



# Nameless Newsletter

The Alcoholics Anonymous Central Coast Central Office Newsletter

VOL 24, NO. 1 January / February 2016

## FOOTBALL FANTASY

### Every die-hard fan needs a sober buddy riding shotgun

I GREW up in Nebraska, and that means becoming a college football fan early in life. It's a consuming madness, and my family is no exception. My grandparents started going to the games in Lincoln in the 1920s, and my parents have had season tickets since the 1950s. I went to my first game in 1969, and as I got older, I made many road trips to away games in places like Lawrence and Manhattan, Kan.; Columbia, Mo.; Ames, Iowa; and Boulder, Colo. All of these are college towns, of course, and a great place for a drunk like me, with all of the bars and nightlife that go along with college football gameday.

I found my way to AA, finally, in 1990, at nearly the age of 30. A really big concern for me at the beginning was what I was going to do about the sporting events that I'd loved so much for all of my life. Ever since I was about 15, they'd really become wall-to-wall drunkfests. Was my love of sports going to be enough? How would I deal with people who were drinking? What would happen on road trips to all of the places I knew with great familiarity?

At the end of 1995, I had an opportunity for a blowout of a road trip. My parents had come into tickets for a 1996 bowl game in Tempe, Ariz. Not only was my team playing in the game, it was for the national championship of college football. This was to be a big event, with all of the "festive" atmosphere that would go along with a big venue game like this. Here was the other hitch--to save some money, I decided I would drive from Grand Forks to Tempe. The last road trip I'd made like this in the '80s had resulted in considerable drunkenness and hard drug use between Omaha and Santa Fe. Was I ready for this? Would I be able to handle it? What about when I got there to the actual game? My thought was to get somebody from the program to go with me for the New Year's ride.

The first guy I asked got a new job right before the holidays, so he was out. My next choice was somewhat of a fluke--I picked him not because I knew him well (I didn't), but because he worked seasonally, so he'd be able to go. As we headed out, something started happening after a few hundred miles.

To pass the time, we started reading the Big Book. Before long, we'd done a Big Book study of the "first 164," and had done a Fourth, Fifth, Eighth and Ninth Step through Nebraska and into Colorado in the mountain west. As we rolled into Santa Fe, N.M., on New Year's Eve day, 1995, we called the local AA office and decided to hit a meeting. As it happened, the meeting we chose was an 11 P.M. meeting.

As we walked out of the meeting on the crisp, cool, still night in this historic city, it was midnight. Fireworks were visible over the city and church bells clanged as they rang in the New Year. I can say that this was a true spiritual experience for both of us, and a very important moment for me as I rolled into my sixth year of sobriety.

The next day in Tempe, my team won the game and the national championship, and my newfound friend and I celebrated sober with some old friends and family. The trip cemented our friendship, and before we got home, I was his sponsor. I'd set out on this trip as a test of survival in sobriety. What I got was one of the richest spiritual experiences I'd ever come to know, a Big Book study and a new sponsee. Many, many things have happened in my life since that New Year's week, but we're both still sober, we're still friends, and I'm still a fan of the same team.

Eric J.

#### Inside This Issue

- Messages from our Members ..... 2
- Holidays, Shmolidays ..... 3
- Meetings, B-Days, Officers & Staff ..... 4
- Events & Schedules ..... 5
- Co-founder Quotes, Gimme Shelter .... 6
- We are not a Glum Lot ..... 7
- Meeting Change Report Form ..... 8



## MESSAGES FROM OUR MEMBERS

### Remembering Carol

Last September 9th would have been my sponsor Carol E.'s thirty-sixth sobriety birthday. She would laugh saying her birthday was easy to remember – it being 9/9/79. Even though I have another beautiful and wise sponsor on earth, I still call Carol one of my sponsors because to this day I often have conversations with her. Once she was just a phone call away. Now I don't even have to dial. How is that for speed dial?

