



Nameless Newsletter

The Alcoholics Anonymous Central Coast Central Office Newsletter

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April 2015

It's Not The Shoelace

An AA sees that time in the program doesn't make him immune to negative emotions

Recently, my home group conducted a workshop exploring emotional sobriety. We broke it up into different aspects such as "What is emotional sobriety?" "How does it differ from physical sobriety?", etc. My assignment was to explore: "Why we need emotional sobriety" and I presented it as follows:

When I first came to AA my emotions rose to the surface, where I became aware of them. While I thought that I had successfully submerged them with alcohol when I was drinking, I can't deny that I often drank at "him", "her", "Mom", "Dad", the boss, some unfair customer, a disrespectful sales clerk, the police, the system or whatever. I could say that alcohol let me not feel, but the truth is that I felt everything and often wanted to show "them". I used drinking to hurt others or plot my revenge. The only blessing was that I often wouldn't even remember the plot when I sobered up. Newly sober, I not only had the feelings but I also had a lack of ability to deal with them. My immaturity came out in full force. My old idea was that alcohol would still work with these feelings, and I would sometimes give in. Even if I didn't drink, I could be miserable and hold grudges. That's when something trivial like a broken shoelace might lead me to drink because it was the last straw. Without the help of God and a sponsor, I might never know that it wasn't the shoelace but the lingering grudge and my lack of emotional sobriety that led to drinking again.

While this lack of emotional sobriety was dangerous when I was newly sober, the danger did not go away just because I've achieved some time in AA. Indeed, I can mistake number of years for a degree of emotional sobriety. I can rest on my laurels without even recognizing it. When I hold on to resentments, when I find things unforgivable, when I am jealous of another's success, when I am unwilling to listen to others and change my mind, when I react severely to criticism even as I congratulate myself for another day or month or year of not drinking, I am not only emotionally sober but I also may become not physically sober. This can happen even if I once had a spiritual awakening and have many years of sobriety behind me. The Tenth Step tells me to "watch for selfishness, dishonesty, resentment and fear" not because these emotions are so deadly in themselves, but because they block me from dealing in a mature, emotionally sober way, rather than just reacting. Since the essay on the Step next says, "and when they crop up", it is a sure bet that time in the program will not make me immune from these negative emotions and my ensuing reactions. My reactions can include drinking again, but even if I don't drink, I can cause problems and heartache in the lives of those who love me and work with me. As the book says, "We believe a man who says sobriety is enough is unthinking". For the sake of others if not for myself, I should seek emotional sobriety.

When I am letting myself be ruled by "selfishness, dishonesty, resentment and fear", any rational thinking or action I do would be purely by accident. Likewise, serenity would be elusive at best and non-existent at worst. As a friend says, my biggest job in a spiritual life is to become undisturbed. I would only have one of two reactions to any negative interaction with another person: I would either forgive the other person or make amends. I have made a real advance in emotional sobriety if I finally realize I do not have to react to a slight by striking back.

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Finally, I was told to live a day at a time but not told how to do that. I submit that it is impossible to do a day at a time when bedeviled by emotional chaos. If I strive for emotional sobriety, I will have a much better chance of living in the now, which can lead to joy and appreciation for the wonder of my life.

Jim H., Largo, Fla.

The Cool Dozen

Don't read this if you're over thirty. . .

(see note below)

- 1- COPPED OUT that we were the least with the Lush--and, like, everything we were puttin' down was nowhere.
- 2- CAME ON that the Big Daddy-O could free us from Camarillo.
- 3- MADE IT TO TURN the whole Gig over to the Top Cat.
- 4- LIKE, WE SCANNED it all--our Cool Scenes and our Evil Riffs.
- 5- COPPED OUT to the Big Man, another Cat and to Number One just where we lost the Beat.
- 6- TOLD THE TOP CAT--"Like, Take it, Man!"
- 7- WALKIN' HUMBLE, we told the Man--"Let me cool these Evil Gigs."
- 8- MADE BOOK on all the Cats we had cut and came on to make it groovy.
- 9- MADE IT COOL with all these Cats, but not, like, if it bugged them or some other Stud.
- 10- KEPT SCANNING the Scene, and if we came on funky--Copped out.
- 11- CONTINUED TO MAKE IT with the Big Dad and tried to pick up on his Arrangement--and blow the Right Sounds.
- 12- HAVING DUG OUR DHARMA we came on with the Lush who is still turnin' on, and tried to be cool in all our Gigs.

