

the nameless newsletter

July/August 2025

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 32 No. 4

WELCOME & UPDATES



Alcoholics Anonymous is built on the principle of self-support — each group sustaining itself through the voluntary contributions of its members. This practice not only preserves our independence from outside influence, but also reflects a deeper personal responsibility for the Fellowship that supports our recovery. As Bill W. wrote, “Self-support begins with me, because I am part of us — the group.” Contributions are one of the many ways we give back, just like making coffee, sharing in meetings, or welcoming newcomers.

While money is never a requirement for membership, our group, like many others, is feeling the pressure of rising costs. If you are in a position to do so, we ask you to consider increasing your contribution, even slightly. A small, consistent increase can help us meet basic expenses and support AA at the district, area, and national levels — ensuring that the hand of AA is always there for the alcoholic who still suffers. Thank you for helping sustain this life-saving work.

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	Date
Eileen M., SLO	25	May, 2020
Rodger A., Morro Bay	38	May, 1987
Lisa Marie, Arroyo Grande	1	June 19, 2024
Laurie, Early Riser Zoomster	1	June 22, 2024
Diane P, Arroyo Grande	2	June 1, 2023
Sue B., England (Zoom)	28	June 20, 1997
David P., Los Osos	32	June, 1993





STEP 7: INTO ACTION

Step Seven begins: *"My Creator, I am now willing that you should have all of me, good and bad."*

Why should I ask God to take over my good qualities in my Seventh Step Prayer? After all, I had been several months sober and there were many noble and honorable elements to my personality. WRONG! (A friend called this: alco-logical thinking.)

I was still using *"pool room"* language, criticizing others; maintained *"justified"* resentments; smoking two packs of Lucky Strikes a day, etc. I guess I sort of skipped those defects/shortcomings in Steps Four and Five — I did not really know Good from bad! More was to be revealed the following months as I continued the maintenance steps — especially Step Ten.

As years passed, and I began living the true spirit of the maintenance steps, as they say: *"More will be revealed,"* I was told to ask God to help me become aware of these newly discovered personality defects and to use the suggested Step Ten directions to face and be rid of them. In time, my ego deflated to where I could see that my bad language was not normal, and it made me appear rather dull-witted.

My critical judgement of others began to diminish as I realized I was only seeing what was wrong with me! Also, those repeating thoughts of anger began to give way to joyous prayer. Seven months later my nicotine addiction went south and has never returned. Let us put it this way; the selfishness, dishonesty, resentment and fear I learned about myself in Step Four, began to diminish when I put Step Seven into action! The Seventh Step prayer was only a beginning.

What a relief! That promise of a new freedom and happiness began to appear, but most importantly, that dreadful mental obsession finally began to disappear. I now realize that I had been trapped in a bondage of self for many years but putting Step Seven into action has set me free! Step Seven is a powerful tool! Thank you, God!

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

**A Turning Point
July 11**

A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we must have.

Twelve Steps & Twelve Traditions, p. 75

Either the A.A. way of life becomes one of joy or I return to the darkness and despair of alcoholism. Joy comes to me when my attitude concerning God and humility turns to one of desire rather than of burden. The darkness in my life changes to radiant light when I arrive at the realization that being truthful and honest in dealing with my inventory results in my life being filled with serenity, freedom, and joy. Trust in my Higher Power deepens, and the flush of gratitude spreads through my being. I am convinced that being humble is being truthful and honest in dealing with myself and God. It is then that humility is something I "really want," rather than being "something I must have."

Step 8: Daily Reflection

**Repairing the Damage
August 14**

We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

Alcoholics Anonymous p. 76

Making a list of people I had harmed was not a particularly difficult thing to do. They had showed up in my Fourth Step inventory: people towards whom I had resentments, real or imagined, and whom I had hurt by acts of retaliation. For my recovery to be thorough, I believed it was not important for those who had legitimately harmed me to make amends to me. What is important in my relationship with God is that I stand before Him, knowing I have done what I can to repair the damage I have done.

Find this newsletter online using the QR code.

Send your sobriety details to NNEditor@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.

Pick up 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

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If you do not have an online subscription, go to 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 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

"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

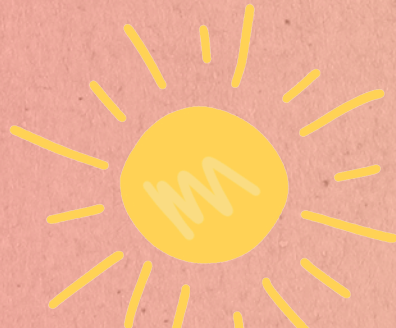
Central Office Board of Directors Meeting

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

How I Levelled the Playing Field

When I first surrendered and came to Alcoholics Anonymous, I did not have a clue about the depth I would have to delve into my past behaviors to free myself from the guilt and shame. I thought that all I would be talking about was my drinking habits. When faced with the 12 Steps, I had my own way of being selective about what part of the suggestions I would embrace and which I would dismiss. I did not think my problems were about mental, emotional, and spiritual matters. I thought if I could just stop drinking, things would be just fine. I was one of the fortunate ones that lost the obsession to drink from the very first day in AA, so that was never a problem for me.

