



Aunt Vida

Long before I came into the rooms of AA—in fact, long before I started drinking alcoholically—I was in another Twelve Step fellowship. I hoped I might skip over the “God” Steps, but my sponsor wouldn’t let me. As we broached the Second and Third Steps, she suggested I start praying. I didn’t see the point since I didn’t believe that God or a Higher Power or a creative intelligence had any interest in me. The feeling was mutual. God never answered my prayers, he had abandoned me, taken away people I cared about and left behind a few who I wished he hadn’t. I was angry with God. So why should I believe? Now I realize that you can’t be angry at something you don’t believe exists. Nevertheless, it was clear that my sponsor wasn’t going to let me skip the whole “God thing.”

She gave me a pretty simple assignment: pray—anywhere, anytime—to whatever power might be out there. It didn’t matter if I believed. She told me to pray to anything—a doorknob, a tree or even her dog. “OK,” I said, with reluctance and a touch of sarcasm. I was in college at the time and had to get something from the campus bookstore, so I pulled into the parking lot, parked in front of a tree, turned off my car and started to talk to my Aunt Vida. When she was alive she was my hero and my champion, but she became my guardian angel when breast cancer stole her life, leaving behind three small children. Put another check in the atheism column.

“OK, Aunt V, I know you’re out there somewhere, so maybe you know if there’s a God,” I said. “Can you just show me a sign? Shake a tree, make something float—anything.”

I waited. Nothing. It figures, I thought.

I whisked in and out of the bookstore, got back in my car, and turned on my stereo. The cassette started playing a song by a folk artist who always ended her albums with a spiritual song. I usually fast-forwarded through it. Who wants to listen to a hokey song about some divine spirit, anyway? But that night I heard every word: “Open mine eyes that

I may see, glimpses of truth thou hast for me, open mine eyes—illumine me, spirit divine.” I chuckled and said, “OK, Aunt Vida, I hear you. There’s something out there.” But it wasn’t empirical proof. In fact, if you had told me this story, I would have dismissed it as malarkey and thought you needed a straight jacket. But it was enough to crack open the door of faith.

Time passed, and unfortunately, I balked at the Fourth Step. After all, why did I need to take an inventory? I wasn’t the problem—it was everyone and everything else. Fast-forward through a decade of self-destruction in which my own alcoholism took off. I went to therapy, a psych ward and intensive outpatient programs. I was in so much pain and wanted to die, but could not bring myself to take my own life. I couldn’t do that to my mother or leave such a legacy for my niece and nephew. I was utterly hopeless, until one day I cried out, “God, please just take me. Take me out of this misery.”

Less than a month later, I was in rehab staring at AA’s Steps on the wall, desperate enough to try them even though they didn’t work for me before (yes, I was terminally unique too). However, this time when I got to the “God Steps,” they weren’t so daunting. Because of Aunt Vida, I already knew there was “something” out there. So I cried out for my Higher Power to take me out of my misery—and he did.

Today, I have a relationship with a God of my understanding, whom I choose to call “Big Dude.” This works for me because I always wanted an older brother. I’m grateful for my “Big Dude,” the gift of desperation (G.O.D.), and that I didn’t balk at the Fourth Step this time. After all, I could finally see those glimpses of truth God has for me.

-- Dani A.
Fort Lauderdale, Florida

Reprinted with permission from the Grapevine magazine, September 2013.

Please consider submitting YOUR STORY to
nnleditor@sloaa.org

****Meeting Directory Changes****

1. Students for Recovery Cal-Poly Campus now Meeting Tuesdays at 7pm. Pulse Conference Room
2. Tuesday 7pm 5 Cities South County Men's Stag discontinued
3. Thursday 7pm 5 Cities Women's Big Book Study discontinued
4. Sat 10.30am 5 Cities Youth Group Discussion discontinued

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: communications@sloaa.org
4. Access the meeting change form online at <http://www.sloaa.org>



AA Birthdays!



Person	Home Group	# Years
Stevie A.	Morro Bay	32
Barney R.	Avila Beach	31
Mary B.	San Luis Obispo	25
Jim L.	Morro Bay	21
Armand B.	Grover Beach	13
Mary R.	Arroyo Grande	8
Anna P.	Arroyo Grande	7
Carol N.	Grover Beach	6

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

NNLEditor@sloaa.org -OR- Send us a donation in a birthday envelope and mark the box to include in the newsletter!

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

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. Hiquera St. SLO

4th **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

Central Office	Officers	@sloaa.org
Chair	Leonard L	chair
Vice Chair	Joe E	cochair
Secretary	Andrea W	secretary
Treasurer	Bonnie N	treasurer
Literature	Gil M	literature
Communications	Jeff L	communications
Member at Large	Joan M	member
	Staff	
Office Manager	Scott L	manager
Volunteer Coord.	Joe R	officecoordinator
Call Forwarding	Sharon H	callforwarding
Webmaster	Bob R	webmaster
Nameless News	Judy G	nnleditor

STEPS

12 x 12
Principles

Traditions

MARCH: Faith

Step 3

Made a decision to turn our will and our lives over to the care of God *as we understood him*.

