



the nameless newsletter



September/ October 2024

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 31 No. 5

Welcome & Updates

This month, we have a guest reflection written by Teresa O., from Grover Beach. Thank you Teresa!

Self, by Teresa O., Grover Beach

Now is the time to start loving myself as my Higher Power sees me. I'm not so bad today. I'm grateful for my clearer mind set off alcohol. I'm grateful for allowing myself to eat three times daily. I'm grateful for the showers I'm able to take daily. I'm exceeding in my Steps in AA and NA classes. I'm able to see the good come out from doing right by the law and by my Higher Power's ways of doing so. I can look in a mirror today and say that Teresa is going to be okay, just for today, as long as I choose to stay sober.

At night I can also look into the mirror and say, I love you enough Teresa to stay on the right path and now I can say goodnight. I don't have to be afraid or restless in going to bed. God willing I will see your face again in the morning.

In my alcoholism, this was not possible, I never knew when sleep was going to arrive. I never craved a crumb to feed my body. I also forgot I was human in needing to be washed up, finding myself at the dirtiest of filth. How awful and cruel I was to myself in my act of drinking myself to death. Today I now love myself enough to lay my alcoholism down.

By the grace of God, on August 6, 2024, I will celebrate one-year clean & sober.

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10

Continued to take personal inventory, and when we were wrong, promptly admitted it.

Tradition 9

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Sobriety Birthdays

Name	City	Years	Date
Teresa O.	Grover Beach.	1 year	Aug. 6
Mary P.	SLO	45 years	Sept. 8





Step 9: Into Action

When describing step nine in the big book it says that “if we are painstaking about this phase of our development we will be amazed before we are half way through”, and then it goes on to list the promises.

The information in the 12×12 is a lot more direct about the different approaches we could take and tries to encourage us to exercise caution before we rush in and make some major blunders. This suggestion, I think, can’t be taken lightly.

I have heard many horror stories about well meaning people, wanting to put this step behind them, ran to their friends and loved ones and disclosed things that destroyed any trust they may have had in the alcoholic.

Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine. Sometimes we read the headline but fail to read the entire article. If we do this when we go through the steps we can do more damage to our already strained relationships. Making promises, to my close friends and family, that I’m not sure I can keep, usually fall on deaf ears, but an honest recognition of my past mistakes, without going into too many details, at this time, and a sincere determination to give the program my best effort with the understanding that my behavior will be the measure of my success, is a more acceptable approach. We know that the road to hell is paved with good intentions.

After we have put some time between us and our last debacles, we can revisit those amends and go into details about each event, only after we have run it by an experienced and trusted advisor. Rushing into an amend that could bring hardship to our unsuspecting family, or to other third parties, is another mistake that people sometimes make. In Step Nine in the 12×12 it says that “WE cannot, for example, unload a detailed account of extramarital adventuring upon the shoulders of our unsuspecting wife or husband”.

How about all those relatives and friends that we haven’t seen in awhile, but still have an uncomfortable feeling about the way we left that relationship? These people only have a snapshot of what we used to be like. They don’t see the day to day changes that we have made in our lives and they assume that we are the same as when we made our last major mistake.

For this type of situations, I would consider a slow but sincere process of reestablishing contact with those involved. I once suggested that, using the opportunity on Birthdays and Holidays, of sending cards can be a nice way to reestablish contact with these people, with a simple “been thinking about you, hope things are going well for you, Love...”

Sending these out at each opportunity for a year or two with no return address, and no expectations, and at some time in the future, you will have to attend a wedding, graduation, or funeral... where you will see them again, and you will be amazed at what will happen.

My experience has been that the cards create curiosity and that sometimes causes these people to talk to each other and they find out that you are trying hard to mend your ways and it tends to disarm them. Now, that would be the time to put these things to rest. Keeping in mind that, if I can’t add the kicker “I regret what I did, and I don’t do that anymore” then maybe I’m not ready to make that amend yet.

I hope these ideas will help you to understand, that most amends can be made in a positive way and the results are so much better than we ever could have expected. We must do these things if we hope to experience the promises listed on pages 83/84 in the Big Book (Into Action).

By Rick R.



Step 9: Daily Reflection

Repairing the Damage Sept. 13

Good judgment, a careful sense of timing, courage and prudence – these are the qualities we shall need when we take Step Nine.

12 Steps & 12 Traditions p. 83

To make amends can be viewed two ways: first, that of repairing damage, for if I have damaged my neighbor's fence, I "make a mend," and that is a direct amend; the second way is by modifying my behavior, for if my actions have harmed someone, I make a daily effort to cause no further harm. I "mend my ways," and that is an indirect amend. Which is the best approach? The only right approach, provided that I am causing no further harm in so doing, is to do both. If harm is done, then I simply "mend my ways." To take action in this manner assures me of making honest amends.

