



The Nameless NewsLetter



Nov/Dec 2023

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 30 NO. 6

Step 12 In Action



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

Only a few weeks sober, I marched into my favorite bar in Santa Monica, California, and announced that I was attending AA meetings. I also pointed out to my imbibing friends that they were probably alcoholics and needed to join me. El pronto! Not only did my barroom popularity go south at that point, but so did our Eleventh Tradition of “attraction rather than promotion.”

Of course, I was ill prepared to carry the AA message. I had little notion what the Twelve Steps were, save from my own vague interpretations from the clubhouse pull-down shades. My AA honeymoon enthusiasm did not qualify me as having had a “spiritual experience (or awakening) as the result of these steps.” (The terms spiritual experience and spiritual awakening refer to “the personality change sufficient to bring about recovery from alcoholism.” Alcoholics Anonymous p. 567)

Eventually, after absorbing the clear-cut directions from the Big Book, I busily began sharing my newfound sobriety with other members. When some of them relapsed, I was disappointed. However, I took solace in that Step Twelve tells us only that: “we tried.” I believe it is vitally important that I continue to keep on trying regardless of results: “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.” (p. 89). Vital means lifesaving and that means me!

I have found it best not to dwell on the 12 Steps when making my first visit to a newcomer, but to casually let the conversation drift into some of my drinking experience—good and bad, happy, and sad—and explain why I need to stay sober. Then, I explain how the AA fellowship helped me to obtain my period of sobriety. Of course, I never mention that they are an alcoholic. This is best for them to ascertain!

I believe it is best to bring out the aspects of AA that will dispel any preconceived fear. I explain our principle of anonymity; that the only requirement for membership is a desire to stop drinking; that we have no dues or fees; that we have no rules or laws; that AA is not affiliated with any religion or outside organization. I also explain that we are not a treatment center, although we sometimes cooperate with treatment facilities.

I believe it is important to tell how we have grown to more than two million members around the world in the last eighty-plus years. The point is to replace newcomer doubt with hope!

Upon leaving this “first meeting” I believe it is paramount that the new person leaves with appropriate literature from the meeting rack, but not too much—just three or four pieces. The titles make it obvious what ones are appropriate. If the new person leaves with a Big Book, I never tell them to read the first 164 pages—maybe just The Doctors Opinion, along with some of the personal stories. A farmer once told me: “You don’t feed a newborn calf a bale of hay, but just a little milk.”

Of course, I point out from the meeting directory the next meeting that might be best and exchange phone numbers or email addresses. If time allows, I like to have a meeting-after-the-meeting to provide a welcome and happy atmosphere. First impressions are very important for a lost and lonesome new AA member.

By Bob S.

Source: Alcoholics Anonymous Cleveland District

Office website <https://www.aacle.org/step-12-in-action/>

**ALCOHOLICS
ANONYMOUS**
Cleveland

Sobriety Birthdays

September/October Congratulations!

Name	City	Date	Years
Janice E	Los Osos	1998	25
Susan L	Morro Bay	1991	32
Jon K	Santa Margarita	1986	37
Steven E	Paso Robles	1984	39
David H	Arroyo Grande	1980	43
Mary P	Morro Bay	1979	44

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**.
Closed on Sunday.

FREEBIES on the front table:

- Printed 4-fold meeting directories are in stock, 10 pack per meeting.
- Newcomer packets, maximum 5 per meeting.
- Nameless Newsletters
- 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:**

<https://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

November 10-12, 2023

6th Annual National Corrections Conference
Embassy Suites Oklahoma City Northwest

3233 Northwest Expy

Oklahoma City, OK 73112

(405) 842-6633

<https://nationalcorrectionsconference.org/>

November 19, 2023 9am-4pm

Area 93 Assembly

Santa Barbara Vet's Hall

February 8-11, 2024

51st ACYPAA Round-up

Wyndham San Diego Bayside

San Diego, CA,

<https://www.2024.acypaa.org/>

In 1973, the All California Young People in Alcoholics Anonymous (**ACYPAA**) Round-Up was established as an annual gathering in California to provide an opportunity for young AA's to come together and share their experience, strength, and hope.

November: *Spirituality*

Step 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for 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."

