



Nameless Newsletter

Eskimo in the Caribbean

During a visit to Aruba in 1996, I decided to forgo the typical tourist AA meetings at the resort hotels and seek out a "local" AA meeting. Using the International Directory, I made a few calls and found a meeting at a schoolhouse on the outskirts of Oranjestad, the capital city of Aruba.

It was a small meeting, 4 Arubans and myself. The leader of the meeting, "Humberto", explained that although they normally conduct their meetings in Papiamentu (the native language), tonight's meeting would be in English to accommodate their visitor from the United States. After the customary readings from the Big Book, we went around the room and each person gave a quick summary of "what it was like, what happened and what it's like now." Three of the four Arubans were very new to the program and struggling with sobriety.

Humberto was the last to speak and he related the following story of his introduction to Alcoholics Anonymous:

Several years earlier, a man named "Maarten" traveled from Curacao (a sister island in the Netherlands Antilles) to Aruba and walked the neighborhood streets, going door-to-door asking if any residents had a friend or loved one with alcohol problems. Maarten added that he had a "solution" for the problem that would be discussed at a meeting at the local church on Sunday afternoon. One of the people that Maarten spoke to was Humberto's wife and she decided that Humberto should attend. Humberto told his wife that he saw no need to attend the Sunday meeting but he agreed to go to avoid "the consequences".

At the Sunday meeting, Maarten told the attendees that there was an organization called Alcoholics Anonymous that had developed a "solution" for alcoholism, and that the answer was in the book he had with him. The book was the Big Book of Alcoholics Anonymous in the English language format. Maarten said that the "solution" could be found in Chapter 5 and he asked if someone would read the first few pages of that chapter. The only person at the meeting who could read English was Humberto and he volunteered to do so.

After the reading, Maarten shared some of his story and closed the meeting with a reminder that the group would meet again the following Sunday. As he was leaving, Humberto thanked Maarten for sharing his story and wished him good luck, noting that he would not be returning the following week since he was not an alcoholic. Maarten suggested otherwise and Humberto stood his ground on the issue. Finally, Maarten said to Humberto: "You don't understand. You have to come back next week. You are the only person who can read the book."

Humberto agreed to return the following Sunday to read Chapter 5 to the group and he continued to do so for another 3 years before admitting that he was an alcoholic.

When I met Humberto in 1995, he had been sober for over 20 years.

Bob R., Los Osos

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That Old AA Briefcase

It was in the first quarter of the last year of the past millennium that I met up with that old AA Briefcase. I had smacked into another bottom, over a New Year's drinking spree, which had left me homeless, suicidal, and physically ill while attempting to detox on my mother's couch. It was difficult to continue functioning full time at my place of employment which was a minimum wage fast food place. At some point I said, "Please, someone help me!"

I didn't know it but I was getting closer to that AA briefcase. Something had been put into motion. My New Year's resolution to just stop drinking had already been changed to cutting back slowly by drinking only beer and using sedatives. It wasn't looking too promising until I met someone at a bar who suggested that I try AA. I had been going to bars to ask people for advice on how to stop drinking because I believed that was the best place to find drinkers. Incredibly, this logic worked well for me.

The very next evening I went to this suggested AA meeting. It was amazing. I felt like I was at home. I grabbed onto AA like my life depended on it - which it did. I continued to go to meetings and I got a sponsor. We began working together on the Steps and my life began to change. My road toward sobriety was by no means easy, but it's the best thing that's ever happened to me. And I was soon to be given one of the greatest gifts in sobriety.

It was sometime in my first 90 days that the election took place; the group was electing a new secretary. I heard someone nominate me and then I heard someone second it. They said, "All in favor" and people raised their hands. Then they said, "You're it."

And I said, "Uh, uh, what do I do?" and the other secretary showed me the meeting format and the briefcase. He showed me the treasury bag and handed me the keys to the church.

Up until this time I had thought that these people were just like me. I thought that they understood because their stories were so much like mine. I now began to have my doubts. If these people understood what I was like they certainly wouldn't have given me more than \$120 and the keys to a church. But I walked across the street and waited, in the dark, for my bus to take me downtown.