Step 10: Daily Reflection

Yesterday's Baggage Oct. 5

For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

-12 & 12, p. 88

12 Steps & 12 Traditions p. 150

I have more than enough to handle today, without dragging along yesterday's baggage too. I must balance today's books, if I am to have a chance tomorrow. So I ask myself if I have erred and how I can avoid repeating that particular behavior. Did I hurt anyone, did I help anyone, and why? Some of today is bound to spill over into tomorrow, but most of it need not if I make an honest daily inventory.



Find this newsletter online using the QR code.

Send your sobriety details to NNLEditor@sloaa.org or send a contribution (suggested \$1.00 per year of sobriety) to CCCOI, PO Box 6819, Los Osos, CA 93412-6819. We accept online contributions via VENMO to @slocentraloffice.

Pickup a birthday envelope at your meeting or at Central Office, fill in the blanks and mail or drop off at 1333 Van Beurden Dr., Los Osos.



7th Tradition Mailing List for Group Treasurers (Contributions)

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

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

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

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

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

And, did you know...

You can make a donation in celebration of your AA Birthday to the Central Office Intergroup? You'll support the 24/7 Hotline and all our area work plus be recognized in the upcoming issue of the Nameless Newsletter.

Simply contribute the dollar amount for your number of years in sobriety. Include the name of your home group too so it gets a shout-out. Write "BIRTHDAY" in big letters on the envelope and mail to CCCOI. It's just like taking a cake at a Birthday meeting. Shows the program works! Thanks to members so far in 2024 for your donations serving District 22, SLO County.

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If you still have questions, contact me at grapevine@area93.org or call or text 805-550-8081.
Bonnie N., Area 93 Grapevine Committee Chair

SATURDAY SPEAKER MEETINGS

South County Speaker Meeting
First Saturday, 8:00pm,
St. John's Lutheran Church
959 Valley Rd., Arroyo Grande

Morro Bay Speaker Meeting
Second Saturday, 7:30pm,
St. Timothy's Parish Hall
962 Piney Way, Morro Bay

Saturday Night Live
Third Saturday, 7:30pm,
Calvary SLO Church
4029 S Higuera St., San Luis Obispo

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

“We shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks.”

- As Bill Sees It, p. 6

SERVICE SUNDAY – 2nd Sunday

8:45am –Central Office Representatives (COR). Currently on Zoom: 958 0124 0779
No Passcode

10:15am –General Service Reps (GSR)
District 22 GSR Meeting
In Person at the Alano Club 3075 Broad St., SLO. Or via Zoom: 88279258044 Password: D22GSR

12:00pm – District 22 Convention
Committee. Melody Group, 265 South St. #F, San Luis Obispo

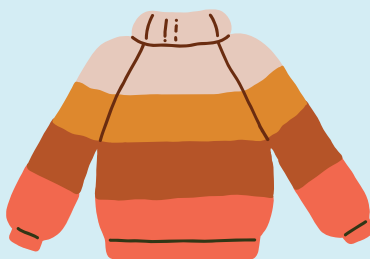
ADDITIONAL SERVICE MEETINGS

Central Office Board of Directors Meeting
1st Wednesday, 5:30pm
Central Office, 1333 Van Beurden Dr., Los Osos. Currently on Zoom: 805 541 3211 No Passcode

Hospitals and Institutions Meeting (H & I)
& Bridging the Gap
3rd Tuesday, 6:40pm
Alano Club, 3075 Broad St., SLO

Any Interested AA member may attend these meetings.

H & I carries the AA message to the Prison, County Jail and Juvenile Hall among other institutions.





Step 10: Into Action

After being in the program for a while, it occurred to me there was no way I could have performed all the measures suggested in the 12 Steps, let alone in Step Ten, on my first go-around. We come from an alcoholic's approach to the issues we plan to address. We eventually come to understand that we can only give it our best effort to start the process.

Understanding the disease of alcoholism takes time. We can, however, establish a framework without concluding we finished the steps. As we continue to grow in the program more will be revealed about the steps taken. And, that is where Step Ten becomes the opportunity to revisit past steps and fill in the empty spaces as we evolve.

If we stay sober long enough to get to this level of understanding, we will continue to repair our broken relations with others. We can clear up legal, marital, and financial problems that can be a distraction when looking at the deeper rooted emotional, mental and spiritual issues. If you are complacent you can miss out on the Step Nine promises.

