

the nameless newsletter

March/April 2026

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 33 No. 2



Welcome & Updates

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

This issue celebrates Steps 3 and 4 and Traditions 3 and 4. In these months, we can all consider how turning our will over to a force greater than ourselves freed us to ask that force to help us navigate recovery, freed us from the burden of trying to do it alone. In step 4, we take a "searching and fearless moral inventory", which is where the true freedom from self-defeating behaviors and resentments begins to take place. By letting go of personal control, we open the door to honest self-reflection and the opportunity to change negative patterns in our lives.

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 3

The only requirement for A.A. membership is a desire to stop drinking.

Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Sobriety Birthdays

January

Charles T., Early Risers Zoomsters (Oaskosh, WI), 3 years, 1/31/2023

Gay W., Early Risers Zoomsters, 8 years, 1/27/2018

Michelle W., Early Risers Zoomsters (Oakhurst), 9 years, 1/21/2017

Brenda K., Arroyo Grande, 14 years, 1/8/2012

Anthony L., Early Risers Zoomsters (Oakhurst), 26 years, 1/13/2000

Jim L., Morro Bay, 28 years, 1998

Janice R., Early Risers Zoomsters, 45, 1/13/1981

Brad L., Morro Bay, 48, 1/24/1978

FEBRUARY

Dorian H., Arroyo Grande, 4 years, 2022

Debbie P., Arroyo Grande, 39 years, 1987

Sammye Anne, Early Riser Zoomsters
41, 2/8/1985



STEP 3: INTO ACTION

Turning control over to a higher power can seem daunting. In this personal account, a fellow reflects on her struggle with the Third Step of Alcoholics Anonymous — learning to trust, let go, and surrender their sobriety, finances, and relationships to a power greater than themselves. Through moments of fear, obsession, and uncertainty, she learned how to gain trust and find peace.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

For three years of my sobriety, I avoided the Third Step (or any other steps). The idea of turning my will and my life over to the care of a God of my understanding was completely foreign to me. During my drinking, I couldn't trust myself, let alone anyone else. And now, in AA, I was being asked to trust God. It was hard.

But sobriety became miserable. The obsession to drink came back, and I had no choice but to ask for help.

The first time I said my Third Step prayer, I was on my knees in my sponsor's kitchen. I felt hope that AA might actually help me. And I have not felt hope in a long time.

Surrendering my sobriety to God was surprisingly easy. The hardest part was handing over my finances and my love life.

With finances, fear held me back. I worried that if I truly let go, my Higher Power might want me to be very spiritually awakened but poor. But no matter how much or how little money I had, financial insecurity was always with me there. But surrender required action. After completing my fifth step, I had to let go of certain financial behaviors. I prayed, asked God for help, and told myself I would be okay no matter what. Strangely, after that, the fear started to fade. It still creeps in sometimes, but when it does, I ask God to direct my thinking.

Romance, though, is a different story. I want to make men stay, and I'm willing to go to any lengths to make that happen. But it never works. It only brings obsession, and they always leave.

After years of struggling with this pattern, I finally reached a point where I told myself I'd be okay no matter what. My sponsor once told me, "God is in the pause."

There was a guy I was obsessing over, my mind spinning with ways to make him want me. But instead of acting on those thoughts, I decided to pause and make space for God. Doing nothing was one of the hardest things I've ever done — but it worked. The obsession disappeared.

I know the Third Step is due when I start future-tripping over outcomes. When I catch myself doing it, I remind myself to pause and ask God to direct my thinking. I trust my Higher Power. I get everything I need, so there is no reason to be anxious about the future.

– Aušrinė

from <https://alcoholics-anonymous.eu/general-post/a-decision-step-3/>

The 3rd Step Prayer

God, I offer myself to Thee-
To build with me and to do with
me as Thou wilt.

Relieve me of the bondage of
self, that I may better do Thy
will.

Take away my difficulties,
that victory over them may bear
witness to those I would help of
Thy Power, Thy Love, and Thy
Way of life.

May I do Thy will always!

Step 3: Daily Reflection

**A Full & Thankful Heart
March 25th**

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

As Bill Sees It, p. 37.

I believe that we in Alcoholics Anonymous are fortunate in that we are constantly reminded of the need to be grateful and of how important gratitude is to our sobriety. I am truly grateful for the sobriety God has given me through the A.A. program and am glad I can give back what was given to me freely. I am grateful not only for sobriety, but for the quality of life my sobriety has brought. God has been gracious enough to give me sober days and a life blessed with peace and contentment, as well as the ability to give and receive love, and the opportunity to serve others — in our Fellowship, my family and my community. For all of this, I have “a full and thankful heart.”

Step 4: Daily Reflection

**Two “Magnificent Standards”
April 28**

All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards.

