



The Nameless NewsLetter



July/August 2023

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 30

NO. 4

No One's the Boss

Oh, no! What will these AAs make him do? What does he owe? This newcomer's first encounter with the Traditions was a pleasant surprise

At my very first AA meeting, two large vinyl posters were hanging on the wall. The Twelve Steps were on one poster and the Twelve Traditions were on another.

With a suspicion-filled mind, I read the words on them. What I gathered from the Traditions was that it sounded like no one in particular was in charge, and the only goal was to help. I figured this was like most organizations; its ideals were posted on the walls. I sat in meetings a long time waiting to spot who actually was going to presume they could boss me around and what they would claim I owed.

Turns out I was wrong. As a dear AA friend likes to share at meetings, "When it comes to carrying AA's message, we do it for fun and for free."

My suspicion, which today I consider a fermented form of fear, has never played out. Here and there, AAs might act bossy, but not one is the boss of another. We are each left to our own path of recovery. We are each subject to our own devices, our own consciences.

And we owe nothing. Matters of money, time and talents are also left to each member to decide whether or not, and how much to contribute. Each member is their own boss and chooses if and how to contribute to AA's collective effort to carry the AA message to alcoholics who still suffer. This approach is best.

There's a line in the Tradition Eight essay from our book Twelve Steps and Twelve Traditions which says, "Alcoholics simply will not listen to a paid Twelfth-Stepper." I identify. This principle of "non-professionalism" when it comes to carrying AA's message saved me from my fearful, suspicion-driven mind. As I sat reading those Traditions on the poster that day, I decided that if someone attempted to boss me, I wasn't coming to another meeting. I would take my alcohol-soaked resentments home and not come back!

Thankfully no one bossed me. Rather, many helped, and the Steps provided a path to freedom from alcohol and the resentments that I have continued to enjoy for more than 20 years now.

Another influence, more subtle but as great in importance, also stemmed from Tradition Eight as I look back. The first meeting I attended included about six or seven regulars. I took quick measure of them, as I had to spot who the boss really was among them. The suspicion in my keen alcoholic mind was dulled and ultimately outdone by openness. Not one of the six or seven took on being "the boss" and not one of them was getting paid. The real kicker though, what kicked down my suspicion and made room for some open-mindedness, was the fact that they were there in our meeting every week just to be helpful—and they were having fun.

I wasn't having much fun in those days. Being afraid and resentful of everyone and everything is serious stuff. Also, I wasn't interested in doing anything without getting paid, even though I was a lousy employee and hardly employed.

When it came to AA's message being carried, non-professionalism was in effect at that first AA meeting I attended—no bosses and no one getting paid. There's more to Tradition Eight, including the whole bit about service centers and employment and support of AA members' Twelfth Step efforts. But this article is short, so I hope you review for yourself, in full, the Tradition Eight essay in the "Twelve and Twelve."

Tradition Eight, and all Twelve Traditions on the one poster, were all in effect and a part of the AA group I was so fortunate to find. I am grateful because I know today that those Traditions fostered the group's environment of love and tolerance as well as singleness of purpose. All of which were essential so I would stick around long enough to experience the amazing gifts along the path described on that other poster, the one with the Twelve Steps.

-Steve S., Bloomfield, NJ

Source: AA Grapevine, August 2020



Sobriety Birthdays

Name	Years
Katie R	3
Dana R	12
Angela G	14
Lynn R	19
Tina I	22
Sharon P	31
Tory S	41

*Celebrate
Sobriety*
Congratulations!

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.

Central Coast Central Office Intergroup

CCCOI is open for literature sales from 12 Noon to 6pm weekdays and 1am 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 July/August
- 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.

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

UPCOMING EVENTS



July 4th
AA BBQ

Cuesta Canyon Park
AA Meeting 10:30
Lunch 12-1:30
Cuesta Canyon Park, SLO



August 18-20
SLOPYPAA's

Sunlight of the Spirit Campout
Lopez Lake
<https://d22aa.org/standing-committees/sloypaa/>

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

July: *Humility*

Step 7

"Humbly asked Him to remove our shortcomings."

Tradition 7

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

Daily Reflections

July 9

I AM AN INSTRUMENT

Humbly asked Him to remove our shortcomings.

TWELVE STEPS AND TWELVE TRADITIONS, pg. 70

The subject of humility is a difficult one. Humility is not thinking less of myself than I ought to; it is acknowledging that I do certain things well, it is accepting a compliment graciously.

God can only do *for* me what He can do *through* me. Humility is the result of knowing that God is the doer, not me. In the light of this awareness, how can I take pride in my accomplishments? I am an instrument and any work I seem to be doing is being done by God through me. I ask God on a daily basis to remove my shortcomings, in order that I may more freely go about my A.A. business of "love and service".

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

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

August: *Love*

Step 8

"Made a list of all persons we had harmed and became willing to make amends to them all."

Tradition 8

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Daily Reflections

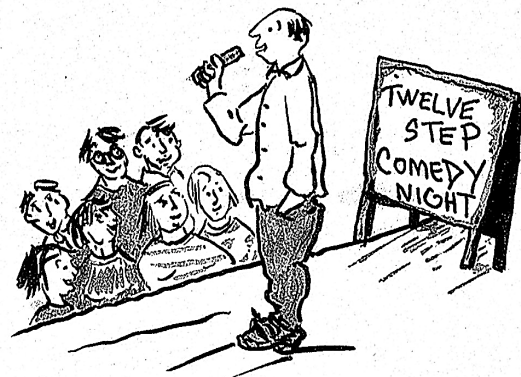
August 8

"MADE A LIST..."

Made a list of all persons we had harmed,...

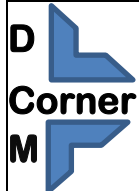
TWELVE STEPS AND TWELVE TRADITIONS, pg. 229

When I approached the Eighth Step, I wondered how I could list all the things that I have done to other people since there were so many people, and some of them weren't alive anymore. Some of the hurts I inflicted weren't bad, but they really bothered me. The main thing to see in this Step was to become willing to do whatever I had to do to make these amends to the best of my ability at that particular time. Where there is a will, there is a way, so if I want to feel better, I need to unload the guilt feelings I have. A peaceful mind has no room for feelings of guilt. With the help of my Higher Power, if I am honest with myself, I can cleanse my mind of these feelings.



"Doctor Bob comes down and says, 'I've got some good news and some bad news. Good news is I got him down to twelve, the bad news is Direct Amends is still in.'"

— Take Me to Your Sponsor



Area 93 District 22

d22aa.org

July and August 2023

District 22 GSR Meeting: July 9th and August 13th, 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**

Helen G, Treatment Chair for Area 93 will be attending our DCM on July 9, 2023

The **Area 93 GSR Orientation on August 13th** will replace the in person component of our meeting. We will all meet on **Zoom** that day from **10:00 AM to 12:00 PM**. ID 82803829577, PW: Panel73

PANEL 73	
Committee Members:	Liaisons:
DCM: Jeff L.	Central Office – Jon K
ADCM: Vacant	H&I – Vacant
SECRETARY: Elisa M	SLOYPAA – Conner G
TREASURER: Sheryl G	Convention – Bert B
REGISTRAR: Vacant	

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

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**