

the nameless newsletter

May/June 2026

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 33 No. 3

WELCOME & UPDATES



Let's Celebrate Sobriety! Welcome to the Spring Nameless Newsletter!

This month, we are celebrating sobriety with stories and reflections from our own Central Coast members! If you'd like to contribute a reflection on Step 7 or 8 for the July or August issue, please email it to: nneditor@sloaa.org

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" on the envelope and mail to CCCOI. Thanks to members so far in 2026 for your donations serving District 22, SLO County.



STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

STEP 6

Were entirely ready to have God remove these defects of character.

TRADITION 5

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

TRADITION 6

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

SOBRIETY BIRTHDAYS

Name

City

Years

Judy G., Grover Beach, 18, 3/12/2008
Rogers B., Early Riser Zoomsters, 28, 3/9/1998
Teri M., Early Riser Zoomsters / Nebraska), 47, 3/17/1979
Bert B., Early Risers Zoomsters, 1, 4/4/25
Dana R., Paso Robles, 15, April 2011
Jim H., Early Risers Zoomsters, King City, 19, 4/6/07
Jeff L., Early Risers Zoomsters, 48, 4/8/78
Jim H., Arroyo Grande, 54, 1972
Meredith H., San Luis Obispo, 37, 4/17/89



STEP 5: INTO ACTION



Reflections on Step Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." The first time I faced the idea of Step Five, I was terrified. I entered the rooms heavy with shame and remorse; why would I ever risk more wreckage by revealing my secrets? I was convinced that I was uniquely defective or 'terminally unique' as they say in the rooms.

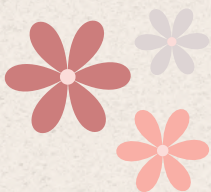
I soon learned the Steps are numbered for a reason. Working them in "step-tight" compartments kept me from getting ahead of myself. After realizing my life was unmanageable and finding a Higher Power of my own understanding, I began my fearless inventory. I had to unlearn a punishing definition of God, eventually finding resonance in the idea that "religion is for people afraid of going to hell, and spirituality is for those who have been there."

My inventory revealed that fear was the root of my defects — from self-pity to pride. When the day came to share it, I didn't know the difference between humility and humiliation. I felt mortified. But as I took that breath of trust with my sponsor, she shared her own wrongs, showing me that judgment is for discernment, not a "battle axe" for self-brutalization.

Releasing the secrets that contributed to my feelings of "incomprehensible demoralization" finally allowed me to step into the 'sunlight of the spirit'. Each day we are faced with opportunities to block ourselves with resentment or to humbly admit when we are wrong; it is a choice to live free from the bondage of self and use the tools to live in recovery.

Today, I know that my God is love in action. Humility isn't a state of being "cured"; it is the moment-by-moment choice to pause, breathe, and invite a Higher Power into my day. Being human, humble and alcoholic has challenging moments, but if we keep trudging, life does get different. By the grace of God, we don't have to walk alone.

Meredith H., San Luis Obispo, – a sober member since April 17, 1989



The principle behind this step is Integrity. We could not continue to hide from the world, pretending we had done no wrong; we had to admit that we, like those we resented, were human and fallible.

Step 5: Daily Reflection

It's Okay to Be Me
May 14

Time after time newcomers have tried to keep to themselves certain facts about their lives... they have turned to easier methods...But they had not learned enough humility.

Alcoholics Anonymous, p 72-73.

Humility sounds so much like humiliation, but it really is the ability to look at myself – and honestly accept what I find. I no longer need to be the "smartest" or "dumbest" or any other "est." Finally, it is okay to be me. It is easier for me to accept myself if I share my whole life. If I cannot share in meetings, then I had better have a sponsor – someone with whom I can share those "certain facts" that could lead me back to a drunk, to death. I need to take all the Steps. I need the Fifth Step to learn true humility. Easier methods do not work.

Step 6: Daily Reflection

A Fellowship of Freedom
June 18

...if only men were granted absolute liberty, and were compelled to obey no one, they would then voluntarily associate themselves in the common interest.

As Bill Sees It, p. 50

When I no longer live under the dictates of another or of alcohol, I live in a new freedom. When I release the past and all the excess baggage I have carried for so very long, I come to know freedom. I have been introduced into a life and a fellowship of freedom. The Steps are a "recommended" way of finding a new life, there are no commands or dictates in A.A. I am free to serve from desire rather than decree. There is the understanding that I will benefit from the growth of other members and I take what I learn and bring it back to the group. The "common welfare" finds room to grow in the society of personal freedom.

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

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THE NEW GRAPEVINE & LA VIÑA APPS!

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- 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

* 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.

"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) and Bridging the Gap
3rd Tuesday, 6:40pm
Alano Club, 3075 Broad St., SLO





STEP 6: INTO ACTION

STEP 6: Were entirely ready to have God remove all these defects of character.

