



## Step Three: Hang Gliding

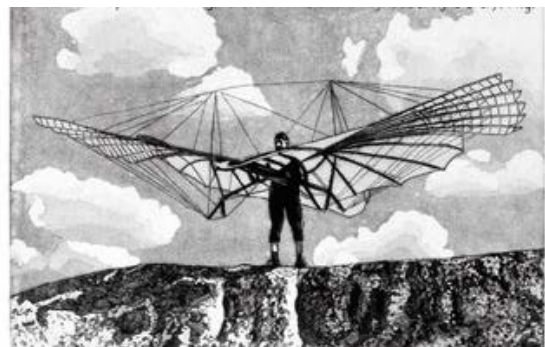
### Leaping with faith

When I came into AA after twenty-four years of daily drinking, I was ready for a new way of life. My "treatment" was two to three meetings a day at "The Divine Dump" in San Francisco, a long-time meeting place in a neighborhood full of bars and funeral homes. The old-timers would point at these establishments and tell us, "If you don't like it here, try it out there." For the first three months, I practiced the "ism"--I sponsored myself. But I did ask for help through the emotional storms of early sobriety from the people I saw every day at the meetings. The Steps that everyone spoke about, which hung crookedly on the wall, mystified me. My will had always been my higher power, way before I started to drink; drinking simply helped ease the pain of life not going my way. I was also an agnostic and cynic. The idea of turning my will and my life over to something other than my own efforts at control was an action that I simply could not imagine. But I wanted this new way of life desperately, so I listened closely to what people had to say in meetings about their experience of coming to believe. Initially, I was repelled by those who talked about God, but they had a joy and a calm that I wanted. An important part of my coming to believe was spending time at the ocean, where I could see a power greater than myself in action. Several times a week, I would go out to an abandoned WW II fort situated on a bluff overlooking the beach. It was an area for hang gliders, and I'd always enjoyed watching them sail by as I walked along the cliffs and down to the beach. I'd always yearned for the freedom that flight represented. I even had thirty hours of flight logged in small, aerobatic planes before giving it up, as I did with many pursuits during my drinking. As part of my training, I'd learned that the impact of alcohol increases as one ascends into the air, so I usually drank before I flew, to latch on to that thrill.

One day out at the fort, as I was struggling with how to work the Third Step, I found myself watching the hang gliders as they got ready to launch themselves. They lumbered up to the take-off spot with this heavy equipment on their backs, and then simply stepped into space from this very small spit of sand on the edge of a cliff. This was an intermediate skills area, so everyone had a certain expertise with the principles of aerodynamics. They knew what to do when they left the ground and moved into the air. A week before, however, a man had hesitated as he took off, and he'd fallen down the cliff and died, breaking his neck. Hearing this story opened up the path to the Third Step for me. I had learned the principles of AA flight from Steps One and Two. I had seen how halfway measures could lead me out of the program to certain death. What I had to do was stand on the edge of the unknown, have faith in the Steps and my teachers in the meetings, and let go--step with both feet into this terrifying new realm of surrender, and trust that a power greater than myself, which I was only coming to understand, would carry me. If I held back, trying to keep one foot in the old realm, I'd fall out of the program. I had to abandon myself absolutely to the principles of the new dimension.

By: Bette-B B. | Omaha, Nebraska

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**\*\*MEETING DIRECTORY CHANGES\*\***

- CAMBRIA: As Bill Sees It, Fridays at 7 am, 1 hr., 1069 Main St, Cambria Connection { upstairs} It's an Open Discussion meeting

**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](mailto:communications@sloaa.org)
4. Access the meeting change form online at <https://www.sloaa.org>

**Sobriety Birthday/Anniversary**

Name	From	Years
Mansur W.	Morro Bay	1
Lisa S.	Morro Bay	1
Laura O.	Los Osos	3
Susie C.	Morro Bay	32
Bonnie N.	Shell Beach	34

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

**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 AA membership is a desire to stop drinking.

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**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**

