



Goosebumps, Guests and the Gatehouse

When I was newly sober, I didn't know anything about Founders' Day here in Akron, Ohio. I had heard about it vaguely, but did not connect it in any way with my personal recovery and sobriety. All I knew when I started attending AA meetings was that the people there seemed to have a solution to my drinking problem, and they kept telling me to come back. I didn't understand why at the time, but I sure did keep coming back.

When I reflect on those early days in AA, I am in awe at how little I was able to comprehend beyond "don't drink today--this minute, or this hour." God was truly doing for me what I couldn't do for myself.

Living here in Akron, I had always just taken it for granted that this was where AA got its miraculous start. It was not a big deal that Dr. Bob lived right down the street from where I used to drink and party. It was not a big deal that the first AA meeting between Dr. Bob and Bill W. was right over at the Stan Hywet Gate House. So what! The Mayflower Hotel? I went right by that old hotel every time I went downtown. We had our high school prom there. It was like a museum full of marble and balconies.

Today, however, I get goosebumps thinking about the Stan Hywet Gate House--that first meeting of two drunks doing something, anything, to keep from taking that first drink, sharing each other's experience, strength, and hope. The Mayflower Hotel is still standing. I can cry just thinking about Dr. Bob's house. As a matter of fact, I usually do when I am there. I can feel something in the atmosphere at Dr. Bob's. Right in the kitchen, over a cup of coffee, or sitting on the porch, I can feel love. I would feel the same, I am sure, inside of Bill W.'s old home, too.

When I first started attending Founders' Day, I was blown away by the distances people were traveling. My mind was opened to something bigger than anything I had ever experienced.

If you are new and live in Akron, Ohio, be prepared to be loved just because you know where The Gate House is, or how to get to King School or to Dr. Bob's old home. If you have a vehicle, pile some folks in there and show them some of the special places here. Share in our guests' goosebumps.

By staying sober, I am able to experience again and again the awe and gratitude first shared by Bill W. and Dr. Bob.

If you are new and live in Akron, Ohio, be prepared to be loved just because you know where The Gate House is, or how to get to King School or to Dr. Bob's old home. If you have a vehicle, pile some folks in there and show them some of the special places here. Share in our guests' goosebumps.

By staying sober, I am able to experience again and again the awe and gratitude first shared by Bill W. and Dr. Bob.



June 10-12

Founders Day

"Live and In Person"

<https://foundersday.org/>

Akron, OH

Table of Contents

Goosebumps, Guests, and the Gatehouse.....	1
Board of Directors	2
Sobriety Birthdays	2
7th Tradition Mailing List	2
Upcoming Events.....	2
Steps and Traditions (5 & 6).....	3
As Bill Sees It #88 Will Power and Choice	3
Central Office Announcements.....	3
District 22: DCM Corner	4
Save the Date (District 22 Convention).....	4

CCCOI Board of Directors and Staff

Dick B	Board	Chair
Jon K	Board	Vice-Chair
Janice E	Board	Treasurer
Debbie P	Board	Secretary
Doug E	Board	Literature Chair
Susan L	Board	Communications Chair
OPEN	Board	Member-At-Large
Jon O	Staff	Central Office Manager
Chad C	Staff	Phone Volunteer Coord.
Sharon H	Staff	Office Volunteer Coord.
Judy G	Staff	Newsletter Editor
Bob R	Staff	Webmaster

Sobriety Birthdays



You did it!
Congratulations



Name	Years
Erin H	2
Barclay A	8
Shannon N	14
Albert H	16
Loni L	31
Margo R	32
Bonnie N	41

If you'd like to celebrate your sobriety birthday with us in the Nameless Newsletter send details to: NNLEditor@sloaa.org or send a contribution (suggested \$1.00 per year of sobriety) to CCCOI, PO Box 6819, Los Osos, CA 93412-6819

****MEETING DIRECTORY CHANGES****

ALL MEETINGS

- List of meetings www.sloaa.org

How to submit changes to our Directory

1. Call Central Office (805-541-3211) and relay the change info to the volunteer.
2. Email the change info to: info@sloaa.org
3. Access the meeting new/change forms online at <https://www.sloaa.org/meetings/>
4. Drop off at Central Office at 1333 Van Buerden Dr. Suite 102, Los Osos, CA 93412-6819.

