



# Nameless Newsletter

The Alcoholics Anonymous Central Coast Central Office Newsletter

VOL 23, NO. 05

May 2015

## Pearl and the Pigeon

My sponsor, Pearl was quite a tough old bird. One day, she called and said she was taking me to a meeting just outside of town. I climbed into the front seat of her pickup truck and between us sat a very drunk woman. Our pigeon was ranting and rambling and making no sense at all.

Pearl ordered her to be quiet or she'd fasten her to the spare tire on the front of the truck. Pearl explained that as an active drunk, the woman had nothing of value to say and when we got to the meeting, she was to put a cork in it and listen. Surprisingly, this woman did as Pearl told her to do.

On the way home, our drunk was starting to sober up enough so that some of what we were saying about the program was getting through to her cloudy brain. We took her to meetings every night of the week. This necessitated going out of town because back then, Kelowna only had three or four meetings a week, not like the 40 we have now.

We became great friends attending meetings, roundups, and retreats together. By then, the rewards of sobriety starting happening and her family wanted her back in their lives. Her children wanted her to move to the Island and live with them.

Many years earlier, when I was a rebellious teenager, I lived with a foster family in Ontario. I was a handful—drinking at every opportunity. I was delighted that my foster mom did the same. She taught me that ladies never iron without a glass of wine on the ironing board. She also taught me that as long as we only drank beer and wine, we could never be alcoholics.

My foster father on the other hand enjoyed a few beers while watching the Saturday night hockey game. He had threatened me many times saying that, one night I wasn't going to make it home by my curfew and when I finally arrived, I wouldn't find them there. I thought it was a big joke until one morning I wandered in 12 hours late and discovered an empty apartment. Everything was gone except a garbage bag containing all my belongings.

I went crying to the neighbors and they said that my foster family had left late at night. I guess they had waited for me to come home. He said he gathered that they had a job on the East Coast. I was devastated that they would be so fed up with my antics that they would move as far away from me as they could.

In the ensuing years, during periods of sobriety, I would search for them, venturing to the Maritimes and checking phonebooks for their names. They had become part of my Eighth and Ninth Steps and I desperately wanted to find them. In spite of all the times I was read the riot act, I was truly loved and accepted by this family.

Fate intervened. During another period of sobriety, I was invited to attend a wedding on the West Coast. While staying with relatives, I volunteered to peel potatoes for supper. I was given an old newspaper to put the peelings

on. As I spread it out, my eye caught the obituaries and the name of my foster family. A relative of theirs had died and they were mentioned as survivors and that they were living in a small town on Vancouver Island. My heart leapt with joy though I was sure in my heart that they wouldn't want anything to do with me.

*Continued on Page 2*

### Inside This Issue

- The Godometer on My Bike* ..... 2
- Bank Notes* ..... 3
- Meetings, B-Days, Officers & Staff*.... 4
- Events & Schedules*..... 5
- God Shots, Co-founder Quotes* ..... 6
- We are not a Glum Lot*..... 7
- Puzzler*..... 8



## The Godometer on My Bike

Last winter, I toured the desert country of Arizona, enjoying the warm temperatures, sunny skies, and finding the AA fellowship along the way.

On a Saturday morning, after camping in the desert near Wickenburg, I noticed the odometer on my bike was at 24,000 miles. With this in mind, I was ready to get on the road and find some coffee and breakfast. Fueled up and heading toward Phoenix, I thought those miles adding up on the odometer were like pages in the Big Book. I was reminded of phrases like "Above all, take it one day at a time" and "faith has to work 24 hours a day or we perish."

Two hours and some 80 miles later, I found a morning meeting. After the meeting, I spoke to a man named Jack H., who, when he found out I was traveling from Montana, offered to be my personal guide to the AA fellowship in the Phoenix area.

We went to another meeting at noon and afterwards, Jack invited me to his house. I told him the story about my odometer and how when I started out earlier that day, it was at 24,000. He said, "Is that odd or God?" "It's God," I said. The odometer was currently at 24,103, and page 103 in the Big Book is in the chapter, "Working with Others," which seemed appropriate for this meeting! We had to laugh. Jack asked, "What was it at when you attended the Backyard group?" I said, "At about 83-84, The Promises! Yes!"

