

the nameless newsletter



November/December 2025

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 32 No. 6

Welcome!

Welcome to November and December, with a short story from the A.A. Grapevine.

It all tastes great.

Every year, my home group celebrates its anniversary by having a chili cook-off. The group members encourage each other, as well as meeting-goers, to submit a chili for the contest. Some years we have up to 20 different chili submissions.

One year, while tasting the various styles of chili, I began to think of how this mirrors my own spirituality. Some members like their chili with beans, others prefer it without. Some people like it spicy, others savory. Maybe there's beef or chicken or turkey in it, or maybe only vegetables. Maybe there's beef or chicken or turkey in it, or maybe only vegetables.

Maybe there's beef or chicken or turkey in it, or maybe only vegetables. Yet it's all still chili.

I say the Third Step Prayer and Seventh Step Prayer in the morning, along with some secular prayers or ones from a religion of my choosing. Other AAs may utilize other readings. Our spirituality comes in many flavors and ways. I can eat the same spiritual chili every day to give my soul the nourishment it needs. When the flavor of my prayer and meditation begins to taste mundane, I can switch up the recipe with different prayers and new meditations. When it comes down to it, it's all chili.

Alex N., Levittown, Pa.

For your own monthly subscription to the Grapevine go to a <https://www.aagrapevine.org/store/grapevine-subscriptions>

Birthdays!



Month	Name	Group	Years	Birthday
September Birthdays	Marilyn M.	Early Risers Zoomsters	4	8/27/2021
	Shelly B.	Cambria	10	8/1/2015
	Mary P.	Morro Bay	46	9/8/2079
October Birthdays	Keri S.	SLO	3	10/5/2022
	Jen H.	Paso Robles	2	Oct 23, 2025
	Marilyn D.	Arroyo Grande	43	10/27/2082



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.

Step II: Into Action

Someone once told me, “Peace is not the absence of noise, but the quiet acceptance of it.” In early recovery, that saying seemed impossible. My restless, anxious mind refused to cooperate. It darted between regret and fear, endlessly replaying the past or rehearsing the future. My sponsor used to joke that my brain had only two gears: fast and faster.

At my new job stocking shelves at a grocery store, I often caught myself staring blankly at a row of soup cans, my head spinning with self-doubt. I’d take my break and head over to the recovery club down the street, hoping to reset. Sitting with a few sober friends, something always shifted. That sense of connection, that shared understanding, seemed to settle me. I could breathe again. Lunch could wait; serenity couldn’t.

But the moment I returned to work, my thoughts would resume their chatter, relentless and loud.

Out of desperation, I began practicing a small prayer someone in a meeting had shared: “Let me rest in You.” It wasn’t dramatic, but it worked. For a few moments, my mind would slow, my chest would loosen, and I’d remember that I wasn’t running this show after all.



In the Big Book, it says that God is “deep down within every man, woman, and child.” I’ve come to believe that this Presence isn’t distant or demanding, but quietly alive within me. My Higher Power isn’t there to punish or control—it’s there to guide, to calm, to remind me I’m safe. When I pause long enough to listen, I can feel that stillness. Maybe that’s what recovery really teaches us—to stop fighting the current and trust where it’s taking us.



Step Eleven has become my compass. Each night, I look back gently, not to condemn, but to learn. Each morning, I ask for direction, not perfection. Through prayer and meditation, I’m finding that peace isn’t something I chase anymore—it’s something I allow.

*HAPPY
Thanks
Giving*

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

A Sense of Belonging

Nov. 10

Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us.

12 Steps & 12 Traditions p. 105

That's what it is — belonging! After a session of meditation I knew that the feeling I was experiencing was a sense of belonging because I was so relaxed. I felt quieter inside, more willing to discard little irritations. I appreciated my sense of humor. What I also experience in my daily practice is the sheer pleasure of belonging to the creative flow of God's world. How propitious for us that prayer and meditation are written right into our A.A. way of life.



During my drinking years, my one and only concern was to have my fellow man think highly of me. My ambition in everything I did was to have the power to be at the top. My inner self kept telling me something else but I couldn't accept it. I didn't even allow myself to realize that I wore a mask continually. Finally, when the mask came off and I cried out to the only God I could conceive, the Fellowship of A.A., my group and the Twelve Steps were there. I learned how to change resentments into acceptance, fear into hope and anger into love. I have learned also, through loving without undue expectations, through sharing my concerns and caring for my fellow man, that each day can be joyous and fruitful. I begin and end my day with thanks to God, who has so generously shed His grace on me.

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.

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 12: Daily Reflection

True Ambition

Dec. 7

True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God.

12 Steps & 12 Traditions p. 124-125

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.

