

the nameless newsletter

May/June 2024

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 31 No. 3

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 members so far in 2024 for your donations serving District 22, SLO County.

STEP 5

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

STEP 6

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

TRADITION 5

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

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.

SOBRIETY BIRTHDAYS

Name	City	Years
Bonnie N.	Shell Beach	43 years
Meredith H.	San Luis Obispo	38 years
Susan L.	Morro Bay	33 years
Judy G.	Grover Beach	16 years
Dana R.	Paso Robles	13 years
Bruce J.	Morro Bay	5 years



STEP 5: INTO ACTION

Perspectives on Step 5 of AA
By Dominica A.



I remember my stomach being in knots thinking that I'd have to sit down with my sponsor and tell her about my character defects, behaviors that hurt people, insane thoughts, and so on. Even so, sweating and stumbling over my words, I completed Step 5 and felt amazing afterward.

The fifth step isn't easy to do. But by bringing things into the light, it decreases the amount of pent-up energy we carry. It also gives us the opportunity to put it all out there and receive unconditional love.

Yes, that's right. No matter what you've done, you don't have to be judged or shamed. Reporting all your "stuff" to another human being who can listen with compassion really does something incredible for us.

Choose Your Person Wisely: Don't share Step 5 with just anyone. Choose someone you can trust, like a sponsor, counselor, mentor, or trusted friend. Don't perform this step with your partner, as it's tempting to not be gut-level honest with them.

When I sat down to discuss my fifth step with my sponsor, I kept in mind that my Higher Power was involved as well. By admitting my shortcomings, defects, past behaviors, and more to my Higher Power, I was essentially giving permission to that power to take all of it. I resolved to stop carrying it all and just let it all go, because honestly, it was a pretty heavy burden.

The Illusion of Judgment: I thought that if I sat with someone and told them my "stuff" and they found out who I was, they would judge me. They wouldn't like me. Or worse — they might tell others what an awful person I was.

The miracle of this step for me was that none of those things happened. My sponsor lovingly listened to all my stuff and affirmed me abundantly. She loved me unconditionally.

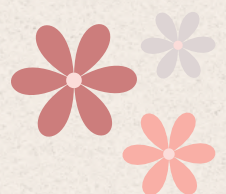
This is the step that you can use as a "train station." You can unload all those painful memories that have been keeping you down. You can let go of things like anger, shame, rage, confusion, depression, regret, and more.

Then, grab a ticket to your new destination: a place called Freedom. A place where you can be yourself, dream new dreams, and allow passion to give you fuel for your new journey.

My advice to someone ready to complete the fifth step is to keep in mind that getting it all out there on the table is a great opportunity to finally let it all go. Clean out the cobwebs of your past, take a deep breath, relax, and enjoy the lighter load. Enjoy the freedom and unconditional love.

After all, you deserve it!

The principle behind this step is Integrity. We could not continue to hide from the world, pretending we had done no wrong; we had to admit that we, like those we resented, were human and fallible.



Step 5: Daily Reflection

It's Okay to Be Me
May 14

Time after time newcomers have tried to keep to themselves certain facts about their lives... they have turned to easier methods...But they had not learned enough humility.

Alcoholics Anonymous, p 72-73.

Humility sounds so much like humiliation, but it really is the ability to look at myself – and honestly accept what I find. I no longer need to be the "smartest" or "dumbest" or any other "est." Finally, it is okay to be me. It is easier for me to accept myself if I share my whole life. If I cannot share in meetings, then I had better have a sponsor – someone with whom I can share those "certain facts" that could lead me back to a drunk, to death. I need to take all the Steps. I need the Fifth Step to learn true humility. Easier methods do not work.

Step 6: Daily Reflection

A Fellowship of Freedom
June 18

...if only men were granted absolute liberty, and were compelled to obey no one, they would then voluntarily associate themselves in the common interest.

As Bill Sees It, p. 50

When I no longer live under the dictates of another or of alcohol, I live in a new freedom. When I release the past and all the excess baggage I have carried for so very long, I come to know freedom. I have been introduced into a life and a fellowship of freedom. The Steps are a "recommended" way of finding a new life, there are no commands or dictates in A.A. I am free to serve from desire rather than decree. There is the understanding that I will benefit from the growth of other members and I take what I learn and bring it back to the group. The "common welfare" finds room to grow in the society of personal freedom.

Find this newsletter online using the QR code.

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

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 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.**

"We shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks."

