

the nameless newsletter

July/August 2026

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 31 No. 4

WELCOME & UPDATES

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

We'd love to share more stories from members. Please email your 400 word stories to

nnleditor@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" 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.



STEP 7

Humbly asked him to remove our short-comings.

STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all.

TRADITION 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

TRADITION 8

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

SOBRIETY BIRTHDAYS

MAY

- Sharon P., Early Riser Zoomsters, Colorado, 34, 5/27/1992
- Tori S., Early Riser Zoomsters, 44, 5/16/1982

JUNE

- Laurie L., Early Riser Zoomsters, 2, 6/22/2024
- Kristi V., Early Riser Zoomsters, 2, 6/8/2024
- Diane P., Early Riser Zoomsters, 3, 6/1/2023
- Molly D., Early Riser Zoomsters, 6, 6/16/2020
- Lisa O., SLO, 18, 6/14/2008
- Ginnie M., Early Riser Zoomsters, 19, 6/17/2007
- Lynn R., Arroyo Grande, 22, 6/15/2004
- Tina I., Pismo Beach, 25, 6/8/2001
- Sue B., Early Riser Zoomsters, United Kingdom, 29, 6/20/1997





STEP 7: INTO ACTION

Stepping into Step 7 felt like walking into sunlight after living for a long time in dark rooms inside my mind. I came to recovery carrying low self-esteem that didn't just sit in the background — it dictated how I saw myself and the world around me. I believed it was safer to expect rejection than to hope. I told myself I wasn't capable, that I'd disappoint people, and that I was always one mistake away from proving I didn't belong. Even when I wanted sobriety with my whole heart, I often approached it like I was trying to earn my right to exist.

Up until that point, recovery had required heavy inward-facing work — digging up the past and identifying flaws. But Step 7 asked me to do something I wasn't naturally good at: surrender. I formally took that step in the past, but I have learned that I have to actively live it today. It is a daily, spiritual act- continually letting go of my need to let fear run the show. I had spent so long trying to change through willpower and punishment, as if my defects were enemies to overpower. Step 7 taught me that true surrender was choosing humility instead of self-judgment. Today, it means continually asking for help from a power greater than my frightened ego. I now recognize that my low self-esteem wasn't just a passing feeling; it was a pattern of spiritual disconnection that can still try to make me cling, shrink, and brace for what might go wrong.

When those old patterns surface, Step 7 invites me to release my grip all over again. I see now that my deepest defect is trying to manage life alone — trying to prove I deserve love, safety, and belonging. When I surrender today, I'm not giving up; I am turning my life over to God, trusting something much wiser than my own self-talk.

In my daily life, this means praying even when I don't feel "ready." It means asking God — however I understand God — for the ongoing willingness to let go. I don't expect to be changed perfectly overnight; instead, it shows up as a mindful pause where I can ask for grace in the moment. Whenever impatience, pride, or fear creeps in, Step 7 remains my daily cue to step back and invite God in. Some days surrender feels peaceful; other days it feels raw and imperfect. Still, I keep showing up to that quiet connection.

Focusing on spiritual progress, rather than demanding perfection, has become entirely freeing. By living Step 7 one day at a time, I continue to loosen my grip on the old stories and cooperate with a power greater than my fear. My recovery no longer feels like proving I deserve to be here — it feels like remembering I was never meant to carry this alone.

- Brenda R., Serenity Group

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.



Step 7: Daily Reflection

**Giving Up Center Stage
July 12**

**For without some degree of humility, no alcoholic can stay sober at all. . . .
Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.**

12 Steps & 12 Traditions p. 70

Why do I balk at the word "humility"? I am not humbling myself toward other people, but toward God, as I understand Him. Humility means "to show submissive respect," and by being humble I realize I am not the center of the universe. When I was drinking, I was consumed by pride and self-centeredness. I felt the entire world revolved around me, that I was master of my destiny. Humility enables me to depend more on God to help me overcome obstacles, to help me with my own imperfections, so that I may grow spiritually. Daily communion with God demonstrates my humility and provides me with the realization that an entity more powerful than I is willing to help me if I cease trying to play God myself.

