



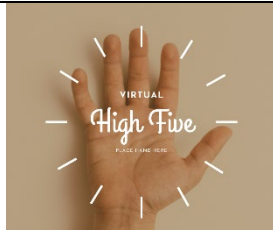
The Nameless NewsLetter



May/June 2023

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 30 NO. 3



STEP FIVE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

It is not enough to acknowledge missteps to yourself, it is essential to vocalize them aloud to another human being.

I think I may be an anomaly, but I could not wait for this step. Once I got through the inventory, I **needed** to run it by someone to make sure I had done it right (and yes, I do recognize that validation is a critical issue for me). I didn't love admitting all my most shameful secrets to another, but having established a relationship with my sponsor, knowing that I could trust her implicitly, and, most important, knowing that she had been where I had been, made the process a lot less stressful.

What I learned from this step, recovery-wise, is that I am not alone. I am not the Worst Person on the Face of the Earth. And although I can't explain it, there is something to the whole idea of unloading the burden of your secrets... it really did make me feel lighter mentally.

It was at this point in my step work that I became fully convinced of the power of this program. Towards the end of the 3 1/2 hour session with my sponsor, she said to me, "I feel like God keeps putting something in my head." It would be too complicated to write out the play-by-play, but, long story short, she was able to show me patterns of my addictive behavior that I truly had never seen, I'm still flummoxed by how she put it together. But she was absolutely correct, and that she could point it out to me, simply by my speaking aloud my 4th step inventory, convinced me that the steps work.

Step 5 is a work in progress in everyday life. Having learned that holding it in makes the problem worse, I work very hard to unburden myself at every opportunity. Whether it is admitting my feelings to my husband, confiding in my sponsor, sharing at a meeting, I make sure to verbalize whenever I feel bad about something. And the magic continues...usually, by the time I am finished telling whatever it is that's on my mind, I really do feel better!

I guess the expression "getting it off your chest" exists for a reason. Only by articulating problems can we really and truly release them. For me, that is the true reward of Step 5... voicing your fears, your worries, your resentments, your pain, so that you can let them go. In the past, I had the completely opposite mindset. My thought process was: "this is my shit, why should I burden someone else, that would just make two of us burdened with it?" I have since learned this is absolutely not the case. When I carry the burden of negative thought, and I keep it to myself, it stays with me. I can bury it, or gloss over it, pretend it doesn't exist... but it is still with me. And it will rear its ugly head over and over again, unless I do something about it. The action I need to take is so simple, so basic, it almost seems too good to be true: I need to talk about it. By exposing it to the light of day, I take away its power.

– Anonymous

Contents

- Sobriety Birthdays, 7th Tradition, Events2
- Central Office Intergroup News2
- Steps, Traditions & Reflections.....3
- Saturday Speaker and Service Meetings.....4
- DCM Corner District 22.....4

Sobriety Birthdays

Name	Years
Judy G	15
Jim D	17
Kim B	28
Meredith H	34
Debbie P	36
Sharon W	39
Bonnie N	42
Laurel W	49



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.

7TH TRADITION MAILING LIST for GROUP TREASURERS (Contributions)

General Service Board (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

Central Coast Central Office Intergroup

CCCOI is open for literature sales from 12 Noon to 6pm weekdays and 1pm to 4pm Saturday.

Let your Literature Reps know about these freebies which are kept on the front table:

- Printed 4-fold meeting directories are in stock, 10 pack per meeting.
- Newcomer packets, maximum 5 per meeting.
- Nameless Newsletters for May/June
- Secretary Handbooks, 1 per meeting

Numbers and Links to Share with Your Groups
Central Coast Central Office Intergroup (CCCOI) Office located at: 1333 Van Beurden Dr., Suite 102, Los Osos, CA 93402

Mailing address: PO Box 6819, Los Osos, CA 93412-6819

Phone: 805-541-3211 **Web:** www.sloaa.org

To Contribute to the Central Office Our **Venmo account is:** @slocentraloffice

If donating for a group, please put the name of group, town, and group number if known
If it is a contribution for a birthday or personal contribution add note to designate as such.