That afternoon I was shown some genuine southwest hospitality. We ate fried chicken and listened to recordings of Bill and Dr. Bob at early AA conventions. Jack told me his story and the trials he and his family had been through. We agreed on what a gift this is, having God and AA in our lives.

In the evening, we met a few others and rode to a campfire meeting in Laveen. We listened to others talk about "not taking that first drink." After, we headed to Tempe for a 10 p.m. meeting at the local clubhouse. James asked me what the Godometer read. I said 24,151, or "A Vision for You."

I'm on the way to finish this tour by making the midnight meeting at the Freedom Hall, Central Phoenix. On arriving, I excitedly said, "You guys better look at this!" The odometer read 24,164.

With each hour, step or mile, there's faith at work. God bless you!

*Kelly V., Montana*

## Pearl and the Pigeon (cont'd)

This town was the same town where Pearl's pigeon was moving to join her family. I felt certain that if my foster mom were alive, she would have to be in AA. So I gave my friend her name and asked her to keep an eye out for her at meetings. This kept my friend from falling through the cracks. She immediately got hold of AA and immersed herself in meetings, determined to find my foster mom for me while meeting new friends and staying active in the program.

Then, the phone call came. My foster family did want contact! I was so excited and soon after took one of my wee daughters with me and we travelled to the Island by bus to meet her newly acquired grandparents. What a reunion.

And now for the rest of that story ... Pop loved the

horse races as much as Mom loved her booze and he'd borrowed some money from the wrong people. More than he could repay. They're leaving that night had nothing to do with me at all. Saying that they were

heading east was a ruse; they were heading west the whole time.

There were many visits back and forth over the years and I was able to be there sober for my foster family when Pop got cancer and later passed away. Some time later, Mom remarried—to a boozier and away went her sobriety. It was a rough time because she didn't want contact with me. Then, she had a stroke which left her paralyzed and living in a care facility. I was able to visit her and see the joy in her eyes when I showed up. I renewed my friendship with my foster brother and his family. They have been a loving support in my life when my birth family rejected me.

All these blessings in my life because my sponsor chose to remember: when anyone reaches out, the hand of AA should be there and for that, she was responsible. Who knows what would have happened had Pearl told that woman that day to call back when she was sober. We say, "Don't quit before the miracle." I am sober and grateful today because I stuck in there and a miracle did happen in my life.

*Phyll T., Parry Sound, Ontario*

### NEWSLETTER ARTICLES NEEDED

Do you have a story, cartoon, etc. that is AA related you want to share? Email it to us at: [nneditor@gmail.com](mailto:nneditor@gmail.com)  
We welcome all submissions but only publish those that are about recovery and AA.

# Bank Notes

## Step 9

When I was two years sober, I decided it was time to make some financial amends to my father. He had loaned me a lot of money through my years of drinking to cover rent, child support, etc. I figured it must be two or three thousand dollars. I said to my dad, "I owe you some money and I want to pay you back."

"Don't worry about that money," he said. "I don't need it. I'm just happy you've got your life back on track. Forget about it."

I said, "No, I have to do this--it's one of those damned Steps. This is something I have to do to stay sober. Do you know how much I owe you?"

"No," said my dad, "but I've got it in the computer." (He didn't need it, but he did save it!)

He sent me a printout of the loans, which added up to around \$7,200. I was surprised; I guess I had kind of lost track. I started sending him a check every Friday. Sometimes a little, sometimes a lot--whatever I could afford that week. And because this was my dad, and not some faceless creditor, I also included a little note. Just a short note saying what I was up to that week or sometimes a joke or something jotted down on a Post-It or a steno sheet.

After about three years, he called to say that I had dwindled the debt down to \$32. I sent him the \$32 and he returned a "close out notice." The debt was paid in full. The only thing my father had to say about it was, "I'm gonna miss those notes."

It turned out there was a benefit I never expected. Always, in the past, when I would go out to dinner with him, he would insist on picking up the check. I'd become very irritated. "Hey, I'm a grown man. Let me get the check once in a while. Let me take my father out to dinner."

"I'm the father here. I'll get it," he would say.

