

# the nameless newsletter

July/August 2024

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 31 No. 4

## 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 7

Humbly asked him to remove our short-comings..

### STEP 8

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

### TRADITION 7

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

### TRADITION 8

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



## SOBRIETY BIRTHDAYS

Name	Years
Brenna T.	1
McLain	1
Joshua I.	2
Devon T	2
Chewie	8
Joe E.	18





# STEP 7: INTO ACTION

There was true humility and deep surrender by asking God to take all of me — both the “good” and the “bad.” This was an admission that I could not trust myself to differentiate between the two.

I almost drank after five months of sobriety before going into the 12-step process with my sponsor. He wisely pointed out the obvious fact that my mind lied to me. It was not to be trusted!

I needed a higher power (God) to see the truth about myself. What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery.

It is said that, “Self cannot rid self of self with self.”

In Step Three, I had asked God to remove the “bondage of self” with only a scant idea of what that was. But Steps Four and Five provided a better view of my defects of character and shortcomings. (Bill W. stated these words were to be used simultaneously or in the same context — please note Step Seven on page 59 in the Big Book uses the word “shortcomings” rather than “defects of character,” as in the prayer above).

It is important to notice that the Seventh Step prayer ends with the word “Amen.” Meaning so be it, this indicates a conclusion. However, there is no “Amen” following the Third Step Prayer, or those in Steps Four, Five and Six! Why?

I think it’s because Step Seven concludes a process: In Step Three we ask to be relieved of the bondage of self, but we don’t know what that is until we do Steps Four and Five.

By Step seven we know more precisely what we are asking God to remove from us as we go out to do His bidding. The process has been concluded; however, more will be revealed.

By Bob S.

## 7th Step Prayer

*My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.*



# Step 7: Daily Reflection

Giving Up Center Stage  
July 12

**For without some degree of humility, no alcoholic can stay sober at all. . . . Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.**

**12 Steps & 12 Traditions p. 70**

Why do I balk at the word "humility"? I am not humbling myself toward other people, but toward God, as I understand Him. Humility means "to show submissive respect," and by being humble I realize I am not the center of the universe. When I was drinking, I was consumed by pride and self-centeredness. I felt the entire world revolved around me, that I was master of my destiny. Humility enables me to depend more on God to help me overcome obstacles, to help me with my own imperfections, so that I may grow spiritually. Daily communion with God demonstrates my humility and provides me with the realization that an entity more powerful than I is willing to help me if I cease trying to play God myself.

Find this newsletter online using the QR code.

Send your sobriety details to [NNLEditor@sloaa.org](mailto: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.

# Step 8: Daily Reflection

A Clean Sweep  
August 13

**. . . and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.**

**12 Steps & 12 Traditions p. 77**

As I faced the Eighth Step, everything that was required for successful completion of the previous seven Steps came together: courage, honesty, sincerity, willingness and thoroughness, I could not muster the strength required for this task at the beginning, which is why this Step reads "Became willing. . . ." I needed to develop the courage to begin, the honesty to see where I was wrong, a sincere desire to set things right, thoroughness in making a list, and willingness to take the risks required for true humility. With the help of my Higher Power in developing these virtues, I completed this Step and continued to move forward in my quest for spiritual growth.



## 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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With a Digital subscription, you can read the new magazine each month, explore the Grapevine or La Viña archive, send stories to friends, listen to the audio of each article in the magazine, listen to the podcast, enter your own sobriety date for a daily calculation, build your own spiritual maintenance daily checklist, and more.

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If you do not have an online subscription, go to [www.aagrapevine.org](http://www.aagrapevine.org) and click on the Subscribe tab. If you have questions go to <https://www.aagrapevine.org/gvr-resources> Click on Apps FAQ in English or Spanish.