As I have progressed through my sobriety, I have worked through the 12 Steps of Alcoholics Anonymous first following the instructions in the “Big Book” of Alcoholics Anonymous, then using the “12x12” or Twelve Steps and Twelve Traditions at meetings of Alcoholics Anonymous. When asked to write this article about Step 6, I thought about some other methods I have tried through private step studies and landed on the text below from “A Woman’s Way through The Twelve Steps,” which I found especially useful. In it, the author uses the word “patterns” of behavior rather than character “defects” or “flaws”.

- **Judy G, Grover Beach**

“Your character defects are not where you’re bad, but where you’re wounded. But no matter who or what causes the wound, it’s yours now and you’re responsible for it.”

— Marianne Williamson



“A Woman’s Way through The Twelve Steps” by Stephanie S. Covington, PhD., 1994, pgs. 96-97

TURNING INWARD

As in earlier Steps, we don't want to concentrate on defects and flaws so much that we become overly critical of ourselves. But we do want to be truthful about our mistakes and the hurtful or destructive ways we've behaved.

Think of Step Six this way: What do you most want to change about yourself? Your list of patterns might include some that many people share: excessive guilt, perfectionism, people-pleasing, blaming, self-hatred, self-pity, or dishonesty. You may have been emotionally distant or shutdown, controlling, judging, or overly responsible. Maybe you want to be more assertive or self-accepting or sexually honest. Or perhaps you want to be less dependent on your family or less critical of your kids.

All of us want to change patterns that harm other people and cause us pain. But seeing our patterns and doing something about them are two very different things. Most of us discover that a pattern doesn't change just because we can see it. We also must be willing to surrender it, to become entirely ready to let it go. When we do, we find a Power greater than ourselves helping us.

In Step Six we prepare ourselves for change by looking at each pattern or trait and asking, “What prevents me from giving up this pattern? How am I holding on to it? What do I need to do to release it? What will happen if I let it go?”. When we look deeper into ourselves in this way, we begin to see how we stay locked in old patterns of behaving and relating to other people.

This Step may seem baffling. There doesn't seem to be anything to do. In Steps Four and Five you wrote an inventory and told someone your story. You were doing something concrete and visible. But Step Six is an “inside job.” You turn inward, examining your motives and the reasons behind your patterns. Some women write down their insights as they work this Step; others talk to sponsors and friends or share their thoughts at meetings. And some of us don't formally “do” this Step but use the ideas to help us learn more about ourselves. As with the other Steps, each of us does whatever is most meaningful for us.

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.

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

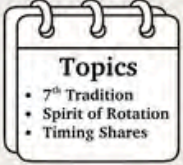
7pm to 8pm Sunday nights

See you there



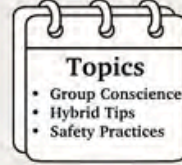


ALL THINGS SECRETARIES



District 22 Workshop
Saturday, May 2
10:30 am – 1:30 pm

ID: 88279258044 Password: D22GSR
Centennial Park, 600 Nickerson Dr.
Paso Robles, CA 93446
Lunch Provided



- ✓ Yoga for recovery from addiction through movement, breath, & presence
- ✓ Learn the Yamas & Niyamas and how yogic wisdom supports daily healing
- ✓ Brief reading, full yoga practice & community sharing circle

1st & 3rd Saturday
of Every Month
4pm - 5:30pm

the Center
Studio
672 Higuera St STE 200,
San Luis Obispo, CA 93401

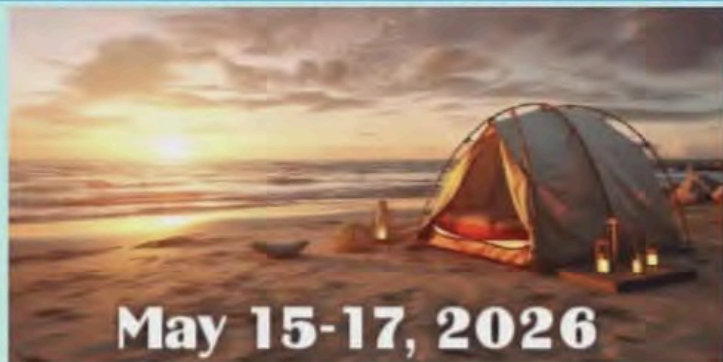
DONATIONS IN ANY AMOUNT GRATEFULLY ACCEPTED (CASH OR VENMO)



SIGN UP. WWW.THECENTERSLO.COM/SCHEDULE

25th Annual South County Men's Retreat

Pismo State Beach Oceano Campground



May 15-17, 2026

Campsites 58-63, 66, 74 & 76

Bring Your RV, Trailer, or Tent! For Campsite please RSVP to Jim

Cost:

Before May 1: \$80

After May 1: \$60

Venmo ID: @Armando-Moreno-100

Contact:

Jim D. (805) 748-1485

Armando (805) 714-9074

Craig M. (805) 471-7088

Esteban V. (805) 471-7088

Campfire Meetings

12 Step Discussions

Individual Step Workshops

Fellowship

Meals Included

Beach Access

Bring a newcomer!

MESA GROUP
STEP 11 MEDITATION

QUIET COURAGE

Moon, Venus, and Neptune Gongs

15-Minute Meditation / Open Share After

5:30 pm 3rd Wednesday, Apr 15th



come feel the vibrations