

# the nameless newsletter

March/April 2024

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 31 No. 2

## Welcome & Updates



Welcome to the March/April edition of the Nameless Newsletter. We hope you're enjoying Spring!

There are several upcoming events to consider joining as a volunteer or participant. See the last page for details.

Please continue to send your birthday and event announcements to our newsletter: [NNLeditor@sloaa.org](mailto:NNLeditor@sloaa.org).

### Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

### Step 4

Made a searching and fearless moral inventory of ourselves.

### Tradition 3

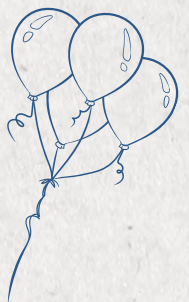
The only requirement for A.A. membership is a desire to stop drinking.

### Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

## Sobriety Birthdays

Name	Date	Years
Dena G.	Feb. 10	2
Amy	Jan. 10	4
Lori	Jan. 7	7
Brenda K.	Jan. 8	12
Sharon O.	Feb. 7.	19
Debbie P.	Feb. 22	37
Jim	Feb. 4.	40



# STEP 3: INTO ACTION

Dag Hammarskjold is quoted as having said “I don’t know who or what put the question, I don’t even remember answering, but at some moment I did answer “YES” to someone or something and from that moment I was certain that existence is meaningful, and that therefore, my life, in self surrender, had a personal GOAL.”

If existence IS meaningful, life in itself has a goal, in its freedom to surrender – not myself as a sacrificial victim, not the core of my soul to others as a compliant beneficiary to others, but to surrender TO others those things I have learned about myself FROM others. So that by being touched and moved by them, even if simply by listening, I and they may grow forward (slowly), toward Serenity, I believe, simply, that this is a reflection of the Third Step Prayer.

## *A Word To My Friends About Me and My God*

There are those who will claim that they have heard me profess not to believe in a god. No, not true... What is true is that I do not believe in Jesus or Jehovah, Baal or Odin, Ra or Quetzalcoatl, Thor or Zeus, Allah or any such named entry in the god/biz. Not for me is Catholicism, Judaism, Hinduism, Buddhism, Islamism, and Paganism, etc: and so on and so on.

I do believe that Goodness creates Godliness – that it is not in the “knowing”, but rather in “doing” that the door to spiritual growth is opened. And, that in the “doing” I can avoid the “root of my troubles” as described on page 62 of the Big Book. And, since this god-centered life requires a voluntary association, which produces a true learning behavior modification, it may perhaps be best described as “JOIN IN THE JOY”. But, most of all, I believe in the power of the group. Power as described in Montague’s Prometheus Bound (1930) as a belief in a “power greater than ourselves that makes for good.”

Adopted from the Cleveland A.A. Program Theory, written by Terry W., Member of Bay West Group of Alcoholics Anonymous. [Link here.](#)



*“It is not in the ‘knowing’ but rather in ‘doing’ that the door to spiritual growth is opened.”*

## **The 3rd Step Prayer**

God, I offer myself to Thee-  
To build with me  
and to do with me as Thou wilt.  
Relieve me of the bondage of self,  
that I may better do Thy will.  
Take away my difficulties,  
that victory over them may bear witness  
to those I would help of Thy Power,  
Thy Love, and Thy Way of life.  
May I do Thy will always!



## Step 3: Daily Reflection

Weeding the Garden  
March 4th

The essence of all growth is a willingness to make a change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.

*As Bill Sees It, p. 115.*

By the time I had reached Step Three I had been freed of my dependence on alcohol, but bitter experience has shown me that continuous sobriety requires continuous effort.

Every now and then I pause to take a good look at my progress. More and more of my garden is weeded each time I look, but each time I also find new weeds sprouting where I thought I had made my final pass with the blade. As I head back to get the newly sprouted weed (it's easier when they are young), I take a moment to admire how lush the growing vegetables and flowers are, and my labors are rewarded. My sobriety grows and bears fruit.

## Step 4: Daily Reflection

Two "Magnificent Standards"  
April 28

All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards.

*As Bill Sees It, p. 271*

To acknowledge and respect the views, accomplishments and prerogatives of others and to accept being wrong shows me the way of humility. To practice the principles of A.A. in all my affairs guides me to be responsible.

Honoring these precepts gives credence to Tradition Four — and to all other Traditions of the Fellowship. Alcoholics Anonymous has evolved a philosophy of life full of valid motivations, rich in highly relevant principles and ethical values, a view of life which can be extended beyond the confines of the alcoholic population. To honor these precepts I need only to pray, and care for my fellow man as if each one were my brother.

Find this newsletter online using the QR code.