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

“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**

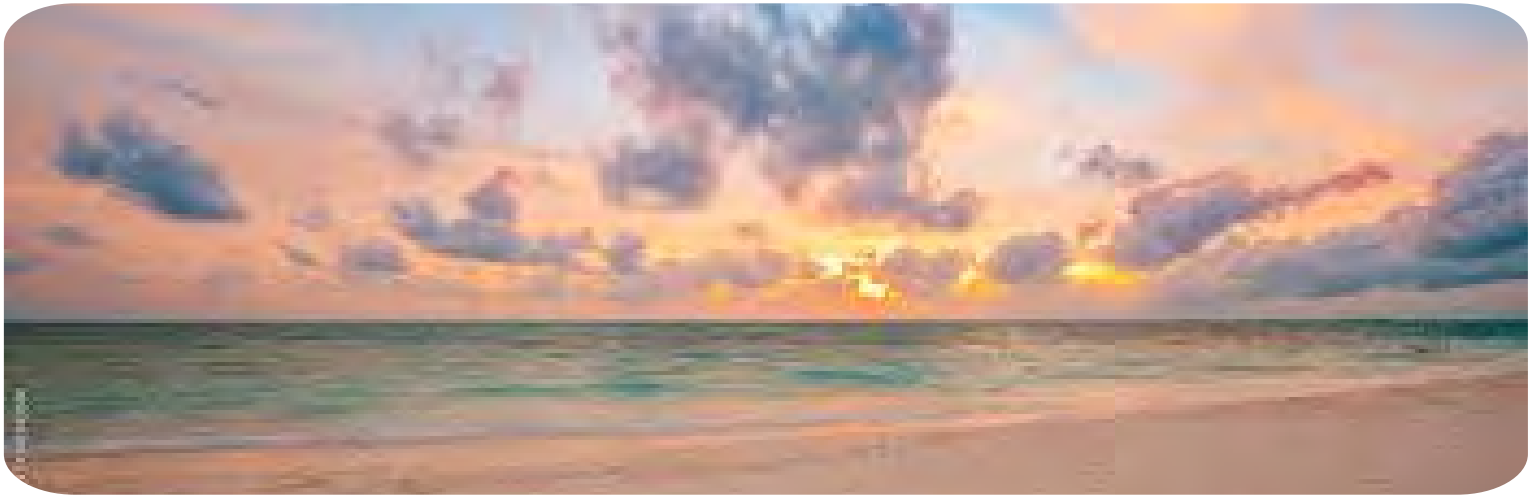
**1st Wednesday, 5:30pm**  
Central Office, 1333 Van Beurden Dr., Los Osos. Currently on Zoom: 805 541 3211 No Passcode

**Hospitals and Institutions Meeting (H & I) & 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.**





## STEP 8: INTO ACTION

The Big Book infers that we are to take stock honestly (p 64). My sponsor took this direction seriously with me because I had almost slipped after five months sober. I was informed that my mind was not always honest and that I must appeal to God for help while writing my Step Eight inventory.

I was reminded that Bill Wilson wrote about the “...Great Reality deep down within us.” (p 55). This would be my source to find the unvarnished truth, rather than my deceitful alco-logical thinking which led me to the bar room, year after year.

So, I prayed to God repeatedly — like a mantra. As I wrote, with God’s help, there appeared ever so many memories of people I had harmed. These included having my name appearing in the local newspaper, over and over, for public intoxication which had to embarrass my wonderful Christian parents.

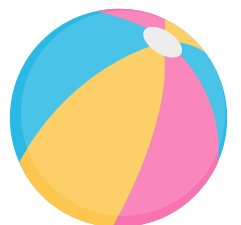
Also, my younger sister when she entered high school because of the dismal reputation I left behind. I went on a two-week drinking binge during my senior year!

Reviewing this process, I began to realize how dishonest with myself I had been through all those drunken years. It is easy to suppress unpleasant memories, thus avoiding the accompanying guilt. Of course, without guilt, nothing changes!

I will be forever grateful to my sponsor for his direction and Big Book knowledge on this step. We are told not to regret the past nor wish to shut the door on it (p 83). I am still susceptible to guilt feelings to a certain degree, but not overwhelmingly.

I have done what I can to make things right. Also, we are told about amends we cannot make: “We don’t worry about them if we can honestly say we would right them if we could.”

*By Boh S.*



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**

**50/50 RAFFLE & VOLLEYBALL**

## THE LOVE & SERVICE

### Where We Share Stories of Applying the AA Steps, Traditions and Concepts

FORMERLY THE UNITY & SERVICE CONFERENCE  
HOSTED BY THE LOVE & SERVICE GROUP

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

<b>OCT</b>	<b>FRI</b>	<b>2024</b>	<b>OCT</b>	<b>SAT</b>	<b>2024</b>
	<b>11</b>			<b>12</b>	

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

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**EVENT COST \$45**  
INCLUDES SATURDAY CONTINENTAL BREAKFAST & LUNCH

**SATURDAY DINNER COST \$55**  
OPTIONAL

**HYBRID EVENT**  
SPANISH INTERPRETATION  
ASL INTERPRETATION

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

For more information email [3LegaciesConf@LoveAndServiceGroup.org](mailto:3LegaciesConf@LoveAndServiceGroup.org)

## SAVE THE DATE!

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

### 57<sup>TH</sup> ANNUAL DISTRICT 22 AA CONVENTION WITH AL-ANON PARTICIPATION

**INSIST ON ENJOYING LIFE!**

**SAN LUIS OBISPO, CA • AUGUST 23 - 25, 2024**

**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](mailto: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!**