But by the time I was sober for about two years, I finally let down my guard and did Steps Four and Five. The relief I got from being fearless and thorough about these two Steps gave me the desire and courage to proceed through Steps Six and Seven. Those steps will never be finished, as they are basically about spiritual growth concerning my thoughts and actions.

Then came Step Eight and the need to identify those people I had harmed in the past, and I would owe amends. Can they be serious? I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless. With that thought in mind, I delayed doing Step 8 until I settled down and came up with an understanding that I could start my list and see where it would lead.

As I started to remember all of those drinking buddies, bar tenders and girlfriends through all those years, I had to be realistic about it. To do this, I could spend the rest of my life chasing people down to apologize, and that is when I had to step on the brakes. Thinking that I would need to find all of those ships in the night was what held me back from doing it. What I finally did, was first, be sure that I no longer did those regrettable deeds of yesterday so I was not being hypocritical.

Then I handled the ones that were "renting room" in the front of my brain box. I began with the people I let down the most, such as my first wife, my son, my siblings, my mother, and my closest friends, who were like family to me.

After that, I spread outward to the people I worked with or played with, such as golfing and fishing friends.

As time went on, I found the occasion when I would run into an old friend, and if I had anything left undone, I would ask him, "Have you ever done something that you really regretted?" His answer is usually, "Hell yes, who hasn't?" Then I would say: "Can we talk?" This leveled the playing field. Who can fault a person who has made mistakes, but then corrected them, made restitution and lives an honest unselfish life? None of us are perfect. Do not be bogged down by overthinking Step 8. But on the other hand, be prepared to jump at the opportunity when it arrives.

By Rick R.

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 Group

SOBER OPEN MIC night



**LAST
SATURDAY OF
THE MONTH
730PM**

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

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

2148 Fresno St., Los Osos, CA

Questions? Call Brian M. 206-919-0880

CPC Workbook Zoom Study

*2nd Monday of each month
6:00 - 7:00 p.m.*

**Zoom meeting ID: 851 6867 7405
Passcode: CPCstudy**



**Download the
workbook at:**

[aa.org/cooperation-
professional-
community-cpc-
workbook](http://aa.org/cooperation-professional-community-cpc-workbook)

**Hosted by Area 93 CPC Committee
More info call/text Bonnie 805-550-8081**

The Workbook Study
usually meets on the
2nd Monday of the
month, but in August
will meet on the 3rd
Monday - August 18."

✧ **Axioms to Live By** ✧
Submitted by Anonymous"

1. My recovery must come first so that everything I love in life does not have to come last.
2. You are not your mistakes. They are what you did, not who you are.
3. Rock bottom will teach you lessons that mountains never will.
4. You have to train your mind to be stronger than your emotions or else you'll lose yourself every time.
5. Shame corrodes the very part of us that believes we are capable of change.
6. Experience is not what happens to you. It is what you do with what has happened to you.
7. When we are no longer able to change a situation, we are challenged to change ourselves.
8. Tell the story of mountains climbed. Your words become a page in someone else's survival guide.
9. Stop shrinking yourself to fit into places you've outgrown.
10. Accountability feels like an attack when you're not ready to acknowledge your toxic behavior.
11. It is okay to not be okay.
12. Confidence isn't walking into a room and thinking you're better than everyone. It's walking in and not having to compare yourself to anyone at all.
13. Survival mode is supposed to be a phase that helps save your life. It is not meant to be how you live.
14. Don't let the past steal your present.
15. The fear we don't face becomes our limit.
16. Let go or be dragged.
17. Your time here is limited. Don't waste it living someone else's life.
18. Don't set yourself on fire to keep others warm.
19. You can't defeat your demons if you're still enjoying their company.
20. Strength comes from overcoming the things you once thought you couldn't.
21. Maturity is learning to walk away from people and situations that threaten your peace of mind, self-respect, values, morals or self-worth.
22. The only impossible journey is the one you never begin.
23. Insecurity is an ugly thing. It makes you hate people that you don't even know.
24. If it doesn't open, it's not your door.
25. What if everything that you are going through right now is preparing you for what you've asked for?

