



Nameless Newsletter

The Alcoholics Anonymous Central Coast Central Office Newsletter

VOL 23, NO. 12

December 2015

Remember to Watch the Movie All the Way to the End

Over the time I have been in AA, the Twelve Steps have become an intrinsic part of my life. They seamlessly work in my life. The mere fact that I am human seems to create the daily need to take inventory, make amends, and meditate and submit my will to God. I really don't have to think about it too intentionally. These things come naturally now.



However, recently challenged by a meeting discussion, I realized that is not the case with the First Step. And I'm actually very happy with that.

I can honestly say that I no longer have the "obsession." I'm not sitting around pining for the bottle or wallowing in the regret that I will never be able to drink safely again. I don't fantasize about running away to a town where no one knows me, ordering the dirtiest of martinis in a dimly lit, crowded bar and testing my disease just one more time like I did earlier in sobriety. That Promise has come true. The obsession was taken away. However...

My boyfriend and I have these friends we are seeing tonight. They are amazing, wonderful people. When we get together, it's not about small talk.

We go deeper. Sometimes we talk about ourselves, but more often the discussion concerns politics, current events, religion, philosophy, worldviews and the like. These intellectually challenging topics just scream to be held in the warm summer air, on a dimly lit patio, over a plate full of canapés, cheeses and a glass of sparkling wine. In an instant this morning, I pictured it so vividly. The soft ambience. The challenging banter. The tickling of bubbles on my tongue. The light glistening off the pale liquid in my glass. The warmth of the drink in my chest and belly. Social perfection for this cerebral introvert.

And then the First Step, separate from and in front of me, almost like I could physically reach out and touch it, reminded me to play the movie through to the end. The perfection of the moment lasts only that ... a moment. From experience, I know that the soft ambience gets louder and muffled. The erudite banter becomes confrontational personal attacks. The tickle of the bubbles is lost in the defiant refilling of glass after glass. Ultimately, feelings are hurt and wedges are made.

I am powerless to change the way that plays out. I am powerless over the shame the next morning. I am powerless over the damage to my reputation. I am powerless over alcohol – my life becomes unmanageable. Thank God the First Step remains for me an entity in and of itself. It has a life of its own and exists for me like a friend, gently reminding me that this program works and that my need for it is still there.

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Amy S.

HAVING HOPE

"Hold your breath now," says a voice as I lay on a rail that slowly moves me through the center of the large metal donut of the CT scanning unit. This machine combines a series of X-ray views to generate a cross section image of my body.

The voice then says, "You are going to feel warm" as the contrast dye is injected into my right arm. As I lay there, I am reminded of several of my friends in the program and several outside who did not survive too long after being diagnosed with cancer. I wonder if it will be any different for me?

I still can't believe this is happening to me. Somehow, I believed that I was immune to cancer because I eat right and exercise daily. This sort of thing happens to other people—not me. My thoughts are interrupted by the tech who comes out from behind the wall telling me I'm through and that I can get dressed.

Leaving the hospital, I think of the eleventh paragraph of Step Two in the Twelve & Twelve which says, "We were still sure that we ought to be fairly honest, tolerant, and just, that we ought to be ambitious and hardworking. We became convinced that such simple rules of fair play and decency would be enough."

So who am I to say that this is unfair? After all I've had over 29 years of borrowed time thanks to the program of Alcoholics Anonymous.

This journey started six months ago. The result came later that day and I was in the emergency room immediately.

I then called my wife who has her to meet me there. After an emergency bone marrow biopsy was performed, I was told that I had leukemia and that without treatment, I only had six months to live.

They admitted me to the hospital and conditions required for treatment. I learned when we read Chapter 2 of the Big Book: "We had two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help".

Alcoholism can be a fatal disease much like cancer. After four rounds of chemotherapy and several negative bone marrow biopsies, I was told that recovery was unlikely without a stem cell transplant from one of my siblings provided they were a match.

These words hit me hard. Though they reminded me of what I learned at AA. I was told that the program required a complete psychic change and a willingness to work the Steps.

Cancer and alcoholism have one thing in common: both can be fatal, and recovery can be hard. But in the case of the latter, I am powerless over alcohol and without a power greater than myself I am prone to self-destruct. This may appear complicated, confusing, terrifying, and at times debilitating.

Having cancer reminds me of how I felt when I admitted defeat hoping that somehow AA would save my life. The horror that I felt was not that I was going to die from alcoholism, but that I was going to live. I could imagine life the way I was living—alone, with no friends, no job, no love, no hope. I couldn't drink enough to change how I felt.

