

the nameless newsletter



January/February 2026.

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 33 No. 1

Welcome from the Central Coast Office Intergroup

The Central Coast Central Office Intergroup (CCCOI) for Alcoholics Anonymous serves all the groups in the 22nd District. It is responsible for providing 24/7 phone hotline service and provides members and groups with the opportunity to purchase AA approved literature at cost without shipping fees. The CCCOI is funded by contributions from groups in the 22nd District.

Volunteers are in the office weekdays from 12 Noon to 6 PM and Saturday from 1 PM to 4 PM to answer the office phone and sell literature. At other times the office phone number is forwarded to Volunteers' cell phones 24/7. There are also volunteers who maintain the website, update the online Meeting Directory, edit the Nameless Newsletter, manage the office, coordinate the Volunteers in the office and maintain the phone forwarding system.

The central office is a nonprofit organization led by a Board of Directors under the auspices of the Central Office Representatives (COR) who represent each group in the district. The Board of Directors, volunteer for terms of 2 years, (one time renewable).

If you are interested in serving as a volunteer in the Central Office, send an email to info@sloaa.org or Dickb@sloaa.org. Service in the Central Office is an opportunity to provide service to the AA community District 22. The ninth tradition states that AA is not organized but may set up service committees directly responsible to those they serve. In this case for the benefit of all AA groups in the district.

The Board meets monthly on the first Wednesday and the COR meets monthly on the second Sunday.

Dick B, Chairman
Board of Directors

Step 1

Admitted we were powerless over alcohol; that our lives had become unmanageable.

Step 2

Came to believe that a power greater than ourselves could restore us to sanity.

Tradition 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1st Step Prayer

First Step Prayer I admit I am powerless. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all of my denial.

Sobriety Birthdays

November and December



Name	Years	Birthday
Andrew C.	1	11/5/25
Deb H.	2	11/6/23
Amy R.	3	11/12/22
Craig A.	37	11/10/88
Stephanie	38	11/87
Dick B.	38	11/87
Robert B. (Texas/New Mexico)	41	11/7/84
Hank	51	11/74
Kim L.	1	21/1/24
Mike D.	15	12/1/10
Hans	23	12/29/02
Maureen (Moe)	41	12/18/84
Jan H.	41	12/12/84
B. Moore (Ireland)	47	12/2/78
Rebecca S.	52	12/7/73

Step 1: Into Action

If you're accustomed to managing your responsibilities, showing up for others and keeping life on track, the idea of acknowledging powerlessness can feel frustrating or even offensive. Yet Step One of Alcoholics Anonymous asks for that acknowledgment.

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

The first step stirs up quiet but pressing questions. How can you be powerless when you're still meeting deadlines? What does unmanageable mean when you're caring for others and holding things together? When everything still looks functional, how can it be addiction?

Step One doesn't take away your strength. Instead, the first step of AA invites you to look honestly at how alcohol or drugs may be quietly shaping your decisions, relationships and well-being. That moment of clarity can be the beginning of meaningful change.

What Does "Powerless Over Alcohol" Mean?

Step One requires you to look honestly at how alcohol or drugs may be affecting your decision making. Here's what that can look like in practical terms.

- Losing control after you start using - Once alcohol or drugs are in your system, stopping or moderating use becomes much harder. That loss of control doesn't reflect weakness. Addiction changes your brain chemistry and decision-making abilities.
- Trying to quit but not getting the results you hoped for - You may have set limits, made promises or tried to cut back. If those efforts haven't worked, the problem isn't your effort. The problem is how addiction interferes with your ability to follow through.

- Obsessing about using and managing your use - You might be focused on trying to control your use—restricting, hiding or minimizing it. Step One invites you to shift that energy toward asking for help and choosing a healthier, more honest direction.

You may feel exhausted trying to hold everything together. Step One offers relief; the chance to stop pretending and start healing.

What If My Life Doesn't Feel "Unmanageable"?

You may have a steady job, a supportive family or a home that feels safe. From the outside, everything might seem fine. But underneath, things may feel harder than they used to.

Unmanageability doesn't always show up in dramatic ways. You might notice:

- Strained relationships because of your drinking or drug use
- Feelings of shame or secrecy around how much you use
- Trouble at work or with the law
- Repeated efforts to quit that haven't worked

Even when you're functioning okay day to day, addiction can quietly set in.

Step One gives you a starting point for change. When you acknowledge that alcohol or drugs have become a problem and recognize how they're affecting your life, you create space to begin healing. You don't need to have all the answers right now. You don't need to be perfect. Step One simply asks you to be honest about two things:

- Alcohol and drug use has started to cause problems.
- Your life feels different in ways that matter to you.

This kind of honesty opens the door to recovery. From there, you can start building a life with stronger relationships, fewer regrets and a sense of peace that doesn't depend on substances.

Adapted from:

<https://www.hazeldenbettyford.org/articles/inside-step-one>





Step 2: Into Action

Step Two states: "Came to believe that a Power greater than ourselves could restore us to sanity."