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

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www.aagrapevine.org/apps

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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 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, 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

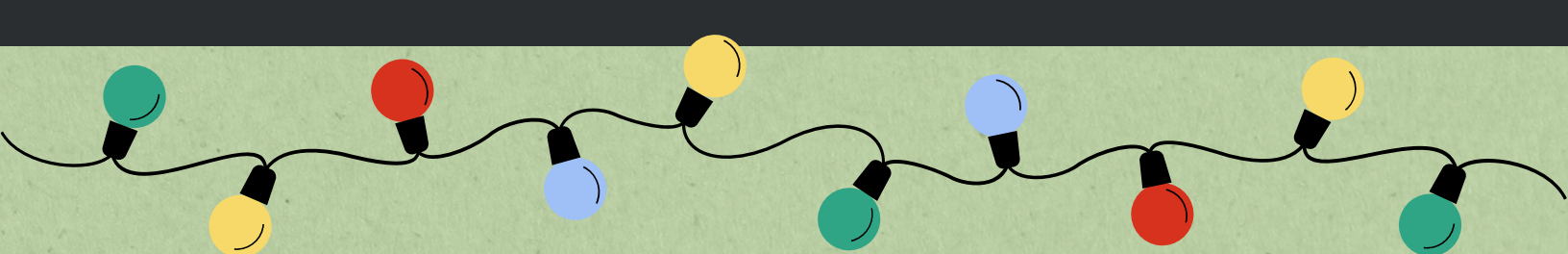
Hospitals and Institutions Meeting (H & I)
& Bridging the Gap
3rd Tuesday, 6:40pm
Alano Club, 3075 Broad St., SLO

Any AA member may attend these meetings.

Cooperation with the Professional
Community (CPC) and Public Information
(PI). Last Saturday, 2:30 pm
Zoom 820 3482 3410 Passcode: D22CPC&PI

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





Step 12: Into Action

Step Twelve of Alcoholics Anonymous consists of just 28 words: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Learning to do all this is not easy. To get started, divide the Step into three parts. First comes the concept of "spiritual awakening." This has many meanings. For Bill W., the co-founder of AA, it was a sudden, dramatic and life-changing event. In his autobiography, Bill recalled that he was bathed in light and seized by an ecstasy beyond words: "I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, 'You are a free man.'"

After that moment, Bill never took another drink. Yet in the book "Alcoholics Anonymous," he explains that this kind of experience is not required for recovery. Instead, most spiritual awakening happens over time in a subtle and gradual way.

"I'm not going to sit here and tell you that I've had a white-light spiritual awakening moment," says Kimberly M., a recovering alcoholic. "For me, a spiritual awakening is a whole different ball of wax—a moment of clarity when I can say ahhh...now I understand."

Those "aha" moments are regular events for Kimberly, who acts as a sponsor for several women in recovery. Kimberly's sponsees call her daily, and each week she meets with them in person. "We talk, and I can see the physical pain that they release when they're unburdening the feelings that they've kept buried down inside of them," Kimberly says.

The second part of Step Twelve is about carrying the message of recovery to other people.

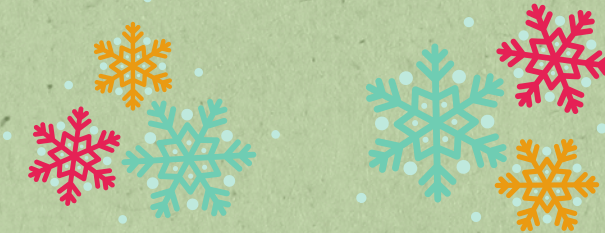
This needs to be done carefully. Some key points to remember are these:

- Talk to people when they are ready
- The Twelve Steps are a program of attraction, not promotion. We draw people into the Steps by our own example. When the right time comes, they'll ask: "How can I get what you've got?"
- Keep it simple
- Our message for the person who's dependent on drugs is simply this: "I once was like you. Then I had a spiritual awakening as the result of the first eleven Steps. I have not gotten drunk or stoned since then."
- When talking to people, we don't refer to them as alcoholics. We merely tell our story and let other people decide if it rings true for them.
- Avoid "two-stepping"
- This takes place when people fly directly from Step One to Step Twelve. Flush with euphoria, these people are ready to carry the message before they've done Steps Two through Eleven.

This leads naturally to the third part of Step Twelve—practicing the principles "in all our affairs."

- For example, the first three Steps are about honesty. They remind us to tell the truth when our efforts to solve any problem have failed. In turn, being honest allows us to ask for help.
- In Step Four, we go deeper, practicing the principle of self-observation. This means taking a "moral inventory" that shines a light on our strengths and shortcomings.
- In Step Five, we take what we've learned about ourselves and share it with others.
- Steps Six through Ten remind us to practice the principles of willingness and humility as we admit our mistakes and make amends.
- Step Eleven focuses on the principle of change. We either grow in recovery or "coast" and become complacent. Prayer and meditation offer a source of guidance for acting wisely.

