



Nameless Newsletter

A Thousand Wishes

When I finally entered the rooms of AA in earnest, I read the Steps over and over. Early in recovery, I attended a meeting focused on Step Eleven. Thinking about this Step, where we “sought through prayer and meditation to improve our conscious contact with God,” I realized that I understood how to meditate, but I didn’t know how to pray. An analyst by nature and by training, my mind was always spinning, dissecting my thoughts and contemplating my actions. I planned my day each morning and took stock each evening. I analyzed and over-analyzed each and every event of the day, trying to put things into perspective, to grasp the meaning of life, and to understand my role in the universe. But I did not pray.

I’ve had more religious training than most, with years of formal religious studies from kindergarten until the age of 16. By rote, I’d learned hundreds of prayers, but knew little of their true meaning or intent. I’d sat through thousands of hours of instruction and services, without taking to heart the words I heard. My family celebrated holidays together. They were an enjoyable tradition and ritual, but in no way spiritual events. I was an agnostic, clinging to the belief of some cosmic force, always dismissive of the idea of one true, paramount religion and always skeptical of any single view of an all-powerful God.

The night I returned from rehab, I walked onto my front porch. It was a beautiful, warm summer evening. The stars were shimmering brightly in the sky. I don’t know why, but I looked up and said that childhood rhyme, “Star light, star bright, first star I see tonight; I wish I may, I wish I might, have the wish I wish tonight.” Then I had to decide on my one wish for the evening, out of all the many things I needed and wanted. This focused me and forced me to decide, for that night, what was the one most important thing for me. Then I made my wish.

I did the same thing the next night—and the night after. Soon, this became my own personal nightly ritual. After about two weeks, I went onto the porch, but it was a cloudy night and the sky was just a dark gray blanket. Even though I couldn’t see the stars, I knew they were still there. This gave me comfort, so I made my wish anyway.

One day, I shared my star story with this kind woman in my home group. Her ever-present smile grew even wider. She leaned over and gave me a big hug. Looking into my eyes, she said, “That’s so good.” I was happy she liked the story. Then she said, “That means you’re praying every day.” Wow, how her words struck me. This insight she so simply stated opened the door for me.

Indeed, I had been praying without even realizing it! In some small way, I did have faith in the order of the universe and its permanence, embodied in those stars. I had hope, not that all my wishes would be granted, but that important ones might come to pass. Prayer, faith and hope then made me able to separate religious doctrine from spirituality. Spirituality led me to begin to believe in a Higher Power. That belief helped me begin my journey toward discovering a God of my understanding. By the time I really started working Step Eleven, I knew how to both meditate and pray.

It’s now over a thousand wishes from my first one that summer evening. I can’t remember them all, but I vividly remember the very first one. On that night, I knew what I most wanted: I wished for sanity. Over time, I have grown to understand that a prerequisite for sanity is sobriety. More recently, my wishes are for more moments of serenity, sanity and sobriety. To me, that’s the progression the Steps lead us through.

A wish is a hope for tomorrow. My Higher Power and the AA program are what give me hope today.

Anonymous

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The GRAPEVINE

VOL. I, NO. 1, JUNE, 1944 P. O. BOX 328, GRAND CENTRAL ANNEX YEARLY SUBSCRIPTION, 1.50; COPY, 15c

May we remind those who see, read and possess a copy of this paper but who are not members of A.A. of the meaning of those two initials - - and ask them to respect our anonymity? Please do not quote or reprint without our permission.

TWO YALE SAVANTS STRESS ALCOHOLISM AS TRUE DISEASE

At the launching of *The Grapevine*, we wish to express our heartiest congratulations and

of the Clinics, the latter will limit their activity solely to the guiding of alcoholics to those facilities which according to diagnosis seem to be the most promising in the individual case. Such guidance is being practiced at present at the Clinics in bringing suitable cases into contact with the local groups of Alcoholics Anonymous. It goes

lishing clinics in other cities. The indications are that there is a wide interest in the rehabilitation of alcoholics and that only direction is needed to give it full display. The problem of the alcoholic is too great to be solved by any one person or even by any one organization. The cooperation of all individuals and all organizations, based on

The Nameless Newsletter received a facsimile copy of the first Grapevine issue from Mitch B (see the scan above). Mitch received the copy from Helen W., and provided the following info on Helen:

Helen W. has 68 years in Al-Anon and is perhaps the last of the original pioneers. She may also arguably be the longest standing 12-Step member in the world today. Her late husband Don W. had 50 years sobriety in AA when he passed away in 2000. Helen may be one of the few persons still alive that has actually met with and spoken with both Bill and Lois Wilson. She even saw Ebby passed out once on the Lawn at Stepping Stones, one of the years she visited as a delegate from New Mexico.

