

# the nameless newsletter

Jan/Feb 2024

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 31 No. 1

## Welcome & Updates

Let's Celebrate Sobriety!

Welcome to the updated format for the Nameless Newsletter! If you have an event you'd like published, please let us know!

And, did you know... You can make a donation in celebration of your AA Birthday to the Central Office Intergroup? You'll support the 24/7 Hotline and all our area work plus be recognized in the upcoming issue of the Nameless Newsletter.

Simply contribute the dollar amount for your number of years in sobriety. Include the name of your home group too so it gets a shout-out. Write "BIRTHDAY" in big letters on the envelope and mail to CCCOI. It's just like taking a cake at a Birthday meeting. Shows the program works!

Thanks to our members in 2023 for your donations serving District 22, SLO County.



### Step 1

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

### Step 2

Came to believe that a power greater than ourselves could restore us to sanity.

### Tradition 1

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

### 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.

## Sobriety Birthdays

Name	Date	Years
Chris	Jan. 9.	43
Brenda	Jan. 12	12
Elisa	Dec. 10	4
Jason V.	Dec. 11	2
Rachel W.	Dec. 15	17
Sylvia S.	Dec. 16	10
Curt R.	Dec. 31	4





## STEP 1: INTO ACTION

I was in a meeting recently when I heard a very young, and very sincere, single mother of two, share that her first experience in A.A. was the thought of having to do all this stuff for the rest of her life and she didn't find it too comforting. It sounded to me, from her perspective, she knew she had to do it, but it wasn't going to be easy or fun.

I admired her courage and conviction and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was the father of a boy, I was in the Navy at the time, and was divorced. It was a difficult time but I had to go through it, drinking or not.

I began the process of recovery in a slow, methodical and thorough way, and I came out a stronger person for it. I likened it to the first Apollo space mission to the moon. It goes something like this: When you first see the size of this space craft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flame and smoke engulf the entire area, and in a few moments, it slowly starts to lift off. As it lumbers its first few hundred feet, it expends a tremendous amount of fuel.

Slowly it gains momentum and picks up speed, still shuddering along. Soon the booster tanks are depleted and they are ejected and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit.

*(continued)* In A.A., when we first get started, it appears to be an insurmountable task and it requires a tremendous amount of effort just to get off the launch pad. Not every launch is successful and some of us don't make it the first time, and we have to exert all that energy in each successive attempt. As we do get on our way, it starts to get easier as we increase our momentum. Much of the burden falls away as we make progress, and the going gets easier as we head for our objective. When we go through the twelve steps, we finally reach orbit. After we are satisfied that everything is in order, we can now set out for the moon. If we stay on course, the spiritual gravity of values we have adopted in the A.A. program will far outweigh the negative gravity of the past as long as we eject all of the dead weight that held us down.

**"We are drawn towards a life of peace and serenity."**

As we continue to adjust the day to day, mistakes that we make, and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life of peace and serenity that is hard to imagine when we are setting on the launch pad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.

Adapted from Cleveland Alcoholics Anonymous,  
<https://www.aacle.org/s>



# Step 1: Daily Reflection

## The 100% Step

**Only Step One, where we made the 100% admission we were powerless over alcohol, can be practiced with absolute perfection.**

**12 Steps & 12 Traditions, p. 68**

“Long before I was able to obtain sobriety in A.A., I knew without a doubt that alcohol was killing me, yet even with this knowledge, I was unable to stop drinking. So, when faced with Step One, I found it easy to admit that I lacked the power to not drink. But was my life unmanageable? Never! Five months after coming into A.A., I was drinking again and wondered why.

Later on, back in A.A. and smarting from my wounds, I learned that Step One is the only Step that can be taken 100%. And that the only way to take it 100% is to take 100% of the Step. That was many twenty-four hours ago and I haven't had to take Step One again.”

*Daily Reflection, January 11.*

# Step 2: Daily Reflection

## A Rallying Point

**Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step.**

**12 Steps & 12 Traditions, p. 33**

I feel that A.A. is a God-inspired program and that God is at every A.A. meeting. I see, believe, and have come to know that A.A. works, because I have stayed sober today. I am turning my life over to A.A. and to God by going to an A.A. meeting. If God is in my heart and everyone else's, then I am a small part of a whole and I am not unique. If God is in my heart and He speaks to me through other people, then I must be a channel of God to other people. I should seek to do His will by living spiritual principles and my reward will be sanity and emotional sobriety.

*Daily Reflection, February, 6.*

Find this newsletter online using the QR code.

Send your sobriety details to [NNLEditor@sloaa.org](mailto:NNLEditor@sloaa.org) or send a birthday 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

District 22  
P.O. Box 1891  
San Luis Obispo, CA. 93406

Area 93  
PMB #140606  
606 Alamo Pintado #3  
Solvang, Ca. 93463

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

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If you still have questions, contact me at [grapevine@area93.org](mailto:grapevine@area93.org) or call or text 805-550-8081.

Bonnie N., Area 93 Grapevine Committee Chair

## 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

\* 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.

“When we look back, we realize that the things which came to us when we put ourselves in God’s hands were better than anything we could have planned.”

- *As Bill Sees It.*

## SERVICE SUNDAY – 2nd Sunday

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

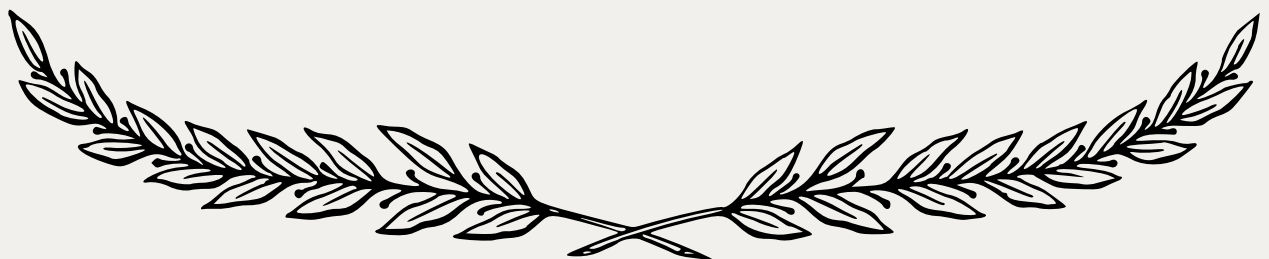
10:15am –General Service Reps  
(GSR)  
District 22 GSR Meeting  
In Person at the Alano Club 3075  
Broad St., SLO  
Or via Zoom: 88279258044  
Password: D22GSR

12:00pm – District 22 Convention  
Committee  
Melody Group, 265 South St. #F,  
San Luis Obispo

## 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





## STEP 2: INTO ACTION

Step 2 is an opportunity to begin your life of recovery by choosing your own higher power.

Step 1 is about acceptance, while step 2 of AA is about letting go of preconceived notions about what Alcoholics Anonymous (AA) is and how it works to make room for change.

No matter what you believe in, this is the step in which you become open to the idea that faith in a higher power will help you attain soundness of mind.

- **Keep an open mind:** Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.
- **Maintain humility:** Accept that you can't conquer your addiction alone.
- **Seek support:** Finding a sponsor and/or regularly attending AA meetings may help to process step 2.
- *Adapted from Recovery.org*



## Pacific Region A.A. Service Assembly 2024

March 1-3 in San Francisco

Scan the QR code for more information.



### Second Step Prayer

Heavenly Father,  
I know in my heart that only you can  
restore me to sanity.  
I humbly ask that you remove all  
twisted thought &  
Addictive behavior from me this day.  
Heal my spirit & restore in me a  
clear mind.