



# Nameless Newsletter

## The Serenity Chair

My place of employment for the last 25 years offers me the best opportunity to apply the principles of Alcoholics Anonymous. I have spent more time here than anywhere else, over half my life, mostly practicing my character defects. Like anything else practiced repeatedly (it makes perfect, after all), I have gotten very good at being selfish, self-centered, full of self-pity and dishonest. It has been difficult to change in this part of my life. What I do today is try and apply the principles, the key word being try.

I have experienced growing pains in sobriety, but, gratefully, God has given me the willingness to persevere. I have gone through the Twelve Steps with a focus on my work relationships, which revealed the deep-seeded feelings I bring to the table, the main one being fear. These feelings get triggered constantly throughout the day. The opposite of fear is faith, and since both cannot live in me at the same time, I practice faith and try to stay in the moment, because that is where I find my High Power.



I keep reminders around my desk at work, like a small picture of a chair on the beach with the first line of the Serenity Prayer, which reminds me to pray and ask for help. Inside my desk, I keep AA pamphlets, reminding me Just for Today and to Let Go and Let God. I also keep a copy of the story on acceptance from the Big Book close at hand. I use program words as the passwords on my PC, such as "patience" and "serene."

Frustration and fear may always rear their ugly heads. It is what I do with them that counts. I pause when I get agitated, take some deep breaths, invite God into the situation, sit quietly, and then re-enter the moment, which I often find is now a new one.

This morning, my reading said that the best way out of a situation is through it. In my meditation, I asked God, "What is it that you are showing me at work? What is it that you want me to do?" After sitting quietly, the word that came to me was "humble." I know this had to be from my Higher Power, as this wouldn't be the word I would conjure up.

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Surrender used to mean giving up or giving in. Today, it means accepting whatever is in this moment. That is my destination.

—Elaine L.,

## **Central Office News**

### **THINGS YOU MIGHT NOT KNOW**

The San Luis Obispo Central Office Intergroup provides a means for partnership among the various A.A. groups within our county. Our central office was established to carry out various functions common to these groups – functions best handled by a centralized office. Our central office is maintained, supervised and supported by the A.A. groups in their best interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

#### **What are the functions that the SLO Central Office performs?**

- 1- Physical Office – our central office at 1137 Pacific Street is centrally located in San Luis Obispo, where the office allows an all-volunteer staff office space to coordinate local A.A. services. These volunteers answer phones, make 12 step referrals, sell and distribute literature, handle walk-in visits, etc. When the office closes, these volunteers forward our 24 x 7 phone service to other “call forwarding” volunteers who respond to 12 step and information request calls during non-office hours.
- 2- A.A. Inquiries— our central office maintains a listing in the local telephone directory, providing a means of contact for those seeking help. That number is 805-541-3211.
- 3- 12 step lists – Volunteers maintain a list of sober alcoholics that are available to respond to alcoholics requesting assistance.
- 4- Website – activities associated with our website domain (sloaa.org) are coordinated through the Central Office.
- 5- Meeting Lists and Other Literature — Our central office maintains an up-to-date database of all the A.A. meetings in the county. In addition, we maintain an inventory of Conference-approved literature for the convenience of the local groups. Some of this literature can be purchased at affordable prices; other literature (including meeting directories) is provided at no cost.
- 6- Information Exchange—Our central office functions as a clearinghouse for the circulation and exchange of information among all the A.A. groups in the community.
- 7- Local Committees on Public Information (P.I.) and Cooperation With the Professional Community (C.P.C.) — Central office is the point of contact with those in the community seeking information about A.A. This enhances A.A.’s relations with the public and professionals in the field of alcoholism.
- 8- Local A.A. Events—Our A.A. central office provides the means to advertise local A.A. events, such as annual dinners, picnics, and/or conventions.
- 9- Newsletters — The Nameless Newsletter is published by the central office monthly and distributed to our A.A. groups at no charge.
- 10- Non-Profit Status – in order to perform many of the functions listed above, our central office is recognized by the State of California as a non-profit corporation. This status was set up in 1990, and maintained ever since. We are required to file quarterly and annual reports with Secretary of State, along with tax returns (as a non-profit corporation) with the IRS. Detailed financial records are maintained to ensure that we operate in good standing with all of these government organizations. All of the efforts associated with this work are performed by volunteers.