Step Twelve boils down to the principle of brotherly love.



From: Bob Wilcox, General Manager

To: Trustees, Non-trustee Directors, Trustee Emeriti, Appointed Committee Members, Past Delegates, Past Trustees, IGCO's, GSR's, DCM's, Area Officers, Area Registrars

October 16, 2025

Dear Friends,

David R., our Director of Publishing, will be retiring after nearly twelve years of dedicated service at the General Service Office. We are profoundly grateful for his faithful contributions to the office and to the Fellowship as a whole.

Applications are now being sought for this position, and the desired qualifications are noted in the announcement. I encourage you to please share this opportunity with prospective applicants who may be interested and meet the desired qualifications.

To apply, interested applicants should forward a resume and cover letter through this link or by postal mail to:

General Service Office
Attn: HR Director
475 Riverside Drive, 11th Floor
New York, NY 10115

On behalf of all of David's colleagues here at GSO, I know you join me in extending heartfelt thanks to him for his many years of service and in wishing him the very best in his retirement.

With gratitude and love in service,

Bob W.



Cooperation with the Professional Community (CPC)

Provides information about AA to professionals who may come into contact with alcoholics through their work.

Public Information (PI)

Informs the public about Alcoholics Anonymous – What AA does and does not do and how to find help.

District 22 CPC/PI Committee Meeting

- **When:** Last Saturday of each month, 2:30-3:30 p.m.
- **Where:** Zoom – Meeting ID: 820 3482 3410 Passcode: D22CPC&PI
- **Who:** Bonnie N. – Dist. 22 CPC/PI Chair
- **Why:** To continue our outreach in the spirit of “attraction, not promotion,” sharing how AA serves the community and how to connect with us.

Join Our Volunteer Team!

We meet monthly on Zoom and occasionally in person for special workdays at the Central Office in Los Osos.

For meeting reminders or more information, contact Bonnie N. at 805-550-8081.

*“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.”*





Pioneer Group's Thanksgiving Day Celebration

AT THE ALANO CLUB IN SLO ON THURSDAY, NOVEMBER 27TH

POTLUCK FROM 1:30-3:30PM

MARATHON MEETINGS FROM 7:30AM-9PM

SIGN UP SHEET FOR MARATHON MEETINGS CAN BE FOUND AT THE ALANO CLUB

**POTLUCK INCLUDES TURKEY, STUFFING, MASHED POTATOES, GREEN BEAN CASSEROLE,
PUMPKIN PIE, ROLLS, AND DRINKS PROVIDED BY THE ALANO CLUB**

PLEASE BRING YOUR FAVORITE FAMILY SIZE PORTIONED SIDE DISH TO SHARE

ALL ARE WELCOME

THERE WILL ALSO BE A 50/50 RAFFLE, BRING CASH!

FOR MORE INFORMATION ABOUT THE EVENT CONTACT:

JACKIE R. 805.703.1958 OR BRENDA K. 209.761.7754

TO SIGN UP FOR SERVICE COMMITMENTS CONTACT THE VOLUNTEER COORDINATOR:

BRENT F. 424.450.8850

Holiday Party

Sponsored by the Los Osos Early Risers

Dinner & Speaker Meeting



Friday, December 5, 2025 at 6:00pm

(doors open at 5:30pm)

Los Osos Community Center
2180 Palisades Ave., Los Osos

Consider Bringing

\$Cash Money\$

for the 50-50 Raffle
and 7th Tradition

Pot Luck Dinner

(turkey and pork provided)

Please bring a family size serving of one of the following
Appetizer, Salad, Side Dish, Dessert

As some have dietary restrictions and sensitivities, please bring a note card with
the ingredients of your dish.

You must RSVP to attend:

<https://bit.ly/EarlyRisersHoliday> or use the QR code →

Open Meeting
Everyone Welcome

AA Speaker

Patt O.

Orange County, CA





SLOYPAA

PRESENTS



"WE ARE NOT A GLUM LOT"

NEW YEARS EVE TALENT SHOW

STEP RIGHT UP AND SHOW US YOUR BEST PERFORMANCE

FREE EVENT!

