



The Nameless NewsLetter



Sep/Oct 2023

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 30 NO. 5

On the Front Lines

BY: JEFFREY H. | LANCASTER, CALIF.

Reprinted with permission from AA Grapevine, Inc., August 2022

Keeping his local Intergroup office running like a well-oiled machine is love and service—but it's also a job

Shortly after moving to El Centro, California, my world began to crumble. After seven years of being a dry drunk, I was finally brought to my knees. Although I had been “sober” and even involved in AA, my life had become increasingly unmanageable. Things were bad. I had finally destroyed my second marriage and I was forced to resign from my job or be fired. After all those years of faking it, I finally got busy like never before and began doing AA in earnest.

As the years passed, I experienced the wonders of our program as outlined in our Promises. I had taken online college courses and managed to earn an associate degree in business administration. I had started my own handyman service and was busy balancing my life and my business interests. I had become willing to do as my creator wished and my efforts seemed to be working.

I enjoyed being of service in many capacities. I have held most every service position in my AA home group, the Quartz Hill A.M. Attitude Modification meeting, and I served in our Intergroup and Round-Up committees as well. These opportunities not only connected me to my fellows in my group, but also to others in the entire Valley. We are not a glum lot, as they say, and we strive to prove that throughout the year. Staying in the middle of the herd has been a great joy for me.

Fast forward about eight years after my “awakening.” I heard about the need for a new office manager at our local Intergroup office. Someone mentioned the open position to me, and I replied that I was willing to do it. I remember the interview vividly. In it, I simply repeated what I said earlier, “I’m willing to be of service”. As it turned out, the board hired someone else. I was

happy for the selected candidate. I figured it was not God’s will for me to have the position.

Finally, on the fourth time around, the board chair contacted me and said the job was mine if I wanted it. I was a little taken aback and unsure of what to do, since it seemed that maybe God didn’t want it for me after all. I mean they had, after all, selected someone else three previous times! I decided I should reach out to my sponsor for advice.

“Clearly, it’s his will since they’re asking you now,” my sponsor said. So I said yes and became what I’ve read about for so many years—an AA “special worker.”

After I started working there, I found many things that needed attention, which came to me as a direct result of getting a degree in business. I’ve been able to make many positive changes that will, I hope, keep our Intergroup office open for many years to come. I get to learn, grow, and keep current by attending the Intergroup/Central Office seminars and the National AA Technology Workshops (NAATW) each year. I’m also blessed to be among other Intergroup managers in Southern California who meet quarterly to talk about issues of importance. They have been of service for many, many years and bring vast knowledge to those of us who are still relatively new. I’ve learned so much from them.

Special workers? Am I special? I don’t think so, but this Intergroup office sure is. We are at the front line in service to those still suffering from alcoholism. My job is simply to make our AA office as helpful as it can possibly be. How does the struggling alcoholic find AA these days? Are people with disabilities able to access the services we offer? With technological advances, we need to be easily accessible to people where they are, both online and in print.

I must always remember that I serve the AA membership in the Antelope Valley. Every member who walks into this office is my boss. They elect a board of directors who monitor and guide my activities in this office to ensure the best possible services are rendered to our AA community.

I love AA and all it has done for a formerly drunk and crazy person like me. Twenty years of sobriety have given me a life beyond my wildest dreams and a joy I’ve never known before. I’m so very happy I quit resisting the process and just surrendered.

Sobriety Birthdays

Congratulations!

Name	City	Date	Years
Giulio D.	SLO	Jan. 31	20
David P	Los Osos	July	30
Patsy T.	Los Osos	July	36
Linda W.	Morro Bay	July	39
Susan W.	Los Osos	July	42
Sondra C.	Morro Bay	July 22	47
Vicky M.		July	50

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 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
- 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

September 1 
ABC Group Paso Robles
Moving back to 1916 Creston Rd.
Suite 400 (Upstairs)
Paso Robles, CA

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

September 8-10
National AA Technology Workshop
"Moving Forward Together"
See Flyer on page 3
<https://naatw.org>
Winchester, VA and Online

September 30th 10-2
AA Grapevine Writing Workshop
See Flyer on page 3
Speaker Jeffrey H. authored our front page story published in the August 2022 Grapevine

September: *Discipline*

Step 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Tradition 9

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Daily Reflections September 12 I AM RESPONSIBLE

For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine. TWELVE STEPS AND TWELVE TRADITIONS, pg. 87

In recovery, and through the help of Alcoholics Anonymous, I learn that the very thing I fear is my freedom. It comes from my tendency to recoil from taking responsibility for anything: I deny, I ignore, I blame, I avoid. Then one day I look, I admit, I accept. The freedom, the healing and the recovery I experience is in the looking, admitting and accepting. I learn to say, “Yes, I am responsible.” When I can speak those words with honesty and sincerity, then I am free.

October: *Patience*

Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it.”