#### **What are our Expenses?**

In order to provide the services listed above, we incur expenses for the following:

- Advertising - occasional ads in local newspapers
- Answering Service – a backup service that ensures all 12 steps calls are answered 24 x 7, if our phone volunteers are not available.
- Computers & Printers
- Insurance – for liability purposes
- Literature
- Licenses and Permits

*Continued on Page 3*

# Central Office News

## THINGS YOU MIGHT NOT KNOW

### What are our Expenses? (cont'd)

- Office Supplies
- P.O. Box rental
- Printing Services – Newsletters, meeting directories and other handouts
- Postage
- Rent for the office
- Telephone Services
- Utilities and Shared Office Expenses
- Website hosting services

### What are services that Central Office performs Without Incurring Any Expense?

- Office Staffing – our doors are open 6 days a week, 9am to 6pm. Fully staffed by volunteers.
- Office Management – Office manager is an unpaid position; this person ensures that the physical assets needed to run the office are available.
- Volunteer coordination – Volunteer coordinator ensures office staffing available, without any compensation.
- Call Forwarding Volunteer coordination – another non-compensated position
- Literature – a non-paid volunteer ensures that we have a proper inventory of literature on-hand for distribution to the A.A. groups and individuals.
- Website coordinators – two individuals maintain our website at no charge.
- Office infrastructure support – all computer, printer, telephone, and other hardware support, along with software upgrade maintenance, is handled by non-paid volunteers.
- Financial services – monthly bookkeeping along with filing of financial records is provide by a volunteer.

### How do we pay for Central Office?

The revenue needed to support Central Office operations comes from the following sources (remember that we are self-supporting):

1- Group Contributions – A.A. groups in the county provide contributions from their “Seventh Tradition” collections to central office; this is the lifeline for central office. Please note that some groups can't or choose not to support central office; in the spirit of contributing voluntarily that prevails throughout A.A., these groups are not denied ANY of the services of Central Office.

2- Special Contributions – this revenue includes contributions made for special events or individual gratitude.

3- Birthday Celebrations – some choose to follow the tradition of donating one dollar for each year of continuous sobriety.

How do we break down these three types of contribution? For 2015, the breakdown for the total operating budget is:

Group Contributions	90%
Personal Contributions	7%
Birthday Contributions	3%

So you can see that the major source of revenue to finance the operation of Central Office comes from your group donations.

### In summary:

- Please continue to support Central Office, through your group, personal and birthday contributions.
- If your group is not currently contributing to Central Office, please consider a group conscience/business meeting to reconsider that decision. Please use the information in this article for that purpose.
- If you would like more information on the financial operation of our Central Office, please pick up a copy of the Nameless Newsletter. A Profit/Loss statement, along with group contributions, is provided in each issue.
- THANK YOU for your continued support of our Central Office!

## SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
Atascadero	Fri	5:30pm	No B.S.	11605 El Camino Real	New Meeting
Los Osos	Mon	8:00pm	South Bay Group	1900 LOVR	Duration 1 hr

*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](mailto:nnleditor@gmail.com)*



## BIRTHDAYS

*Eileen P., Arroyo Grande 7yrs*



*If you are celebrating a birthday, send the details to us:  
[nnleditor@gmail.com](mailto:nnleditor@gmail.com)*

*Deadline for birthday submittal is the 18th of the month*

### Central Coast Central Office Intergroup Officers & Staff

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

## 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**

- |                       |   |
|-----------------------|---|
| <b>1<sup>st</sup></b> | <b>South County Speaker Meeting</b><br>8:00pm, St. John's Lutheran Church<br>959 Valley Rd., Arroyo Grande      |
| <b>2<sup>nd</sup></b> | <b>Morro Bay Speaker Meeting</b><br>7:30pm, St. Timothy's Parish Hall<br>962 Piney Way, Morro Bay               |
| <b>3<sup>rd</sup></b> | <b>Saturday Night Live</b><br>7:30pm, Mountainbrook Community Church<br>1775 Calle Joaquin Rd., San Luis Obispo |
| <b>4<sup>th</sup></b> | <b>Cambria Speaker Meeting</b><br>8:00pm, Santa Rosa Catholic Church<br>1174 Main St., Cambria                  |
| <b>Last</b>           | <b>Easy Does It Speaker Meeting</b><br>7:00pm, St. James Church,<br>14th & Oak St., Paso Robles                 |