I soon decided that it must be a trick so I counted all the money (at least \$20 was in change) and I corrected the balance. I organized the briefcase and decided to buy all the change so that the treasury would be more organized. I was still worried even after doing all these things. Eventually, I called my sponsor and told her the entire story. I explained to her how I usually carry money, in the evenings, which I felt would be much safer than a briefcase. She suggested that I just carry what was needed for the meeting, and that maybe I could ask the group to elect a treasurer. It was several months before I got around to asking for a treasurer because I wanted everyone to think that I could handle everything myself.

That AA briefcase saved my life. I was handed an honor and a gift of service. Today, I know how lucky I was to have been given such a gift so early in sobriety. I have been able to be active in many different service positions. My favorites are coffee-maker and door-greeter, but I will never forget that AA briefcase.

Diane V.

INTO ACTION

A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. ("As Bill Sees It", p. 13)

I desperately wanted to live, but if I was to succeed, I had to become active in our God-given program. I joined what became my home group, where I opened the hall, made coffee, and cleaned up. I had been sober about 3 months when an old-timer told me I was doing twelfth-step work. What a satisfying realization that was! I felt I was really accomplishing something. God had given me a second chance, A.A. had shown me the way, and these gifts were not only free--they were also priceless!

Now the joy of seeing newcomers grow reminds me of where I have come from, where I am now, and the limitless possibilities that lie ahead. I need to attend meetings because they recharge my batteries so that I have light when it's needed. I'm still a beginner in service work, but already I am receiving more than I'm giving. I can't keep it unless I give it away. I am responsible when another reaches out for help. I want to be there - sober .

From AA "Daily Reflections"

I Stole The Wallet

WHEN I grew up I had a favorite uncle whom I've come to believe was an alcoholic, just like me. I was always excited to be around this uncle. He drank and seemed to have a lot of fun. At one time, he was a deputy sheriff, and so he knew everyone from one end of the county to the other. The first time I drank was with him, and the first time I got really drunk was with him--at the ripe old age of 11.

I was 18 years old when I was drunk one Sunday night and broke, so I drove up to his place to see if I could borrow some money. I found both him and a man who was living with him passed out. I stole the wallet of the man living with him and left the house unnoticed.

This man blamed my uncle for stealing his money. The sheriff was called in. My uncle had worked for him and had drunk himself out of that job. It was very embarrassing and shameful for my uncle to go through that. Eventually, it blew over.

I left for the Marine Corps and tried to forget about the incident, but every now and then when I was back home I would think about it when I ran into my uncle. I felt a lot of guilt and shame when it came up in my thoughts, and I drank to make it go away. It was like a monkey on my back.

When I sobered up and was in treatment, this came up in my Fourth and Fifth Steps, so obviously it was on my Eighth Step list. It was meant to clear up the wreckage of my past so I didn't have to have it haunt me for the rest of my life.

My uncle, although a fun-loving man, had a very volatile temper. I was scared, to say the least, but I knew I had to make that amends. I met with him on a Saturday morning in his garage and brought up the incident. He remembered it as though it were yesterday. I told him that I was the one who stole the money. Believe me, I was extremely uncomfortable. It was very awkward for both of us. I was, you could say, the apple of his eye and we had done many things together, so it really took him for a loop. I asked my uncle for forgiveness and told him I was very sorry for the misery I had caused him.

He looked me right in the eye and said, "Lee, what's between us is between us, and that's the end of it." When I walked out of that garage I was a free man, released of the bondage of self. This gave me faith that I was on the right path and that this AA business worked.

Years later this same uncle was in an assisted care home. He needed help with his affairs but was strongly rejecting help, even from a very close brother, another uncle of mine. This other uncle asked me to help him. I met with my first uncle and told him we loved him and wanted to help him, but we needed his help to go through a power of attorney hearing. With much skepticism on the part of a court administrator and others, the next day we had the proceeding. I prayed for the strength to go through with this and was prepared for the worst, but everything went without a hitch and people walked out of the room shaking their heads. I put my arms around my uncle and just cried. I know that when I made that amends to him years before he knew I wouldn't lie to him and he trusted me to do the right thing. Six months later he passed away and my other uncle was able to handle the estate without any glitches. There's only one way this would have happened and that is with God's help and guidance.