Editors Note: The article above was reprinted from a 1969 issue of the Grapevine. Odds are, you won't understand the terminology unless you have been an AARP member for at least 20 years.

AA ONLINE

Articles from Grapevine's Online Forum

AA on Tap

A year ago today I posted a message about the problem of staying sober while working in a bar. Although other folks think that it's different from trying to get sober anyplace else, it's not. I had tried to get sober a bunch of times using all my willpower. Guess what? That willpower stuff didn't work a bit! It wasn't until I completely surrendered and asked a God I never knew existed to help me that I got sober. The obsession left me, and I discovered a life of such immense joy.

When I posted my letter last year, only one person wrote back, but what he or she said had a huge impact on me. That person also

got sober working in a bar, and said "It just doesn't matter if you get sober in a bar or a cloister. You aren't doing it; God is." I stick with that. It ain't me, it's God.

NEWSLETTER ARTICLES NEEDED

Do you have a story, cartoon, etc. that is AA related you want to share? Email it to us at: nnleditor@gmail.com
We welcome all submissions but only publish those that are about recovery and AA.

I still work in a bar and find it a great place to practice the AA way of life--tolerance and compassion for my fellow alcoholics--and to feel grateful every night that there but for the grace of God, go I. Watching folks get trashed every night is an eye-opener; it shows me how I used to be and could be again if I become complacent. I don't understand how it works, but I don't need to. I just need to get on my knees and ask God to keep me sober that day, and to say thanks at night for keeping me sober. It's nice to feel respect for myself when once I felt only disgust.

P.S. Hardly anyone in the bar noticed when I stopped drinking, and those who wanted to buy me a drink almost always accepted that I would rather have soda than tequila. Those who didn't, well, I figure that was their problem, not mine!

One of the Birds

A former drinker, gambler, and womanizer talks about his fifty-nine years in AA

Interviewed by Suzy P., from Upland, California, Dick C. shares his experience, strength and hope, nearly sixty years after his last drink.

“SUZY P.:" Dick, I really admire you. I know that you have not had a drink of alcohol since you were thirty-four years old and you are ninety-three now. You have been a really big inspiration to me and to many people at our meetings, and our Grapevine readers would really like to know your story. Can you tell us about your last drink?

“DICK C.:" The last drink I had was June 15, 1949. At ten o'clock in the morning a friend of mine poked me in the chest and said, "I'll tell you what I'll do. I'll buy you all the alcohol you can drink today—whatever you want—if you'll go to one Alcoholics Anonymous meeting with me tonight." He was a person who had money and was willing to spend it, and I said, "Sure." I drank that day and we went to the meeting that night. I recognized three people there and thought, What the hell's going on here with these nuts that quit drinking? When the meeting was over, I went to sleep on some chairs in the back of the room. Three days later, I had the DTs. I yelled and screamed, I refused a drink, I refused a doctor, but those people from the meeting kept on talking to me. To make a long story short, it's just one day at a time, and I've been able to stay sober from that day to this.

“S.:" How often do you attend meetings?

“D:" Well, years ago these towns around Pomona, Upland, and Ontario had only one meeting per week, so we went in caravans. Four or five cars would get together, and we'd go to different places. We even went where they weren't having a meeting at the time, and we'd get enough people together and start our own. Today, I average at least a meeting a day.

“S.:" What do you like about meetings?

“D:" You know the old saying "birds of a feather flock together"? Well, after a while, if you're going to meetings you realize that you're one of the birds! And you're flocking with a bunch of other birds that you recognize—you recognize the way they talk and so fourth, and you realize that's where you belong. You see, drinking and gambling and women were my life beforehand; now Alcoholics Anonymous and associating with people like myself is what keeps me going.

“S.:" How do you think AA will change in the future?

“D:" I don't think AA per se will change in the future. I've noticed in the past few years that a number of drug addicts are coming in lately and after meeting them and talking with them I have discovered that they seem to find more peace of mind in AA meetings than they do in other fellowships. But, we should be clear in telling them that this is Alcoholics Anonymous. Ultimately, if we're not clear about this up front, a time will come when you may not recognize the meeting as being strictly an Alcoholics Anonymous meeting.