**7TH TRADITION MAILING LIST
for GROUP TREASURERS
(Contributions)**

General Service Office (GSO)
P.O. Box 2407
James A Farley Station
New York, NY 10116-2407

Area 93
PMB #140606
606 Alamo Pintado #3
Solvang, Ca. 93463

District 22
P.O. Box 1891
San Luis Obispo, CA. 93406

Central Office Intergroup (CCCOI)
P.O. Box 6819
Los Osos, CA. 93412-6819
VENMO: @slocentraloffice

**Hospitals and Institutions (H&I)
Bridging the Gap**
P.O. Box 6819
Los Osos, CA 93412-6819



UPCOMING EVENTS

Saturday May 7th
Sober de Mayo/We Are Not A Glum Lot
BBQ Dinner 5-6 / MUSIC / Dancing
<https://bit.ly/soberdemayo22>
SLO Guild Hall, Broad St., SLO

Sunday, May 22nd, 11am-2pm
Central Office Open House
Outdoor BBQ /25% off Literature
<https://www.sloaa.org>
1333 Van Beurden Dr., Los Osos

July 4th, 10:30am-3:00pm
40th Annual Fourth of July Fellowship BBQ
Need volunteers to make this happen!
Cuesta Park, San Luis Obispo, CA
Flyers are circulating

August 19-21
55th Annual District 22 Convention
"We Will Know Peace"
<https://www.district22convention.org>
SLO Veteran's Hall, San Luis Obispo, CA

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."

As Bill Sees It: #88

Will Power and Choice

"We A.A.'s know the futility of trying to break the drinking obsession by will power alone. However, we do know that it takes great willingness to adopt A.A.'s Twelve Steps as a way of life that can restore us to sanity.

"No matter how grievous the alcohol obsession, we happily find that other vital choices can still be made. For example, we can choose to admit that we are personally powerless over alcohol; that dependence upon a 'Higher Power' is a necessity, even if this be simply dependence upon an A.A. group. Then we can choose to try for a life of honesty and humility, of selfless service to our fellows and to 'God as we understand Him.'

"As we continue to make these choices and so move toward these high aspirations, our sanity returns and the compulsion to drink vanishes."

LETTER, 1996

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."



"Do you have some time to go over my inventory?"

Central Office Intergroup Announcements

Board Of Directors: The **Secretary** position has been filled by Debbie P. leaving the **Member At Large** vacant. At least two years of continuous sobriety is required. This position attends up to two meetings per month: 1st Wednesday Board of Directors and 2nd Sunday COR meetings. This is a 2 year commitment. Email raberg@att.net or call (805) 541-3211 for more information.

Covid Update: CCCOI recommends that you periodically review the SLO County current restrictions and guidelines for safe operations for COVID-19. <http://www.slopublichealth.org/covid19>

Office Hotline: is supported by volunteers answering the phone line 24 X 7 either in the office or from home. **(805) 541-3211**

Office Operations: The CCCOI Office is open for business during these hours:
Monday–Friday Noon – 6pm
Saturday 1pm – 4pm

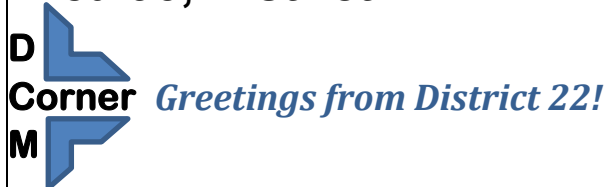
Meetings: Our AA groups meet both online and in person. A schedule listing of meetings can be found on our website <https://www.sloaa.org/meetings>. Thank you for your cooperation in keeping our meeting listings current. Please contact us for any additional information or corrections/additions to our published information at 805-541-3211, or email info@sloaa.org



The Nameless Newsletter needs your **ARTICLES, Stories, Poems, and Pictures!** Please send them to nnleditor@sloaa.org or contact the Central Office, 805-541-3211 for further info.


