

# the nameless newsletter

May/June 2025

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 32 No. 3



## Welcome & Updates

Welcome to the May/June edition of the Nameless Newsletter. We hope you're enjoying the start of Spring!

Steps 5 and 6 guide us from self-awareness to real change. In Step 5, sharing our wrongs with another person helps release guilt and builds accountability. It's a humbling, freeing experience. Step 6 asks us to become willing to let go of our defects- those traits that no longer serve us. We don't have to fix everything ourselves; we simply need readiness. Together, these steps invite honesty, openness, and the courage to grow.

### Step 5

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

### Step 6

We were entirely ready to have God remove all 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

March 2025			
Jim H.	Arroyo Grande	53	March, 1972
Marin M.	SLO	1	March, 2024
Judy G.	Grover Beach	17	3/12/2008
Rogers B.	Corpus Christi, TX	27	3/9/1998
Bonnie N.	Pismo Beach	44	3/29/1981

April 2025			
Jim N.	King City, CA	18	4/6/2007
Jeff L.	SLO	47	4/8/1978
Dana R.	Paso Robles	14	April, 2011





# STEP 5: INTO ACTION

In the beginning we get a temporary relief that tells us we are just fine, but it only lasts until we wake up the next morning and find ourselves in an even deeper pit. We reach for the bottle, and again it gives us that temporary buzz, and we repeat this process over and over until, by some tragic occurrence in our lives that drives us to Alcoholics Anonymous. We are encouraged to go through a process that can restore us to a somewhat normal life. Steps one through four are about surrender, acceptance, and discovery. Step five is about disclosure.

Step five, for me, was the gateway to how I was going to live the rest of my life. After two attempts at step four, I was faced with the decision as to whether my future was going to be honest and meaningful, or just a meaningless facade. Fortunately, for me, I took a leap of faith and disclosed all those, so called tormenting ghosts of yesterday, (12×12 pg. 55) and looking back on it now, I realize that decision was the hinge pin, for my thoroughness, with the rest of the steps. Had I not cleaned the slate at that time, I just don't see how I could have followed the spirit of truth and honesty, with myself and others that would result in the peace of mind that I enjoy today.

My inventory had to deal mainly with bad habits which had to be changed by the process suggested in steps six and seven. That was the easy part of step five. However, those tormenting ghosts of yesterday were another story. These were not habits, but deeds that I had done as an adolescent kid that seemed unforgivable. No one should ever know, I would take them to the grave with me. Mustering the strength to take that risk may have been the most important step forward I've ever made. My brain had been lying to me, after all; how bad could a thirteen year old kid be? That one decision is what I credit with giving me my life back and if I hadn't done it, I don't see how I could have given a good effort to the rest of the steps from behind that facade that I used to call life.

I often hear members of the program that seem to resist looking deeper into their regrets and seem to build a wall of reasons why they don't need to, and I wonder if they might be caught in the same dilemma that I was in when I took my fifth step. I wish I could reassure them that it's not worth the mental torment that it puts us through and that it may be a good idea to revisit that step and clean the slate. We can't live alone with them; we have to talk to someone about them. (Even A.A. oldtimers, sober for years, often pay dearly for skimping this step. 12×12 pg. 56) If, you are that person, I encourage you to try to get the strength to take that risk, and clean the slate; after all, we only live once. Let's not waste the opportunity to live a happy and peaceful life

*By Rick R., from Cleveland*



## Step 5: Daily Reflection

### A New Sense of Belonging

May 11

**Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong.**

**Twelve Steps and Twelve Traditions, p. 57**

After four years in A.A. I was able to discover the freedom from the burden of buried emotions that had caused me so much pain. With the help of A.A., and extra counseling, the pain was released and I felt a complete sense of belonging and peace. I also felt a joy and a love of God that I had never experienced before. I am in awe of the power of Step Five.



## Step 6: Daily Reflection

### Release from Fear

June 20

**The problem of resolving fear has two aspects. We shall have to try for all the freedom from fear that is possible for us to attain. Then we shall need to find both the courage and grace to deal constructively with whatever fears remain.**

**As Bill Sees It, p. 61**

Most of my decisions were based on fear. Alcohol made life easier to face, but the time came when alcohol was no longer an alternative to fear. One of the greatest gifts in A.A. for me has been the courage to take action, which I can do with God's help. After five years of sobriety I had to deal with a heavy dose of fear. God put the people in my life to help me do that and, through my working the Twelve Steps, I am becoming the whole person I wish to be and, for that, I am deeply grateful.

