

# the nameless newsletter



November/December 2024

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 31 No. 5

## Welcome & Big Book Big News!

The Plain Language Big Book is a tool to help readers understand the book Alcoholics Anonymous, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book Alcoholics Anonymous “the Big Book.” It is considered the basic text of the A.A. program.

The Plain Language Big Book has been written to present the original ideas and same spiritual message of the Big Book, Alcoholics Anonymous.

For years, A.A. members have expressed a need for a Plain Language Big Book. Some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book Alcoholics Anonymous.

This Plain Language Big Book is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the Plain Language Big Book was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as General Service Conference-approved literature.

The Plain Language Big Book covers the core content of the what is the “abridged version” (the edition without personal stories) of the original Big Book.



### 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.

### Step 12

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

### Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio, and films.

### Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our SLO local chapter does not know when the *Plain Language Big Book* will be available for bulk order to our local intergroup store. More details coming in the new year, or you can [place an order online here.](#)



# Step II: Into Action

Someone said: "The only requirement for serenity is a desire to stop thinking." In early sobriety my raving alcoholic mind was not the least fond of that cliché. It would run full speed ahead all day long and often deep into the night. It would run so fast, and confusingly, that I feared losing my new job at an antique store.

Sometimes I felt it necessary to forego lunch and talk with my newly found AA friends at a nearby recovery club. Often, as if by magic, I would be overtaken by an inexplicable calmness. Somehow, once inside, I felt safe in the mist of that AA spirit we all know so well. Who needs lunch anyway!

But back to work during the afternoon my mind would resume its attack. What to do? I had learned a spiritual tool that I still use quite often today. I would pray: "Be still and know that I am God." Somehow, and I have never understood why, that simple statement had an immediate calming effect; albeit often short lived, it was welcome, indeed!

The Big Book tells us that we have a "Great Reality deep down within us" (God). My concept of this is that God is telling my whirling mind to quiet down. Who knows? But it worked then and still does today—great tool!

The French philosopher, René Descartes, is often quoted: "I think, therefore I am." However, I am coming to believe that Bill Wilson's "Great Reality deep within" (p. 55) is like a great over-self that I can utilize through prayer and meditation to bring peace and serenity into my daily life. Actually, by living the Twelve Steps of AA, I have a certain control over my mind when it goes all catawampus.

Step Eleven tells how to find calmness, before going to bed at night, by having a reflective sort of meditate before going to bed at night and asking God for forgiveness (p. 86). How to prepare our day in the morning and how to remain spiritually fit (calm) throughout the day. Read Eleventh step promises on page 88.

By Bob S., Richmond, IN



## 11th Step Prayer

Lord, make me an instrument of thy peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.



# Step 11: Daily Reflection

An individual Adventure

Nov. 8

Meditation is something which can always be further developed. It has no boundaries, either of width or height. Aided by such instruction and example as we can find, it is essentially an individual adventure, something which each one of us works out in his own way.

12 Steps & 12 Traditions p. 101

My spiritual growth is with God as I understand Him. With Him I find my true inner self. Daily meditation and prayer strengthen and renew my source of well-being. I receive then the openness to accept all that He has to offer. With God I have the reassurance that my journey will be as He wants for me, and for that I am grateful to have God in my life.

# GRATEFUL

## Step 12: Daily Reflection

A Genuine Humility

Dec. 11

...we are actually to practice a genuine humility. This is to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

12 Steps & 12 Traditions p. 192

Experience has taught me that my alcoholic personality tends to be grandiose. While having seemingly good intentions, I can go off on tangents in pursuit of my "causes." My ego takes over and I lose sight of my primary purpose. I may even take credit for God's handiwork in my life. Such an overstated feeling of my own importance is dangerous to my sobriety and could cause great harm to A.A. as a whole. My safeguard, the Twelfth Tradition, serves to keep me humble. I realize, both as an individual and as a member of the Fellowship, that I cannot boast of my accomplishments, and that "God is doing for us what we could not do for ourselves."

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.





## 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

*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.

**AVAILABLE NOW!**

**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!**  
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For more information visit:  
[www.aagrapevine.org/apps](http://www.aagrapevine.org/apps)

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.

If you already have an online subscription you can easily download the app to your phone at no extra cost by going to App Store or Google Play.

