



## Carrying the Message: Hospitals & Institutions (H+I)

Recently I had the pleasure of attending the HandI (pronounced "handy") SoCal Intergroup Conference in Ventura, Ca. Mind you, I have very little experience in H&I work... I have merely been a volunteer on the Bridging the Gap (BTG) committee for a few years in SLO County.

I found out about the conference through an email received in my NNL editor inbox at the Central Office. Kelly sent out some great information on the conference which included 4 stories from H&I A.A. members for us to run in our newsletters. ***Always*** desperate for a front-page story (hint, hint); I jumped on it and published one of them in our last issue. She had me at, "Dear Newsletter Editor" ...

I got to meet Kelly in person at the conference and she is a true DD - "Dedicated Dynamo"! She was much appreciated by the entire Intergroup and received lots of praise from the podium. She will be the Conference Chair in 2019 at the same beautiful venue; Marriott Four Points Ventura Marina. Well worth going to if you're interested in this type of commitment! So, without further ado, here is:

### Kelly's Story

I got sober in March 1986. The recovery home where I got sober did not have panels, so that is not how I learned about H+I. We went out into the community for open meetings. I got involved with H+I with no planning on my part. In meetings, people talked about going into "institutions," and I thought that sounded interesting.

My first panel was at Betty Ford. That was an eye-opener. The people looked so good! Way better than I did in my first 28 days. And they thought I was a long-timer, with my 92 days. It was great! I enjoyed the questions and the exchange with the residents there.

So, I signed up for more. One day, I got a call from someone who was a real old-timer. I was shocked he would call me. He asked me if I was willing to go into prisons, and I said "I guess so. As long as I can get out again." So, we went into CRC in Norco. I had

my ID, but had no clearance. I do not know how this happened, but I was on a panel list and allowed to go in...and then come back out! (I later got a regular clearance and went in all the time.)

Inside there were about 250 men in a big room. It was scary for me to talk in front of that many people. But I took off my high heels, my legs stopped shaking, and everything was fine.

I truly fell in love with prison work. I went on that panel for the next 6 or 7 years, and it will always have a special place in my heart. We went as often as possible, driving from Indio to Norco on a Tuesday night. Panels in prisons were different than they are today. In those days, we got to take coffee and books to the guys. I even took in Valentines and Christmas cards a few times!

It was an LA panel, but the man who took me in with him that first time would take me to panels wherever he could get clearance for us. He was then, and will always be, my hero in AA. He and another man (wearing an eye patch) changed my AA story.

I have moved around a lot since those early days; and get to go into a lot of different prisons and jails. I have even worked in quite a few of them, since I went into the treatment field and work as a clinical social worker.

H+I is my biggest reward for doing the work of staying sober. I love what happens when I get the privilege of carrying the message in to those who are just like me. I have a lot of criminal behavior in my drinking story. And I know there is nothing different about me and these men and women, except I was given the gift of sobriety, which I hope I remember to always be grateful for and to open anew every day.

I currently get to go into 2 State prisons, a State Mental Hospital, 1 Federal prison, and 2 County jails; along with being the Intergroup Rep for Ventura County H+I. I was the Co-Director for the H+I Intergroup Conference 2018 in Ventura, CA. I hope I got to meet you and hear about your experience in H+I; or to help you get started on creating that story. It's true; it ***is*** better to give than to receive.

# A.A. Birthdays!



WHO	FELLOW SHIP	SOBRIETY DATE	YEARS SOBER
Bonnie N	Village Group	3/29/1981	37
Cheri B	Village Group	4/27/1982	36
Debbie P	Arroyo Grande	3/1987	31
Madeleine	Village Group	4/14/1989	29
Gary F	A-B-C Group	3/1993	25
Mike T	Village Group	4/24/1997	21
Stephen Lee H	5 Cities Group	3/23/1998	20
Tom M	SLO	4/3/2001	17
Mary K	Atascadero	4/13/2007	11
Judy G	Avila Group	3/12/2008	10
Betsy B	Village Group	4/9/2009	9

If you'd like to celebrate your sobriety birthday in the NNL, send the details to: [NNLEditor@gmail.com](mailto:NNLEditor@gmail.com)  
 Better yet, use a **Birthdays envelope** to send in a donation celebrating your years of sobriety, and mark the box to include it in the NNL.

## Meeting Directory Changes

### Los Osos

Mondays, 5:30pm, Home Girls' Big Book Study is a CLOSED meeting for Women Alcoholics only.

### Oceano

Village Group, 1687 Front St., \*NEW MEETING\*  
 Sundays, 9:00am, Women's Big Book Study is a CLOSED meeting for Women Alcoholics only.

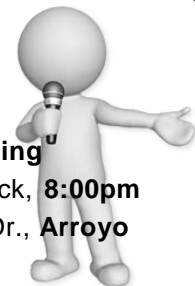


To synchronize our printed Directory of Meetings and the online directory at [www.sloaa.org](http://www.sloaa.org), we need your help. If you find discrepancies, please do one of the following:

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](mailto:nnleditor@gmail.com)
4. Access the meeting change form online at [www.sloaa.org](http://www.sloaa.org)