Daily Reflections November 14

INTUITION AND INSPIRATION

...we ask God for inspiration, an intuitive thought, or a decision. We relax and take it easy. We don't struggle.
ALCOHOLICS ANONYMOUS, p. 86

I invest my time in what I truly love. **Step Eleven** is a discipline that allows me and my Higher Power to be together, reminding me that, with God's help, intuition and inspiration are possible. Practice of the Step brings on self-love. In a consistent attempt to improve my conscious contact with a Higher Power. I am subtly reminded of my unhealthy past, with its patterns of grandiose thinking and false feelings of omnipotence. When I ask for the power to carry out God's will for me, I am made aware of my powerlessness. Humility and a healthy self-love are compatible, a direct result of working **Step Eleven**.

12 Step Commitment: Be There

For The Still Sick & Suffering Alcoholic

Central Coast Central Office is updating their 12 Step list of AA members to contact when someone who is having a problem with alcohol calls for help.

Be there to talk on the phone, go to a meeting, connect at a coffee shop, & share your experience strength and hope.

This is a vital part of our recovery program.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." (A.A. p. 89)

FOR MORE INFORMATION

- Fill in the [12 Step volunteer form](#)
- Phone Central Office @ (805) 541-3211
- Email info@sloaa.org

December: *Service*

Step 12

"Having had a spiritual awakening as the 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."

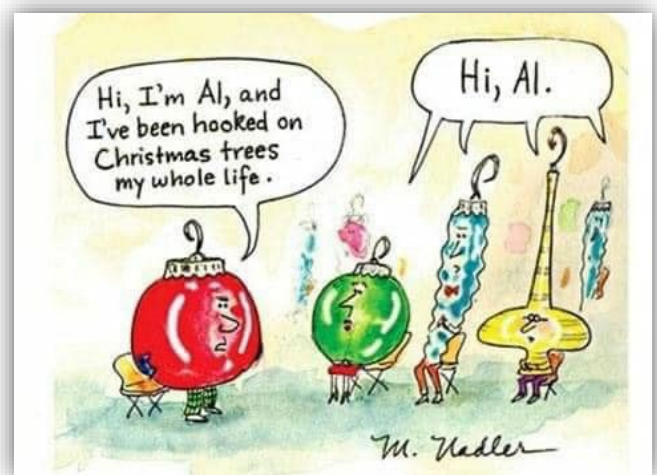
Daily Reflections December 8

SERVICE

Life will take on 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—this is an experience you must not miss.... Frequent contact with newcomers and with each other is the bright spot of our lives.

ALCOHOLICS ANONYMOUS, p. 89

It is through service that the greatest rewards are to be found. But to be in a position of offering true, useful, and effective service to others, I must first work on myself. This means that I have to abandon myself to God, admitting my faults and clearing away the wreckage of my past. Work on myself has taught me how to successfully merge inspiration and experience. I have learned how to be, in the truest sense, an open channel of sobriety.



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**



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

ADDITIONAL 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) and
Bridging the Gap
3rd Tuesday, 6:40pm
 Alano Club, 3075 Broad St., SLO

** Any Interested AA member may attend these meetings. H & I carries the AA message to the Prison, County Jail and Juvenile Hall among other institutions.*

THE NEW GRAPEVINE & LA VIÑA APPS!

- Read or listen to every issue
- Search our vast GV/LV Archives
- Keep track of your sobriety and spiritual practices
- Listen to our podcast
- Share AA stories and area events with friends
- Find meetings and connect to aa.org

DOWNLOAD NOW!
Take GV & LV wherever you go!

Download on the App Store
GET IT ON Google Play

For more information visit:
www.aagrapevine.org/apps

5 CITIES BEACH BONFIRE MEETING
 EVERY SATURDAY NIGHT
NOW Year Round! 🤪
 END OF PIER AVENUE, IN OCEANO
 IN FRONT OF PARKING LOT
 ON THE BEACH! ➡️

New PST meeting time starts TODAY!
6pm

BRING FINGERFOODS SIDES & DESSERTS

POTLUCK HERE & POTLUCK HERE @ 5PM!

781 Calle Bendita, AG open House @ 1:30pm

FRIED CHICKEN & POTATO SALAD SERVED 11/11

BRING SIDES & DESSERTS!

5 CITIES 5 YEAR ANNIVERSARY @ CALLE BENDITA LOCATION!