Now that I have cancer, I can't imagine dying. I have so much to live for as a direct result of AA.

Am I afraid of dying? Of course I am. Only a fool disregards the gift of life. After working the Steps, I found so much to live for: falling in love, raising a family, going back to college, serving my country, finding a career, supporting one's community, and working with others.

I have done all these things—sometimes well—and sometimes just trying to get through. But I can't rest on my laurels in that there is still so much to do, as stated at the end of Chapter 11: "See to it that your relationship with him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."

In my home group, I am discovering that I can offer hope to those who may have cancer. The third step reminds me that I no longer have any right to decide how I will be of service, all that is required is to show up and consider the needs of others and the rest will follow. So I will continue to trudge this road of happy destiny regardless of how I feel about what is going on or what I think may happen. All I have is today and thanks to God, today is okay.

Tom S.



ago after a routine physical for work. I was told that I should go to the local hospital.

I had been sober several years and told the emergency room that I had a bone marrow biopsy and that without treatment, I only had six months to live.

Reluctantly, I accepted the terms of the treatment. In reality, there were only two alternatives: it was much like alcoholism as we learned when we read Chapter 2 of the Big Book: "We had two alternatives:

One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help".

NEWS FROM OUR MEMBERS

GRAPEVINE GIFTS AT YOUR CENTRAL OFFICE

The San Luis Obispo Central Office has a wide selection of books from the Grapevine for sale just in time for those holiday gifts. These include the latest publication, ***Forming True Partnerships***, just released this fall. We are conveniently located in downtown SLO at 1137 Pacific, Unit B, just off Santa Rosa, between Marsh and Pismo. Park in the lot around the back.

Jim L., Literature Chair

COURTCARDS

Court cards..... some people have to turn them into agencies..... they get antsy or scared they might forget them - forget them once and it can take a week or a month to get them back. Use your group conscious on signing, not signing, when to give them back or not.

Please remember new people need coaching and instruction. New people typically have a mother or grandmother or paternals out there...praying, and hoping their kid will come back to their senses, and once again be a productive member of life. We have a gift. I was given love first, second and third...then gentle reminders.

"get wisdom, and in all your getting - get understanding". Prov 4:7

Karen B.

THE EARLY DAYS

From my experience, these things help remove the fear of sharing and reaching out in the early days of sobriety: 1) Jump right in! Ask questions of a lot of people. Ask more from those who give useful replies. 2) Build a support system with more than one person. 3) Do a lot of "mini" Fourth and Fifth Steps before and after the "official" Fourth Step. A Fourth Step doesn't have to be a one-time shot. 4) Consider sharing your Fourth Step with more than one person. 5) Maintain your support system by continuing to share your experience, strength, and hope with others when they ask you questions.

Ron S.

CENTRAL COAST HOSPITALS & INSTITUTIONS COMMITTEE MISSION STATEMENT

The sole purpose of the committee is to carry the message of Alcoholics Anonymous to alcoholic men and women who are confined, and to facilitate the "Bridging the Gap" program in treatment & correctional facilities. This committee is guided by the Twelve Traditions of AA in all of its affairs.

Institutions Definition: The facilities holding in confinement men and women for medical treatment, mental care and therapy, or correction and rehabilitation. Institutions are classified as hospitals, jails, penitentiaries, road camps, and other like facilities.

The Central Coast Hospitals & Institutions Committee is composed of members of Alcoholics Anonymous representing many groups within the Fellowship of District 22.

However, any AA member is welcome to attend our monthly meetings and in turn become a panel member. The committee meets the 3rd Tuesday of each month @ 6:40 PM at the Alano Club, 3075 Broad Street, SLO. The requirements, for active membership and participation, is included in the H & I By Laws booklet.

Thank you - The H & I Committee

GOOD RELATIONSHIPS

The AA program is not about religion, but it does involve a relationship--the one between my Higher Power and I. All good relationships are based on strong communication, both parties involved verbally with one another. Step Eleven affords me the opportunity to do my end of the sharing with the Higher Power, and the rooms of AA are where he gets the chance to share back with me.

Penny W.

SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
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None this month

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

None this month



*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. ccoovice@gmail.com
Secretary	Judy G. ccoisecretary@gmail.com
Treasurer	Gina S. ccoitreasurer@gmail.com
Literature Chair	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

December 17 - 20, 2015

WACYPAA

Western area conference of Young People in AA
Double Tree Hotel
Portland, OR
wacypaaxix.org

January 29 - 31, 2016

Imperial Valley Roundup

Brawley, CA

January 29 - 31, 2016

San Fernando Valley Convention

Woodland Hills Marriott
Woodland Hills, CA
sfvaa.org

February 12 - 14, 2016

Sacramento Spring Fling

Double Tree Hotel
2001 Point West Way
Sacramento, CA
sacspringfling.org

February 19 - 21, 2016

21st Thailand Roundup

Pattaya Beach, Thailand
aathailand.org

July 2-5, 2020

2020 International AA Convention

Detroit, MI

NEWS ARTICLE ON THE 2020 INTERNATIONAL COVENTION

Alcoholics Anonymous members will be urged to eat and be merry when the group brings its annual convention to Detroit over the July 4 weekend in 2020. But they'll leave the drinking to others, thank you.

Metro Detroit Convention & Visitors Bureau spokeswoman Carla Penzabene tells the Detroit Free Press Monday that the 65,000 expected visitors could be among the largest to ever attend a convention in the city.

It also could bring in \$48 million to the local economy.

New upscale hotels within walking distance to downtown venues and attractions helped Detroit beat out Los Angeles for the gathering. Every downtown hotel room has been committed to the convention.

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

1st Wednesday, 5:30pm, Central Office
1137 Pacific Ave., #B, S.L.O.

Intergroup Central Office Rep. Meeting

2nd Sunday, 8:45am, ALANO Club
3075 Broad St., S.L.O.

22nd District General Service Rep. & Comm. Mtg

2nd Sunday, 10:15am, Alano Club
3075 Broad St., S.L.O.

Hospitals and Institutions Mtg + Bridging The Gap

3rd Tuesday, 6:40pm, Alano Club
3075 Broad St., S.L.O.

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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I Must Remember ...

I must remember that brooding child whose family nicknamed him Pruneface. The kid who flunked kindergarten.

I must remember the belligerent boy whose teachers made red check marks in a column headed "Self-control." Remember how he resented his elders as far back as he can recall.

I must remember that teenager who was often admonished but never admitted he was wrong, and that lonely dreamer who shied from girls as if they belonged to another species. I must remember that young man in a brief hour of glory--in love, feeling that delicious, buoyant omnipotence.

I must remember that ardent idealist, socialist, pacifist--who enjoyed hurting others on a football field and who became a bitter, reluctant soldier.

I must remember that man who blamed anyone but himself for his failure. Who hated his work and his associates, and took no pleasure in the talents and possessions he had--wanting to be someone else, somewhere else.

I must remember the frustrated guy who drank because life was too dull--the grass wasn't green enough--life was a trap.

I must remember the morose alcoholic who destroyed friendship, trust, his capacity for work, and finally his belief in his own worth.

I must remember him.

I must remember him because he is still very much part of me. Yes, he has admitted he is powerless over alcohol, and he has asked AA for help. So he is not drinking. He seeks communication with a Higher Power. He is willing to help other alcoholics. But the hostile attitudes that made him ill are not dead. They are dormant; they lie, like a great bear hibernating, withdrawn from the clean, crisp air of our Fellowship.

I must, therefore, remember every day that brooding boy, that bitter man, that drunk who is part of me. A warm, black mood, a tinkling double shot, the decision to swallow it--and the worst will reawaken and devour the best. In AA, I have a daily reprieve.

Today the grass was as green as grass gets. I was sober today. My Higher Power will show me what to do next, if I am able to let go.

F.H.B.



Virtue and Self-Deception

I used to take comfort from an exaggerated belief in my own honesty. My New England kinfolk had taught me the sanctity of all business commitments and contracts, saying, "A man's word is his bond." After this rigorous conditioning, business honesty always came easy; I never flimflammed anyone.

However, this small fragment of readily won virtue did produce some interesting liabilities. I never failed to whip up a fine contempt for those of my fellow Wall Streeters who were prone to shortchange their customers. This was arrogant enough, but the ensuing self-deception proved even worse.

My prized business honesty was presently converted into a comfortable cloak under which I could hide the many serious flaws that beset other departments of my life. Being certain of this one virtue, it was easy to conclude that I had them all. For years on end, this prevented me from taking a good look at myself.