- 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, 1916 Creston Rd #400 upstairs, Paso Robles

**Trusted Servants**

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

## General Service Conference

### The Group Conscience of A.A.

All parts of our Fellowship — group meetings, committees, offices, Conferences, and group jobs — share one common purpose: to help the alcoholic who still suffers. A.A. is made up of interconnected circles of people within the Fellowship, who work together to carry A.A.'s message of hope. But in order for A.A. to run itself without bosses or rules, in accordance with our Twelve Traditions, we need a system of communication for finding out how A.A. as a whole feels about its world affairs, and how it wants to operate. For A.A. to run its own affairs, each A.A. group needs to make its voice heard on overall A.A. policies. This starts with a group's general service representative (G.S.R.), who represents the voice of the group conscience and has the job of linking his or her group with A.A. as a whole. G.S.R.s make sure their groups receive services from the U.S. and Canada General Service Office (G.S.O) and help groups stay informed about worldwide A.A. For every district of about ten groups or so, the G.S.R.s elect a district committee member, or D.C.M., to communicate the districts' conscience to the area assembly, which elects an area delegate to attend the annual A.A. General Service Conference for the U.S. and Canada (other countries have their own separate structure). Every group in an area is encouraged to send its G.S.R. to its area assembly. The D.C.M.s help to make up the area committee — a sort of steering committee for the assembly. Each group sends its own ideas or problems to the assembly, where other groups can share their experience and provide help and support. From the assembly, each G.S.R. can take back to his or her group the shared experience of the rest of the assembly. Every area elects a delegate to the General Service Conference, held each spring in New York. Delegates serve a two-year term only and, like G.S.R.s, D.C.M.s, and trustees, Conference delegates are never paid for A.A. service. The General Service Conference serves as the group conscience for A.A. in the U.S. and Canada. The Conference meets for six days a year, yet the 135 or so Conference members are active in Conference affairs throughout the year. Every A.A. group shares its experience with other groups through its area delegate to the Conference.

\*Excerpt from Pamphlet P-45 "Circles of Love and Service" Copyright © 2018 by A.A. World Services, Inc. All rights reserved.

## UPCOMING EVENTS

March 6-8, 2020

**PRAASA**

Tucson, Arizona

<https://www.praasa.org>

April 4, 2020

**Annual Archives Anniversary Event**

Oxnard, CA

<https://www.area93.org/calendar-flyers>

May 1-3, 2020

**32nd Annual Big Island Bash**

Kailua Kona, Hawaii

<https://www.bigislandbash.com>

May 15-17, 2020

**Men's AA Camp Out**

Arroyo Grande, CA

<https://www.sloaa.org>

June 12-14, 2020

**Founder's Day**

Akron, OH

<https://www.foundersday.org>

July 2-5, 2020

**85th Annual AA International Convention**

Detroit, MI

[https://www.aa.org/pages/en\\_US/international-convention-2020](https://www.aa.org/pages/en_US/international-convention-2020)

September 11-13, 2020

**2020 National AA Technology Workshop**

Seattle (Bellevue), WA

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

December 4, 2020

**EARLY RISERS (LOS OSOS) HOLIDAY PARTY**

Los Osos, CA

<https://www.sloaa.org>



**WORD BANK** for crossword puzzle on pg. 4

**Across:** alcoholic, behavior, breathing, coordination, depressant, intoxicated, liver, measurement, true, ulcers

**Down:** addictive, cells, circulatory legal, liquor, nutrition, strokes

## Tell us your Story...

Got a 600-700 word story about your experience, strength and hope as a recovering alcoholic that you'd like to share with us? Please send to [nleditor@sloaa.org](mailto:nleditor@sloaa.org) and make sure to indicate how you'd like to be identified; as the author... or not!

### HELP WANTED

#### Co-Alternate DCM, District 22

Valerie stated that she is planning on retiring from her profession and will not be transitioning into the DCM role in 2021. She is looking for someone to step up as an Alternate DCM partner working with her the remainder of 2020, and would then transition into the DCM role in January 2021.