We cannot ignore the need for up-keep and maintenance in the program. Just like we cannot ignore the upkeep and maintenance when we purchase a new car. Brake shoes wear thin, oil gets dirty, coolant evaporates and so on. The same effect takes place in the process of recovery. If we become complacent at any level of this process — as it often happens — we may relapse or, miss out on the promises set forth in Step Nine.

Step Ten of AA, "Continued to take personal inventory and when we were wrong promptly admitted it" (BB p 59). I believe that most of the members of AA, who actually go through the steps as suggested in the Big Book, have been doing this to some degree since they became aware of it in the 4th and 5th steps. And, the reason why they reintroduced us to this topic in Step Ten. It was to make it clear that we will continue to do this for the rest of our lives. We are never finished when it comes to taking the steps.

There is a line that we cross if we are committed to the goal of becoming the best we can be in life. This is where we start asking the question "Why wouldn't we do these things that result in freedom of the mind?" The biggest misconception we have is the idea that, somehow, we are responsible for becoming an alcoholic. And, this is simply not the case.

When we took our first drink, it did something for us that it did not do for the normal person. It masked all our fears and insecurities temporarily. But, did not erase those embarrassing behaviors from our minds and our conscience. The fear is gone and I sleep so much better

We behaved poorly as we evolved through our adolescence and young adulthood. Which was due to the fears and inhibitions associated with alcoholism. Who could fault the person who discovers they have a disease and takes it upon themselves to treat that disease? Yet, the 12 Steps of Alcoholics Anonymous restores us. And, lets us take account of all of the faulty behaviors that stem from that disease, make restitution and become model citizens.

This is the natural development that evolves as the result of taking the 12 Steps - continuing the upkeep and maintenance process. I thank God that the program of Alcoholics Anonymous has taken one hell of a load off my mind. And, I am mentally at peace when my head hits the pillow at night.

By Rick R.

AAGRAPEVINE Story Writing

Area 93 Grapevine Committee Zoom Workshop

Last Saturday of the Month 11:00am – 1:00pm

Sharing From The HEART

Your story can inspire others to transform their lives!

If you want to be more engaging when speaking and sharing at meetings or if you want to submit your story to Grapevine Take advantage of this FREE workshop

Sharing From The Heart

- How to use **The 3 Keys of Engaging Stories** to take people on an emotional journey with you?
- How to connect **heart to heart** with your audience?

Submitting Your Story to Grapevine

- What **types of stories** is Grapevine looking for?

2024 workshops: Aug 31, Sep 28, Oct 26, Nov 30
zoom.us/j/92326363118 Passcode: Grapevine

RSVP grapevine@area93.org or text:
 Ann D., Area 93 Grapevine Committee Story Writing Instructor 619-302-7952
 or Bonnie N., Area 93 Grapevine Committee Chairperson 805-550-8081



2024

AA and Al-Anon Speakers

Breakout Meetings

Comedian

Raffle Prizes

Golf Tournament

Hike to the Lake

Yoga/Meditation

Speaker CD's

49th Annual Fall Festival
 October 4 - 6th
 Harvey's Lake Tahoe Hotel & Casino
 18 Hwy 50
 Stateline, NV 89449



Register Now:

<https://www.laketahoe-aa-fallfestival.com/>

Early Bird Pricing Available!
 Questions? laketahoeallfestival@yahoo.com

THE LOVE & SERVICE



Where We Share Stories of Applying the
 AA Steps, Traditions and Concepts

FORMERLY THE UNITY & SERVICE CONFERENCE
 HOSTED BY THE LOVE & SERVICE GROUP

MAIN SPEAKERS:

BILLY N. – PALM BEACH GARDENS, FL
 ARISA B. – BOSTON, MA

OCT	FRI	2024	OCT	SAT	2024
	11			12	

REGISTRATION OPENS : 3:00PM	EVENT STARTS : 9:00AM
EVENT : 6:00PM – 8:30PM	EVENT ENDS : 10:00PM

EVENT COST \$45

INCLUDES SATURDAY CONTINENTAL BREAKFAST & LUNCH

SATURDAY DINNER COST \$55
OPTIONAL

HYBRID EVENT

SPANISH INTERPRETATION
 ASL INTERPRETATION



THE HOPE CENTER | 2275 MORELLO AVE | PLEASANT HILL | CA

For more information email 3LegaciesConf@LoveAndServiceGroup.org

Save the Date! AA.org/International-Convention

2025 A.A. International Convention
 July 3-6, 2025

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 Language of the Heart
 Lenguaje del corazón
 Le langage du cœur