Step 8: Daily Reflection

**A Clean Sweep
August 13**

. . . and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

12 Steps & 12 Traditions p. 77

As I faced the Eighth Step, everything that was required for successful completion of the previous seven Steps came together: courage, honesty, sincerity, willingness and thoroughness, I could not muster the strength required for this task at the beginning, which is why this Step reads "Became willing. . . ." I needed to develop the courage to begin, the honesty to see where I was wrong, a sincere desire to set things right, thoroughness in making a list, and willingness to take the risks required for true humility. With the help of my Higher Power in developing these virtues, I completed this Step and continued to move forward in my quest for spiritual growth.

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, 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.*

SERVICE SUNDAY – 2nd Sunday

8:45am –Central Office Representatives (COR). Currently on Zoom: 864 4850 5421 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

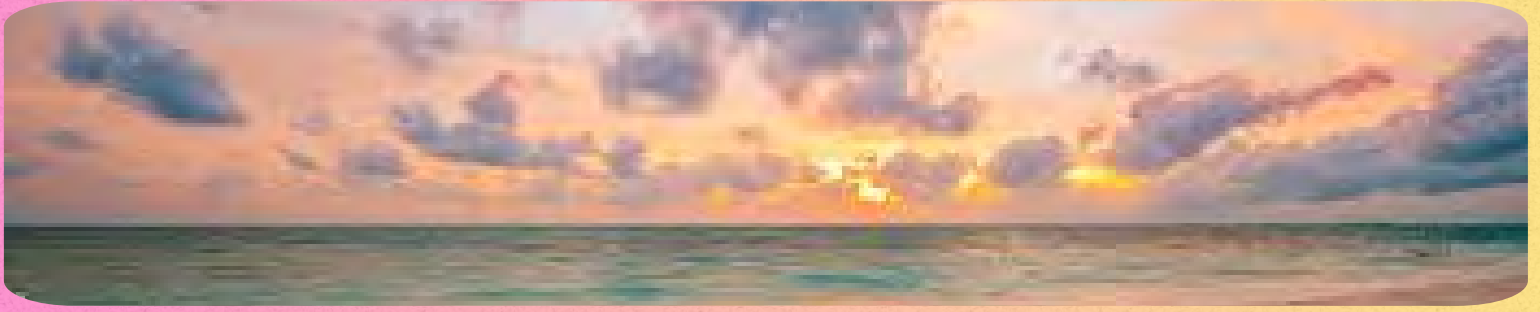
1st Wednesday, 5:30pm
Central Office, 1333 Van Beurden Dr., Los Osos. Currently on Zoom: 805 541 3211 No Passcode

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 8: INTO ACTION

Step Eight: Walking with Soft Feet

“Made a list of all persons we had harmed and became willing to make amends to them all.” When I first worked Step Eight, I thought it was all about making a list of names. Looking back, I realize the list wasn’t the hard part. The real work was becoming willing.

This month I’ve been praying, “God, help me walk with soft feet and an open heart.” The more I reflect on that prayer, the more I see how closely it describes Step Eight. Soft feet don’t charge ahead demanding their own way. They pause, listen, and trust God’s direction. That’s a very different way of walking through life than I did when I was drinking.

Before recovery, I often reacted instead of responding. My words could be sharp, my actions selfish, and the people closest to me usually paid the highest price. Alcohol was only part of the problem. The way I lived affected my family, friends, coworkers, and anyone who cared about me. Step Eight invited me to honestly acknowledge that reality — not to live in shame, but to prepare my heart for healing.

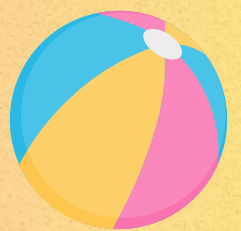
One of the greatest gifts of this step is that it doesn’t ask for perfection. It simply asks for willingness. I don’t have to know how every amend will happen or how every person will respond. My responsibility is to become willing and trust that God will reveal the right action at the right time.

