



Ten Years Sober

I am 10. Depending on how you look at it, I'm also 24ish, 32 or a cougar.

It was my eighth arrest. "Such that you cannot care for the welfare of yourself or the welfare of others..." No contest to all that. All that I wanted was to not care: past/future, good/smart, did/you/like/me. It worked. Until it didn't.

Ever after I missed the mark and lived in regret: the silent treatment until you quietly said "can we talk about what happened last night?": that 24 hours I didn't know I lost: three months of spending weekends in jail and returning Sunday nights back to the bar; the staph infection that brought what was inside out. I lived in fear of every single moment to come. Listen to "Old No. 7" by The Devil Makes Three. I could not go a week without. doing. harm.

There was a greeting card with a cheeseburger on it that said "You are what eat: fast, cheap and easy." I laughed and laughed but my coworker thought about it and volunteered "I never thought of you as cheap." I asked (superfaded) that one guy why he stopped returning my calls. "You'd be perfect if you didn't drink."

I was cordially invited by the courts to attend those meetings that made you a Stepford automaton. Not sharp enough to have someone just sign the cards. I wanted what you had and some rly nice women rly tried to guide me. But I couldn't quite buy in. I was painfully aware my way wasn't working but I wasn't too sure about your way either. My low was "Otherside" by Red Hot Chili Peppers.

Psych suggested sober living. I didn't care for the accommodations/amenities. So I compromised with 28 days in sunny Santa Barbara where shiny people attended Gucci meetings. That video from the 70s that said we should not swing from shameless to shameful. BBQs and deep conversations with the night RA. Coffee. And wouldntchaknow, it worked. Go figure. The uptick is

"Daylight" by Alison Krauss + Union Station. A few years since were touch/go, a few with possibility/romance, a few simply routine. Now it's all DABDA and fear>anger>hate>suffering.

You learn what you're made of when life gets lifey, or deathly hollow. My father is gone and I could never imagine the way it would feel: uncomfortable with humidity and sarcasm hovering like thunderclouds instead of a halo. I feel all. the. feels.

And yet I work and don't call in sick (unless I am sick). I meet deadlines. I've learned to hug. I pay my bills, sometimes even early. I travel. I can keep plants and betta fish alive. I call my grandma. I wash the dishes in the sink before I go to sleep and wipe the toothpaste out of the sink. I dance like no one's watching and laugh too loudly. I quit smoking. Is halo-ed perfection just around the corner? I jest. a. lot. I think of y'all like "Flesh 'N' Blood" by Oingo Boingo.

I don't wish to shut the door on the past and the uncomfortable now shall soon pass. More will be revealed in the educational-variety-type-of-way. I'll continue to clean up my side of the street and look into your eyes with my clear eyes.

10/10 would do it again. Well, maybe more like 7/10.

- Natalie L., SLO



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****MEETING DIRECTORY CHANGES****

1. New meeting: Morning Meditation, Mon. - Fri. 7:45 am for 33 minutes of silent meditation. Location is 560 Higuera St., San Luis Obispo, Ste E.
2. Time change: Twin Cities group, Wednesdays at 6 pm. Was 7:30 pm. 6th and Crocker, Templeton.
3. Canceled Meeting: Mesa Group, Saturday 5:30 pm, 564 Mesa View Dr., Arroyo Grande
4. Added back: Bayside Care Center, 12x12 Step Study, Tuesday 7 pm, 1405 Teresa Rd, Morro Bay

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

N a m e	H o m e G r o u p	Y e a r s
Bob K.	Arroyo Grande	46
Laurel W.	Arroyo Grande	45
Susan W.	Los Osos	38
Deb C.	Los Osos	29
Margaret S.	Morro Bay	25
Corri L.	San Luis Obispo	15
Dara A.	Avila Beach	11
Natalie L.	San Luis Obispo	10

If you'd like to celebrate your sobriety birthday with us in the Nameless NewsLetter send details to: NNLEditor@sloaa.org or send a donation (suggested \$1.00 per year of sobriety) in a birthday envelope and mark the box to include in the newsletter!