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

**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!**  
Take GV & LV wherever you go!

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**

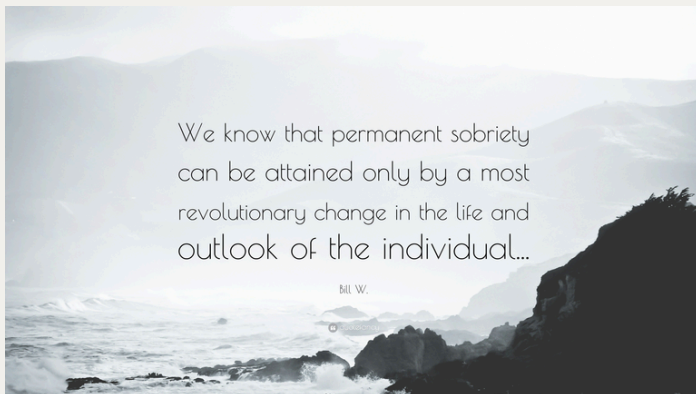
**South County Speaker Meeting**  
First Saturday, 7:00pm,  
St. John's Lutheran Church  
959 Valley Rd., Arroyo Grande

**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.**



## **SERVICE SUNDAY – 2nd Sunday**

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

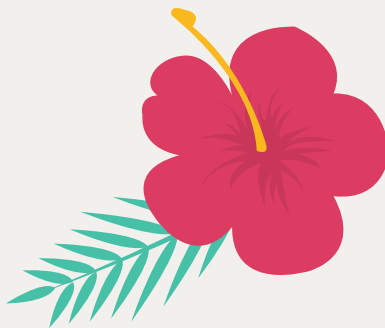
**10:15am –General Service Reps  
(GSR)**  
**District 22 GSR Meeting**  
In Person at the Alano Club 3075  
Broad St., SLO  
Or via Zoom: 88279258044  
Password: D22GSR

**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

Years ago, I heard that Step Six timing is everything. This reminds me of a story of when I was newly sober and almost went out drinking.

I almost ordered a drink at five months sober. This made me rightfully terrified during a visit with my sponsor. We immediately went through the first three steps. But, on my second visit (the next Saturday), I was still in tremendous fear. This provided me with willingness to go to any lengths to find secure sobriety.

Consequently, I felt completely willing, in Step Six, to allow God to remove whatever defects of character might make me drink. If this would have happened months later, I may not have felt that way. I will be eternally grateful that my new sponsor followed the timing suggestions of the Big Book.

Steps Five, Six and Seven are often considered the “same day steps”. The Big Book “timetable” certainly connects them in a timely series (e.g.: Step Four, at once, after Step Three), Step Five (at first opportunity after Step Four completion), Step Six and Seven when ready (then, not later; when Step Six is complete).

I am always reminded that Dr. Bob took Earl T. through the “six step program as it was at that time” in three or four hours (p 263). Step Six gave me the willingness to face my character defects

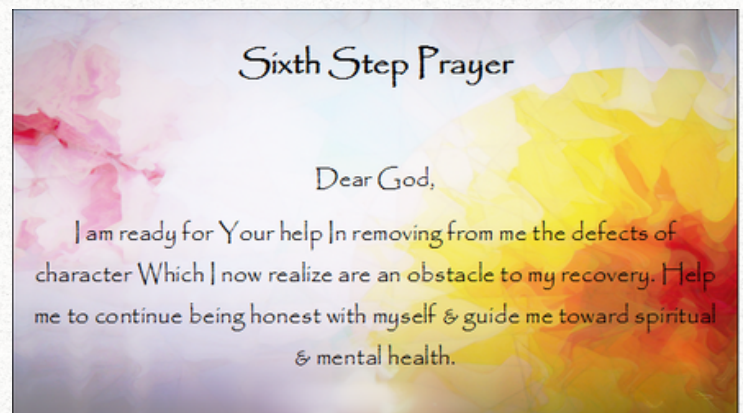
I have not had to drink since! Now, when sponsoring, I try to also “Strike while the iron is hot!” I got sober in southern California. You are asked to raise your hand, if you have less than thirty days. One of my newcomer friends enthusiastically jerked his hand in the air at the first meeting. The next week, a little less, And then, you guessed it, not at all.

