



## Leaving the Results to God

My name is Mary and I'm an alcoholic and the mother of two sons. My sons were raised in a sick, alcoholic home. I am the mother whose drinking progressed into rage and madness. I am the mother who verbally abused and physically beat my little boys. I could not stop myself from my own actions. I knew I was wrong, and I could not stop. King Alcohol owned me body and soul.

I ran away from my home on the East Coast when my sons were in their late teens. I tried to start over, but I brought my bottle with me. Finally, after a few attempts, I began my sobriety in September 1979.

After a couple of months, I asked a lady to be my sponsor. She had dignity in her life. I wanted that for myself. She got me going on the Steps right away. I was so ashamed of my life and of what I had become. When I said to her, "What shall I do?" her answer was, "Do the Steps. Start with Step One." She and I went to Step meetings together and read the Steps together at her kitchen table. We talked, wrote, and laughed. Thank God for her humor. She gave me hope, and I was willing to learn.

Eventually I got to Step Nine. I was so afraid I'd do it wrong, but God prepared the way for me. My firstborn was now in his early twenties and was visiting from his home on the East Coast. We were alone together in a peaceful, beautiful place, and I began saying my amends. He let me talk and was completely accepting of my words. It was one of the most frightening and courageous times of my life and one of the most rewarding. Our relationship is healing and our love for each other is better and better as time goes on.

I wish this had been the case with my younger son. When I approached him in order to make my amends, he stopped me and said he didn't want to hear my "stuff." He said he didn't believe I was alcoholic and that I was using this as an excuse. God gave me the courage to sit still and listen to him. When he was finished, I was able to tell him that I loved him very much and that it didn't matter if he believed I was alcoholic. The fact that I believe I am is what's important. This took place in my first year of sobriety, and we have not had such a talk again (I've been sober for eighteen years). Our relationship has a long way to go today.

I have done a lot of Step work--inventories, Fifth Steps with my sponsors, praying, and releasing my son to God. Our program has given me the courage and dignity to go on with my life and see my value as a sober woman. I have shared my experience with many AA young men and women, some of whom have been very close to my son's age and who grew up with a drunken mom like me.

AA has taught me that our Higher Power is our source for all that is good for us and for others. As I trust this wonderful program, I leave the results to God and I go about doing what I am supposed to do: stay sober, go to meetings, live the Steps, and say yes to AA's principles and Traditions. I don't know if my younger son and I will heal our relationship. I have to continue to be willing to do my part. The rest is up to God's wisdom.

*This story by one of our local longtimers is reprinted with permission from the March 1999 issue of the Grapevine magazine. It is now also included in the book entitled "Making Amends" published by Grapevine, Inc. and available at our Central Office.*

**\*\*Meeting Directory Changes\*\***

1. In the Saturday Speaker Meetings section the Easy Does Speaker Meeting is now at 1920 Creston Rd#400, Paso Robles.
2. The Arroyo Grande 5 Cities Groups have moved to 781 Calle Bendita, Arroyo Grande. Meeting times in on-line and print directories
3. New Group.  
Mesa Group at 564 Mesa Dr. Arroyo Grande. Meeting times in on-line and print directories.
4. New Meeting  
LGBT and Q, Thursday 7.00 PM. 781 Calle Bendita, Arroyo Grande
5. Atascadero Friday Night Group 7pm has moved to 9333 Santa Barbara, Atascadero.
6. Atascadero Study Group Thursday 7pm has moved to 11605 EL Camino Real, Atascadero

**4 ways to submit changes to our Directory**

1. Drop by Central Office and enter change(s) on a meeting change form
2. Call Central Office (805-541-3211) and relay the change info to the volunteer
3. Email the change info to: [cccoinnlchair@gmail.com](mailto:cccoinnlchair@gmail.com)
4. Access the meeting change form online at <http://www.sloaa.org>

Central Office	Officers	@gmail.com
Chair		ccoichair
Vice Chair		ccoivice
Secretary	Leonard L	ccoisecretary
Treasurer	Bonnie N	ccoitreasurer
Literature	Joe E	ccoilit
Communications	Jeff L	cccoinnlchair
Member at Large		
	Staff	
Office Manager	Scott L	ccoimanager
Volunteer Coord.	Joe R	
Call Forwarding	Sharon H	
Webmaster	Bob R	centraloffice22
Nameless News	Judy G	nnleditor

**Central Office Intergroup Board Election Results**

We have three new Board members: **Andrea W.** from Los Osos, **Joan S.** from Atascadero, and **Gil M.** from South County. The four Board members remaining are **Leonard L., Jeff L. Joe E.,** and **Bonnie N.**

Sending gratitude to outgoing Board members: **Gina S., Bob R.,** and **Jim L.** You may be gone, but we know how to find you!

After the New Board gets settled in January, a full roster of Central Office Board and staff will be announced.

Thank you to our volunteers for all you do. Our Central Office would not exist without you.

**AREA SPEAKER MEETINGS**

**Five Cities Speaker Meeting**

2nd **Friday**, 7:00pm Potluck,  
8:00pm meeting, 781 Calle Bendita., 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 Meeting**

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

**Last House on the Block Speaker Meeting**

Every **Sunday**, 5:00pm, 770 Evans, San Luis Obispo

**SATURDAY SPEAKER MEETINGS**

**South County Speaker Meeting**

8:00pm, St. John's Lutheran Church  
1<sup>st</sup> 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, 1920 Creston Rd. #400  
Paso Robles

Well its official.. I finally found Rock Bottom



# STEPS

12 x 12  
Principles

# Traditions

## 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.

## HIGHLIGHT

# A.A. Materials on YouTube

A YouTube channel has just been launched for A.A. World Services, Inc. (A.A.W.S.) and the A.A. General Service Office (GSO). The new channel can be found at:

<https://www.youtube.com/c/AlcoholicsAnonymousWorldServicesInc>.