A lot of us are convinced that alcohol is not the problem—we're the problem. Alcohol can sit in the bottle for a hundred years if you just leave it alone. It's we alcoholics who have an allergy of the body and an obsession of the mind that makes us unable to handle it. In general, a social drinker can say, "Let's go have a drink," and a lot of times that's what they do - go have a drink. But, as an alcoholic, we go have a drunk; we drink beyond our capacity to handle it.

“S.:" Did you get to meet Bill W.?

“D:" I never shook Bill W.'s hand, but I've been in his presence twice at conventions—I'd say five or six feet away. Also, I got to see Dr. Bob once. They were fine-looking men, and you just felt good to be in their presence. I've met plenty of wonderful people in Alcoholics Anonymous, but those two were impressive.

“S.:" Can you imagine your life without AA?

“D:" No, because this is how I got sober, through applying the teachings of AA to my own life. I think I have a better chance of going without certain foods or water or whatever, but Alcoholics Anonymous, after a while it just becomes a part of you. It goes back to that old saying I mentioned earlier about birds of a feather flocking together. That's just the way it is. People come into AA, and they think, Well, that doesn't work for me. But that's because they're not working it, not because it doesn't work. It will work.

“S.:" Do you know anybody who has been sober as long as you?

“D:" No, I am looking for someone who's been sober longer so I can get him to be my sponsor. Anyway, so far I haven't found anyone. I'm sure there are some that are around, maybe in a rest home, or whatever. They're just not around here. Nevertheless, it's sure good to be sober today.

SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
Atascadero	Thur	7:00 pm	North Coast Men's Stag	5850 Rosario	Address Change
Atascadero	Wed	5:30 pm	There's a Way Out	6005 Capistrano, Unit D	New Meeting
Arroyo Grande	Tue	5:30 pm	Serenity Group - change from "12 x 12 Study" to "Daily Reflections"		Format Change
Arroyo Grande	Sat	6:45 pm	The Winner's Circle	1212 Farrol Ave.	Discontinue

Note concerning SLO AA Meetings: we have made a concerted effort to synchronize meeting information found in the printed Directory of Meetings and the online directory at sloaa.org. As you would expect, it is progress, not perfection.

But we strive for perfection. And we need your help. Please check the printed and the online directories for your meetings and let us know if you find any issues. If you do, please do one of the following:

- 1- Drop by Central Office and enter the change(s) on a meeting change report form, or*
- 2- Call Central Office (541-3211) and relay the change info to the phone volunteer, or*
- 3- Email the change info to: nnleditor@gmail.com*

BIRTHDAYS



Judy G., Grover Beach
 Sandra T., Five Cities
 Shawna D., Atascadero
 Bonnie N., Shell Beach

7 yrs
 7 yrs
 25 yrs
 34 yrs



*If you are celebrating a birthday, send the details to us:
nnleditor@gmail.com*

Deadline for birthday submittal is the 18th of the month

Central Coast Central Office Intergroup Officers & Staff

Chairman	Mike M. ccoichair@gmail.com
Vice Chair	Terry R. ccoivice@gmail.com
Secretary	Judy G. ccoisecretary@gmail.com
Treasurer	Gina S. ccoitreasurer@gmail.com
Literature	Jim L. ccoilit@gmail.com
Web Chair	R.J. C. ccowebchair@gmail.com
Communications Chair	Bob R. ccoinnlchair@gmail.com
Office Manager	Bonnie N. ccoimanager@gmail.com
Volunteer Coordinator	Dave S. sheldonservices@charter.net
Call Forwarding Coord.	Sharon H. shay79@charter.net
Website Design	Hunter K. centraloffice22gmail.com
Nameless Newsletter	Bob R. nnleditor@gmail.com

AREA SPEAKER MEETINGS

Five Cities Speaker Meeting

2nd Friday, 7:00pm Potluck, 8:00pm meeting
 564 Mesa View Dr., Arroyo Grande

Fellowship Speaker Meeting

Every Friday, 7:00pm, United Methodist Church
 1515 Fredricks St., San Luis Obispo