## UPCOMING EVENTS

**October 2 - 4, 2015**

**41<sup>st</sup> Woman to Woman Conference**  
Mission Bay  
San Diego, CA  
womantowomansandiego.com

**October 2 - 4, 2015**

**4<sup>th</sup> 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**

**31<sup>st</sup> 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 8, 2015**

**Area 93 Longtimer's Event**  
8956 Vanalden, Northridge, CA  
1pm  
Info: Paul - 818-523-9586

**November 26 - 29, 2015**

**49<sup>th</sup> Las Vegas Roundup**  
Westgate Las Vegas Resort  
Las Vegas, NV  
[lasvegasroundup.org](http://lasvegasroundup.org)

**November 26 - 29, 2015**

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

**January 29 - 31, 2016**

**San Fernando Valley Conventino**  
Woodland Hills Marriott  
Woodland Hills, CA  
[sfvaa.org](http://sfvaa.org)

**February 19 - 21, 2016**

**21<sup>st</sup> Thailand Roundup**  
Pattaya Beach, Thailand  
[aathailand.org](http://aathailand.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**

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

**Intergroup Central Office Rep. Meeting**

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

*NEW LOCATION*

**22nd District General Service Rep. & Comm. Mtg**

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

**Hospitals and Institutions Mtg + Bridging The Gap**

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

**District 22 Convention Committee**

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

### 7th Tradition Mailing List

<b>General Service Office</b>	<b>22nd District</b>
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).

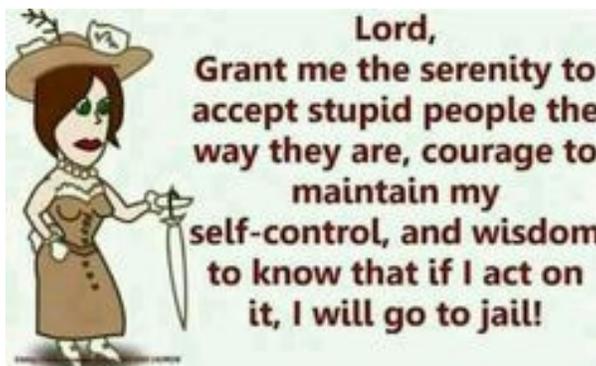
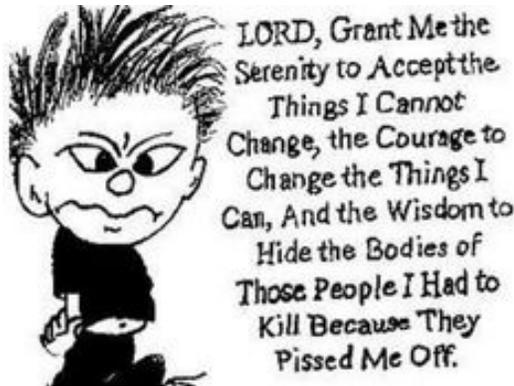
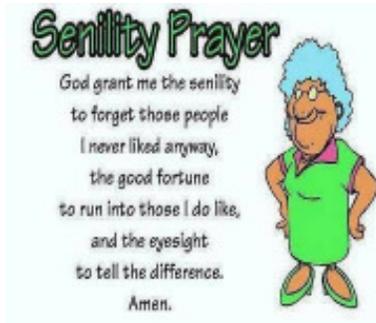
Or send an email to: [CCCOIManager@gmail.com](mailto:CCCOIManager@gmail.com) with the same information and a return email will be sent to you with details. Thank you for your service!

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# SERENITY PRAYER

## VARIATIONS ON THE SERENITY PRAYER

Last month, we ran an article on the origin of the Serenity Prayer and it's importance to the AA fellowship. Here are a few variations on the Prayer that made sense to the people who coined them.



### Never the Same Again

It was discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again. Following every spree, he would say to himself, "Maybe those A.A.'s were right." After a few such experiences, often before the onset of extreme difficulties, he would return to us convinced.