Yet another thought... if interested in co-editing please contact nnleditor@sloaa.org!

Area 93, District 22:



Call for Stories!! – for the Fifth Edition of the Book *Alcoholics Anonymous* – Big Book, the Fourth edition of the Big Book *Alcoholicos Anonimos*, and “A.A. for the Black and African-American Alcoholic” pamphlet. For details on where to submit, guidelines, and deadlines – please contact me at my phone or email below. We will also have more information about this on our new Area 93/District 22 Website. I also hope that our District may sponsor a writing workshop. More will be revealed . . .

Speaking of websites - shortly after this is published, we will be unveiling our new District 22 website. We gave the GSR's a preview of it at our last meeting. The web address will be **d22aa.org**. Please check it out after May 8th when we plan to unveil it. Much thanks to Judy G. our new Technology Chair and her team for developing the website.

Not only do we have a new Technology Chair, but we also have a new Alternate District Committee Member (ADCM) – Welcome Barbara E. from Morro Bay .  We are still in need of a Registrar, Grapevine Chair, and SLOYPAA Liaison. (SLOYPAA stands for San Luis Obispo Young People in Alcoholics Anonymous). Two years sobriety is recommended for all positions. Please contact me if you would like more information.

By the time you read this, our Area 93 Delegate, Karla Y. will have attended the 72nd General Service Conference. The Conference will be held on April 24-30, when the Delegates and Trustees from U.S. and Canada meet in Brooklyn, New York to discuss and make policies/decisions for the A.A. Groups. Karla has listened to the GSR's from our District 22 (San Luis Obispo County) and the other Districts in Area 93. She will take the group consciences to the Conference. In the next few months, Karla will give a report back of what happened at the Conference. Our District 22 will also invite her to speak at our annual Service Luncheon. We do not have a date scheduled yet but will soon.

As always, if you have any questions, please call, or email me. I am at your service!

Bonnie N, DCM District 22 
district22dcm@gmail.com, (805) 550-8081

**CENTRAL COAST
CENTRAL OFFICE
INTERGROUP**

OPEN HOUSE

MAY 22, 2022
11AM - 2PM
1333 VAN BEURDEN DRIVE
LOS OSOS, CA

**OUTDOOR BBQ
CHECK OUT OUR NEW LOCATION
MEET YOUR BOARD MEMBERS & OFFICE STAFF
25% DISCOUNT ON ALL LITERATURE**

Need More Info? 805-541-3211
Email: info@sloaa.org
Want To Be Of Service?
Contact Bob R: 818-439-7723
Or Email: bobr@sloaa.org


You can help us with our planning with a RSVP to: <https://bit.ly/3K1MqVZ>, or by using the QR code below



SAVE THE DATE!

Mark your calendar for the August 19-21 weekend and join us.



**55th Annual District 22 AA Convention
with Al-Anon participation**



**Friday, August 19 – Sunday, August 21, 2022
Yer's Hall • San Luis Obispo, CA**

The 2022 District 22 Convention is going live for 2022; join us for a full lineup of speaker meetings, marathons, luncheons, BBQ, 5K run, golf and lots of fellowship. Online registration will go live in May, 2022.

For more information, send email to info@district22convention.org or call our message line at (805) 619-0462



Hybrid GSR Meeting from 10:15 – 11:30 AM on the 2nd Sunday of the month (Service Sunday)
In person at the Alano Club 3075 Broad St., SLO
Or via Zoom:
Meeting ID: 893 0392 6186 Password: 121212