- *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 6: INTO ACTION

Step 6 in the 12-step recovery program says “We became willing to ask God to help us remove our defects of character.”

This is a particularly challenging step to take. To understand why, let’s first review how far we’ve come in steps 1 through 5.

The first 3 steps of the 12-step recovery program are about accepting powerlessness in the face of addiction, and about finding the willingness to get sober.

Steps 4 and 5 are about looking at the consequences of your addiction.

Such a hard look in the mirror is scary and sometimes embarrassing -- identifying character traits and patterns of behaviors that lead you to where you are today.

Which brings us now to step 6. After all the difficult work you’ve done, why is step 6 especially difficult?

Steps 1 through 5 are all about self-reflection -- you’ve admitted you have an alcohol problem. Step 6 is about finding the willingness to take some action, to turn over powerlessness, as well as any negative aspects of our character to a higher power, as the individual has defined it.

And you thought things were tough before? Just wait! But you can do it.

First, keep in mind step 6 doesn’t ask us to take some action right away, it only asks us to find the willingness to take some action – difficult

enough to do, but anything that’s difficult to do can be made easier when broken down into smaller chunks:

- Beware of perfectionism

You don’t have to do everything perfectly to recover. In addition, you don’t have to be willing to turn over everything all at once. Instead, identify a few of the most serious issues you’re willing to address, and tackle the rest later.

- Check Yourself

Another way of saying that step 6 doesn’t ask us to take some action right away, it only asks us to find the willingness to take some action is to say step 6 is about attitude rather than behavior.

How can you change your attitude? Try this:

- Every morning, take a look in the mirror. Ask yourself: am I willing to turn my negative qualities over to a higher power, however I have defined it.
- Before answering, consider first whether your response is positive or negative.

Another way of thinking about this could be, do you feel confident that your higher power can sort out these issues, or is your self-will telling you that your negative traits and behaviors will persist no matter what you do?

- Get an outside perspective

Turn to your therapist or counselor to check on the progress of your attitude adjustment. Evaluating this can be difficult from the inside.

We are, after all, just too close to the situation. A therapist or counselor can also help you evaluate and prioritize any perceived weaknesses of character, and let you know whether or not your attitude is helpful in achieving real change. For this to be successful, however, you must be willing to hear their feedback.

It can also be helpful to simply talk with others who have successfully complete step 6. Who did they change their attitudes in preparation for making some real change?

It wasn’t easy for them, no doubt. But they did it, and so can you. It is possible to find a willingness to change, and June is a great time to start.

Adapted from

<https://serenitylane.org/blog/understanding-aas-step-6/>



CENTRAL COAST AA ANNUAL

4TH OF JULY BBQ

CUESTA CANYON PARK
2400 LOOMIS ST. SLO

AA MEETING - 10:45AM
LUNCH - 12-1:30PM

SUGGESTED \$5 DONATION

WE PROVIDE BBQ CHICKEN, BEANS, BREAD & DRINKS

YOU BRING A SIDE DISH, SALAD, OR DESSERT

CO-CHAIRS BRENDA K (209) 761-7754 & NICK B (805)448-4277

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MAIN SPEAKERS:
BILLY N. - PALM BEACH GARDENS, FL
ARISA B. - BOSTON, MA

OCT	FRI	2024	OCT	SAT	2024
	11			12	

REGISTRATION OPENS : 3:00PM EVENT STARTS : 9:00AM
EVENT : 6:00PM - 8:30PM EVENT ENDS : 10:00PM

EVENT COST \$45
INCLUDES SATURDAY CONTINENTAL BREAKFAST & LUNCH

SATURDAY DINNER COST \$55
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ASL INTERPRETATION

THE HOPE CENTER | 2275 MORELLO AVE | PLEASANT HILL | CA

For more information email 3LegaciesConf@LoveAndServiceGroup.org

SAVE THE DATE!

Mark your calendar for the August 23-25 weekend and join us!

57TH ANNUAL DISTRICT 22 AA CONVENTION WITH AL-ANON PARTICIPATION

INSIST ON ENJOYING LIFE!

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Join us for a full lineup of speaker meetings, marathons, BBQ, luncheon, 5K run, golf and lots of fellowship.
Online registration will go live in May, 2024.

For more information, send email to info@district22convention.org or call our message line at (805) 619-0462

We welcome you to join the Convention Committee!

We meet the Second Sunday of every month at Noon: Melody Group - 265 South St., Suite F, SLO
All Are Welcome - Please Join Us! We Need More Volunteers and It's A Fun Way To Be Of Service!