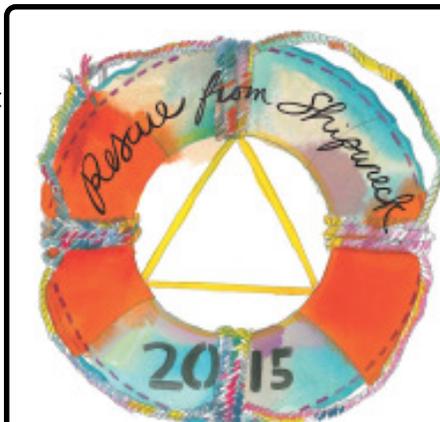
But after that debt was settled, I had no problem allowing him to get the check. Once I was no longer in his debt (financially) I could allow him to be the father, to buy dinner for his kid. Sometimes we don't recognize the baggage we're carrying until it's gone.

My dad developed cancer a few years back and it finally took him in 1997. After his death, I was going through some of his papers with my mother. I came across a file with my name on it. When I opened it, I discovered all the notes I had sent him with the checks. There were about 150 of them. I was stunned. I said to my mom, "Did you know about this?"

"Yeah," she smiled, "I said to him one time, 'Doug sure loves you,' and he said, 'I know that--I've got it in his own handwriting.'"

That's one of the gifts I received from the Steps. My sponsor never told me about that one. How could he have known?

Doug R.  
Tujunga, California



***Rescue from Shipwreck 2015***  
***District 22***  
***48th Annual Convention***  
***August 14th - 16th, 2015***  
***Veterans Memorial Building***  
***801 Grand Ave,***  
***San Luis Obispo, CA***

## SLO AA MEETING UPDATES

| <u>City</u> | <u>Day</u> | <u>Time</u> | <u>Meeting</u> | <u>Address</u>            | <u>Change</u> |
|-------------|------------|-------------|----------------|---------------------------|---------------|
| Los Osos    | Monday     | Noon        | Life Savers    | 1320 Van Buerden Dr, #103 | Cancelled     |

*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



*No Birthdays This Month*



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

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

**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, St. James Church,  
14th & Oak St., Paso Robles

## UPCOMING EVENTS

**May 15 - 17, 2015**

### **34th Annual H & I Conference**

**La Mirada, CA**

Holiday Inn, 14299 Firestone Blvd.

[socalhandi.org](http://socalhandi.org)

**June 4 - 7, 2015**

### **A.A. Desert Pow Wow**

**Indian Wells, CA**

Renaissance Indian Wells Resort & Spa

[desertpowwow.com](http://desertpowwow.com)

**July 2-5, 2015**

### **2015 International AA Convention**

**Atlanta, GA**

[aa.org/lang/en](http://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](http://serenitysierras.com)

**August 14 - 16, 2015**

### **48th Annual District 22 Convention**

Veterans Memorial Building

San Luis Obispo, CA

[district22convention.org](http://district22convention.org)

**September 11 - 13, 2015**

### **Bridging The Gap Workshop Weekend**

Best Western Landmark Inn

Park City, Utah

[btgww.org](http://btgww.org)

**September 25 - 27, 2015**

### **26th Annual Big Sur Campout**

Pfeiffer Big Sur State Park

Campsite info:

[reserveamerican.com](http://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](http://womantowomansandiego.com)

**November 7, 2015**

### **Traditions Celebration**

Lutheran Church of the Redeemer

4500 El Camino Real, Atascadero

2pm - 4pm

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](http://sloaa.org)

## SERVICE COMMITTEE SCHEDULE

### **Central Office Board of Directors Meeting**

2<sup>nd</sup> Sunday, 8:15am, Central Office

1137 Pacific Ave., #B, S.L.O., CA. 93401

### **Intergroup Central Office Rep. Meeting**

2<sup>nd</sup> Sunday, 8:45am, Central Office

1137 Pacific Ave., #B, S.L.O., CA. 93401

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

2<sup>nd</sup> Sunday, 10:15am, Alano Club

3075 Broad St., S.L.O., CA. 93401

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

3<sup>rd</sup> Tuesday, 6:40pm, Alano Club

3075 Broad St., S.L.O., CA. 93401

### **District 22 Convention Committee**

2<sup>nd</sup> Sunday, 12:00pm

560 Higuera St., Suite E, S.L.O.

### **7th Tradition Mailing List**

#### **General Service Office**

P.O. Box 459

New York, NY. 10163-0459

#### **22nd District**

P.O. Box 1891

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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## GOD SHOTS

Oftentimes members of Alcoholics Anonymous use the phrase "God shots," which many of them have experienced throughout their time in the program. There is a fine line between God shots and coincidences. When something in an individual's life happens that would be considered a God shot, the reason it is considered as such and not just a coincidence is because that person has a present and existing spiritual connection with a higher power, which very well could be God.