Helen started the Monday 7:30 PM Al-Anon meeting in Atascadero in 1975, which continues to this day as one of the larger Al-Anon meetings in the county. Her physical limitations limit her ability to attend meetings today but she welcomes calls and visits from people wishing to talk program or seek her humble council, which is only based on 68 years of experience, strength, and hope. Her phone number is (805) 466-0959.

CENTRAL OFFICE NEWS

INTERGROUP BOARD OF DIRECTORS MESSAGE TO SLO AA MEMBERS

At the April 2015 Board of Directors meeting, the board members had voted to allocate funds to assist board member attendance at the International Convention in Atlanta, GA. That decision was based on the idea that our local board members could gain and share knowledge with other board members at the conference. Shortly thereafter, a number of our membership sent letters and emails with concerns about the use of funds for this purpose, noting that an international convention is different than an AA workshop or PRAASA event. At the June 14 COR meeting, additional CORs expressed the same concerns. A motion was made to rescind the proposed financial assistance allocation and that motion was passed unanimously. The CCCOI Board apologizes for an error in judgment and for the concerns created.

OTHER NEWS

- * Spanish speaking volunteers are needed for 12 step calls. Contact Central Office at 805-541-3211.
- * Meeting Directories are now FREE

MESSAGES

Leonard L. reports that Dave H. recently lost his wife. She was blind and had a Braille Big Book. Dave would like the book to go to someone who could use it. If you know someone who could use this book, please call Dave in Arroyo Grande at 473-9700.

Cleaning House

After a prolonged period of unemployment, I realized that work in my regular profession would not be forthcoming. I had to get creative and figure out a way to generate income. So, I made up a few housekeeping flyers and I put one up at a local business. Just one flyer--I was fearful. I had cleaned house for friends and family, and I was good at it, and attentive, but I had never cleaned for strangers.

Some time passed without any calls. Then, much to my amazement, I got a telephone call from that one flyer; a gentleman needed his condominium cleaned. After we spoke, I got the impression that I had totally blown my opportunity, that I had said something wrong. However, I did not dwell on it; I let it go and left it to God's providence. Much to my surprise, the man called me back, and we scheduled a time for cleaning.

I was excited, but also terribly nervous about walking into a stranger's home. I worried I might damage something or break something. I understood, however, that I must trust my Higher Power. I had specifically begun to pray for employment, and here was a job. God was surely in the mix.

I arrived at the scheduled time and met the man, Ken, and his friend, Linda, who lived there as well. Right off, we felt at ease with one another, so Ken and Linda went off to enjoy their day.

I went into their bedroom to begin dusting the blinds, and there on the dresser, much to my delight, was the Big Book, Alcoholics Anonymous, along with As Bill Sees It. I was relieved to be among friends--but the miracle was still unfolding.

Upon Linda and Ken's arrival back at home, Linda and I learned that we had been in attendance at the same 7 A.M. AA meeting just the day before. She and I retreated to the back deck of the condominium. It was a gloriously sunny day, with the light ocean breeze promising a mild January. We sat down and Linda told me her story. A miracle was happening before me. Linda was such a beautiful woman, glowing in her sobriety, her resurrection from the dead. It was difficult to imagine her drunk and participating in all the debauchery that follows.

She had been sober for four months, but had relapsed. The day we met she had eight days of sobriety, and she had almost died during her relapse. She grasped my hand and told me that she did not think she could survive another relapse.

I told her that for sure she would not survive, as evidenced by the fact that her Higher Power had sent her a personal messenger in the form of a cleaning lady to confirm her greatest fear. The first truth I understood in AA was that for us, to drink is to die. I have lived by this truth.

I also told Linda that I was a bit envious. So far, God has never sent anyone to my front door with a message, someone who also cleaned toilets, for goodness sake!

I asked Linda to share her story at a meeting. At first she was reluctant, but then she agreed to tell her story to our home group.

We can try to keep the message out, but our Higher Power will find a way to carry it. Recovery depends upon AA unity. Together we live; apart from each other we shall surely die. It is good to be alive, and to be part of the Fellowship.