It provides an additional platform from which A.A.W.S. produced videos can be easily shared with a broad audience in order to enhance carrying the message to alcoholics, the general public and the professional community. The channel was started with three engaging public service announcements (PSAs): “Doors”, “My World” and “I Have Hope” (all available in English, French and Spanish). More content will be added as it becomes available. For any questions or feedback related to the A.A.W.S./GSO YouTube Channel contact: [comm\\_services@aa.org](mailto:comm_services@aa.org).



## CROSSWORD FUN!

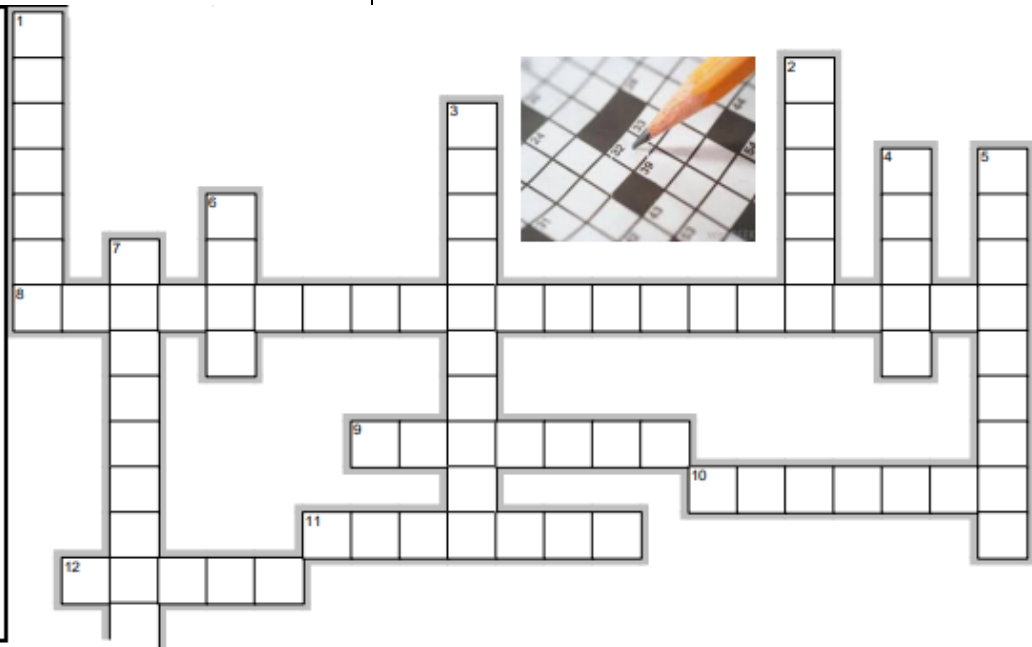
Solve the phrases or clues below, to complete the crossword puzzle.

### DOWN

- 1. Character \_\_\_\_\_
- 2. Serenity \_\_\_\_\_
- 3. Attitude \_\_\_\_\_
- 4. Spiritual \_\_\_\_\_
- 5. Taking \_\_\_\_\_
- 6. God's \_\_\_\_\_
- 7. Tradition 12 \_\_\_\_\_

### ACROSS

- 8. Tradition 5 \_\_\_\_\_
- 9. Anonymity \_\_\_\_\_
- 10. Mentor \_\_\_\_\_
- 11. Conscious \_\_\_\_\_
- 12. Twelve \_\_\_\_\_



## UPCOMINGEVENTS

**January 3-6, 2019**

**WACYPAAXXII**

Boise, ID

[www.wacypaaxxii.org](http://www.wacypaaxxii.org)

**February 7-10, 2019**

**55<sup>th</sup> International Women's Conference**

Los Angeles, CA

[www.InternationalWomensConference.org](http://www.InternationalWomensConference.org)

**March 1-3, 2019**

**Convención Mexicana**

Puebla, Mexico

[www.aamexico.org.mx](http://www.aamexico.org.mx)

**April 26-28, 2019**

**32nd International Men's Conference**

Los Angeles, CA

[www.iaamc2019.org](http://www.iaamc2019.org)



**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>

## 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

for GROUP TREASURERS

**General Service Office**

P.O. Box 459  
New York, NY. 10163-0459

**District 22**

P.O. Box 1891  
San Luis Obispo, CA. 93406

**Central Coast Central Office Intergroup (CCCOI)**

P.O. Box 12737  
San Luis Obispo, CA. 93406

**Central California Area 93 Assembly**

606 Alamo Pintado, #140  
Solvang, CA. 93463

**Hospitals and Institutions ( H&I )**

P.O. Box 12737  
San Luis Obispo, CA. 93406

## SERVICE Opportunities - Central Office Intergroup

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 which consists of 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 805-541-3211 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 on [www.sloaa.org](http://www.sloaa.org)



*AA Birthdays!*



P e r s o n	Home Group	# Years
Kim S.	Arroyo Grande	2
Mike S.	Oceano	6
Kim M.	Arroyo Grande	7
Joan S.	Atascadero	14
Dick B.	Oceano	31
Paul L.	Morro Bay	34
Sharon H.	Los Osos	39
Rebecca	SLO	45

If you'd like to celebrate your sobriety birthday with us in the Nameless NewsLetter send details to:

[NNLEditor@gmail.com](mailto:NNLEditor@gmail.com) -OR- Send us a donation in a birthday envelope and mark the box to include in the newsletter!