LEE C.J.

SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
Atascadero	Sat	10:00 am	A Spiritual Awakening	9580 Parque	REMOVE

Note concerning SLO AA Meetings: we have made a concerted effort to synchronize meeting information found in the printed Directory of Meetings and the online directory at sloaa.org. As you would expect, it is progress, not perfection.

But we strive for perfection. And we need your help. Please check the printed and the online directories for your meetings and let us know if you find any issues. If you do, please do one of the following:

- 1- Drop by Central Office and enter the change(s) on a meeting change report form, or*
- 2- Call Central Office (541-3211) and relay the change info to the phone volunteer, or*
- 3- Email the change info to: nnleditor@gmail.com*



BIRTHDAYS

Brenda R. Grover Beach 1 yr
Bryan R. 5 Cities 1 yr
Susan W. Los Osos 34 yrs



*If you are celebrating a birthday, send the details to us:
nnleditor@gmail.com*

Deadline for birthday submittal is the 18th of the month

Central Coast Central Office Intergroup Officers & Staff

Chairman	Mike M. ccoichair@gmail.com
Vice Chair	Terry R. ccoivice@gmail.com
Secretary	Judy G. ccoisecretary@gmail.com
Treasurer	Gina S. ccoitreasurer@gmail.com
Literature Chair	Jim L. ccoilit@gmail.com
Web Chair	R.J. C. ccowebchair@gmail.com
Communications Chair	Bob R. ccoinnlchair@gmail.com
Office Manager	Bonnie N. ccoimanager@gmail.com
Volunteer Coordinator	Dave S. sheldonservices@charter.net
Call Forwarding Coord.	Sharon H. shay79@charter.net
Website Design	Hunter K. centraloffice22gmail.com
Nameless Newsletter	Bob R. nnleditor@gmail.com

AREA SPEAKER MEETINGS

Five Cities Speaker Meeting

2nd Friday, 7:00pm Potluck, 8:00pm meeting
564 Mesa View Dr., 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

Every Sunday, 6:00pm, Lutheran Church
4500 El Camino Real, Atascadero

Week **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, Mountainbrook Community Church
1775 Calle Joaquin Rd., San Luis Obispo

4th Cambria Speaker Meeting
8:00pm, Santa Rosa Catholic Church
1174 Main St., Cambria

Last Easy Does It Speaker Meeting
7:00pm, St. James Church,
14th & Oak St., Paso Robles

UPCOMING EVENTS

September 11 - 13, 2015

Bridging The Gap Workshop Weekend
Best Western Landmark Inn
Park City, Utah
btgwww.org

September 25 - 27, 2015

26th Annual Big Sur Campout
Pfeiffer Big Sur State Park
Campsite info:
reserveamerican.com

Alan and Theresa D. (805) 927-2607

October 2 - 4, 2015

41st Woman to Woman Conference
Mission Bay
San Diego, CA
womantowomansandiego.com

October 2 - 4, 2015

4th Annual English Speaking AA Convention
Hotel Spik
Slovenia
[https://www.alcoholics-anonymous.eu/
events.php?Service=Fellowship](https://www.alcoholics-anonymous.eu/events.php?Service=Fellowship)

October 23 - 25, 2015

31st Annual Santa Barbara Convention
Elks Lodge
Goleta, CA
<http://www.sbaaconvention.com>

November 7, 2015

Traditions Celebration
Lutheran Church of the Redeemer
4500 El Camino Real, Atascadero
2pm - 4pm

November 26 - 29, 2015

49th Las Vegas Roundup
Westgate Las Vegas Resort
Las Vegas, NV
lasvegasroundup.org

November 26 - 29, 2015

Sober Under the Sun
Sheraton Buganvillas
Puerto Vallarta, Mexico
<http://aapvconvention.com/wp/>

July 2-5, 2020

2020 International AA Convention
Detroit, MI

To find out what else is going on, you can:
Visit Central Office at 1137 #B Pacific St, SLO, or
Call us at: 805-541-3211, or
Visit our website at sloaa.org

SERVICE COMMITTEE SCHEDULE

Central Office Board of Directors Meeting

1st Wednesday, 5:30pm, Central Office
1137 Pacific Ave., #B, S.L.O.

