



Remembrance of Wolfgang

It's been a year (April 16th) since Wolfgang was killed in an off-road accident near Pozo, California. He was just 23 years old and a friend to many people in recovery, here on the Central Coast. I did not know him all that well; there was forty years difference in our ages. I remember some of what he shared in meetings and what was said at his memorial service. But I thought about him a lot this past year. The young man left an impression.

This is what I will always remember about Wolfgang (known to old friends and family as Wolfy): I never heard him curse or use foul language. I never even heard him raise his voice in anger or say anything negative about anyone. He was soft spoken and thoughtful. He loved music and I understand that he was an accomplished guitarist, though I never got to hear him play. His mom (who named him after Mozart) made mention that the two of them would sometimes sit and make up songs together. The example she gave at the memorial was called "Wally from Cal Poly" (which would make a great title for a musical.) Wolfgang had started a serious career, working in the field of Geology. He was active in AA, sponsoring people and taking service commitments. When I heard him share, it was always straight forward and seemed to come from the heart. Family members and friends said that when he was a child, he learned to love gardening and had a real respect for nature and the environment. He was curious about everything and loved to hike and

explore...not paying much attention to "No Trespassing" signs along the way. And he loved animals, especially his dog Lobo. Lobo was with him at the end (thankfully, not injured in the accident) and stayed with him for two days, until his body was found. I always choke up whenever I think about that.

I've been told in recovery that one must love God, even if one doesn't always like what happens. I am still sad and angry over the loss of our friend. Wolfgang is gone from us way too soon. We needed him here. But all who knew him will continue to remember him fondly and we will miss him. Be at peace, Wolfy.

Jim K, SLO



Contents

<i>Meeting Directory Changes</i>	2
<i>AA Birthdays</i>	2
<i>Speaker Meetings</i>	2
<i>Steps & Traditions</i>	3
<i>Daily Moral Inventory</i>	3
<i>Are you an Alcoholic?</i>	3
<i>Upcoming Events</i>	4
<i>7th Tradition Mailing List</i>	4
<i>Service Info</i>	4

PLEASE consider submitting your ~500 word front page story of experience, strength and hope to nneditor@sloaa.org (or drop it by the Central Office)

****MEETING DIRECTORY CHANGES****

New meetings:

Devils and Angels

Atascadero, Thursday 7pm
5950 Rosario Ave
Closed

Thursday Open Meeting

781 Calle Bendita, Arroyo Grande
5.30pm, 1hr

Step Sisters Step Study

8600 Atascadero Ave, Atascadero
5.30pm, Tuesday 1hr, Women's, Closed

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 <https://www.sloaa.org>

AA Birthdays!

Person	Home Town/Group	# Years
Judy G	Avila Group	11
Steven L	Grover Beach	21
Mike T	Village Group	22
Meredith H	SLO	30
Debbie P	Avila Group	32
Bonnie N	Shell Beach	38

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 (suggested \$1.00 per year of sobriety) 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. 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, 1916 Creston Rd. #400
Paso Robles

Central Office	Officers	@sloaa.org
Chair	Leonard L	chair
Vice Chair	Vacant	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

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.



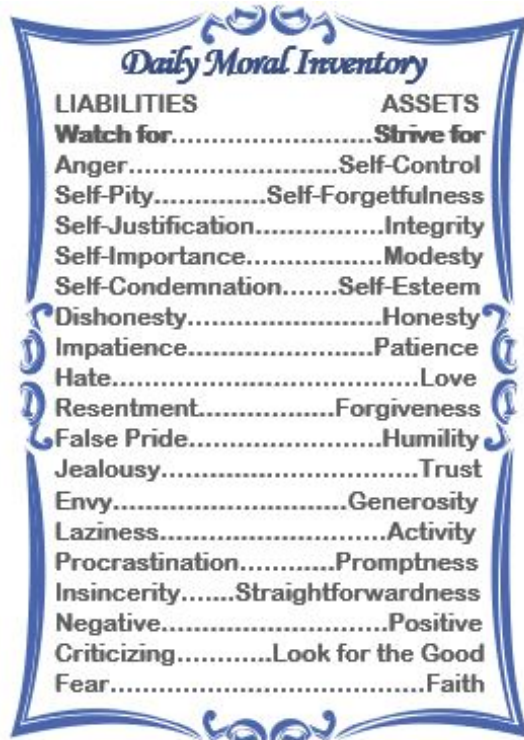
JUNE: Willingness

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.



Are you an alcoholic?

The list of questions which follows have helped a lot of people find out if they had a problem with alcohol. But please keep in mind that you are the only one who can say if you have a problem or not. Even if you have been told by others that you do, the important thing is that you can decide for yourself.

- 1. Do you lose time from work or school due to drinking?
2. Does drinking make your life at home unhappy?
3. Do you drink to lose shyness and build self-confidence?
4. Is drinking affecting your Reputation?
5. Do you ever get into trouble with money because of your Drinking?
6. Does it bother you if somebody says you drink too much?
7. Have you ever lost friends because of drinking?
8. Do you blame your drinking on the behavior of others?
9. Has drinking decreased your ambition?
10. Do you ever want a drink "the morning after?"
11. Do you have a hard time sleeping because of your Drinking?
12. Has your ability to work or study decreased since you started drinking?
13. Does drinking get you into trouble in school, on the job or in business?
14. Do you drink to escape from problems or worries?
15. Do you drink alone?
16. Have you ever had a complete memory loss as a result of drinking?
17. Have you ever been treated by a doctor for your drinking?
18. Have you ever been arrested, locked up or hospitalized on account of drinking?
19. Have you ever felt guilty after drinking?
20. Do you think you have a drinking problem?

If you answered "yes" to three or more questions, you may be an alcoholic. But remember, we in A.A. follow this program voluntarily. No one forces us to admit we are alcoholics. No one forces us to stay sober in A.A. We do it because we like what A.A. has to offer.

Table with 2 columns: YES, NO

UPCOMING EVENTS

May 19-21, 2019

12th Seniors in Sobriety International Conference
Reno, NV

www.renotahoesis2019.com

June 7-9, 2019

**Sunshine of the Spirit
High Desert Convention**
Victorville, CA

www.sunshineofthespirit-highdesertconvention.com

June 7-9, 2019

84th Founder's Day
Akron, OH

www.foundersday.org

June 21, 22, & 23, 2019

Second Annual AA Women in Unity Retreat
San Simeon, CA

aa-tulareco.org/



August 23-25, 2019

52nd District 22 Convention
San Luis Obispo, CA

www.district22convention.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 (GSO)

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 (H&I)

3rd Tuesday, 6:40pm, Alano Club
3075 Broad St., S.L.O.

Central Office Board of Directors

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 (COR)

8:45am, Alano Club
3075 Broad St., S.L.O.

22nd District General Service Rep. (GSR)

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. For those still suffering who ask for more personal help, our list of
- **12th Step Volunteers** is used to find a local alcoholic to provide it.

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. To volunteer please call the office **805-541-3211**. 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. Six months' continuous sobriety is required and training is provided.