



the nameless newsletter



September/ October 2025

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 32 No. 5

Welcome & Reflection

Pursuing Life's Goals As God Fulfills All Roles

By Teresa O., at two years clean & sober, Aug 6, 2025.

In life I reach and reach, and at times I become so hard to teach . . .

All in all, I see nothing but me, but in all reality it just can't be . . .

Fighting with others to do the things that either I was made to do or told not to do, leaving me to feel so down and blue . . .

But with God in my life today, I finally can say, I might just have a way . . .

A way that will not bring me such pain or harm, as the Lord will continue to reach me with His outstretched arm . . .

Looking always to better myself as I continue to go forward and leave behind my old self . . .

Struggles are real; but God did not once offer me a raw deal . . .

Through his word, I shall see; and in him I will continue to be set free . . .

There will be so many roles I have yet to fill; but it 's not how I would have it if I try in my own will . . .

Thank you Lord, for allowing me to pursue life's goals again; won't you please God do your will as I let you fill all your roles from then to then.

Step 9

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

Step 10

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

Tradition 9

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

Tradition 10

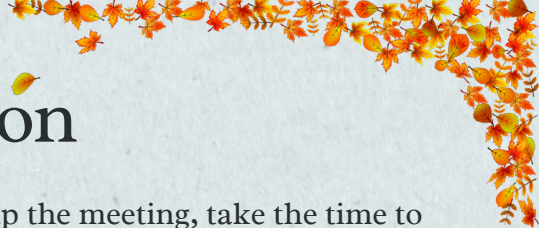
Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

JULY	Location	Years	Date
Tully	Early Risers Zoomsters	2	July 2023
Jeri	Early Risers Zoomsters	5	July 2020
Tony D	SLO	6	July 2019
Lynn	SLO County	21	July 2004
Kristen	England -Early Risers Zoomsters	24	July 2001
Cindy C.	Early Risers Zoomsters	42	July 1983
Susan W.	Los Osos	44	July 1981
Tom B	Early Risers Zoomsters	46	July 1979
Sondra C.	Morro Bay	49	July 1976

August	Location	Years	Date
Teresa O.	Grover Beach	2	8/6/2023
Doug E.	Cayucos	16	8/26/2009



Step 9: Into Action



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

Step 9 of A.A. is a biggie. It is the culmination of all the previous steps, which have guided us through the process of admitting our character defects and taking responsibility for changing them.

In Step 8, we were tasked with creating a list of all those to whom we had caused harm as a result of our substance use disorder. Now, with Step 9, we take that next step and actively begin the process of making amends to them.

As scary as this might seem, to possibly face rejection by those unwilling to forgive us, Step 9 is an act of courage. This step will help us break the chains of guilt, shame, and remorse that would otherwise hold us back on our recovery journey.

Working Step 9 in Alcoholics Anonymous
As flawed humans with our prideful natures, it isn't easy to come clean about how our bad behaviors had hurt people that we care about. It takes courage and humility to push through thick layers of guilt and make a sincere apology to someone.

But the rewards of Step 9 are immense. One study out of the University of Miami reported just how powerful making amends is in healing both parties. The study shows how immensely positive the resulting psychological effects are following conciliatory gestures.

When approaching Step 9, it is important not to rush the process. It is not a step you want to just cross off the list so you can move on to Step 10. No, Step 9 is a step you will want to carefully, methodically work through. Each human being that you have identified as deserving of a heartfelt apology is worthy of a sincere effort.

Before setting up the meeting, take the time to think about what you want to say. Make sure you are specific and thorough when making amends. Issue a humble, heartfelt apology, including an offer to do whatever you can to make things right.

Step 9 is a next step in the process of arriving at a spiritual awakening. Completing Step 9 doesn't just end with a simple apology. It requires you to move through your life in a different way, one in which you take swift responsibility for your shortcomings and missteps. As these new attitudes and commitments take hold, relationships with everyone in your life will improve and strengthen.

Note that not everyone on your Step 8 list should be contacted. There are some situations where making amends could result in more pain or damage. Your sponsor can help you discern whether making amends might be harmful or ill-advised in certain cases.

Now, let's hear from Louis M., about his Step 9 experience:

“After I completed my Step 8 and relied on my higher power to help me become willing to make amends to those I had wronged, it was time for the rubber to meet the road. I started the Step 9 process with my close family, making sure I explained the 12 Step process and where I was at that moment. I told them about my wrongs (being careful not to over-share in front of my mother) and other actions that I needed to make amends for. I was careful not to say “sorry,” as many people in my life had heard me say that over and over again. I asked them what I could do to make those situations right, and then promised to take that action. When work started on Step 9, my perspective on life also started to get exponentially better.”

From <https://www.ashleytreatment.org/>



Step 9: Daily Reflection

FREEDOM FROM FEAR
September 17

When, with God's help, we calmly accepted our lot, then we found we could live at peace with ourselves and show others who still suffered the same fears that they could get over them, too. We found that freedom from fear was more important than freedom from want.

Twelve & Twelve, p. 122

Material values ruled my life for many years during my active alcoholism. I believed that all of my possessions would make me happy, yet I still felt bankrupt after I obtained them. When I first came into A.A., I found out about a new way of living. As a result of learning to trust others, I began to believe in a power greater than myself. Having faith freed me from the bondage of self. As material gains were replaced by the gifts of the spirit, my life became manageable. I then chose to share my experiences with other alcoholics.



Step 10: Daily Reflection

DAILY MONITORING
October 07

Continued to take personal inventory. . . .