I can still hear her laughter, and remember her wise words. I have quotes of things she shared written in the margins of my Big Book -written at our home meeting – the Saturday 10AM Big Book meeting in Oceano. For instance: “. . . we sometimes still get angry, but we don't stay angry”. “AA is like a submarine, either you are on it or you are in it. If the sub dives and you are on it, you will drown. If you are in it, you'll survive”. “Grateful people are happy people, and happy people are grateful people” (she also had a car license frame that said that).

One of her favorite writings in the Big Book is on page 129 in The Family Afterward . . .”He (or she) may not see once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product”. And that is what she did. I moved from Northern California to the Central Coast in 2008. I met Carol at a women's meeting on the Mesa. I had to leave early, but she came running after me, and said there was a newcomers group that needed people with some sobriety to attend (I had a few years), and would I please go. Well, I was not going to tell her no! She also gave me her phone number and when I called her I asked her to be my sponsor. BTW – I did go to that newcomers meeting, and got my first sponsee on the Central Coast. And that's how we rolled. Carol was a brilliant woman. She once was a professor at USC, teaching women studies and addiction. She founded a women's sober living home in Southern California. Even with all her knowledge and book smarts, she still maintained that her Higher Power and AA are what kept her sober.

When my elderly mother Leta was still alive, Carol told her to call her whenever she wanted. If I was gone and my Mom was feeling lonesome, she would. I feel like they are both still looking after me. Probably having a good laugh at some of my antics, but still loving me.

Shortly after Carol passed away, I started to have vision problems. Fortunately things have greatly improved. But when I was in the thick of it I

remembered a funny story Carol once told me. She had temporarily lost her sight because of an illness. Word got around that a lady with a lot of sober years was blind. Several women from a local half way house would go visit her to share their fifth steps! They liked that they could trust her with their anonymity. Carol was delighted to be of service. When Carol was alive, and I would call the house, I would sometimes get her sister Deborah, who was also in AA. She would sometimes say Carol was napping, but could she help me? So I had two sponsors for the price of one! Sadly, Deborah passed away just a few months after Carol did with around 15 years of sobriety. I still talk to Deborah too, if Carol is busy.

Even when living with a chronic illness, Carol was one of the happiest people I know. She was also one of the most grateful. My life is richer for knowing her.

Bonnie N., Shell Beach

### Hospitals & Institutions Committee for District 22, Area 93 “Contributions”

The H & I Committee provides AA literature for Hospitals & Institutions and pays for postage/ mail for the Bridging the Gap program. This committee is funded solely by the AA group & individual contributions. H & I does not receive any money from the Central Office, the District or from the New York General Service Office. All contributions are used to purchase AA approved literature, which is provided to men & women that are confined to a Hospital or Institution, and to facilitate the correspondence activities of the BTG program.

Some groups designate donations to H & I during their business meetings.

A traditional way to transfer funds to H & I is by using the Green Can. These cans can be placed at AA meetings and individuals can donate into the cans and then the Secretary or Treasurer of the group can mail the contributions to H & I, P.O.Box 12737. San Luis Obispo, Ca.93406. The usage of Green Cans should be discussed at that group's business meeting prior to placing the cans, of course! Please take #1 for your group!

The H & I Committee would like to encourage all AA members to check with their groups and suggest contributing to this important AA Service work.

Thank You- *The H & I Committee*

## HOLIDAYS, SHMOLIDAYS

### *A grump learns that every day sober is a holiday*

I'VE heard it said that among those who wanted to quit drinking, some found it especially difficult to do so around the holidays. I never understood that. What was so hard about quitting drinking on Groundhog Day, Flag Day or Boxing Day? With all seriousness though, these had about as much significance to me as any of the real holidays, like Thanksgiving, Christmas and Easter. They were just another day I felt compelled to consume alcohol in great quantity.

Having stepped into the realm of reality thanks to my re-discovered Higher Power--God--and the Fellowship of AA, I can now somehow envision the horror my wife and kids must have experienced the day of each new holiday. Here we go again, or, how drunk will daddy be today? they might have thought. And for good reason. I would often pre-drink, hiding it in the garage (the "war room" where I would strategize how to combat the world--my enemy) even though I would usually drive to the relatives' holiday party.