In the Big Book, this step follows the admission of powerlessness in Step One and introduces hope where defeat once dominated (p.25). It does not require a defined faith or immediate belief, but a willingness to consider that reliance on self alone has failed.

Each person is encouraged to examine whether continued dependence on personal judgment has produced anything other than confusion and repeated failure (p.52).

The Big Book explains that self-reliance repeatedly failed the alcoholic, even when supported by firm resolutions and sincere effort (p.34).

Insanity is described not as lack of intelligence, but as the strange mental blank spot that precedes the first drink, despite clear knowledge of consequences (p.24).

Step Two challenges the idea that the same mind responsible for this cycle can restore order. It suggests that sanity may come only through accepting help from a Power beyond oneself (p.27).

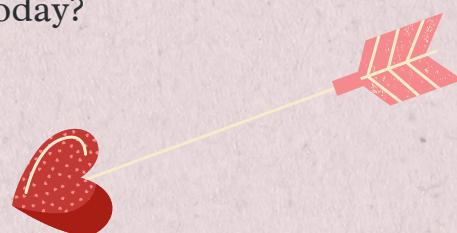
Importantly, the Big Book emphasizes that this Power need not be religious or clearly understood. Early members were encouraged to start with whatever conception they could accept, even if it was simply the AA group itself (p.84).

The text stresses that honesty, open-mindedness and willingness (HOW) are the essentials of recovery (p.568). Even a small degree of belief—or the willingness to believe—was considered enough to begin the process (p.47).

Ultimately, Step Two marks a turning point from hopelessness to trust. By abandoning the insistence on self-sufficiency and remaining open to guidance, the individual begins to experience restoration and a return to sanity (p.57).¹

Reflection questions for Step 2 might include:

- Where has self-reliance failed to bring lasting change?
- How is “sanity” understood in personal experience?
- What sources of help feel possible right now?
- What resistance arises around trusting something beyond oneself?
- What does simple openness look like today?



Step 1: Daily Reflection

An Unexpected Inner Resources
January 15

With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

Alcoholics Anonymous, pp. 567-68

From my first days in A.A., as I struggled for sobriety, I found hope in these words from our founders. I often pondered the phrase: "they have tapped an unsuspected inner resource." How, I asked myself, can I find the Power within myself, since I am so powerless? In time, as the founders promised, it came to me: I have always had the choice between goodness and evil, between unselfishness and selfishness, between serenity and fear. That Power greater than myself is an original gift that I did not recognize until I achieved daily sobriety through living A.A.'s Twelve Steps.

Step 2: Daily Reflection

The Love in Their Eyes
February 17

Some of us won't believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle.

Twelve Steps & Twelve Traditions, p. 25

It was the changes I saw in the new people who came into the Fellowship that helped me lose my fear, and change my negative attitude to a positive one. I could see the love in their eyes and I was impressed by how much their "One Day at a Time" sobriety meant to them. They had looked squarely at Step Two and came to believe that a power greater than themselves was restoring them to sanity. That gave me faith in the Fellowship, and hope that it could work for me too. I found that God was a loving God, not that punishing God I feared before coming to A.A. I also found that He had been with me during all those times I had been in trouble before I came to A.A. I know today that He was the one who led me to A.A. and that I am a miracle.

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

District 22
P.O. Box 1891
San Luis Obispo, CA. 93406

Area 93
PMB #140606
606 Alamo Pintado #3
Solvang, Ca. 93463

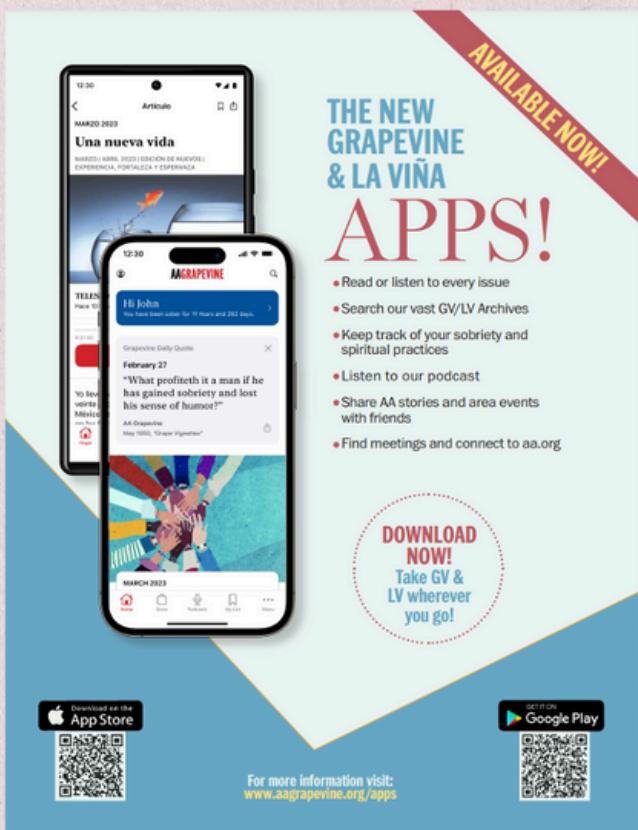
Central Office Intergroup (CCCOI)
P.O. Box 6819
Los Osos, CA. 93412-6819
VENMO: @slocentraloffice

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.