Interested? Please attend the next District 22 GSR meeting at the SLO Alano Club on Sunday, March 8<sup>th</sup> at 10:15am.

### BLAZING ROAD BLOCK

A juggler driving to his next performance is stopped by the police. "What are these matches and lighter fluid doing in your car?" asks the cop.

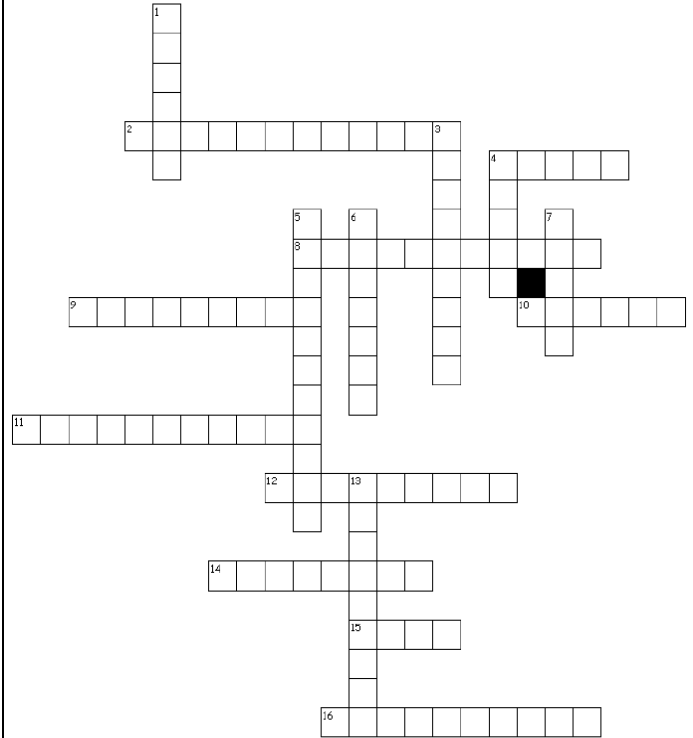
"I'm a juggler, and I use flaming torches in my act."

"Oh yeah?" says the doubtful cop. "Let's see you do it." The juggler gets out and starts juggling the blazing torches masterfully.

A couple driving by slows down to watch. "Wow," says the driver to his wife. "I'm glad I quit drinking. Look at the test they're giving now!"



--MARION C., Brunswick, Ga., June 2014  
"Take Me to Your Sponsor",  
Best Jokes & Cartoons from AA Grapevine, pg. 144



#### ACROSS

2. A person who drinks too much will not have as much of this, making it hard to walk a straight line or drive a car!
4. Cirrhosis is a long-term alcohol abuse disease of this organ.
8. Another word for being drunk.
9. Someone who knows they are physically addicted to alcohol.
10. Overuse of alcohol can cause painful \_\_\_\_\_, especially in the stomach.
11. B.A.C. stands for blood alcohol content, a \_\_\_\_\_ of how much alcohol is in the blood.
12. Alcohol can affect the body's functions such as heart rate, blood pressure and \_\_\_\_\_.
14. Alcohol can change the way a person acts or \_\_\_\_\_.
15. Advertising for alcohol is not always \_\_\_\_\_.
16. Alcohol is not a stimulant, but is this type of drug.

#### DOWN

1. One of the three types of alcoholic beverages.
3. Alcohol has no \_\_\_\_\_. You would not see it recommended on a food pyramid!
4. The \_\_\_\_\_ drinking age in NJ is 21.
5. From the stomach, alcohol goes directly into this system, where it quickly travels to the brain and other organs of the body.
6. Overuse of alcohol can lead to an early onset of heart disease and \_\_\_\_\_.
7. Alcohol can kill brain \_\_\_\_\_.
13. Your body may become dependent on alcohol. Therefore, alcohol can become \_\_\_\_\_.