



Nameless Newsletter

Jan-Feb 2018

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

VOL 25

NO. 5

The Journey

My journey started during the 1950's - 60's in the Berkeley Bay Area. My childhood was privileged but I never felt like I fit in. We did all the regular kid things; riding bikes, playing outside with friends, and visiting the neighbors, but my parents were both heavy drinkers and a lot of screaming and yelling went on in our household. It was very scary, and I think I just disassociated for many years. My three sisters and our brother were scared too, but we stuck together.

My dream was to get a nursing degree. My Dad was a physician and he was my hero. Fortunately, I was focused on nursing and went after it. I was in Nursing School 1966-68 in San Francisco. It was also the beginning of the "hippie" movement – we called them "beatniks". I loved it! Drinking became a way of life. I left nursing school early; my Mom was very sick, and my brother was in a military academy... bad situation. I felt so much shame, but I had enough school to challenge the state for my LVN license and passed.

In 1968 I met my first husband and I was off to the promised land. We went to Canada on what we thought was a "spiritual journey" - we did yoga, studied many religions, and did organic gardening, but our drinking progressed and caused problems. My daughter was born in 1971, (my "flower child"), and I found nursing jobs I could do that did not interfere with my drinking.

By 1976 I was very ill from drinking and could not stop. I lived in fear all the time. My daughter and I returned to California and I was put in a 30-day Care Unit by my Mom who was sober at the time. My daughter was 5 years old and I was terrified.

Wonderful people came into my life at that time. I moved to Central Valley, CA and found AA and Alanon. I was always looking for an easier softer way, so my daughter and I traveled around for 3 years here and there, looking, looking... and found nothing! We returned to Central Valley in 1980. My Mom died that year of "alcoholism". It was heartbreaking. All that shame and my daughter was now 8 years old. My old thinking was to cut and run, but I really embraced the program and got a great job with a great boss. After working for 8 years in nursing, going to AA, and trusting my sponsors, I got honest. I changed my sobriety date to 1982 because of a little problem I had with the free samples available in the medical field.

Shortly after that I really started getting better. I could drive now, I could focus and make decisions. A lot of my fear went away. I was self-supporting. In 1985 I went back to school and was working full time. I got my nursing degree in 1987. My Dad died that year, so did my wonderful boss of eight years. My heart broke again, but I could now stay focused and a wonderful, loving God had come into my life; one that I have a lot of faith and trust in today.

My daughter graduated from Yuba High School in 1989 with honors. I had been working at a local hospital. She went to college and I went to Hawaii for 3 years as a traveling nurse. It was magic, a dream come true - AA and working in Paradise!

On return from Hawaii I lived in Fresno for 3 years and worked primarily in Home-Care. Then I got a job offer on the Central Coast in 1996. I moved to SLO and a year later to Pismo Beach where I've lived for 20 years. I own my home and my car (which at one time was a red Mustang convertible).

A.A. Birthdays!

WHO	FELLOWSHIP	YEARS SOBER
Rebecca S	SLO	44
Sharon H	Los Osos	38
Paul L	Morro Bay	33
Dick B	5 Cities	30
Kim M	5 Cities	6
Mike S	5 Cities	5



If you'd like to celebrate your sobriety birthday in the NNL, send the details to: nnleditor@gmail.com
 Better yet, use a Birthday envelope to send in a donation Celebrating your years of sobriety, and mark the box asking if you'd like us to include it in the NNL.

\$\$\$ Thank you to all the groups who have contributed to Central Office in 2017.

As of November 30th, District Groups have sent a total of \$20,481...which is \$981 more than what we had budgeted for – and, at this writing, we have December's still-incoming contributions to add to the year.

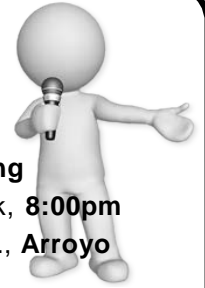
In addition, thank you for your \$620 in personal donations, and \$722 in Birthday donations. Because of you, Central Office is able to provide the following services to groups:

- Stocking and selling a full inventory of AA Literature at zero mark-up.
- Meeting directories and Nameless Newsletter at no charge.
- In-house production of Newcomer Packets, each of which we sell at a discount of over 50%

Contributions also cover the rent and utilities of Central Office. With the help of our all-volunteer staffed office, we are able to keep business hours six days a week while after-hours volunteers answer phone calls from their homes during the entire week. On the rare 24/7 occasions in which an AA member cannot answer the incoming calls for assistance, we also employ a contingency answering service to fill the gaps.

Enclosed in this newsletter is a roster of your groups' contributions and a profit and loss sheet for January through November 2017. The year-end financials will be included in the March/April edition of the Nameless Newsletter.