Tradition 3

The only requirement for A.A. membership is a desire to stop drinking.



APRIL: Courage

Step 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

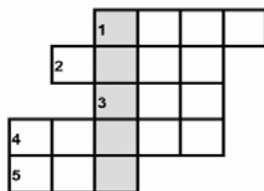
Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Check out the new look and feel of our website,
<https://www.sloaa.org>

Answers to last issue's CROSSWORD FUN!

DOWN

1. Character DEFECTS
2. Serenity PRAYER
3. Attitude ADJUSTMENT
4. Spiritual AXIOM
5. Taking INVENTORY
6. God's WILL
7. Tradition 12 ANONYMITY



ACROSS

1. Tradition 5 SINGLENESS OF PURPOSE
2. Anonymity TWELFTH
3. Mentor SPONSOR
4. Conscious CONTACT
5. Twelve STEPS

Alcoholics Anonymous Releases New Pamphlets for Women and LGBTQ Alcoholics

October 5, 2018

"It doesn't matter whether you are 16 or 60, rich or poor, college graduate or high school dropout, business executive or stay-at-home parent, a patient in a treatment facility, a prison inmate, or living on the street. Help is available."

So states a new pamphlet for women alcoholics issued by Alcoholics Anonymous. Based on the personal experience of 12 now-sober women, the pamphlet shares how these women suffered in active alcoholism and found recovery in A.A.

Similarly, a new pamphlet for LGBTQ alcoholics shares a wide range of experience, strength and hope offered by 13 alcoholics who have found recovery in A.A.: "If you think you may have a problem with alcohol," says the pamphlet, "we in Alcoholics Anonymous invite you to join us. In A.A. you will find a community of kindred folks from every walk of life and 'of every stripe.' For those of us who identify as lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ), A.A. extends a helping hand, an open heart, and a life-saving and life-affirming program of recovery."

As noted in the two new pamphlets, available from the General Service Office of Alcoholics Anonymous, "In Alcoholics Anonymous, we have learned that anyone, anywhere, regardless of their personal circumstance, can suffer from the disease of alcoholism. We have also learned that anyone who wants to stop drinking can find help and recovery in Alcoholics Anonymous." These pamphlets and many others focused on the diversity and inclusivity of A.A. are available through A.A.'s website, www.aa.org, or by contacting the A.A. General Service Office, Box 459, Grand Central Station, New York, NY 10163, 212-870-3400.

For more information, contact the Public Information desk at the General Service Office [at publicinfo@aa.org](mailto:publicinfo@aa.org) or (212) 870-3119.

UPCOMINGEVENTS

April 26 - April 28

11th Annual San Simeon Camp Out
San Simeon, CA

<https://www.sloaa.org>

April 26-28, 2019

32nd International Men's Conference

Los Angeles, CA

www.iaamc2019.org

May 3-5, 2019

31st Big Island Bash.

Kailua-Kona, Hawaii

www.bigislandbash.com

May 19-21, 2019

12th Seniors in Sobriety International Conference

Reno, NV

www.renotahoesis2019.com

June 7-9, 2019

35th Sunshine of the Spirit High Desert
Convention

Victorville, CA

www.sunshineofthespirit-highdesertconvention.com

July 2-5, 2020

2020 International AA Convention

Detroit, MI

www.aa.org

7TH TRADITION MAILING LIST

for *GROUP TREASURERS* (and others)

General Service Office

P.O. Box 459

New York, NY. 10163-0459

Area 93

606 Alamo Pintado, #140

Solvang, CA. 93463

District 22

P.O. Box 1891

San Luis Obispo, CA. 93406

Central Office Intergroup (CCCOI)

P.O. Box 12737

San Luis Obispo, CA. 93406

Hospitals and Institutions (H&I)

P.O. Box 12737

San Luis Obispo, CA. 93406

SERVICE COMMITTEE MEETINGS

Hospitals and Institutions Mtg & Bridging The Gap

3rd Tuesday, 6:40pm, Alano Club

3075 Broad St., S.L.O.

Central Office Board of Directors Meeting

1st Wednesday, 5:30pm, Central Office

1137 Pacific Ave. #B, S.L.O.

SERVICE SUNDAY – 2nd Sunday of each month

- **Intergroup Central Office Rep. Meeting**
- 8:45am, Alano Club
- 3075 Broad St., S.L.O.

- **22nd District General Service Rep. & Comm. Mtg**
- 10:15am, Alano Club
- 3075 Broad St., S.L.O.

- **District 22 Convention Committee**
- 12:00 noon, Melody
- 560 Higuera St., Suite E, S.L.O.



BILL W. and Dr. BOB

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 12th 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: Manager@sloaa.org with the same information and a return email will be sent to you with details.