In retrospect, through the clear vision of today's sanity, my wife always drove home; not to do me any favors, but most likely to preserve her life and her children's. Imagine the nerve of her, assuming I couldn't drive just because I drank a 12-pack of beer and half a bottle of strong liquor. After all, I had 30 years experience of driving drunk with only one DUI, and that was not my fault; I was in the wrong place at the wrong time. Heck, I could drive drunk better than most people could sober. And besides, you'd drink and drive too if you had my relatives! This was the insane mindset of a man whose cognitive rationale was completely taken over by the disease of alcoholism.

Each and every time, this saint of a woman, whom I still admire for the courage to stand by this pathetic man whom she seriously didn't deserve, would pour me into the car after I miraculously staggered somewhere near it. Passed out most of the ride home, I would often wake up in the middle of the night still in the car. This was probably my wife's part, as I'm sure she was sick and tired of trying to wake me up to go into the house.

For most people, the holidays were a perfect time of reflection and thanks, punctuated with a celebration of a couple of drinks. This of course was the opposite with me. The holidays meant reflecting how the world had screwed me, and how you "normies" got all the breaks. So volatile were my thoughts of disdain and hatred that thankfulness was the last thing I possessed. I resented, with a passion, everything and everyone. I remember distinctly that every year when Thanksgiving rolled around I would get especially depressed, knowing that another year was going by and that I, still clueless about how to escape from my self-incarceration, was going to have to endure at least one more.

But for some reason, on Dec. 6, 2006, I relinquished the power of will (which I never had to begin with) to God and the Fellowship of AA. Almost immediately, I began using the tools (some of which I've always possessed) the program gave me, and discarded the one I was using my whole life: the shovel.

Today, when Thanksgiving comes around, I have a choice about how it will affect me emotionally. Today I choose to be thankful to have a mostly serene sobriety, with a new understanding for the holidays and what they really mean. Every day truly is a holiday, if you have the right spiritual awareness.

*MATT S.*

## SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
Paso Robles			Grupo Tres Lagados	Change address to: 1916 Creston Rd, Suite 500 (upstairs)	
Los Osos	Sun	9am	Good Stuff	960 Pismo	New meeting
Los Osos	3 days	Noon	Life Savers	1320 Van Beurden	Cancel Meetings
Avila	Wed	7pm	Avila Beach Grp	191 San Miguel	Name change to: Big Book Study

*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](mailto:nnleditor@gmail.com)*



## BIRTHDAYS

*None this month*



*If you are celebrating a birthday, send the details to us:  
[nnleditor@gmail.com](mailto:nnleditor@gmail.com)*

*Deadline for birthday submittal is the 18th of the month*

### Central Coast Central Office Intergroup Officers & Staff

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

## 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**

**1<sup>st</sup> South County Speaker Meeting**  
8:00pm, St. John's Lutheran Church  
959 Valley Rd., Arroyo Grande

**2<sup>nd</sup> Morro Bay Speaker Meeting**  
7:30pm, St. Timothy's Parish Hall  
962 Piney Way, Morro Bay

**3<sup>rd</sup> Saturday Night Live**  
7:30pm, Mountainbrook Community Church  
1775 Calle Joaquin Rd., San Luis Obispo

**4<sup>th</sup> 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

**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](http://sfvaa.org)

**February 5 - 7, 2016**  
**27<sup>th</sup> North Sea Convention**  
Oostende, Belgium  
[nsc@alcoholics-anonymous.eu](mailto:nsc@alcoholics-anonymous.eu)

**February 12 - 14, 2016**  
**Sacramento Spring Fling**  
Double Tree Hotel  
2001 Point West Way  
Sacramento, CA  
[sacspringfling.org](http://sacspringfling.org)

**February 19 - 21, 2016**  
**21st Thailand Roundup**  
Pattaya Beach, Thailand  
[aathailand.org](http://aathailand.org)