Middle House Speaker Meeting

Every Sunday, 10:00am
 (Pastries/coffee at 9:30am)
 2939 Augusta St., San Luis Obispo

Sunday Night Speaker

Every Sunday, 6:00pm, Lutheran Church
 4500 El Camino Real, Atascadero

Week **SATURDAY SPEAKER MEETINGS**

- | | |
|-----------------------|---|
| 1st | South County Speaker Meeting
8:00pm, St. John's Lutheran Church
959 Valley Rd., Arroyo Grande |
| 2nd | Morro Bay Speaker Meeting
7:30pm, St. Timothy's Parish Hall
962 Piney Way, Morro Bay |
| 3rd | Saturday Night Live
7:30pm, Mountainbrook Community Church
1775 Calle Joaquin Rd., San Luis Obispo |
| 4th | Cambria Speaker Meeting
8:00pm, Santa Rosa Catholic Church
1174 Main St., Cambria |
| Last | Easy Does It Speaker Meeting
7:00pm, St. James Church,
14th & Oak St., Paso Robles |

UPCOMING EVENTS

April 2-5, 2015
San Diego Spring Roundup
Town & Country Hotel & Resort
San Diego, CA
sandiegospringroundup.com

April 24 - 26, 2015
7th Annual San Simeon Campout
San Simeon State Park
Campsite info:
reserveamerican.com
Facebook: "San Simeon Campout"
Alan and Theresa D. (805) 927-2607
Tom B. (805) 458-8305

April 24 - 26, 2015
27th Big Island Bash
Sheraton Kona Resort & Spa
Keauhou Bay, Hawaii
"Acceptance is the Key"
bigislandbash.com

May 15 - 17, 2015
34th Annual H & I Conference
La Mirada, CA
Holiday Inn, 14299 Firestone Blvd.
socalhandi.org

June 4 - 7, 2015
A.A. Desert Pow Wow
Indian Wells, CA
Renaissance Indian Wells Resort & Spa
desertpowwow.com

July 25, 2015
District 22 Workshop & Delegate Report Back
10 am - 2 pm
Unitarian Universalist Fellowship of SLO
2201 Lawton Ave, SLO

July 2-5, 2015
2015 International AA Convention
Atlanta, GA
aa.org/lang/en

September 25 - 27, 2015
26th Annual Big Sur Campout
Pfeiffer Big Sur State Park
Campsite info:
reserveamerican.com
Alan and Theresa D. (805) 927-2607

November 7, 2015
Traditions Celebration
Lutheran Church of the Redeemer
4500 El Camino Real, Atascadero
2pm - 4pm

To find out what else is going on, you can:
Visit Central Office at 1137 #B Pacific St, SLO, or
Call us at: 805-541-3211, or
Visit our website at sloaa.org

SERVICE COMMITTEE SCHEDULE

Central Office Board of Directors Meeting
2nd Sunday, 8:15am, Central Office
1137 Pacific Ave., #B, S.L.O., CA. 93401

Intergroup Central Office Rep. Meeting
2nd Sunday, 8:45am, Central Office
1137 Pacific Ave., #B, S.L.O., CA. 93401

22nd District General Service Rep. & Comm. Mtg
2nd Sunday, 10:15am, Alano Club
3075 Broad St., S.L.O., CA. 93401

Hospitals and Institutions Mtg + Bridging The Gap
3rd Tuesday, 6:40pm, Alano Club
3075 Broad St., S.L.O., CA. 93401

District 22 Convention Committee
2nd Sunday, 12:00pm
560 Higuera St., Suite E, S.L.O.

7th Tradition Mailing List

General Service Office	22nd District
P.O. Box 459	P.O. Box 1891
New York, NY. 10163-0459	S.L.O., CA. 93406

Central Coast Central Office Intergroup (CCCOI)
P.O. Box 12737
San Luis Obispo, CA. 93406

Central California Area Assembly Area 93
606 Alamo Pintado, #140
Solvang, CA. 93463

Hospitals and Institutions (H&I)
P.O. Box 12737
San Luis Obispo, CA. 93406

Service Opportunities at the Central Office

Our Central Office provides AA-Approved Literature and general information to alcoholics, the public and the groups of San Luis Obispo County. We are entirely staffed by volunteers ... **Would you like to be of service?**

We maintain regular business hours Monday through Saturday with our **Office Volunteers** who work a 3-hour shift every week or every other week. We also have an answering service who contact our **Call Forwarding Volunteers** who are available by phone when the office is closed.