Rebecca H.

SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
Morro Bay	Tues	7:00pm	12 x 12 Step Study	1405 Teresa St	Duration from 90 min to 1hr

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

No Birthdays this month



*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

July 2-5, 2015

2015 International AA Convention
Atlanta, GA
aa.org/lang/en

July 25, 2015

District 22 Workshop & Delegate Report Back
10 am - 2 pm
Unitarian Universalist Fellowship of SLO
2201 Lawton Ave, SLO

August 7-9, 2015

Serenity in the Sierras
Oakhurst, CA
serenitysierras.com

August 14 - 16, 2015

48th Annual District 22 Convention
Veterans Memorial Building
San Luis Obispo, CA
district22convention.org

September 11 - 13, 2015

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

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

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

2nd Sunday, 8:15am, Central Office
1137 Pacific Ave., #B, S.L.O., CA. 93401

Intergroup Central Office Rep. Meeting

2nd Sunday, 8:45am, Central Office
1137 Pacific Ave., #B, S.L.O., CA. 93401

22nd District General Service Rep. & Comm. Mtg

2nd Sunday, 10:15am, Alano Club
3075 Broad St., S.L.O., CA. 93401

Hospitals and Institutions Mtg + Bridging The Gap

3rd Tuesday, 6:40pm, Alano Club
3075 Broad St., S.L.O., CA. 93401

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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GOD SHOTS

My name is Yvonne. After DECADES of progressive drinking, I “retired” my career in 2000 and I became a “full time” alcoholic. Somehow I managed to maintain my family, finances, even returned to working because I thought THAT would keep me from being “bored” and drinking during the day.....



I was wrong, and it was not until May 19, 2014 that I agreed to a family initiated “intervention” detox, and rehab treatment program. I found a (great) sponsor at my first AA Meeting, WORKED all of the steps, became a meeting secretary, performed service adding new commitments as soon as I was “qualified”, lost the obsession to drink, have a great spiritual relationship with my higher power and lost 30 pounds.

But for some reason I did not understand, on my 13th month birthday (not officially recognized) I found myself feeling bored...and maybe depressed. Nothing had changed, I was experiencing many of the promises; life was GREAT. But our high school age daughter took off on a summer mission trip, our older daughter no longer lived in the area, there was no “drama” and not much excitement either.

I delved into a small “remodeling” project and picked up some magazines for ideas. I had stopped reading SUNSET magazine because of the many references to wine which was my drink of choice, however they do have some good decorating ideas, so I picked up a copy. I’m not sure how it happened, but I found myself intently reading the “latest reviews of the best Grenache Blanc” from California.

Why would I do that? Why would I care? I realized it was a “bad sign” and a slippery slope.

I talked to my sponsor and she shared it was common after the first year to feel a slight pause, or let down. The reality of my new life, albeit GREAT, was still new and I had to



Powerless over Alcohol

I had gone steadily downhill, and on that day in 1934 I lay upstairs in the hospital, knowing for the first time that I was utterly hopeless.

Lois was downstairs, and Dr. Silkworth was trying in his gentle way to tell her what was wrong with me and that I was hopeless. "But Bill has a tremendous amount of will power," she said. "He has tried desperately to get well. We have tried everything. Doctor, why can't he stop?"

He explained that my drinking, once a habit, had become an obsession, a true insanity that condemned me to drink against my will.

maintain my “vigilance” and keep doing “all of the right things”

Every day I walk our 2 dogs in a nature preserve and use that time to LISTEN to my higher power for what he wants me to know and do. When I came to the fallen tree across my path I saw an AA Medallion placed right on the tree where people would walk over it. I picked it up and it was XIII chip. I stared at it in disbelief, (I’ve walked this same path for over 18 years) trying to figure out what it meant. Was I supposed to keep it? It wasn’t mine. What was it doing there? Whose was it? Any connection to my 13 months?

In those moments I felt strongly that I was supposed to walk OVER that fallen tree in my path, where I left the medallion, and I needed to keep my eyes on the path in FRONT of me, actively working my program, being vigilant over my thoughts, and looking to my higher power for continued guidance and protection.