Thank 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
- LGBTQ "You Are Not Alone" Speaker Mtg**
Last Thursday, 7:00pm, 781 Calle Bendita, Arroyo Grande

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 upstairs, Paso Robles

Trusted Servants

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 S	member
	Staff	
Office Manager	Scott L	manager
Volunteer Coord.	Joe R	officecoordinator
Call Forwarding	Sharon H	callforwarding
Webmaster	Bob R	webmaster
Newsletter	Judy G	nnleditor

STEPS

12 x 12
Principles

Traditions

SEPTEMBER: *Justice*

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

OCTOBER: *Perseverance*

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10

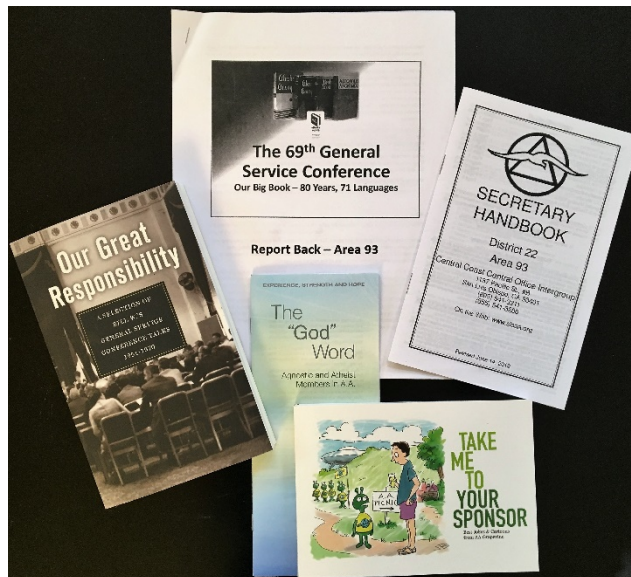
Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.



"He's having trouble working the steps..."

AAWS Approved Literature Available at Central Office

Our Literature Chair at Central Coast Central Office Intergroup at 1137 B Pacific St. in SLO has started stocking a variety of interesting reading. Some of the things I have recently picked up are the Secretary Handbook which the groups in our District have asked us for. These are meant as guidelines for group secretaries and are passed out to your GSRs and CORs for group distribution. Also available is our Area 93 Representative's 69th General Service Conference Report which he presented at our recent Service Luncheon.



"Our Great Responsibility" is the newest AAWS conference approved book of Bill W's taped talks at the General Service Conferences from 1951-1970. The pamphlet The "God" Word was previously published only in the United Kingdom, and is a good one to share with sponsees who may have difficulty with that aspect of A.A. Take Me To Your Sponsor is a little book full of comical cartoons and anecdotes about alcoholism such as the cartoon in the previous column. We are NOT a glum lot!

We invite you to come to the Central Office and pick up some of our free literature such as meeting schedules and newcomer packets. While there check out our bulletin boards, read the Grapevine or just have a chat with another alcoholic. Service commitments are available!

UPCOMING EVENTS

August 23-25, 2019

52nd District 22 Convention

San Luis Obispo, CA

www.district22convention.com

August 30 - September 2, 2019

35th South Bay Family Round Up

Torrance, CA 90503

<https://www.southbayroundup.org/home/index>

October 12, 2019

Bridging the Gap Workshop

Time: 2-4pm

SLO Alano Club

3075 Broad St, SLO

November 2, 2019

Traditions Workshop

Save the Date!

July 2-5, 2020

2020 International AA Convention

Detroit, MI

www.aa.org

7TH TRADITION MAILING LIST

for *GROUP TREASURERS* (and other donors)

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)

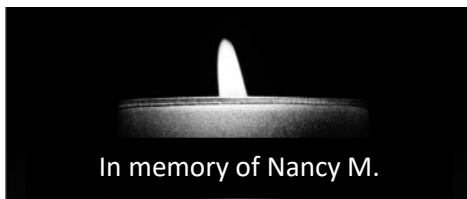
P.O. Box 12737

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.



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.