In the first years, those of us who sobered up in A.A. had been grim and utterly hopeless cases. But then we began to have success with milder alcoholics and even some potential alcoholics. Younger folks appeared. Lots of people turned up who still had jobs, homes, health, and even good social standing.

Of course, it was necessary for these newcomers to hit bottom emotionally. But they did not have to hit every possible bottom in order to admit that they were licked.

TWELVE AND TWELVE, P. 23-24  
A.A. COMES OF AGE, P. 199

A man found a cocoon of a butterfly. One day, a small opening appeared, and he sat and watched the butterfly as it struggled for several hours to force its body through the little hole. Then, it seemed to stop making any progress. It appeared that it had gotten as far as it could.

The man decided to help the butterfly, so he snipped off the remaining bit of cocoon. The butterfly then emerged easily, but it had a swollen body and small, shriveled wings.

The man continued to watch the butterfly. He expected, at any moment, the wings to expand and support the body, which would contract in time. Neither happened! In fact, the butterfly spent its whole life crawling around with a swollen body and shriveled wings. It was never able to fly. What the man, in kindness and haste, did not understand was that the restricting cocoon and the struggle required to get through the tiny opening was the creator's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved freedom.

Sometimes struggles are exactly what we need in our life. If our creator had allowed us to go through life without struggles, it would cripple us. We would not be as strong as we could have been.

And--we would never fly.

Cindy C.

## WE ARE NOT A GLUM LOT

### Funny Things Happen

One sunny day in Ireland, two men were sitting in a pub, drinking Guinness, when one turns to the other and says "You see that man over there? He looks just like me! I think I'm gonna go over there and talk to him."

So, he goes over to the man and taps him on the shoulder.

"Excuse me sir," he starts, "but I noticed you look just like me!"

The second man turns around and says "Yeah, I noticed the same thing, where you from?"

"I'm from Dublin"

Second man stunned says, "Me too! What street do you live on?"

"McCarthy street".

Second man replies, "Me too! What number is it?"

The first man announces, "162".

Second man shocked says, "Me too! What are your parents names?"

First man replies, "Connor and Shannon".

Second man awestruck says, "Mine too! This is unbelievable!"

So, they buy some more Guinness and they're talking some more when the bartenders change shifts. The new bartender comes in and goes up to the other bartender and asks "What's new today?"

"Oh, the Murphy twins are drunk again."

---

Peter loves to drink at the local bar, but his wife disapproves of this. One night, he's at the bar and he gets extremely drunk. He tries to stand up, but immediately falls to the floor. He tries this a few more times, but each time he falls to the floor. People offered to help him, but he said no each time. He finally ended up dragging himself home and sneaking into bed, thinking his wife would never catch him.

The next morning, Peter's wife says, "Pete, you bloody worthless idiot, no good drunkard! You were at the bar last night drinking again!"

Peter was confused. "How did you find out?"

"The bar called. You left your wheelchair there."



"MY HUSBAND WANTS TO DRINK HIMSELF TO DEATH - AND THEN CARRY ON DRINKING POSTHUMOUSLY!"

### Wit and Wisdom

#### Wrong floor

A drunk falls out of a second story window and is lying on the ground.

Another man runs over and asks him, "What happened?"

The drunk replies, "I don't know, I just got here."

#### Drunken safari

You're riding a horse at full speed. There's a giraffe on your right, keeping up with you, and there's a lion directly behind you, right on your tail.

What do you do?

Get your drunk ass off the carousel!

#### What planet am I on?

Two drunks are walking along, and one says to the other, "What a beautiful night ... look at that moon."

The other drunk stops and looks at his friend and says, "You are wrong. That's not the moon, that's the sun."

They start arguing for a while until they come upon another drunk, so they stop him. "Sir," one of them says, "could you please help settle our argument? Tell us what that thing is up in the sky that's shining. Is it the moon or the sun?"

The third drunk looks at the sky and then looks at them and says, "Sorry, I don't live around here."

## MEETING CHANGE REPORT FORM

Today's Date: \_\_\_\_\_ Effective Date of Change: \_\_\_\_\_

CITY: \_\_\_\_\_ DAY OF WEEK: \_\_\_\_\_

MEETING TIME: \_\_\_\_\_ MEETING DURATION:  1 hour  90 minutes Other \_\_\_\_\_

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)