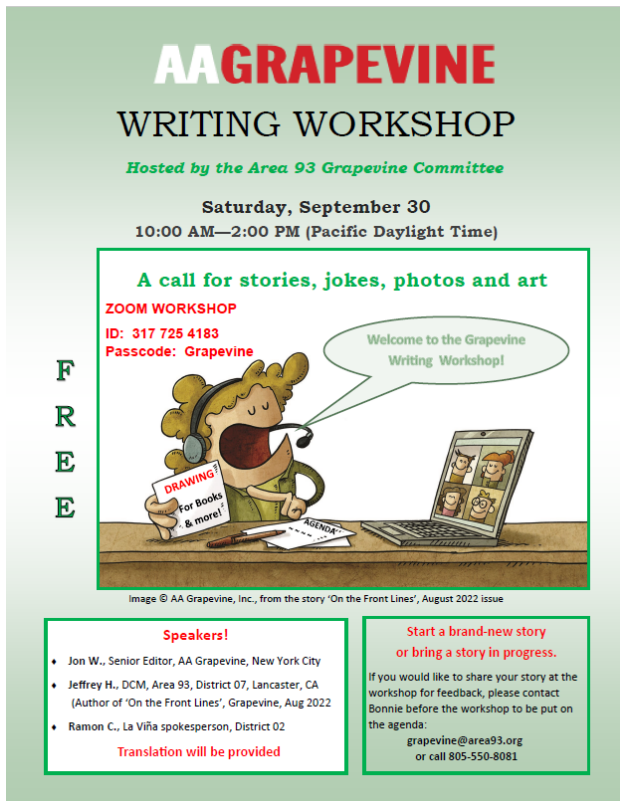
Tradition 10

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

Daily Reflections October 5 YESTERDAY’S BAGGAGE

For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong. TWELVE STEPS AND TWELVE TRADITIONS, pg. 88

I have more than enough to handle today, without dragging along yesterday’s baggage too. I must balance today’s books, if I am to have a chance tomorrow. So I ask myself if I have erred and how I can avoid repeating that particular behavior. Did I hurt anyone, did I help anyone, and why? Some of today is bound to spill over into tomorrow, but most of it need not if I make an honest daily inventory.



AA GRAPEVINE
WRITING WORKSHOP

Hosted by the Area 93 Grapevine Committee

Saturday, September 30
10:00 AM—2:00 PM (Pacific Daylight Time)

A call for stories, jokes, photos and art

ZOOM WORKSHOP
ID: 317 725 4183
Passcode: Grapevine

FREE

Image © AA Grapevine, Inc., from the story 'On the Front Lines', August 2022 issue

Speakers!

- Jon W., Senior Editor, AA Grapevine, New York City
- Jeffrey H., DCM, Area 93, District 07, Lancaster, CA (Author of 'On the Front Lines', Grapevine, Aug 2022)
- Ramon C., La Viña spokesperson, District 02

Translation will be provided

Start a brand-new story or bring a story in progress.

If you would like to share your story at the workshop for feedback, please contact Bonnie before the workshop to be put on the agenda:
grapevine@area93.org
or call 805-550-8081



National AA Technology Workshop

Hybrid format
2023

“Solving, Sharing, and Scaling Solutions”

September 8th - 10th

Shenandoah University
Winchester, VA

Visit our website today to:

- Submit a presentation
- Register for the event
- Sign up to volunteer
- Find special hotel rates

- Learn more!

General Service Conference (G.S.C.) Proposed Agenda Item Submission Form

The annual **deadline** for submissions for a GSC is **September 15***.

- What types of proposals, suggestions or ideas rise to the level of needing a General Service Conference “action” or “decision”?
 - Proposals that are important to the future of Alcoholics Anonymous, policy decisions or request for changes to Conference-approved literature and items that might require the collective conscience of the Fellowship.

The trustees, corporate directors and staff bring together years of experience in A.A. service in making decisions about the appropriate process or disposition of proposed Conference agenda items. Warranty Six reminds us “that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government...” [The A.A. Service Manual/Twelve Concepts for World Service](#) (page VI). The A.A. Service Manual/Twelve Concepts for World Service states on page 42 that: The Conference considers matters of policy for A.A. as a whole, and there are tried-and-true procedures for placing an item on the agenda in the most effective way possible. For suggestions that do not concern overall policy, there are procedures to ensure they are routed to the most appropriate part of the service structure.

The final agenda for any Conference consists of items suggested by: • Individual A.A. members • Groups • Delegates • Trustees • Area assemblies • Area committee members • Directors and staff members of A.A.W.S. and the Grapevine GSRs may have ideas for an agenda item, including some brought to them by group members. Experience suggests that they may want to discuss them first with their groups, then at district or area meetings. A district or an area can then forward it to the staff member at G.S.O. who is currently serving as Conference coordinator.

[Read more and access submission form...](#)

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**

**H & I is returning to live monthly meetings at the Alano Club in SLO, no more zoom meetings at this time. Anyone Interested may attend these meetings. H & I carries the AA message to the Prison, County Jail and Juvenile Hall.*