Yvonne B, Los Osos

WE ARE NOT A GLUM LOT

Recycling an Overflowing Collection of AA Chips

For many of us the road to recovery has been filled with up and downs, and it took us several times to achieve long term sobriety. On the way to recovery we have picked up quite a few AA Chips, from newcomer to 9 months. What then should we do with the numerous amounts of AA Chips we have acquired? Here are some fun ideas:

Free Drinks. Plenty of bars today are jumping on the bandwagon of accepting AA chips as currency. I mean, alcoholics are their best customers, so in a business sense it's really a genius (yet awful) way of getting sober alcoholics back to the "dark side." Thirty day chips are generally worth a free beer, while year chips may get you a full pitcher! But bar-goers beware — once your chips are all spent, and the phenomenon of craving ignited, you better get right back on the sober train or get ready to start spending some real cash on your awakened active alcoholism!

Stepping Stones. If you finally realize that your collection of chips are a great reminder of where you've been and all you've accomplished in sobriety, you can create a pathway of literal stepping stones by setting your chips into cement. Using colorful pieces of broken pottery, create a mosaic encircling each chip, forming a group of individual stepping stones. Accompanying chips with broken pottery is a great visual statement of how beauty and usefulness can come from something one deemed broken and useless.

Night class

A man is stopped by the cops around 2 a.m. and is asked where he is going at that time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the body, as well as smoking and staying out late."

"Really?" the officer asks. "Who's giving that at this time of night?"

The man replies, "That would be my wife."

T-Shirts seen at AA Meetings

Alcohol Put The Fun In
DysFUNctional

Be Nice To Newcomers.
Someday They May Be
Your Sponsor.

Your 3 Choices -
Locked Up,
Covered Up or
Sobered Up



"I've discovered I'm unique — just like everyone else!"

WORDS THAT ARE DIFFICULT TO SAY WHEN DRUNK:

1. Innovative
2. Preliminary
3. Proliferation
4. Cinnamon

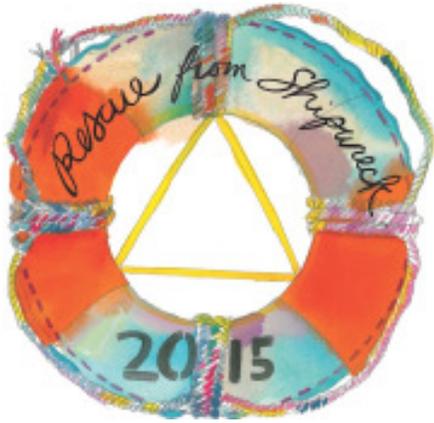
WORDS THAT ARE VERY DIFFICULT TO SAY WHEN DRUNK:

1. Specificity
2. Anti-constitutionally
3. Passive-aggressive disorder
4. Transubstantiate

WORDS THAT ARE DOWNRIGHT IMPOSSIBLE TO SAY WHEN DRUNK:

1. No thanks, I'm married.
2. Nope, no more booze for me!
3. Sorry, but you're not really my type.
4. No thanks, I'm not hungry.
5. I'm not interested in fighting you.
6. Thank you, but I won't make any attempt to dance. I have no coordination and would hate to look like a real fool!
7. Oh no, I must be going home now as I have to work in the morning.

Rescue from Shipwreck 2015



District 22
48th Annual Convention
August 14th - 16th, 2015
Veterans Memorial Building
801 Grand Ave,
San Luis Obispo, CA
district22convention.org



Speaker Meetings

Friday

8:00pm - Sam M., Phoenix, AZ (AA)

Saturday

11:30am - Delta D., Fremont, CA (Al-Anon Luncheon)

2:30 - Maggie A., Sacramento, CA (H & I)

6:30pm - Emily D., San Mateo, CA (Young People)

8:00pm - Father Leo B., Long Beach, CA (AA)

Sunday

10:00am - Jerome S., Bellflower, CA (AA - Spiritual)

Activities include:

Marathon Meetings

Sobriety Countdown

Speaker Meetings

Barbeque

Golf

Al-Anon Meetings

Basket Raffle

Entertainment

CHILI COOK-OFF

22nd DISTRICT CONVENTION CHILI COOK-OFF

Convention Kick-off

\$5 per person

Saturday, July 18th, 2015 (3rd Saturday in July)

@

Saturday Night Live Speaker Meeting

Mountain Brook Community Church

Speaker meeting starts at 7:30 PM

Chili Cook-Off starts at 5:30 PM



**If you have a secret family cornbread or chili
receipt and want to compete for Best 22nd District Chili ...
Call Craig A. 440-7701 or Paula B. 949-573-7385**