*Thank You*

## 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

**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, Calvary Church  
 4029 S. Higuera St, SLO

**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

### Central Office: Officers

Chairman	Jim L.	<a href="mailto:cccoichair@gmail.com">cccoichair@gmail.com</a>
Vice Chair	BobR.	<a href="mailto:cccoivice@gmail.com">cccoivice@gmail.com</a>
Secretary	Leonard L.	<a href="mailto:cccoisecretary@gmail.com">cccoisecretary@gmail.com</a>
Treasurer	Bonnie N.	<a href="mailto:cccoitreasurer@gmail.com">cccoitreasurer@gmail.com</a>
Literature Chair	Joe E.	<a href="mailto:cccoilit@gmail.com">cccoilit@gmail.com</a>
Communications	Jeff L.	<a href="mailto:cccoinnlchair@gmail.com">cccoinnlchair@gmail.com</a>
Member At Large	Gina S.	<a href="mailto:cccoilit@gmail.com">cccoilit@gmail.com</a>

### Central Office: Staff

Office Manager	Brad O.	<a href="mailto:cccoimanager@gmail.com">cccoimanager@gmail.com</a>
Volunteer Coordinator	Dave S.	<a href="mailto:davidsheldon1@charter.net">davidsheldon1@charter.net</a>
Call Forwarding Coord.	Karyn H.	<a href="mailto:kaheystee@gmail.com">kaheystee@gmail.com</a>
Webmaster	Hunter	<a href="mailto:centraloffice22@gmail.com">centraloffice22@gmail.com</a>
Nameless Newsletter	Judy G.	<a href="mailto:nnleditor@gmail.com">nnleditor@gmail.com</a>



# As Bill Sees It

~ 122 ~

## Willingness is the Key

No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is?

A beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more.

Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.



### May: *Integrity*

#### Step 5

*Admitted to God, to ourselves and to another human being the exact nature of our wrongs.*

#### Tradition 5

*Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.*



### June: *Willingness*

#### Step 6

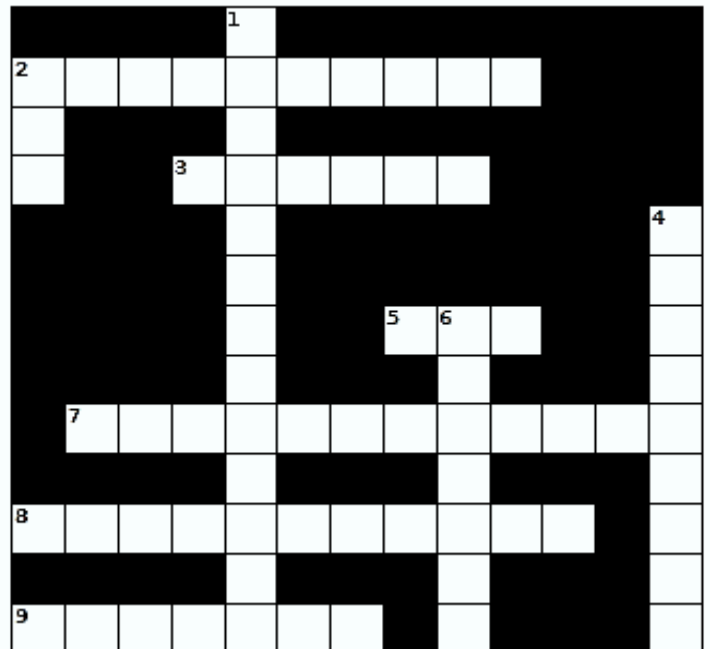
*Were entirely ready to have God remove all these defects of character.*

#### Tradition 6

*An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*

## How Can I Be of Service?

Hint: Service Opportunities listed on page 4



### Look for the answers in our next issue!

- |   |   |   |  |
|---|---|---|--|
| 2 | Across<br>Large annual gathering of AAs and AIAnons at the Vets Hall in SLO     | 1 | Down<br>Those who "make it" in the program of Alcoholics Anonymous (2 Words) |
| 3 | Why we do service work (2 Words)  | 2 | Central Office Representative (abbrev.)                                      |
| 5 | General Service Representative (abbrev.)  | 4 | Runs a meeting of AA   |
| 7 | Represents our groups at the annual General Service Conference in NYC (2 Words) | 6 | Attraction at Saturday Night Live  |
| 8 | Produces the caffeinated elixir at the meeting (2 Words)                        |   |  |
| 9 | Takes us through the Steps  |   |  |



# HEY!

Did you like the front page story? Would you like to find out more about our local H&I? Meetings are held at the SLO Alano Club each month on **the 3<sup>rd</sup> Tuesday at 6:40pm**... immediately following the 5:30pm regular AA meeting.

**May 15th and June 19th** are the next dates folks!

## UPCOMINGEVENTS

**June 7-10**  
**AA Desert Pow Wow**

Indian Wells, CA

<http://www.desertpowwow.com>

**July 14<sup>th</sup>, 10-3**  
**Area 93 Delegate Report of**  
**67<sup>th</sup> General Service Conference**

Morro Bay, CA

[St. Timothy's Church](#)

**August 24-26**  
**51<sup>st</sup> Annual District 22 Convention**

San Luis Obispo, CA

<http://district22convention.org/home>

**September 7-9**  
**Pacific Regional Forum**

San Jose, CA

[https://www.aa.org/pages/en\\_US/online-forum-registration](https://www.aa.org/pages/en_US/online-forum-registration)



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

Detroit, MI

[www.aa.org](http://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 <http://www.sloaa.org>

**THOSE FIRST  
5 DAYS  
AFTER THE  
WEEKEND  
ARE ALWAYS  
THE HARDEST**

## 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**

2<sup>nd</sup> 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

### **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

### **22nd District**

P.O. Box 459  
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 12<sup>th</sup> 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. There is also an online form for your convenience on [www.sloaa.org](http://www.sloaa.org)