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, p. 6

## 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

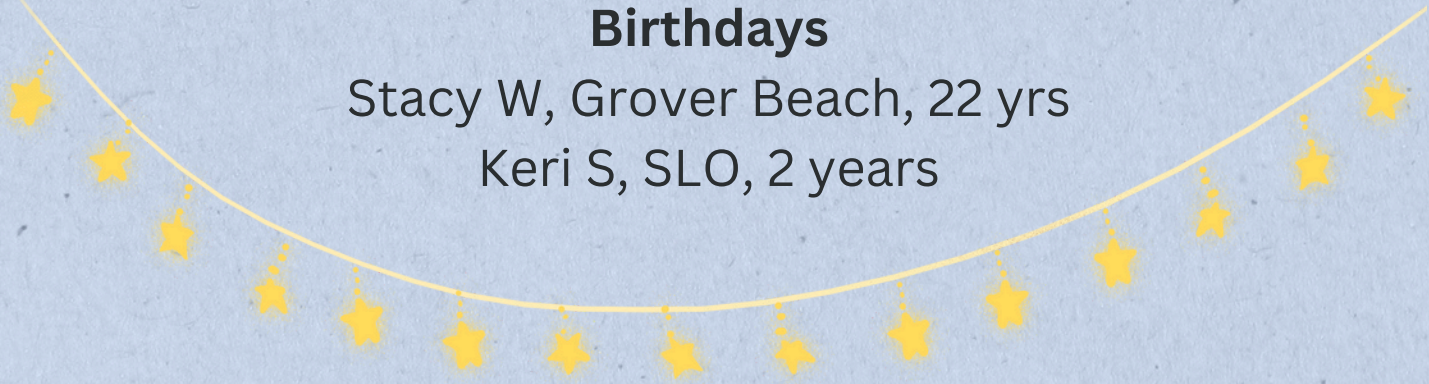
Any Interested AA member may attend these meetings.

H & I carries the AA message to the Prison, County Jail and Juvenile Hall among other institutions.

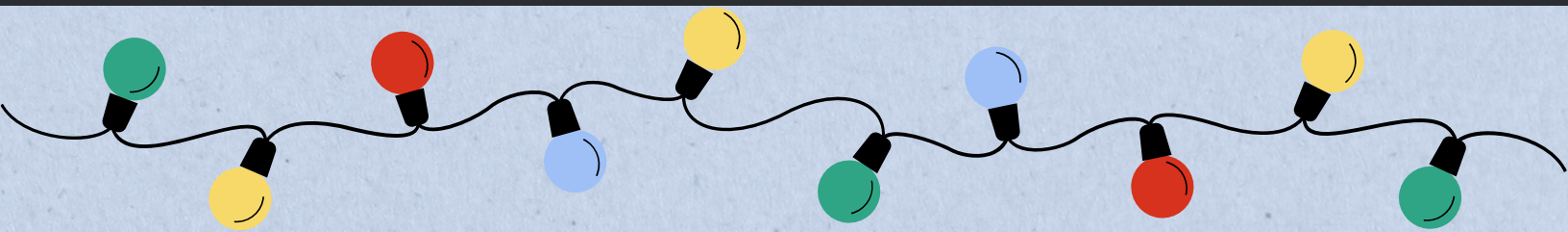
## Birthdays

Stacy W, Grover Beach, 22 yrs

Keri S, SLO, 2 years







## Step 12: Into Action

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, pronto! Not only did my barroom popularity go south, but so did our Eleventh Tradition of “attraction rather than promotion.”

Of course, I was ill prepared to carry the 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 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—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 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 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 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.*





Save  
the  
Date!

AA.org/International-Convention

# 2025 A.A. International Convention

July 3-6, 2025



Scan here!



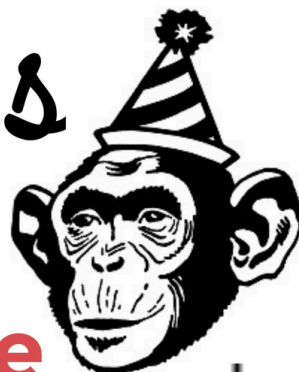
Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

## We Are Not A Glum Lot New Year's



**Talent Show**

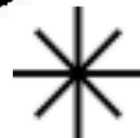
**Dinner & Dance**



DECEMBER 31<sup>st</sup>



**2024**



**Raffle  
Tickets**



**FREE  
TO ATTEND**



**Talent  
Show**



venmo

**\$20 Presale Tri Tip Dinner Tickets  
\$25 at the Door**

**Grange Hall  
2880 Broad Street  
San Luis Obispo, Ca 93401**

**Question's? Contact:  
Tom & Jewels  
(805)235-8098**



# Announcing: a new book from AAWS on sale November 1, 2024

## PLAIN LANGUAGE BIG BOOK

A Tool for Reading  
*Alcoholics Anonymous*

This is A.A. General Service Conference-approved literature

The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* "the Big Book." It is the basic text of the A.A. program. The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*.

This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.'s lifesaving message.

For years, A.A. members have expressed a need for a *Plain Language Big Book*. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the "abridged version" (the edition without personal stories) of the original Big Book.

Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

**The *Plain Language Big Book* is A.A. General Service Conference-approved literature.**

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PLAIN LANGUAGE BIG BOOK: A Tool for Reading *Alcoholics Anonymous*

- **Publication (on-sale) date: November 1, 2024**
- **List Price \$11.**
- **Item B-90**
- **192 pages; 8 ½" x 11"**
- **Softcover format with flaps**