As Bill Sees It, p.21

To acknowledge and respect the views, accomplishments and prerogatives of others and to accept being wrong shows me the way of humility. To practice the principles of A.A. in all my affairs guides me to be responsible. Honoring these precepts gives credence to Tradition Four — and to all other Traditions of the Fellowship. Alcoholics Anonymous has evolved a philosophy of life full of valid motivations, rich in highly relevant principles and ethical values, a view of life which can be extended beyond the confines of the alcoholic population. To honor these precepts I need only to pray, and care for my fellow man as if each one were my brother.

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
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

AVAILABLE NOW!

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!

Download on the App Store

GET IT ON Google Play

For more information visit:
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 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

*** 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.**

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'"

- *Alcoholics Anonymous, p. 87*

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 4: INTO ACTION

Big, bad Step 4. So many people dread it. How do I even begin Step 4? The hardest part is having the courage to start.

If Step 1 is our truth, Step 4 can be welcomed as a chance to clear away everything blocking us from our solution. We have a spiritual sickness, and there's a spiritual solution.

Courage is the spiritual principle linked with Step 4. In Step 3, we decided to turn our will and our lives over to God, committing to follow through with the remaining steps. Now, it's time to take action. We are called to act swiftly, not slowly.

Step 4 is like creating an outline for an essay — just the bare-bones facts. Once the outline is in place, we can elaborate. Step 4 is the outline, and in Step 5, we share it with another person, preferably our sponsor.

This is a fact-finding mission, not an emotional one. When we approach Step 4 with a recovery-driven mindset, our perception shifts. I take action regardless of my feelings, because feelings aren't facts.

I ask God to guide me and get out a pen and paper. I've discussed it with my sponsor, and I begin with my first column — not the row. By focusing on each column, I stick to the facts and avoid getting caught up in emotions. Who are the people, institutions, and principles that have caused me distress? It doesn't matter if Dusty from 2nd grade comes to mind, I write it down. After all, resentments are the number one offender.

Step 4 asks me why I'm angry. Column 2 addresses what was affected: self-esteem, money, personal relationships, or sex. Whether it hurt me or just threatened me doesn't matter. Resentments — real or imagined — hurt the same.

The Big Book suggests reviewing page 67 for guidance. I can't change myself alone; I need God's help. I have to find fault within myself, not others. I used to blame the world for wronging me, but as I've grown, I've learned to accept my mistakes. I must empathize with others and see their spiritual sickness.

After all, I have a Brooke problem, not a drinking problem. People aren't bad; they're sick, just like me. Before beginning the fourth column, I say the sick man's prayer: "God save me from being angry. Thy will be done."

Step 4 encourages us to face our resentments, fears, and relationships with honesty, open-mindedness, and willingness, the essential principles of recovery.



"We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage." pg. 68

"We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people." pg. 70.



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



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



Saturday, June 20, 2026
11am - 3pm
June Family Celebration
hosted by District 52 Intergroup
Central Office

\$10 Adults Tri-Tip Bag Lunch
\$5 Kids Hot Dog Bag Lunch



11am - 12pm Adult and Kid Balloon Pops
12pm - 1pm Lunches Served
1:15pm Pie Eating Contest

Games and fellowship throughout the day!

Balloon Toss, Games, 50/50, Pie Eating Contest, Balloon Pops for Adults and Kids, Yummy Food, and Fellowship!!!

River View Park, 151 Sycamore Drive, Buellton
(1015 to Exit 140 CA-246, turn right, go .95 mile,
turn left onto Sycamore, Park is at the end of street)

Call 661-361-0239 with questions, if you need tickets, or if you'd like to help.

AREA 93 PRE-CONFERENCE OF ALCOHOLICS ANONYMOUS



LET YOUR VOICE BE HEARD!

**MOOSE LODGE - PALMDALE
3101 EAST AVENUE Q**

HELP INFORM OUR DELEGATE HOW TO VOTE AT THE CONFERENCE!

**SUNDAY, APRIL 12TH
8:00 AM - 5:00 PM**

- LUNCH PROVIDED
- SPANISH TRANSLATION AVAILABLE



YOUR VOICE - OUR FUTURE

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

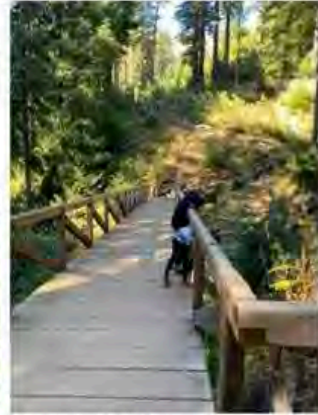
Bring an RV, Trailer, or Tent! For Campsite Please RSVP to Jim D.

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



Big Sur Camp Out >
Private group

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



— Early Risers — “VISION FOR YOU”

EVERY THURSDAY • 7:00 AM

**SOUTH BAY COMMUNITY CENTER
2180 PALISADES • LOS OSOS, CA 93402**

Meditation • Chapter 11 – *A Vision for You* (Big Book)



FREE COFFEE
Real cream & sugar



FREE PARKING

— All are welcome —

MELODY GROUP

**STEP 11
MEDITATION
MEETING**

7pm to 8pm Sunday nights

See you there