Hospitals and Institutions (H&I)
Bridging the Gap
P.O. Box 6819
Los Osos, CA 93412-6819



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 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 Interested AA member may attend these
meetings.

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



A CALL TO MEMBER ARTISTS

AA/
A1-Anon

The theme for the 59th Annual D22 AA Convention
has been selected:

**A New Freedom
& A New Happiness**

The Convention Committee is inviting members to submit logo artwork or design ideas inspired by this year's theme.

Artwork does not need to be finished or professional — drafts and sketches are welcome.

**Submission Deadline:
January 8, 2026**

Submissions can be sent to jaymietaylor@gmail.com



District 22 CPC & PI: Get Involved in 2026!

CPC (Cooperation with the Professional Community): We connect with doctors, educators, law enforcement, and other professionals to help them support people struggling with alcohol issues.

PI (Public Information): We make sure A.A. is visible—sharing info in schools, libraries, hospitals, and more.

Join Us!

- **Saturday, January 24, 1:30 p.m.: CPC/PI Meeting and Workday**

In-person at the Central Office, 1333 Van Beurden Drive, Los Osos, CA

Also available via Zoom:

New Zoom Log In: 878 9421 9933, Pass code: D22CPC-PI

Important Scheduling Note: In the past, CPC/PI meeting were held on the last Saturday of the month. I'm no longer available at that time, so your attendance on January 24 is especially important as we discuss the future direction and scheduling of our committee meetings.

- **Monday, Jan 19, 6:00 p.m. CPC Workbook Study:**

Continues on the third Monday of each month

New Zoom Log In: 825 7541 7228, Passcode: Workbook

Both Zoom meetings offer Spanish translation. If you need this service, let me know at least a week ahead. Also, if you can assist with Spanish translation—on Zoom or in person—please reach out!

Want to learn more or get involved? Attend a meeting or reach out!

Contact:

Bonnie N.,
District 22 CPC/PI Chair
Area 93 CPC Chair
(805) 550-8081
bonnien27@gmail.com

Let's make a difference together!



CPC/PI COMMITTEE MEETING & WORKDAY

Saturday, January 24 | 1:30 p.m.

Join us for a combined CPC/PI Committee Meeting and Workday

IN PERSON

Central Office 1333 Van Beurden Drive Los Osos, CA

ALSO AVAILABLE VIA ZOOM

NEW Zoom ID: 878 9421 9933 Pass code: D22CPC-PI

SCHEDULE

1:30 Business Meeting

Workday to follow:

Help assemble CPC and PI literature for distribution to hospitals, libraries, and other public locations interested in displaying AA information.

ABOUT CPC & PI

CPC (Cooperation with the Professional Community) provides information about Alcoholics Anonymous to professionals—such as doctors, educators, counselors, and others—who may encounter people with alcohol problems through their work.

PI (Public Information) shares information about AA with the public and helps people learn how to find AA.

ALL ARE WELCOME

Please share this flyer with your groups.

Spanish translators are needed for Zoom and in-person meetings. Please reach out.

QUESTIONS?

Contact: *Bonnie N.* District 22 CPC/PI Chair & Area 93 CPC Chair

805-550-8081 bonnien27@gmail.com

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.



AREA 93
COOPERATION WITH THE
PROFESSIONAL COMMUNITY

CPC

Workbook

Study

NEW ZOOM LOGIN:

Meeting ID: 825 7541 7228

Passcode: Workbook

3 rd.
Monday
each month
6:00 p.m.

Questions contact:

Bonnie N.

805-550-8081

cpc@area93.org

**DOWNLOAD
THE
WORKBOOK**

AT



Scan QR code or [click here](#)

Or log onto: <https://www.aa.org/cooperation-professional-community-cpc-workbook>



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

Women's Spring Luncheon & Speaker Meeting

Saturday, March 21, 2026

Potluck Lunch – Bring your favorite Spring dish!

**If you can't decide on a Potluck dish, use your
Sobriety Date as a guide!**

January-March: Appetizers, Small Bites

April-June: Salads, Side Dishes

July-September: Main Dish or Crock Pot Dish

October-December: Dessert!

SLOPPYPA

❄️ WINTER IS COMING... AND SO ARE SLOPYPAA ELECTIONS! ❄️

A fresh season brings new opportunities to be of service. SLOPYPAA elections will be coming up soon, and this is a great time to get involved with the San Luis Obispo Precinct of Young People in AA.

If you're interested in joining or just want to learn more, we invite you to attend one of our upcoming business meetings. Meetings are held every 1st and 3rd Thursday, from 7-8 PM, at Melody.

Whether you're curious, committed, or simply looking to show up and listen, all are welcome. Come warm up with fellowship, service, and connection this winter season. ☕️❄️