Send your sobriety details to [NNLEditor@sloaa.org](mailto: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

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

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

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

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If you still have questions, contact me at [grapevine@area93.org](mailto: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

**\* 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.**

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

- *As Bill Sees It.*

## **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) and Bridging the Gap**  
3rd Tuesday, 6:40pm  
Alano Club, 3075 Broad St., SLO





## STEP 4: INTO ACTION

### I Got It Right the Second Time

My first attempt at doing a fourth step inventory came as I was approaching my first year of sobriety. I now realize I was rushing into it before I understood what the objective was and after scribbling down a great number of superficial deeds that I had done during my drinking days, my project was interrupted by a flight to Asia and a four-month vacation aboard a Navy tanker in the Tonkin Gulf Yacht Club, (being in the Navy at the time).

I didn't have the opportunity to get to a single meeting during that time, but I did have a lot of quiet nights at sea where I contemplated my life before A.A., and what I was going to do with the rest of my life. It was during that time that I decided, by God; I wasn't going to mess this thing up. I was going to do it by the book.

I longed to be back in the safety of that loving group I left four months earlier. I knew that with their love and support I could get it right, I realized, as I was studying step six it says, "We were entirely ready to have God remove all these defects of character" and in step seven, it says "Humbly ask him to remove our shortcomings". To me, that means that in Step Four, I should be trying to identify my defects of character and my Shortcomings. The example of this step in the Big Book of Alcoholics Anonymous shows a chart which describes what we did, why we did it, (fear of something) and who we did it to.



It occurred to me that if I could identify the root cause of my problems (defects/fears) that I could change the behavior that resulted from those actions (shortcomings).

To explain this in simple terms, I produced this scenario that anyone could understand, and it goes like this. I purchased a large S.U.V. off the showroom floor, drove away and, at the first signal light, I hit the brakes and it didn't stop till I was out into the cross traffic. I drove back to the dealer and explained what happened. They checked it out and discovered that they had put the wrong brake shoes on it by mistake. They replaced them with the correct brakes and when I came to the signal light the S.U.V. stopped. And, it stopped at all the other stop lights as well. The defect (root cause) was that the brakes were the wrong size. The shortcoming (behavior) was that the vehicle did not stop properly. Once the defect was corrected, the shortcoming went away.

For example, I was talking to one of my mentors, at that time, about criticizing other people and he said that criticism of others stem from my own, low self-esteem (defect). Once I identify my defects of character, it seems to take all the power out of them. For instance, if I could find any value in criticizing another person, I might still be doing it but there is no value in it except to feed my ego and it shows weakness of character (low self-esteem). Those four months at sea gave me the motivation to revisit the 4th Step and get it right the second time. I recommend revisiting that step if you feel troubled by old behaviors. It did wonders for me.

*By Rick R., Adapted from the Cleveland A.A. [found here](#)*

- Keep an open mind: Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.
- Maintain humility: Accept that you can't conquer your addiction alone.
- *Adapted from Recovery.org*

# Save the Date!

57th Annual District 22 A.A. Convention

Location: The Veteran's Memorial Hall in SLO

Date: 8/23-8/25

Theme: "Insist on Enjoying Life"  
Volunteers needed.

Planning committee meets on the 2nd Sunday of each month at noon at Melody

**2024 H&I CONFERENCE MAY 3-5**

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**34th Annual IWW Roundup**

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**Book Hotel Early**  
You can book your room at the Holiday Inn Express by April 2 to receive discounted room rate of \$129

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Morning Desert Hike | Friday Night Pizza and Bingo | Saturday Night Entertainment | Recovery Vendors

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<https://www.iwwroundup.com>

REGISTRATION DEADLINE 3/16/2024

**GIFT OF SISTERHOOD**  
2024 NorCal Woman to Woman Conference  
April 26-28, 2024  
Seacliff Inn  
Aptos, CA  
Registration:  
<https://bit.ly/NorCalW2W2024Registration>  
Payment made through Venmo  
Website: <http://bit.ly/NorCalW2W2024>  
Double \$395 - Single \$585

Due to a generous donation, the discounted room rate has been extended to include as many women as possible!

2024 W2W Conference Site 2024 W2W Conference Reg

If you would prefer to mail in your registration form vs register online (easier!) Please complete the below and mail no later than 3/16/24

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Form of Payment: Venmo  @norcalw2w - If last 4 digits are required, please use 9838  
Check  Payable to: Nor-Cal Woman to Woman

Mail to: Robin Tsoi  
39975 Cedar Blvd #142  
Newark, CA 94560

Double \$395  Staying With: \_\_\_\_\_ Single \$585  Sobriety Date: \_\_\_\_\_