The definition of coincidence is as follows: "A chance occurrence of events remarkable either for being simultaneous or for apparently being connected." The words "chance" and "simultaneous" don't pertain to God shots. When a God shot appears in someone's life, God is working for them in ways that are not just by chance or unintended; rather, it is part of a plan, something of a bigger design for that person.

God shots happen in my life all the time now. I constantly practice spirituality and live a spiritual existence, letting the presence of the God of my understanding work in ways that I unmistakably experience all the time. This view was not my experience in the past before getting sober. I believed pure luck and chance were the reasons for every good thing that happened to me in my life. And when bad things happened, I cursed a skewed view of something I was told lived in the heavens that was supposed to be forgiving but now was smiting me. When things that I consider bad appear in my life now, I accept that I had some part in it and it is all for something, a piece of a puzzle that will all come together and explain itself in the end.

Stumbling upon occurrences by chance or luck regarded as coincidences are nothing like the influence of a God shot. Grasping the ability to live a spiritually sound life and believing that something greater than yourself is out there, working for you in your life and developing a much bigger plan, is an awe-inspiring attitude of existence.

*Anonymous*



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**Have you had any God Shots during your AA recovery? If you have, send them to us: [nnleditor@gmail.com](mailto:nnleditor@gmail.com)**



## Co-founder Quotes

### **A New Life**

*Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life -- the one that did not work -- for a new life that can and does work under any conditions whatever.*

*Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of A.A.'s Twelve Steps.*

### **DISTILLED SPIRITS**

Barb said that when she came to her first meeting, she was really in a fog. The people at that meeting understood and told her to "come toward the voices." Her First Step was somewhat shaky and uncertain but each subsequent Step took her to higher ground and soon she had left the fog behind. Now, almost eight years later and well along the Road of Happy Destiny, she reminds us to keep talking, so that other newcomers can find their way out of the fog.

