

the nameless newsletter



January/February 2025

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 32 No. 1

Welcome from the Central Coast Office Intergroup

The Central Coast Central Office Intergroup (CCCOI) for Alcoholics Anonymous serves all the groups in the 22nd District. It is responsible for providing 24/7 phone hotline service and provides members and groups with the opportunity to purchase AA approved literature at cost without shipping fees. The CCCOI is funded by contributions from groups in the 22nd District.

Volunteers are in the office weekdays from 12 Noon to 6 PM and Saturday from 1 PM to 4 PM to answer the office phone and sell literature. At other times the office phone number is forwarded to Volunteers' cell phones 24/7. There are also volunteers (staff) who maintain the web site, update the online Meeting Directory, edit the Nameless Newsletter, manage the office, coordinate the Volunteers in the office and maintain the phone forwarding system.

The central office is a nonprofit organization led by a Board of Directors under the auspices of the Central Office Representatives (COR) who represent each group in the district. The Board of Directors, volunteer for terms of 2 years, (one time renewable).

If you are interested in serving as a volunteer in the Central Office, send an email to info@sloaa.org or dickb@sloaa.org. Service in the Central Office is an opportunity to provide service to the AA community District 22. The ninth tradition states that AA is not organized but may set up service committees directly responsible to those they serve. In this case for the benefit of all AA groups in the district.

The Central Office is looking for a Board member. Two years sobriety, two year commitment. Meetings are usually held on Zoom the 1st Wednesday of the month

The Board meets monthly on the first Wednesday and the COR meets monthly on the second Sunday.

Dick B, Chairman
Board of Directors

Sobriety Birthdays

Name	City	Years
Hans L.	Los Osos	22
Craig A.	Los Osos	36
Dick B.	Arroyo Grande	37
Paul L.	Los Osos	40
Robert B.	Texas	40
John McA.	Arroyo Grande	42



Step 1

Admitted we were powerless over alcohol; that our lives had become unmanageable.

Step 2

Came to believe that a power greater than ourselves could restore us to sanity.

Tradition 1

Our common welfare should come first; personal recovery depends upon A.A. unity.

Tradition 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Step 1: Into Action

When we first walked into the rooms of A.A., we thought our lives were unmanageable because when we drank, we wound up in strange places, with strange people, in strange positions (some of us – literally). How grateful we were when our sponsor, or other caring members of the Fellowship, helped us fully understand what co-founder, Bill W. meant in *More About Alcoholism* (top of page 35 in the Big Book – 4th Edition) when he said, “So we shall describe some of the mental states that precede a relapse into drinking, for obviously this is the crux of the problem.”

We are grateful that we were helped to understand that our mental states, or our thinking, WAS/IS the crux of our problem. Selfishness/Self-Centeredness! That, we are told, is the root of our troubles (not alcohol). Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we go to the only thing that has proven to provide us the release we seek from these “fleeting forms” – alcohol.

If we ever need proof of our powerlessness over “a seemingly hopeless state of mind and body” (which is one definition of alcoholism), all we have to do is look at the many examples of how our life was unmanageable while drinking – and how it wasn’t the alcohol that made our life unmanageable.

Interesting Side Note:

Step 1 is the only step that talks about alcohol. The remainder of the Steps share solutions on how to deal with what the REAL problem is – the noise that lives between my left ear and my right ear (more commonly referred to as our defects of character).

Myths about this step:

Powerlessness means you’re weak.

Admitting powerlessness is a crucial step on the path to freedom and strength. It takes honesty and courage to accept that alcohol has taken over your life.

You have to take this step over and over. Step 1 is the only step we ever take 100% and once taken, we don’t have to ever take it again. Once you admit to your inner most self that you’re an alcoholic – you can’t “un-admit” that. Once you get completely honest and tell the truth – that truth never changes. Once an alcoholic, always an alcoholic.

Thanks to <https://takether12.org/s1/> for this reading.



1st Step Prayer

First Step Prayer I admit I am powerless. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all of my denial.

Step 1: Daily Reflection

United We Stand

January 10

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

Alcoholics Anonymous, p. 30

I came to Alcoholics Anonymous because I was no longer able to control my drinking. It was either my wife's complaining about my drinking, or maybe the sheriff forced me to go to A.A. meetings, or perhaps I knew, deep down inside, that I couldn't drink like others, but I was unwilling to admit it because the alternative terrified me.