Intergroup Central Office Rep. Meeting

2nd Sunday, 8:45am, ALANO Club
3075 Broad St., S.L.O.

NEW LOCATION

22nd District General Service Rep. & Comm. Mtg

2nd Sunday, 10:15am, Alano Club
3075 Broad St., S.L.O.

Hospitals and Institutions Mtg + Bridging The Gap

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

District 22 Convention Committee

2nd Sunday, 12:00pm
560 Higuera St., Suite E, S.L.O.

7th Tradition Mailing List

General Service Office	22nd District
P.O. Box 459	P.O. Box 1891
New York, NY. 10163-0459	S.L.O., CA. 93406

Central Coast Central Office Intergroup (CCCOI)

P.O. Box 12737
San Luis Obispo, CA. 93406

Central California Area Assembly Area 93

606 Alamo Pintado, #140
Solvang, CA. 93463

Hospitals and Institutions (H&I)

P.O. Box 12737
San Luis Obispo, CA. 93406

Service Opportunities at the Central Office

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 who contact 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 a 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 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: CCCOIManager@gmail.com with the same information and a return email will be sent to you with details. Thank you for your service!

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Serenity Prayer

Where did the Serenity Prayer Come From?

Most of us say the Serenity Prayer after meetings. We know what it means but do we know where it comes from?

We started using the Serenity Prayer in AA in 1939. One of our members found it in the New York Times in an obituary that contained it within. There were some members in Bill's office in New York when Bill first read it. He loved it. So did all of the AA members who were with him at the time. They decided to share this wonderful spiritual tool with the rest of our fellowship. It was passed around on cards and ever since had become a part of our culture.

No one knows exactly when the Serenity Prayer was written but we have some idea. We have record of a couple of early versions. There are many variations but all have the same principle idea. My favorite besides our currently used version was framed in the hall of a famous hotel in Germany. It was written by a soldier, Frederick Ottinger in the 14th century.

Other versions of the prayer, according to Dr. Reinhold Niebuhr, have been "spooking around for centuries". His version was written in 1932. It is his version that we use today. The original 14th century Serenity Prayer and our commonly used prayer today differ just a little. The words are very similar but the meaning and value of this helpful prayer is the same, no matter what its origin is. One of the most popular beliefs is that it was written by St. Francis of Assisi. Although it is still debatable, in 1950, our very own Grapevine magazine credited the current Serenity Prayer used in AA to Dr. Reinhold Niebuhr.

Dr. Reinhold Niebuhr was affiliated with the Union Theological Seminary in New York in 1932. His Serenity Prayer was used in a book of prayer written by Dr. Robbins, a personal friend of Dr. Niebuhr.

Jesse F., Los Osos

The Serenity Prayer

*God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.*

*Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.*



We are Not Fighting

We have ceased fighting anything or anyone -- even alcohol. For by this time sanity has returned. We can now react sanely and normally, and we will find that this has happened automatically. We see that this new attitude toward liquor is really a gift of God.

That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid.

*That how we react -- so long as we keep in fit spiritual condition.
Big Book, pp. 84-85*

District 22 Convention



During the Rescued From Shipwreck District Convention, Central Office shared its table with the CPC/PI Committee. Prominently displayed were the Committee's new packets for the Sponsor Your Health Care Professional program, the Meeting in Your Pocket convention issue co-produced by the Convention Committee and Central Office, the Nameless Newsletter, and numerous A.A. World Service and Grapevine publications. Chief among those was the 75th anniversary printing of the 1st edition of Alcoholics Anonymous, featuring the original bright yellow, red and white dust cover and thick paper. Central Office was overstocked with these special books. So they were sold for \$7 a piece or 3 for \$15, well below the list price of \$12. Much better to get them in the hands of newcomers and members than gathering dust on the shelf in the Office. Over 50 were sold! There are still about 25 of these special Big Books waiting for you at Central Office. A great gift idea for that landmark sobriety anniversary. (submitted by Jim L.)