He later informed me that these AAs are too fanatic; he and his friend simply go to the bar, drink a few beers, and discuss sobriety. Poor guy was facing years in prison. I never saw him again, but his story makes the point.

I spent much of my youth in a poolroom atmosphere and other dens of iniquity. Much of such language followed me into AA. Yes, I was willing to face and get rid of it. Plus smoking, bragging, and maybe all the things my sponsor had pointed out to me just a few minutes earlier in Step Five. Of course, this was only a beginning. I was to discover many more defects later.

Step Six is only two short paragraphs in the Big Book, but for me it was a vitally important beginning. As soon as they crop up, I need to be willing to face and be rid of my character defects!

By Bob S.





## Save the Date!

57th Annual District 22 A.A.  
Convention

Location: The Veteran's  
Memorial Hall in SLO

Date: 8/23-8/25

Theme: "Insist on Enjoying  
Life"

Volunteers needed.

Planning committee meets on  
the 2nd Sunday of each month  
at noon at Melody



A vibrant poster for 'SOBER OPEN MIC night'. The title is in large, stylized letters: 'SOBER' in white script, 'OPEN' in bold yellow block, 'MIC' in bold yellow block, and 'night' in white script. A silver vintage microphone on a stand is positioned to the right of the title. The background is blue with white stars. Below the title, a pink box contains the text 'LAST SATURDAY OF THE MONTH 730PM'. To the right of this box is a yellow circle with the text 'Sign up for 15-minute time slot and potluck @ 7pm'. Below the pink box is a yellow box with the text 'LIVE MUSIC, COMEDY, POETRY & MORE'. At the bottom, a black box contains the address '2148 Fresno St., Los Osos, CA' and the contact information 'Questions? Call Brian M. 206-919-0880'.

**SOBER**  
**OPEN**  
**MIC**  
*night*

Sign up for  
15-minute  
time slot and  
potluck @  
7pm

**LAST  
SATURDAY OF  
THE MONTH  
730PM**

**LIVE MUSIC, COMEDY,  
POETRY & MORE**

**2148 Fresno St., Los Osos, CA**  
Questions? Call Brian M. 206-919-0880



A promotional poster for the 2025 A.A. International Convention. The top left features the Vancouver 2025 logo with the text 'Language of the Heart', 'Lenguaje del corazón', and 'Le langage du cœur'. The top right shows a scenic view of Vancouver with a red banner that reads 'REGISTER BY APRIL 15 FOR EARLY-BIRD PRICING'. The center features the text '2025 A.A. INTERNATIONAL CONVENTION' and 'Join your friends in Vancouver, British Columbia, Canada July 3-6'. The bottom left lists highlights and more details, including a QR code and a 'REGISTER NOW' button. The bottom right features a red starburst that says 'HOUSING IS STILL AVAILABLE!' and a 'LEARN MORE' link.

VANCOUVER 2025  
Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

REGISTER BY  
APRIL 15  
FOR EARLY-BIRD  
PRICING

2025  
**A.A. INTERNATIONAL  
CONVENTION**

Join your friends in Vancouver,  
British Columbia, Canada  
July 3-6

**HIGHLIGHTS INCLUDE...**

- Thursday night block party
- Flag Ceremony
- Stadium meetings
- Old Timers Meeting