Twelve & Twelve, p. 88

The spiritual axiom referred to in the Tenth Step—"every time we are disturbed, no matter what the cause, there is something wrong with us"—also tells me that there are no exceptions to it. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality.

When I take my daily inventory, I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.

Find this newsletter online using the QR code.

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
Solang, 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
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- 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

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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 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 grapevine@area93.org or call or text 805-550-8081. Bonnie N., Former Chairperson, Area 93.

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, 7:00pm,
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

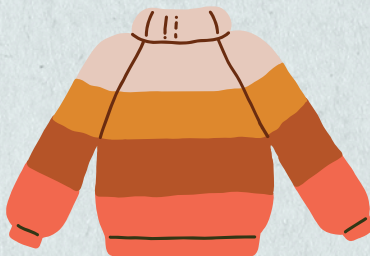
ADDITIONAL SERVICE MEETINGS

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.





Step 10: Into Action

Taking a daily inventory is important to all people, but especially to those in recovery.

The Twelve Step program of recovery from alcoholism and other addictions rests on a notion of spirituality that is not about having the "right" beliefs. Instead, it is about adopting daily practices that help people stay clean and sober. These daily practices are the subject of Step 10 of the Twelve Steps of Alcoholics Anonymous: "Continued to take personal inventory and when we were wrong promptly admitted it."

Here the word "inventory" means taking stock of our emotional disturbances, especially those that can return us to drinking or other drug use. Step 10 suggests that we watch for these disturbances every day and make an immediate response. Taking a daily inventory is important to all people, but especially to those in recovery.

"After several years of recovery and doing vigorous work in completing Steps One to Nine, I felt I had arrived, that my work was done," says one long-time practitioner of the Twelve Steps. "I stopped talking regularly to a sponsor. I stopped going to as many meetings. I started going it alone in the fellowship. I was shocked when, after three years of recovery, I used one day. That led to two decades of repeated relapses."

This woman's desperation led her to read the Big Book of AA for the second time. While studying the suggestions for Step Ten, she recalls, "I realized something that I had been missing: daily work."

The Big Book's suggestion for daily work on this Step is to "watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help."

Some people are put off by the word "God" in the above passage. Remember that AA and other Twelve Step groups do not require members to accept any particular definition of this word. In fact, the term "Higher Power" is often used instead, referring to any source of help that comes from outside ourselves. Your Higher Power might be a friend, a family member, a therapist, or the members of your Twelve Step group.

What's most important is being willing to release selfishness, dishonesty, resentment, and fear in the very moment that they occur. And this calls for a radical change in how we deal with negative emotions. A typical response is to blame our feelings on other people. Alcoholics and other addicts are especially skilled at nursing resentments and finding fault. Their logic is essentially this: "I am always right, and my problems will end when everyone else changes their behavior."

Contrast that with the attitude suggested by Step 10. "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us," notes the author of Twelve Steps for Twelve Traditions another core text for people in recovery. "If somebody hurts us and we are sore, we are in the wrong also."

We give other people control over our lives when we say that they "make us" angry or afraid. The truth is that we usually say or do something that helps to create the conflicts in our lives. Step Ten suggests that we take responsibility for this fact, clean up our role in these matters, and practice forgiveness.

"My problem was not just learning how to put down my drug of choice," says a woman in Twelve Step recovery. "My problem was dealing with life. Here in Step 10 I have a plan to cope with life, a plan of daily action that will work each day that I work it."

Adapted from <https://www.hazeldenbettyford.org/>

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

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

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

11th Annual National A.A. Technology Workshop

November 7-9, 2025

Registration is Now Open
for our **Hybrid Workshop!**

Join us in person at
The Hilton at the
Cincinnati/Northern
Kentucky International
Airport (CVG)

Or register to attend
online via Zoom



<https://naatw.org/2025-naatw-workshop/>

2025 Theme
Adapt | Connect | Protect:
Building the A.A. Technology Toolbox



Scan Here
for 2025
Event Page





Monthly Committee Meeting

Cooperation with the Professional Community (CPC)

Provides information about AA to those who have contact with alcoholics through their profession.

Public Information (PI)

Informs the general public of the message of Alcoholics Anonymous and how to find us.

- Who:** Bonnie N. is inviting you to
- What:** District 22 CPC/PI Committee Meeting
- Where:** Central Office 1333 Van Beurden Drive, Los Oso, CA
- When:** Last Saturday of each month 2:30 – 3:30 p.m.
- Why:** In the spirit of “attraction and not promotion”, continue our outreach to the professional community and public of what Alcoholics Anonymous does and does not do and how to find us.

Questions: Contact bonnien27@gmail.com or email or text 805-550-8081

Note: You can also join us on Zoom
Meeting ID: 820 3482 3410 Passcode: D22CPC&PI

*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.*

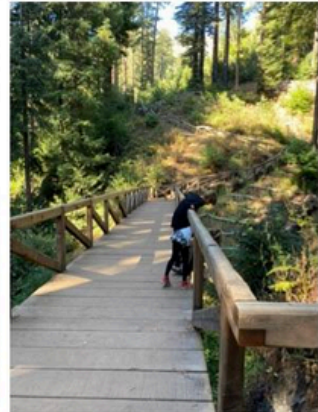


AA Big Sur Campout 2025



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



FALL WOMEN'S GATHERING

OCTOBER 19, 2025 1:00 PM

**Open Women's AA Meeting, followed by
food and Sisterhood**

Potluck: sweet/savory finger foods
Beverages provided

The Red Barn
2180 Palisades Ave, Los Osos, Ca 93402

*Want to be in service to this
Gathering? Scan this QR Code
or text Lisa at 408.655.3642*