UPCOMING EVENTS

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

June 17 - 5-6:30pm
Chili Cook-Off and Bake Sale
SLO Calvary Church
4029 S. Higuera St., SLO
www.myd22.org

August 25-27
56th Annual District 22 AA Convention
Sharing Experience, Strength, and Hope
Veteran's Hall, San Luis Obispo
www.myd22.org

September 1-4
ICYPAA
International Conference of Young People in AA
780 Mission St, San Francisco,
www.icypaa.org

May: Integrity

Step 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Tradition 5

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”



Daily Reflections May 3 Cleaning House

Somehow, being alone with God doesn't seem as embarrassing as facing up to another person. Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical.

Twelve Steps and Twelve Traditions, pg.60

It wasn't unusual for me to talk to God, and myself, about my character defects. But to sit down, face to face, and openly discuss these intimacies with another person was much more difficult. I recognized in the experience, however, a similar relief to the one I had experienced when I first admitted I was an alcoholic. I began to appreciate the spiritual significance of the program and that this Step was just an introduction to what was yet to come in the remaining 7 Steps.

Are you a writer? Consider sending us a story or antidote about your experience in AA. Email it to info@d22aa.org or drop off at the Central Office in Los Osos. Steps 7 and 8 in draft now.

June: Willingness

Step 6

“Were entirely ready to have God remove all these defects of character.”

Tradition 6

“An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.”

Daily Reflections

June 6

All We Do Is Try

Can He now take them all—every one?

ALCOHOLICS ANONYMOUS, p. 76

In doing Step Six it helped me a lot to remember that I am striving for “spiritual progress.” Some of my character defects may be with me for the rest of my life, but most have been toned down or eliminated. All that Step Six asks of me is to become willing to name my defects, claim them as my own, and be willing to discard the ones I can, just for today. As I grow in the program, many of my defects become more objectionable to me than previously and, therefore, I need to repeat Step Six so that I can become happier with myself and maintain my serenity.

56th Annual District 22 **AA CONVENTION** fundraiser

Chili Cook-Off and Bake Sale Sat., June 17th • 5-6:30pm

**\$5.00 per person
to sample and
vote for your
favorite chili!**

**before the Saturday Night Live
AA meeting at 7:30 pm
SLO Calvary Church
4029 S. Higuera St.**



**All Welcome To Participate!
Join The Fun and
Bring Your Best Chili!**

- Compete to win 2 FREE ENTRIES to the Convention!
- Bring your own crockpot and 25-ft extension cord.
- Don't forget money for the 50/50 drawing!
- Donated baked goods for Bake Sale are welcomed!
- Must be present to win. Winner(s) announced before the 7:30 SNL Speaker Meeting.
- Register onsite for the Convention!

Questions? Contact Convention Chair Inette L. at 805-264-5074

SUPPORT YOUR CONVENTION and REGISTER Now! VISIT www.myD22.org



Area 93 District 22

d22aa.org

May and June 2023

District 22 GSR Meeting: May 14 and June 11, 2023
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

Welcome Panel 73 committee members:

Next Area 93 Assembly: May 22, 2023:
In person at Legacy Commons, 930 East Ave, Q9
Palmdale, CA. 93550.
Hybrid ID 819 2181 4392, Passcode Panel 73

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

Liaison positions available
Paul L is now the CPC/PI Chair for District 22
H&I Liaison - Vacant
SLOYPAA Liaison – Conner G
Convention Liaison- Vacant

For a service commitment contact
Jeff L, DCM, District 22
District22dcm@gmail.com / 805-235-5931



- Yellow highlighter above indicates vacancies. Join the District 22 team with a service commitment!
- New Hardcopy Meeting Directories are available.. Stop by the Central Office to pick up a 10 pack for your meeting.
- The Paso Robles ABC Group has moved temporarily to 88 Wellsona Rd. and is having all English language meetings at the Clubhouse at the RV Park. Please park on Wellsona Rd. and walk into the park to the Clubhouse.
- Would you like to support us in holding one of the 2024 Area 93 Assemblies in District 22? We are asking for member and group input about your level of interest and participation. Details will be provided to your GSRs soon. Please let **them** know how you feel about it, or send an email to info@d22aa.org .

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**

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 –General Service Reps (GSR)
District 22 GSR Meeting
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