**AND MORE...**including 250+ meetings,  
hospitality suites, and a full slate of  
panels and workshops

**REGISTER NOW**

**HOUSING IS  
STILL  
AVAILABLE!**

**LEARN MORE**  
[aa.org/international-convention](http://aa.org/international-convention)  
2025ic@aa.org



# Central Coast AA Annual

# 4<sup>TH</sup>

## OF JULY

## BBQ



**AA MEETING 10:30-11:30 AM**  
**LIVE MUSIC \* GREAT FOOD 12:-1:30 PM**

**CUESTA CANYON PARK 2400 LOOMIS ST. SLO**

**SUGGESTED DONATION \$10**

**INCLUDES BBQ CHICKEN, BEANS,  
BREAD, & A DRINK**

**You bring a salad, side dish, or dessert**

**50/50 RAFFLE - BRING CASH!!!!**

*For More info Contact*

*Shannon F. (559) 284-5535 or Lisa S. (907) 985-1544*





# 24th Annual South County Men's Retreat

**May 16-18, 2025**



**Morro Strand Beach in Morro Bay**

**Campsites are: 35-44, 46, 50-54, 56 & 57.**

**Campfire Meetings**

**12 Step Discussions**

**Individual Step Workshops**

**Fellowship**

**Meals Included**

*Cost:*

**Register By May 5th \$50**

**After May 5th \$60**

*Venmo ID:*

**@Armando-Moreno-100**

**FOR MORE INFORMATION:**

**Jim D. (805) 748-1485.**

**Craig H. (805) 471-7088**

**Armando M. (805) 714-9074.**

**Esteban V. (805) 260-6259**

**Bring an RV, Trailer, or Tent! For Campsite Please RSVP to Jim D.**

## Announcement:

### **CPC/PI \* Monthly Committee Meeting**

- Who:** Bonnie N. is inviting you to
- What:** District 22 \* **CPC/PI** Committee Meeting
- Where:** Central Office 1333 Van Beurden Drive, Los Osos, CA
- When:** Last Saturday of each month 2:30 – 3:30 p.m.
- Why:** To find out more what the CPC/PI Committees do, and to make a plan of action.

**Note: you can also join us on Zoom**

<https://us06web.zoom.us/j/82034823410?pwd=YpKbGrR1dloImb0MxbrBa3AVjot30M.1>

Meeting ID: 820 3482 3410

Passcode: D22CPC&PI

### **\* Cooperation with the Professional Community (CPC)**

Members of CPC committees inform professionals and future professionals about A.A.

### **\* Public Information (PI)**

Members of Public Information Committees convey A.A. information to the general public

Questions contact Bonnie at [bonnien27@gmail.com](mailto:bonnien27@gmail.com)  
or text 805-550-8081

Please send a text if you can attend

*We are responsible.*

*When anyone, anywhere, reaches out for help,  
we want the hand of AA always to be there.*

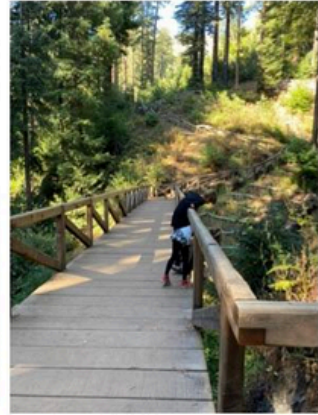


# AA Big Sur Campout 2025



WHEN: SEPTEMBER 25TH, 26TH, 27TH, 28TH

WHERE: PFEIFFER BIG SUR STATE PARK



!! When and how to book sites !!

1. Create an account @ [reservecalifornia.com](https://reservecalifornia.com)

2. Know when you'd like to arrive and be ready to book for Pfeiffer Big Sur SP. Sites become available at 8am - 6 months prior to the date and they go fast!

For example: if you'd like to arrive Thursday Sept. 25th, the first day to start booking is Tuesday March 25th.

Helpful tip: if you have the funds and want to ensure certain spots, book on earlier dates and modify later for a \$8.25 modification charge. 2 modifications allowed per reservation. See [reservecalifornia.com](https://reservecalifornia.com) FAQs to learn more about the rolling window reservation system.

🌲 For more info on Pfeiffer Big Sur State Park Campground visit:

California State Parks (.gov) [https://www.parks.ca.gov/Pfeiffer Big Sur State Park](https://www.parks.ca.gov/Pfeiffer-Big-Sur-State-Park)

STAY CONNECTED!

✨ Join the FB private group: Big Sur Camp Out



BE OF SERVICE!

✨ Contact our Trail Master, Brianna, if you'd like to be of service with the meetings and fellowship activities. A monthly Zoom meeting TBD for collaboration of a campout program.

✨ Reach out also if you're willing to share sites and or rides. Let's get our newcomers and anyone that needs help in getting there to experience the magic of the fellowship in Big Sur.

For now, the priority is to book sites! Stay tuned for more information on the campout, directions, and other details that will come as we get closer to September.

In the meantime, please reach out with any questions!

In love and service, your Trail Master,

Brianna P.  
949-606-5667