GRAPEVINE, AUGUST 1961

The Richest Person in the World

My most memorable service experience was when I was a year and a half sober. Four of us put on a meeting at a Salvation Army building, which was basically for the guys on the street. We'd put on the meeting, pass out the sandwiches, mop the floor, and go home. At that time, I had moved into an empty apartment. I was sleeping on the floor, had no money, no job, no curtains--but I had my sobriety. After putting on the meeting with guys who were on the street, I went home, closed the door to my apartment, and felt as if I were the richest person in the world.

Anonymous

WE ARE NOT A GLUM LOT

ALCOHOLIC HUMOR

AN OLD MAN WHO LIVED ALONE wanted to hoe his potato garden, but the work was getting too hard on his aging body. His only son used to help, but had gotten into trouble while drinking and was now in prison. The old man wrote to his son.

"Dear Son, It looks like I won't be able to plant my potato garden this year; I'm getting too old to be digging. If you were here, I know you would help hoe the plot for me. Love, Dad."

A few days later, he received a letter from his son: "Dear Dad, For Heaven's sake, don't dig up the garden! That's where I buried the guns!"

At 4 A.M. the next day, a dozen FBI agents and local police showed up and dug up the area. They didn't find any guns, so they apologized and left.

The same day, the old man received another letter: "Dear Dad, Go ahead and plant the potatoes now. It was the best I could do under the circumstances."

A BOSS ASKED an employee--who repeatedly swore he had no problem with booze--if he believed in life after death. "Sure," was the hearty reply.

"Good," said the boss, "because thirty minutes after you left work yesterday to go to your grandma's funeral, she stopped by to see you."

A DRUNK WAS DRIVING DOWN THE STREET. He was nervous and anxious because he was due to appear in court, but couldn't find a parking place. Raising his eyes to the heavens, he cried, "God, take pity on me. If you find me a parking place, I will go to church for the rest of my life, I will be kind to my family, and I will give up drinking."

Miraculously, a parking place appeared immediately. The drunk again looked up and said, "Never mind. I found one."



Wit and Wisdom

Lost on the Uptake

"Mr. Jones," said the judge, "I have reviewed your case very carefully and have decided to give your wife \$800 a week alimony." To which Mr. Jones responds, "That's very generous, Your Honor, and believe me, I'll try to help out a little every now and then!"

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Warning: Consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at 4 in the morning.

•••••

The drunk was floundering down the alley carrying a box with holes on the side. He bumped into a friend who asked, "What do you have in there, pal?" "A mongoose." "What for?" "Well, you know how drunk I can get. When I get drunk I see snakes, and I'm scared to death of snakes. That's why I got this mongoose, for protection." "But," the friend said, "you idiot! Those are imaginary snakes." "That's okay," said the drunk, showing his friend the interior of the box, "So is the mongoose."

•••••

The man was in no shape to drive, so he wisely left his car parked and walked home. As he was walking unsteadily along, he was stopped by a policeman. "What are you doing out here at 2 A.M.?" said the officer. "I'm going to a lecture." the man said. "And who is going to give a lecture at this hour?" the cop asked. "My wife." said the man.

MEETING CHANGE REPORT FORM

Today's Date: _____ Effective Date of Change: _____

CITY: _____ DAY OF WEEK: _____

MEETING TIME: _____ MEETING DURATION: 1 hour 90 minutes Other _____

MEETING NAME: _____

MEETING ADDRESS: _____

CITY: _____ ZIP CODE: _____

TYPE OF MEETING CHANGE:

_____ DISCONTINUED

_____ DAY/TIME CHANGE (enter new info below)

New Day _____

New Time _____

_____ NEW ADDRESS (enter new info below)

NEW ADDRESS _____

CITY: _____ ZIP CODE: _____

_____ NEW MEETING (enter info at top, additional info below)

Meeting Type: OPEN CLOSED

Gender: MEN WOMEN MIXED

Format: DISCUSSION BOOK STUDY

OTHER _____

Location: CHURCH HOME SCHOOL

OTHER _____

YOUR INFO

(ALL of the info in this box MUST be filled out for this meeting change to take effect)

Name: _____ Contact Phone No: _____

Email (if available) _____

Address: _____ City: _____

Zip Code: _____

You can submit this form as follows:

1. Fill out, scan and email to: NNLEditor@GMAIL.COM, or
2. Drop off at Central Office: 1137 Pacific St, #B, SLO, CA 93401, or
3. Mail to Central Office: CCCOI, PO Box 12737, SLO, CA 93406, or
4. Bring to the Intergroup Meeting (2nd Sunday, 8:45am, Alano Club, 3075 Broad St., SLO)