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)

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, Calvary Church
 4029 S. Higuera St, SLO

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

If you have any questions, or if you see an error in the recording of your group's contribution, please call the office (805-541-3211) and leave a message for me; rest assured that I will return your call.

Or you can email me at ccoitreasurer@gmail.com

Best wishes for a happy and sober 2018! One Day at a Time,

Bonnie N.

CCCOI Treasurer



As Bill Sees It

~ 141 ~

Few indeed are the practicing alcoholics who have any idea how irrational they are, or, seeing their irrationality, can bear to face it. For example, some will be willing to term themselves “problem drinkers,” but cannot endure the fact that they are in fact mentally ill.

They are abetted in this blindness by a world which does not understand the difference between sane drinking and alcoholism. “Sanity” is defined as “soundness of mind.” Yet no alcoholic, soberly analyzing his destructive behavior, whether the destruction fell on the dining-room furniture or his own moral fiber, can claim “soundness of mind” for himself.

January: *Honesty*

Step 1

We admitted we were powerless over alcohol – that our lives had become unmanageable.

Tradition 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

February: *Hope*

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

“The Journey” (continued from pg. 1)

In 2008 I went traveling again first to Stanford, then to Washington State. My brother died from alcoholism at the age of 50 and my heart broke again.

Today I still do exactly what my sponsors taught me to do in 1976. I’m very involved with AA women doing Book and Step studies – my loving God guides me on a daily basis as I only have TODAY. My journey keeps getting better as I trust, pray, and meditate, and walk through “bad” or “scary” situations. I hope everyone that walks through the doors of AA broken can find the Spiritual Journey that I have finally found.

- Tory S, grateful alcoholic



CCCOI Monthly Outreach Program

Members of the Board have recently instigated a monthly Meetup at designated District 22 Meetings throughout the County, the impetus being an opportunity to say Thank You to various groups for personal donations and group contributions.

But it’s also a chance to view How Others Do It...while also delivering provisional Directories, Newsletters, Newcomer Packets, etc.

This endeavor started in November with a drop-by to AG’s Serenity Group on a Tuesday evening and then the “caravan” made the short drive from Pacific Street over to Middlehouse on Augusta for a Thursday night Big Book Study in early December.

As 2018 commences, the intended (“subject to change”) schedule is for January 23rd (Tuesday 6:00 PM) attendance in Cambria, followed by Morro Bay in February, Paso in March, and Los Osos in April.

Central Office: Officers

Chairman	Jim L.	cccoichair@gmail.com
Vice Chair	Bob R.	cccoivice@gmail.com
Secretary	Leonard L.	cccoisecretary@gmail.com
Treasurer	Bonnie N.	cccoitreasurer@gmail.com
Literature Chair	Joe E.	cccoilite@gmail.com
Communications	Jeff L.	cccoinnlchair@gmail.com
Member At Large	Gina S.	cccoilite@gmail.com

Central Office: Staff

Office Manager	Brad O.	cccoimanager@gmail.com
Volunteer Coordinator	Dave S.	davidsheldon1@charter.net
Call Forwarding Coord.	Karyn H.	kaheystee@gmail.com
Webmaster	Hunter	centraloffice22@gmail.com
Nameless Newsletter	Judy G.	nnleditor@gmail.com

UPCOMINGEVENTS

January 19-21

Sobriety Under the Sun

Puerto Vallarta, Jalisco, Mexico

www.aapvconvention.com

February 15-18

International Women's Conference

Phoenix, Arizona

internationalwomensconference.org/

March 2-4

PRAASA

Sparks, Nevada.

www.praasa2018.com

July 2-5, 2020

2020 International AA Convention

Detroit, MI

www.aa.org

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

Meeting Directory Changes

CRESTON

Address change: Adams & O'Donovan
Closed Meeting (Alcoholics only)

LOS OSOS

New Meeting: Restorative Partners – Book Study
8:00pm Wednesday – 1 hour

PASO ROBLES

Name Change: Sobriety Sisters (Women in Recovery)
5:30pm Thursday – 1 hour

SLO

SLOPYPAA Service Meeting

First Sunday only – no meeting on the third Sunday



To synchronize our printed Directory of Meetings and the online directory at www.sloaa.org, we need your help. If you find discrepancies, please do one of the following:

1. Drop by Central Office and enter change(s) on a meeting change form
2. Call Central Office (541-3211) and relay the change info to the volunteer
3. Email the change info to: nnleditor@gmail.com
4. Access the meeting change form online at www.sloaa.org

SERVICE COMMITTEE MEETINGS

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, 12:00 noon, Melody
560 Higuera St., Suite E, S.L.O.

7TH TRADITION MAILING LIST

General Service Office

P.O. Box 1891
New York, NY. 10163-0459

22nd District

P.O. Box 459

San Luis Obispo, 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 per 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. There is also an online form for your convenience on www.sloaa.org

THANK YOU FOR YOUR SERVICE!