



The Nameless NewsLetter



Mar/Apr 2023

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 30 NO. 2

In the Detox

Talking with a formerly homeless alcoholic convinced him that there was hope for him.

As an alcoholic I don't have the power to control my drinking. I do not even have the power to remember the suffering of my drinking from a week or month ago, let alone a year ago. Any excuse is a good excuse for a sober alcoholic to pick up that first drink, caving to the insanity of alcoholism. By myself, I cannot resist the obsession that someday, somehow, I will drink like a gentleman again.

But something has changed within me. The night of my last drink was the night I could no longer ignore the truth. It was nothing spectacular at the time. I drank my daily ration, in my careful attempt to maintain my alcoholic way of life. Alcohol no longer shut my mind up. Half way through my second beer, the thought came to me, "You're killing yourself." My next thought was, "I don't want to do this anymore." That was it. I finished my beer. I had said the same thing to myself countless times before. But in that moment something was different. I did not know it at the time, but something was fundamentally different.

The next morning, I still could not accept the fact that drinking was my problem. In that moment, I had been broken, but I had already forgotten the suffering of the previous evening, as I did every morning, and desperately tried to believe that I was still in charge, that everything was alright. But I was homeless and the only thought I could hang on to was "If I drink today, I probably won't find a place to live." Once I had achieved that goal, I could relax and take a drink and I would be back on my way to the top.

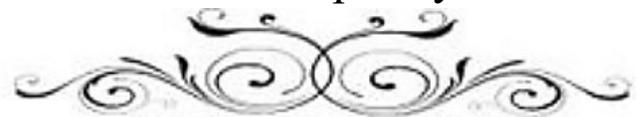
The next month went on like that. I was placed in a county detox facility that offered treatment to anyone who wanted it. After a few days, I ate my first real meal. With a roof over my head, and food in my belly, I was immediately full of good ideas. Luckily, in an attempt to prove how smart I still was, I told them to a sober alcoholic who came to visit. My best idea was to get out of this place and "camp" at the river. He laughed softly and shared

his experience, strength and hope with me. He had been homeless just two years prior, had been in the same detox facility more times than he could count, had been empty and lifeless. He had been where I was, yet he was obviously not there now. I was curious, and he started taking me through the book Alcoholics Anonymous and the Twelve Steps of AA. I was not convinced I was an alcoholic, but I had run out of good ideas.

It was not until three weeks later, kneeling with him and repeating the Third Step prayer, that I knew what it meant to be powerless. In approaching a power greater than myself, I could admit to my innermost self that I was an alcoholic, powerless over alcohol. Looking back, it was easy to see that this Power had already been doing for me what I could not do for myself. The fact that a powerless drunk was sober is proof that this power was real and available to me. The fact that I could remember the suffering of my last drink, and could share this with another alcoholic was all the proof I really needed. The Great Fact today is that this power has entered into my heart and works in a way that is miraculous.

Nov. 2011, "In the Detox", Web Exclusive, By: Dan
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Third Step Prayer



**God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!**



Sobriety Birthdays

Name	Years
Emily B	1
Amy M	7
Mary R	12
Jim L	25
Bob R	32
Debbie P	36
Donald D	50



Send your sobriety 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.

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

March 3-5
PRAASA 2023
Pacific Region A.A. Service Assembly
Los Angeles, CA
<https://www.praasa.org>

April 21-23
15th Annual San Simeon Campout
HEARST SAN SIMEON STATE PARK
Info on Facebook "San Simeon Campout"

May 19-21
**22nd Annual South County Men's
Spiritual Retreat**
Solid Rock Ranch, Nipomo
Jim (805) 748-1485

September 1-4
ICYPAA
San Francisco, 780 Mission St, San Francisco,
CA 94103, USA
<https://www.icypaa.org/>

CENTRAL OFFICE INTERGROUP

BACKUP VOLUNTEERS NEEDED

We are in need of backup volunteers to answer phones 24/7 or work in the office M-F 12-3p & 3-6p, Sat 1-4p. Call office at (805) 541-3211 and leave a message for Sharon H. our spectacular Volunteer Coordinator!



Literature prices will be raised by A.A.W.S. in April. Scan the QR code to the left for a link to the new price list.

New Hardcopy Meeting Directories are being printed and will be available at the Service Sunday COR and GSR meetings. See Service Meeting schedules on page 4. Stop by the Central Office to pick up a 10 pack for your meeting.

Next COR meeting March 12, 2023 at 8:45am
<https://zoom.us/j/95801240779>

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.”

As Bill Sees It
129

The Way of Strength

We need not apologize to anyone for depending upon the Creator. We have good reason to disbelieve those who think spirituality is the way of weakness. For us, it is the way of strength.

The verdict of the ages is that men of faith seldom lack courage. They trust their God. So we never apologize for our belief in Him. Instead, we try to let Him demonstrate, through us, what He can do.

Alcoholics Anonymous, pg.68



April: *Courage*

Step 4

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

Tradition 4

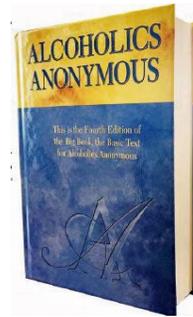
“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

As Bill Sees It
91
Courage and Prudence

When fear persisted, we knew it for what it was, and we became able to handle it. We began to see each adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than of bravado.

Grapevine, 1962, Bill W.

Available in 2023: New jacketless Big Book



As always, we encourage ordering the Big Book and all A.A. literature from local distribution sources—groups, districts, areas, and intergroups and central offices—as they play a vital role in local Twelfth Step activities.

The new jacketless Big Book will be available in 2023 at the webstore,

www.onlineliterature.aa.org and at a **Central Office Intergroup** near you. Stay tuned for an announcement on <https://www.aa.org/>.

Literature Price Increase Announced

AAWS Board Chair and GSO General Manager announce literature price increase effective April 3,



2023. The [new price list](#) can be downloaded.

Local LINKS

Central Office Intergroup sloaa.org

District 22 (Area 93) d22aa.org

District 22 Convention myd22.org

RULE 62

Don't take yourself so seriously

~“How long have you been making coffee?”~
“Old timer: “Since the night I complained about it.”





Area 93 District 22

d22aa.org

Welcome Panel 73 committee members:

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

Events

- PRAASA, March 3-5
Los Angeles Airport Marriott Hotel
Call 310-641-5700
Praasa.org to Register
- Preconference, March 19, Location undetermined, Hybrid
- Next Area Committee Meeting April 16, Fillmore, CA, Hybrid
- Liaison positions available
H&I Liaison - Vacant
SLOPYPAA Liaison – Vacant
Convention Liaison- Vacant

For a service commitment contact Jeff L, DCM
District22dcm@gmail.com/805-235-5931

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

SLOPYPAA is Back!

- Stands for “San Luis Obispo Precinct of Young People in A.A.”
- Now has 20+ active members
- Are a business committee that meets the 1st and 3rd Thursday of each month at Melody in SLO at 7:00p.
- All ages are welcomed and encouraged to become members.

SERVICE SUNDAY – 2nd Sunday

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

10:15am –**General Service Reps (GSR)** District 22 GSR Meeting: March 12, April 8
2nd Sunday of every month at 10:15 – 11:30 AM
In Person at the Alano Club 3075 Broad St., SLO
Or via Zoom: 88279258044 Password: D22GSR

12:00pm – District 22 Convention Committee
Currently on Zoom: 435033231 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**

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