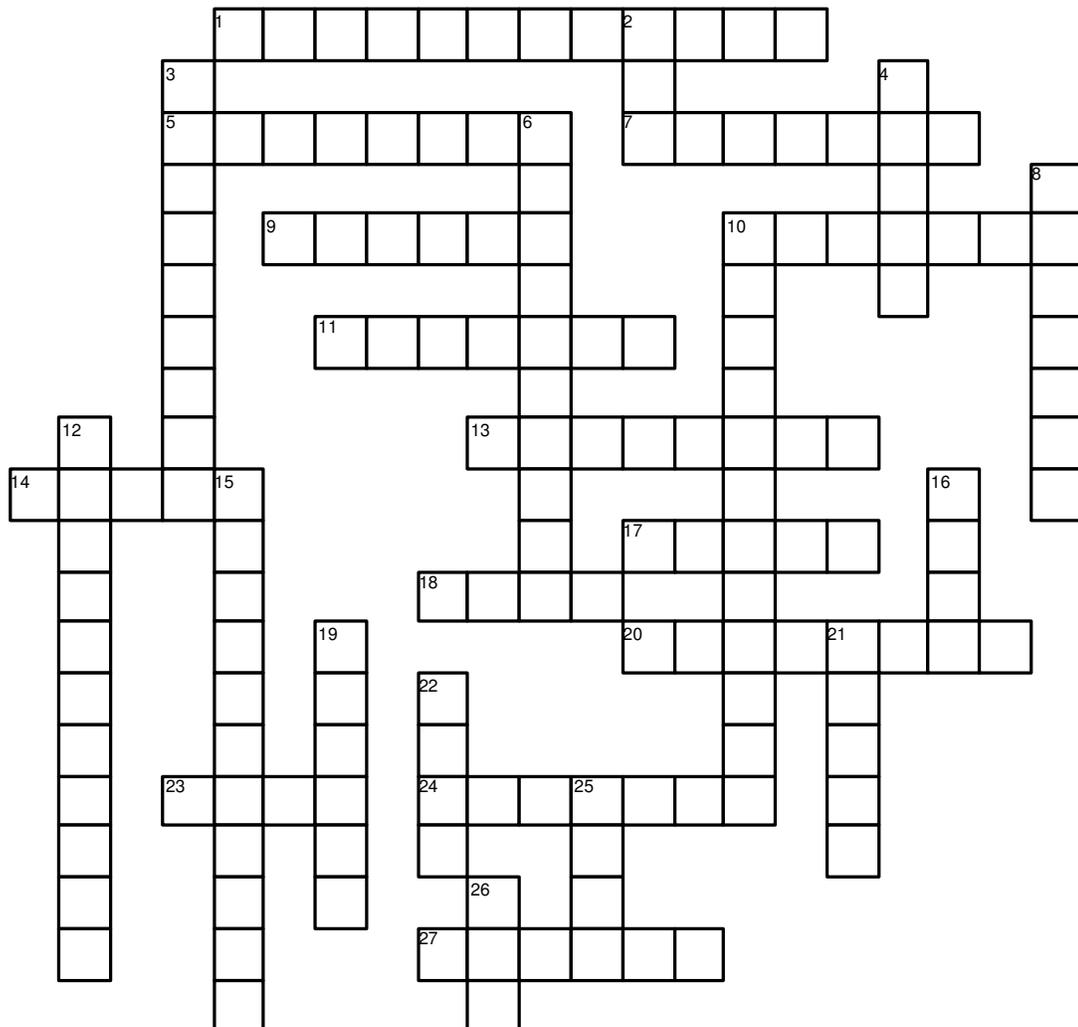
Tom R.

When sharing my experience, strength, and hope, I try to avoid using words like "success" and "failure." I might come off as indicating that those who return to drinking are failures while those who remain sober are successes. When I look across a table in an AA meeting and see a person full of alcohol hanging onto the last vestiges of any self-esteem he or she may have, I do not see failure, I see a person who has the same illness I have. So little is known about the treatment of my disease that I think it wise not to classify the condition of another's health.

Harold A.



# AA SLOGANS PUZZLER



www.CrosswordWeaver.com

## ACROSS

- 1 - There are no \_\_\_\_ in AA
- 5 More Will Be \_\_\_\_\_
- 7 Stick With The \_\_\_\_\_
- 9 Anger is But One Letter Away From \_\_\_\_\_
- 10 Call Your \_\_\_\_ Before, not After, You Take a Drink
- 11 Don't Quit 5 Minutes Before the \_\_\_\_ Happens
- 13 Expect \_\_\_\_\_
- 14 Sick and \_\_\_\_ of being Sick and \_\_\_\_
- 17 \_\_\_\_\_ Things \_\_\_\_\_
- 18 \_\_\_\_\_ Does It
- 20 Practice an \_\_\_\_\_ of Gratitude
- 23 No Pain, No \_\_\_\_\_
- 24 We Are Only as Sick as Our \_\_\_\_\_
- 27 Take the \_\_\_\_ Out of Your Ears and Put it in Your Mouth

## DOWN

- 2 Live in the \_\_\_\_\_
- 3 Try to Replace Guilt With \_\_\_\_\_
- 4 The First Drink Gets You \_\_\_\_\_
- 6 When All Else Fails, Follow \_\_\_\_\_
- 8 Be Part of the Solution, not the \_\_\_\_\_
- 10 Look for \_\_\_\_ Rather than Differences
- 12 \_\_\_\_\_ is the Key
- 15 Sobriety is a journey, not a \_\_\_\_\_
- 16 Bring the Body and the \_\_\_\_ Will Follow
- 19 Courage To \_\_\_\_
- 21 Just For \_\_\_\_\_
- 22 This Too Shall \_\_\_\_\_
- 25 Take What You Want and Leave the \_\_\_\_
- 26 Let Go and Let \_\_\_\_\_