Alcoholics Anonymous is a fellowship of men and women united against a common, fatal disease. Each one of our lives is linked to every other, much like the survivors on a life raft at sea. If we all work together, we can get safely to shore.

Step 2: Daily Reflection

The Limits of Self-Reliance

February 11

We asked ourselves why we had them [fears]. Wasn't it because self-reliance failed us?

Alcoholics Anonymous, p. 68

All of my character defects separate me from God's will. When I ignore my association with Him I face the world and my alcoholism alone and must depend on self-reliance. I have never found security and happiness through self-will and the only result is a life of fear and discontent. God provides the path back to Him and to His gift of serenity and comfort. First, however, I must be willing to acknowledge my fears and understand their source and power over me. I frequently ask God to help me understand how I separate myself from Him.

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.

AVAILABLE NOW!

THE NEW GRAPEVINE & LA VIÑA APPS!

- Read or listen to every issue
- Search our vast GV/LV Archives
- Keep track of your sobriety and spiritual practices
- Listen to our podcast
- Share AA stories and area events with friends
- Find meetings and connect to aa.org

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With a Digital subscription, you can read the new magazine each month, explore the Grapevine or La Viña archive, send stories to friends, listen to the audio of each article in the magazine, listen to the podcast, enter your own sobriety date for a daily calculation, build your own spiritual maintenance daily checklist, and more.

If you already have an online subscription you can easily download the app to your phone at no extra cost by going to App Store or Google Play.

If you do not have an online subscription, go to www.aagrapevine.org and click on the Subscribe tab. If you have questions go to <https://www.aagrapevine.org/gvr-resources> Click on Apps FAQ in English or Spanish.

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, 7:00pm,
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 2: Into Action

In Step Two there is amazing depth integrated into that short 14-word sentence. Step Two is basically a spiritual step. That is not to say it has anything to do with religion, though. By “spiritual,” Alcoholics Anonymous is addressing the inherent need we all have to be inspired by something or someone larger than ourselves. It’s about something to believe in; something that can work wonders in our lives to help right the ship.

To work this step means asking some hard questions. A Step Two worksheet provides these sample questions, among several others:

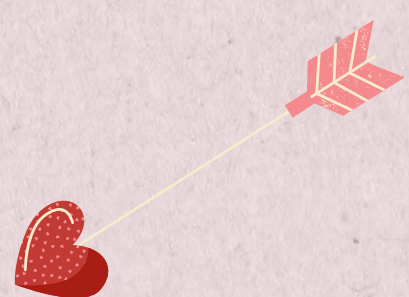
- What does the phrase came to believe mean to me? What do I believe in?
- What are my negative thoughts, feelings, attitudes or beliefs that block my spirituality?
- What are my grievances against a higher power?
- How have I sought help from a higher power today

Step Two involves many important elements. How does one “come to believe” that they really can change, that they can be restored to wellness? Are we willing to believe we can get better? And what exactly is meant by the word “sanity”? How have our past actions kept our life out of balance or impeded our ability to think straight? By parsing this 14-word Step, one chunk at a time, you will hopefully have a similar experience to Ashley Alumni Coordinator, Louis M. He leaned on the guidance of a sponsor to work his way through:

“The second step seemed, in my mind, way out of my league. I did not grow up in a religious or spiritual family and did not adopt any of it along the way either. A concept of a Higher Power seemed vague and hard to understand, so having a sponsor here was paramount.

I was honest with my sponsor on my feelings about this step, and we talked through it. He helped me understand that I did not have to be all-in on this concept overnight. Believing that I was not God, and using my sponsor’s Higher Power as my own, really helped me grow spiritually.”

~Louis M.



**Save
the
Date!**

AA.org/International-Convention

2025 A.A. International Convention

July 3-6, 2025



Scan here!



Language of the Heart
Lenguaje del corazón
Le langage du cœur

34th Big Island Bash April 4-6, 2025

at the Outrigger Kona Resort & Spa

Join us in person for Speakers,
Meetings, Meals, Activities and
More...