WE ARE NOT A GLUM LOT

Funny Things Happen

..... and when they do, it's great to be able to laugh again

Among the many things I'd lost by the time I got around to AA was my sense of humor. Now, with fourteen months of dryness and maybe a month or so of sobriety under my belt, some of those things are trickling back.

For example, I'm occasionally caught with a smile on my face. I find it possible to laugh at myself. And I've even found grounds for laughing at AA.

Not that I think AA is any laughing matter - far from it! I take my AA seriously. But once in a while. . . .

About a month ago, I was attending a business convention and I was in a hospitality suite in a swank hotel and the booze was flowing freely and memories of days gone by were somewhat overwhelming, and an AA meeting sure wouldn't have done any harm.

"A plain ginger ale," I said in a stage whisper to the bartender.

I noticed a guy at the other end of the bar watching. He held up his glass in a toast toward me and said "Easy does it."

I tried to focus on his glass, to analyze the color of alcoholic content from afar. It was impossible to tell. "A day at a time," I said as I returned the sweeping motion of the toast.

"But for the grace of God," he replied, and we both started to laugh as though one of us had just come up with the punch line of the evening.

We studied the nametags on each other's lapels. Naturally, they spelled out our names and company affiliations in full. Not much anonymity there.

"I'm Ed F.," I said, playing out the charade to the last. "Bob M.," he replied.

We shook hands and took our ginger ales to a quiet corner. And we had ourselves a real fine little AA meeting.

Ed F.



* SAME ASHTIN...*

Wit and Wisdom

1. The harder you fall, the higher you bounce.
2. Alcohol preserves most things; dignity isn't one of them.
3. Your sole purpose in life may be simply to serve as a warning to others.
4. The smallest package in the world is an alcoholic all wrapped up in himself.
5. Practice makes progress.
6. Abstinence makes the heart grow fonder.
7. Expectations are resentments under construction.
8. There is a fine line between carrying the message and spreading the disease.
9. Don't drive faster than your guardian angel can fly.

MEETING CHANGE REPORT FORM

Today's Date: _____ Effective Date of Change: _____

CITY: _____

DAY OF WEEK: _____ MEETING TIME: _____

MEETING NAME: _____

MEETING ADDRESS: _____

CITY: _____ ZIP CODE: _____

TYPE OF MEETING CHANGE:

_____ DISCONTINUED

_____ DAY/TIME CHANGE (enter new info below)

New Day _____ New Time _____

_____ NEW ADDRESS (enter new info below)

NEW ADDRESS _____

CITY: _____ ZIP CODE: _____

_____ NEW MEETING (enter info at top, additional info below)

Meeting Type: _____ OPEN _____ CLOSED

Gender: _____ MEN _____ WOMEN _____ MIXED

Format: _____ DISCUSSION _____ BOOK STUDY

OTHER _____

Location: _____ CHURCH _____ HOME _____ SCHOOL

OTHER _____

YOUR INFO

(ALL of the info in this box MUST be filled out for this meeting change to take effect)

Name: _____ Contact Phone No: _____

Email (if available) _____

Address: _____ City: _____

Zip Code: _____

You can submit this form as follows:

1. Fill out, scan and email to: NNLEditor@GMAIL.COM, or
2. Drop off at Central Office: 1137 Pacific St, #B, SLO, CA 93401, or
3. Mail to Central Office: CCCOI, PO Box 12737, SLO, CA 93406, or
4. Bring to the Intergroup Meeting (2nd Sunday, 8:45am, Alano Club, 3075 Broad St., SLO)