Over the years, I’ve discovered that many of my amends are made through the way I live today. Showing up when I make a commitment. Listening before speaking. Being present for my family. Sponsoring other alcoholics. Serving in AA. Trying to leave people feeling encouraged instead of discouraged. Those daily choices don’t erase my past, but they do demonstrate that recovery has changed my direction.

For me, Step Eight is a reminder that spiritual growth begins with humility. When I walk with soft feet, I become teachable. When I keep an open heart, I become willing. And when I trust God instead of forcing my own agenda, I find the freedom that Alcoholics Anonymous promised.

One day at a time, I pray that every step I take leaves behind a little more peace than pain.

Bryan R. – Mesa Group





59th Annual

Convention!

Join us for a full lineup of speaker meetings, marathons, BBQ, pancake breakfast, 5K run, golf and lots of fellowship!

Register now at MyD22.org!

Fantastic Speakers!

Golf Tournament!

Pancake Breakfast!

5K Fun Run/Walk!

Salsa Dancing & Bingo!

**Jeff & Tom's
World Famous BBQ!**

Sobriety Countdown!

FRIDAY, AUGUST 28TH

5:00 PM Family Speaker MeetingDebbie S. and Guy S.,
Pismo Beach, CA

8:00 PM Friday Night AA SpeakerKenna F., Pasadena, CA

SATURDAY, AUGUST 29TH

8:00 AM Pancake Breakfast

10:00 AM Al-Anon Speaker MeetingDonna M., Gilbert, AZ

12:00 PM Veterans AA SpeakerJohn C., Dana Point, CA

12:00 PM AA Archives PresentationDon H., Sonora, CA

2:30 PM BBQ & Music Break

4:00 PM H & I AA SpeakerJocelyn H., Bakersfield, CA

5:30 PM Young People SpeakerMary S., San Antonio, TX

8:00 PM Saturday Night AA SpeakerJennifer H-K., Plano, TX

SUNDAY, AUGUST 30TH

10:00 AM Sunday Spiritual AA SpeakerTerry M., Gilbert, AZ

**For more information, send email to info@MyD22.org
or call our message line at (805) 619-0462**

MyD22.org



YOGA IN RECOVERY

jevon  devon



- ✓ 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

MELODY GROUP



STEP 11 MEDITATION MEETING

7pm to 8pm Sunday nights

See you there

AUGUST
6-9
2026

SLOYPAA PRESENTS

CO-HOSTS
NEEDED

WAVES OF RECOVERY

GROUP CAMPOUT
MORRO STRAND STATE BEACH

Space is limited SCAN QR TO REGISTER

PRE-REG \$30 DAY OF \$35 |
(831) 595-9219 TO PRE-REG
MORRO STRAND STATE BEACH, MORRO BAY CA
YERBA BUENA & HIGHWAY 1



SANTA PAULA PIG ROAST CAMPOUT AT LAKE CASITAS

Bass

(Hook-ups)

Mileage from Gate: 0.1

Campground map not to scale



**REGISTER ONLINE
TODAY!**



**AA SPEAKERS
CAMPFIRE MEETING B17
9:30pm Fri & Sat
POKER TOURNAMENT !
BOAT RIDES
AI-ANON MEETING
Sat. 12:00 Noon**

JULY 17-19 2026

REGISTER ONLINE AT
WWW.SANTAPAULA PIGROAST.COM

MEALS INCLUDED
SAT: BREAKFAST, LUNCH,
WHOLE HOG BAR-B-QUE DINNER
SUN: COFFEE + SUNRISE
MEETING AT 8:00 AM



SPEAKER MEETINGS
FRIDAY & SATURDAY
AT 8:00 PM

24 HOUR COFFEE!

**Water
Park**



DAY USE AVAILABLE