Our goal is for anyone who is looking for help for themselves or someone else to be able to talk to an alcoholic 24 hours a day 7 days a week.

If you'd like more information or would like to volunteer **please call 805-541-3211**. Six months continuous sobriety is required and training is provided.

To volunteer to be on the Central Coast Central Office 12th step list please call the office at 541-3211 and leave a message for the Office Manager with first name, last initial, phone # and email address (optional).

Or send an email to: CCCOIManager@gmail.com with the same information and a return email will be sent to you with details. Thank you for your service!

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GOD SHOTS

My name is Bonnie, and I'm an alcoholic. When I first got sober in the Bay Area, I was hesitant to ask someone to be my sponsor – I wanted to pick just the right one. I had my eye on Jean – a strong woman, who seemed to walk the talk. She always had a kind word to say to me, so when I was serious about working the steps I asked her if she would sponsor me. She hugged me and told me she was hoping I would ask her.

She invited me to her house, and over cups of hot tea we got to know each other better. I felt she was the perfect sponsor for me, but I still wished my HP would give me a sign that I was making the right choice. As we were saying our goodbyes, Jean said "God willing, on March 29th I will celebrate nine years of sobriety". I was astounded, but replied "God willing, on March 29th I will celebrate one year"!

I had no more doubts my Higher Power had led me to the right person. Our birthdays came and we celebrated together, as we did until her death several years later. When Jean died she had sixteen years of sobriety. Every March 29 as I give thanks for my sobriety I think of Jean.

I miss our long talks over cups of tea, and I wish she could see me now (maybe she can) – I've come a long way baby! I'll forever be grateful she was in my life. God willing, this coming March 29th, I will celebrate thirty-four years of sobriety.



Bonnie N.

Shell Beach

Have you had any God Shots during your AA recovery? If you have, send them to us: nnleditor@gmail.com



Co-founder Quotes

Quantity or Quality

"About this slip business -- I would not be too discouraged. I think you are suffering a great deal from a needless guilt. For some reason or other, the Lord has laid out tougher paths for some of us, and I guess you are treading one of them. God is not asking us to be successful. He is only asking us to try to be. That, you surely are doing, and have been doing. So I would not stay away from A.A. through any feeling of discouragement or shame. It's just the place you should be. Why don't you try just as a member? You don't have to carry the whole A.A. on your back, you know!"

"It is not always the quantity of good things that you do, it is also the quality that counts.

"Above all, take it one day at a time."

Letter, 1958

DISTILLED SPIRITS

A friend of mine told me about going to see the Statue of Liberty on a field trip with his grammar school class. He said that as they walked up the long spiral staircase, they all held hands in a line. He couldn't see the person at the beginning or the end of the line but he felt safe. He knew he was connected to the rest of his schoolmates. That's the way it is in AA. We can't see the people at the beginning of the line or the end of the line. But we know they're there--and we know we're safe.

Doug R., Tujunga, California

It was Saturday night, and I was alone, driving to my group's meeting. I got there, looked up, and there were no lights in the window--on the long, hot summer weekends, sometimes nobody showed up. My gloom deepened, as I asked God, "Don't they know how hard the weekends are?" And then I realized: I should be up there, making coffee, and keeping the lights on for others, instead of sitting here feeling sorry for myself. That was the beginning of AA service for me.

M. A. R., Alturas, California

Wit and Wisdom

1. The harder you fall, the higher you bounce.
2. Alcohol preserves most things; dignity isn't one of them.
3. Your sole purpose in life may be simply to serve as a warning to others.
4. The smallest package in the world is an alcoholic all wrapped up in himself.
5. Practice makes progress.
6. Abstinence makes the heart grow fonder.
7. Expectations are resentments under construction.
8. There is a fine line between carrying the message and spreading the disease.
9. Don't drive faster than your guardian angel can fly.

The man at the bar ordered one drink after another. After downing each one, he took out a notebook and wrote in it. After a while, the curious bartender asked what he was so busy scribbling. The fellow explained his doctor had given him a two-drink-a-day limit and told him to keep track of them. The bartender couldn't believe it, pointing out that he'd served the fellow at least fifteen drinks. "Oh, I know," replied the drunk, taking out his notebook. "I'm already into next year."