**April 14 - 17, 2016**  
**Springtime in the Ozarks**  
Best Western  
Eureka Springs, Arkansas  
<http://www.nwarkaa.org/springtime.htm>

**May 6 - 8, 2016**  
**23rd Costa Rica International Convention**  
Manuel Antonio  
Costa Rica  
Eureka Springs, Arkansas  
<http://www.costaricaaa.com/international-aa-convention-in-costa-rica/>

**July 2-5, 2020**  
**2020 International AA Convention**  
Detroit, MI

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](http://sloaa.org)

## SERVICE COMMITTEE SCHEDULE

**Central Office Board of Directors Meeting**  
1<sup>st</sup> Wednesday, 5:30pm, Central Office  
1137 Pacific Ave., #B, S.L.O.

**Intergroup Central Office Rep. Meeting**  
2<sup>nd</sup> Sunday, 8:45am, ALANO Club  
3075 Broad St., S.L.O.

**22nd District General Service Rep. & Comm. Mtg**  
2<sup>nd</sup> Sunday, 10:15am, Alano Club  
3075 Broad St., S.L.O.

**Hospitals and Institutions Mtg + Bridging The Gap**  
3<sup>rd</sup> Tuesday, 6:40pm, Alano Club  
3075 Broad St., S.L.O.

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

### **7th Tradition Mailing List**

<b>General Service Office</b>	<b>22nd District</b>
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](mailto: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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## WE ARE NOT A GLUM LOT

### ALCOHOLIC HUMOR

Peter loves to drink at the local bar, but his wife disapproves of this. One night, he's at the bar and he gets extremely drunk. He tries to stand up, but immediately falls to the floor. He tries this a few more times, but each time he falls to the floor. People offered to help him, but he said no each time. He finally ended up dragging himself home and sneaking into bed, thinking his wife would never catch him. The next morning, Peter's wife says, "Pete, you bloody worthless idiot, no good drunkard! You were at the bar last night drinking again!" Peter was confused. "How did you find out?" "The bar called. You left your wheelchair there."

Q: What does a shot of Everclear and a Woman have in common?

A: Both of them make men start talking nonsense!

I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day.

Three guys are riding in their truck while drinking beer, having a good ol' time. The driver looks in the mirror and sees the flashing lights of a police car so he pulls over. The other two are real nervous, "What do we do with our beers? We're in trouble!" "No," the driver says, "just do this: pull the label off of your beer bottle and stick it to your forehead and let me do the talking." So they all pull the labels off their beer bottles and stick 'em to their foreheads. The policeman walks up and says, "You boys were swerving down the road. Have you been drinking?" The driver says, "Oh, no officer," and points to his forehead, "we're on the patch, trying to quit."

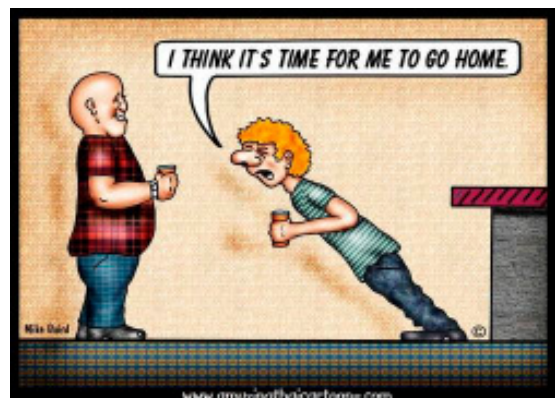
A woman is chatting with her friends when she points at a man in the street, 'That's my next door neighbor. He's an alcoholic!' One of her friends asks, 'How do you know that?' The woman replies, 'Yesterday he was at the bar drinking next to me all night.'

A herd of buffalo can move only as fast as the slowest buffalo. When the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, we all know, kills brain cells, but naturally it attacks the slowest and weakest brain cells first. In this way regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers, and that's why beer is so GOOD for you!



"MY HUSBAND WANTS TO DRINK HIMSELF TO DEATH - AND THEN CARRY ON DRINKING POSTHUMOUSLY!"

### Finally - a written breathalyzer test!



## 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)