERVICE MEETINGS

Central Office Board of Directors Meeting
1st Wednesday, 5:30pm

Central Office, 1333 Van Beurden Dr., Los Osos
Currently on Zoom: 805 541 3211 No Passcode

Hospitals and Institutions Meeting (H&I)
Bridging the Gap

3rd Tuesday, 6:40pm

Alano Club, 3075 Broad St., SLO
Currently on Zoom: 547 256 8644 Passcode: 123456

SERVICE SUNDAY – 2nd Sunday

8:45am – Central Office Representatives (COR)
Currently on Zoom: 958 0124 0779 No Passcode

10:15am – District 22 General Service Reps (GSR)
SLO Alano Club, 3075 Broad St., SLO
Hybrid – zoom ID: 893 0392 6186 Passcode: 121212

12:00pm – District 22 Convention Committee
Currently on Zoom: 435 033 231 Passcode: 000000

SATURDAY SPEAKER MEETINGS



South County Speaker Meeting
First Saturday, 8:00pm,
St. John's Lutheran Church
959 Valley Rd., Arroyo Grande

Morro Bay Speaker Meeting
Second Saturday, 7:30pm,
St. Timothy's Parish Hall
962 Piney Way, Morro Bay

Saturday Night Live
Third Saturday, 7:30pm,
Calvary SLO Church
4029 S Higuera St., San Luis Obispo

Cambria Speaker Meeting
Fourth Saturday, 8:00pm,
Santa Rosa Catholic Church
1174 Main St., Cambria

Easy Does It Speaker Meeting
Last Saturday, 7:00pm,
St. James Church,
14th & Oak St., Paso Robles

OTHER SPEAKER MEETINGS

Fellowship Speaker Meeting
Every Friday, 7:00pm, United Methodist Church
1515 Fredricks St., San Luis Obispo

Sunday Night Speaker Every Sunday, 6:00pm
Lutheran Church
4500 El Camino Real, Atascadero

Arroyo Grande Mesa Group Speaker Meeting
Second Saturday, 7:00pm Potluck @ 6pm
564 Mesa View Drive, Arroyo Grande

The **QR code** on the front page can be utilized by opening your smart phone's camera app, pointing it at the QR code until a link comes up and clicking on that link. It will take you to the Newsletter page on the sloaa.org website where you can sign up to have the newsletter automatically delivered to your inbox, as well as access all our currently posted newsletters.