T-Shirts seen at AA Meetings

**The Monkey Is Off My Back,
But The Circus Is Still In Town**

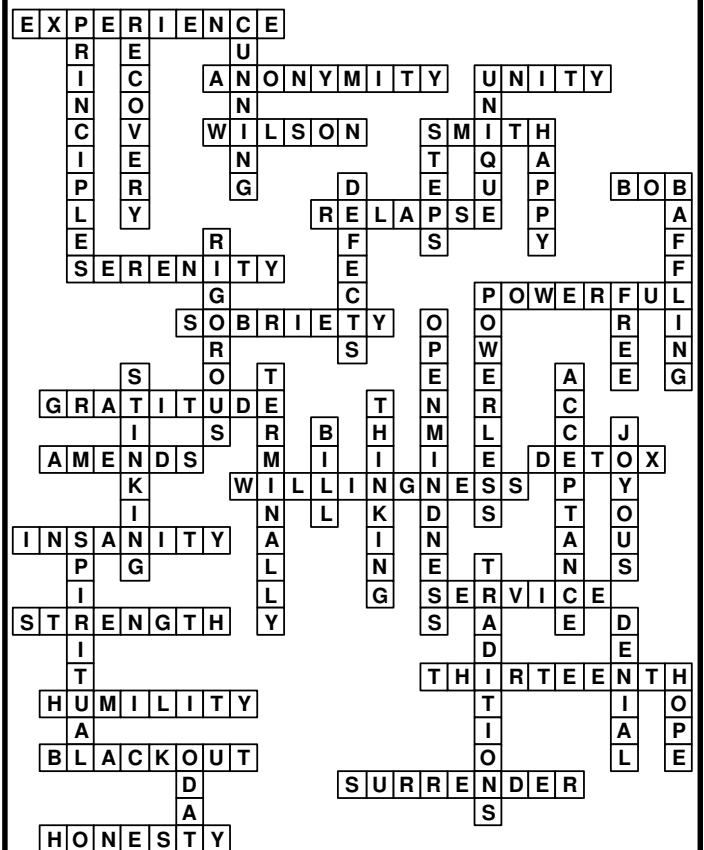
**Be Nice To Drunks
They Could Become Your Sponsor**