50/50 RAFFLE



MAIN ACT

DECEMBER 31ST 6-10PM

SLO GRANGE HALL

\$20 TRI-TIP DINNER PRE-REG

\$25 AT THE DOOR

EMAIL MAZZIELEPELLI7@GMAIL.COM TO PERFORM



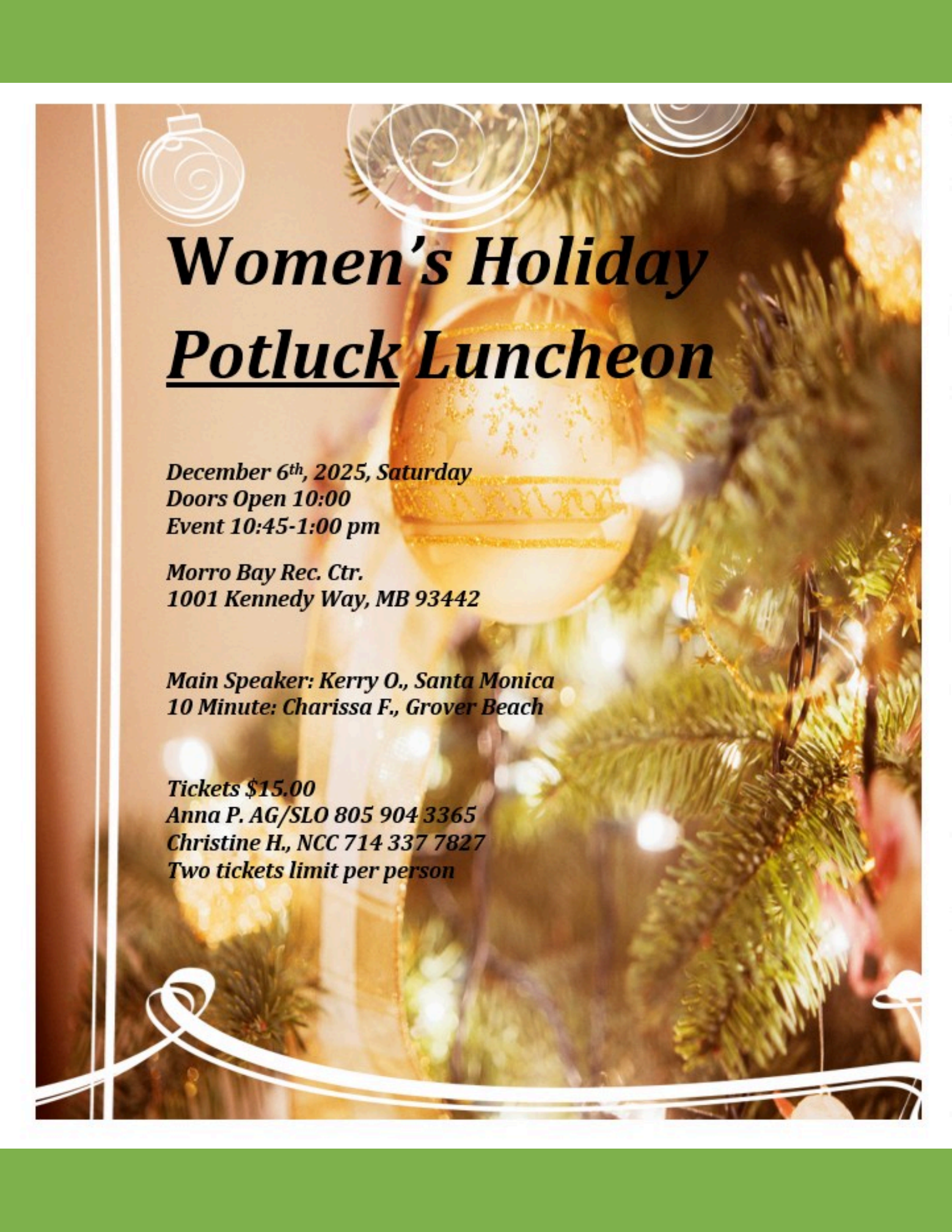
SCAN CODE OR TEXT
(831) 595-9219
FOR DINNER RESERVATIONS



SERVICE POSITIONS
ALWAYS AVAILABLE!
COME JOIN OUR
COMMITTEE!

SLOPYPAA BUSINESS MEETING

EVERY 1ST AND 3RD THURSDAY
7PM-8PM
MELODY GROUP
265 SOUTH ST. SUITE F
SAN LUIS OBISPO



Women's Holiday Potluck Luncheon

***December 6th, 2025, Saturday
Doors Open 10:00
Event 10:45-1:00 pm***

***Morro Bay Rec. Ctr.
1001 Kennedy Way, MB 93442***

***Main Speaker: Kerry O., Santa Monica
10 Minute: Charissa F., Grover Beach***

***Tickets \$15.00
Anna P. AG/SLO 805 904 3365
Christine H., NCC 714 337 7827
Two tickets limit per person***