Monthly Committee Meeting

* **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

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

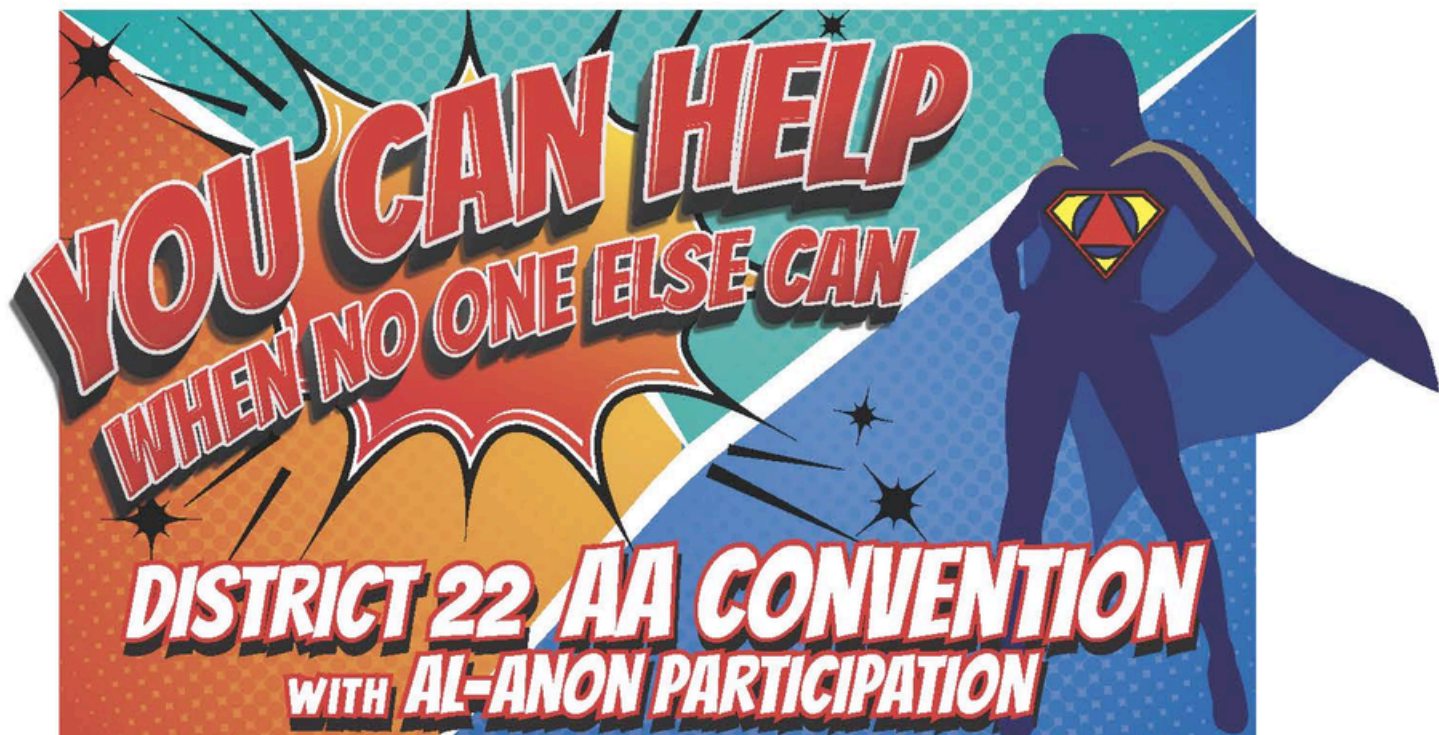
Questions contact Bonnie at bonnien27@gmail.com
or text 805-550-8081

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.*

And for that: We are responsible.



AUGUST 22, 23, & 24, 2025
SAN LUIS OBISPO, CA • VETERANS HALL • 801 GRAND AVE.



FRIDAY, AUGUST 22ND

5:00 PM Family Meeting Speakers ROBERT & PERLA D, Paso Robles, CA
 7:00 PM Golf Awards/Welcome MessageNATALIE & ANDREW
 7:30 PM Opening MeetingALONZO B, Las Vegas, NV

SATURDAY, AUGUST 23RD

10:30 AM AA History Presentation.....DON H, Sonora, CA
 11:00 AM Al-Anon Luncheon SpeakerSUZIE O, Menifee, CA
 4:00 PM Young People SpeakerMIKAYLA D, Oakland, CA
 5:30 PM H & I Speaker.....VICTOR G, Oxnard, CA
 7:00 PM Greeting/Sobriety Countdown.....CRAIG A, Los Osos
 7:30 PM Saturday Evening Speaker.....CIA F, Los Angeles

SUNDAY, AUGUST 24TH

8:00 AM Veteran Speaker.....FATHER TIM M, Los Angeles
 10:00 AM Spiritual Speaker MeetingTODD L, Laguna Hills, CA

GOLF TOURNAMENT

5K FUN RUN/WALK

MUSIC & DANCING!

**JEFF & LLOYD'S
 WORLD FAMOUS BBQ**

SOBRIETY COUNTDOWN



SUPPORT YOUR CONVENTION AND REGISTER NOW!
VIEW FULL SCHEDULE AND MERCHANDISE AT WWW.MYD22.ORG

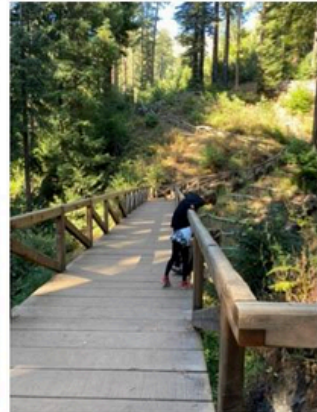


AA Big Sur Campout 2025



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

WHERE: PFEIFFER BIG SUR STATE PARK



!! When and how to book sites !!

1. Create an account @ reservecalifornia.com

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 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