**I May Not Be Much
But I'm All I Think About**

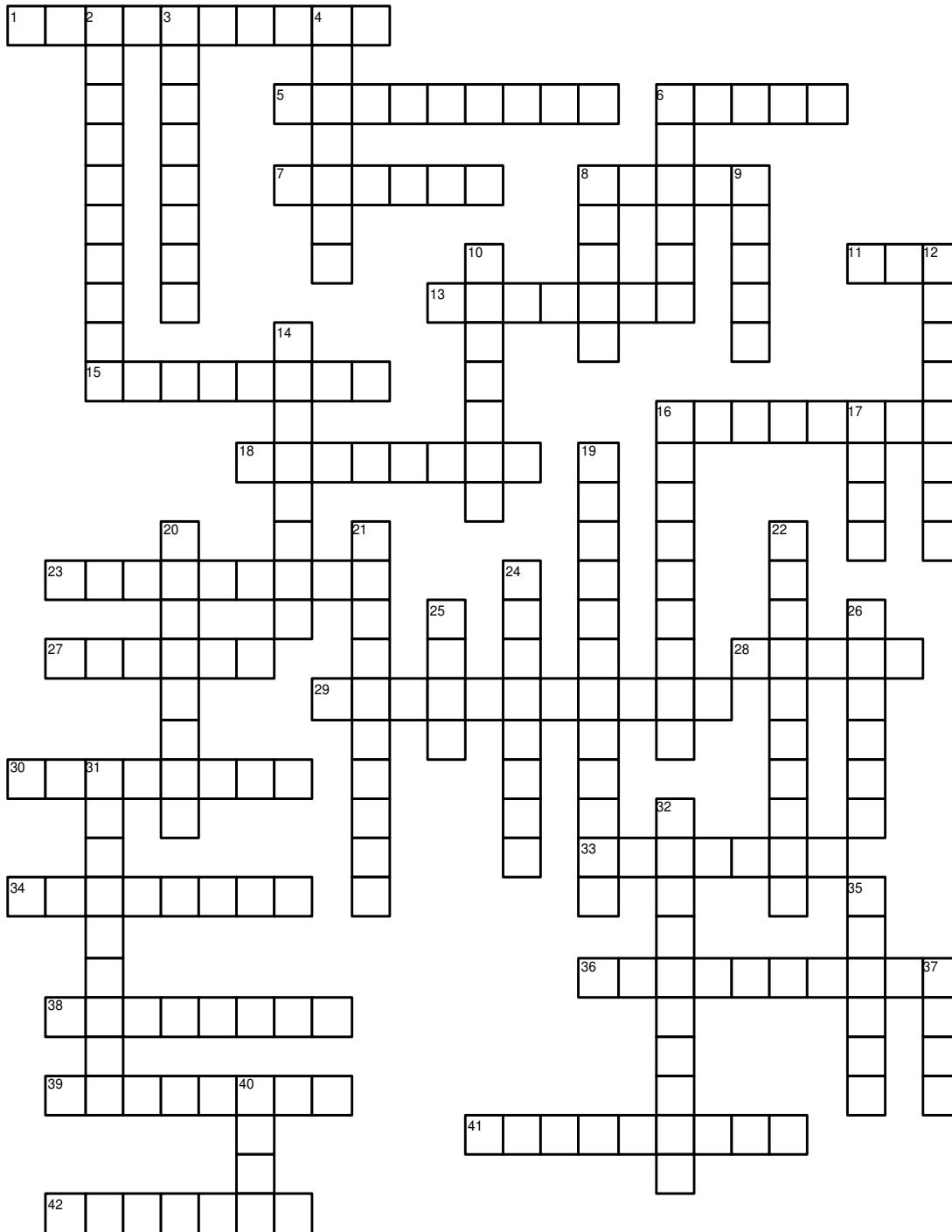
**I Tried To Drown My Emotions
but The Bastards Learned To Swim**

An alcoholic had just gotten a divorce, lost his children, been fired from his job and was facing eviction when he noticed a case of beer bottles in his trash. He took out an empty bottle and smashed it, and swore, "You're why I don't have a wife!" He threw a second bottle and said, "You're why I don't have my children!" Then a third ... "You're why I lost my job!" Then he discovered a fourth bottle, still sealed and full of beer. He took it, tucked it into his pocket, and said, "Stand aside, my friend - I know you were not involved."

Solution For AA TERMINOLOGY PUZZLER



AA TERMINOLOGY PUZZLER



www.CrosswordWeaver.com

- character we thought we didn't have
- 12 See 16 across
- 14 The type of honesty we seek to achieve
- 16 First defect in first step
- 17 See 9 down
- 19 See 29 across
- 20 With 24 down, reversion to old thought patterns
- 21 See 6 down
- 22 Some say it is the key
- 24 See 20 down
- 25 7 across first name
- 26 See 9 down
- 31 Type of tool kit
- 32 Name of guidelines for the group
- 35 Not a river in Egypt
- 37 See 1 across
- 40 How we try to live (abbrev.)

ACROSS

- 1 One of a trio shared by AA speakers
- 5 Circuit speakers are "famously _____"
- 6 One leg of the AA triangle
- 7 Co-founder last name
- 8 His sobriety date was June 10, 1935 (last name)
- 11 See 8 across (first name)
- 13 What happens to people who don't go to meeting
- 15 Type of prayer
- 16 One of a trio mentioned in
- 18 Most important date for a recovering alcoholic
- 23 We need an attitude of _____
- 27 What usually follows 39 across
- 28 Probably first goal of 28 day

- 29 Part of HOW mentioned in Step 2
- 33 See 6 across
- 34 See 1 across
- 36 The step not part of the program
- 38 Willingness to find and do the will of God

- 39 Possible outcome of a 3 day binder
- 41 We do this to win
- 42 See 29 across

DOWN

- 2 Precursor to "personalities"
- 3 See 6 across
- 4 See 16 across
- 6 With 21 down, an alcoholic's exemption from the AA program
- 8 What you use when the elevator is broken
- 9 One of a trio found on Big Book page 133
- 10 Facets of