Register online on the Bash Website:

<https://www.bigislandbash.com>



or scan the QR code

For Questions, Text or Call:

Terry M. at 408.209.5152 or

Kim M. at 408.205.9018

Announcing: a new book from AAWS on sale November 1, 2024

PLAIN LANGUAGE BIG BOOK

A Tool for Reading
Alcoholics Anonymous

This is A.A. General Service Conference-approved literature

The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* "the Big Book." It is the basic text of the A.A. program. The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*.

This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.'s lifesaving message.

For years, A.A. members have expressed a need for a *Plain Language Big Book*. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the "abridged version" (the edition without personal stories) of the original Big Book.

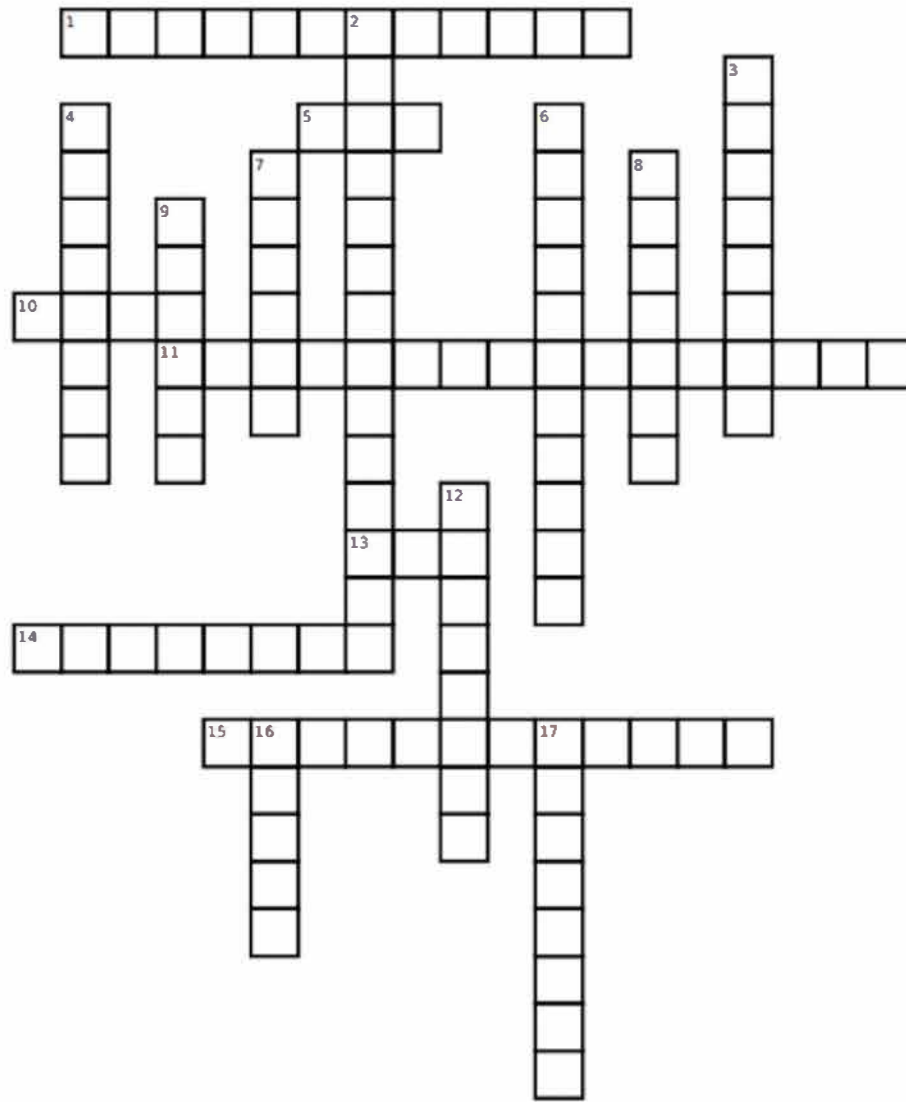
Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

The *Plain Language Big Book* is A.A. General Service Conference-approved literature.

PLAIN LANGUAGE BIG BOOK: A Tool for Reading *Alcoholics Anonymous*

- **Publication (on-sale) date: November 1, 2024**
- **List Price \$11.**
- **Item B-90**
- **192 pages; 8 ½" x 11"**
- **Softcover format with flaps**

Crossword Puzzle



Down:

2. How groups/meetings make decisions
3. The doctor (2 words)
4. 90 ___ in 90 days
6. As we understood it
7. Number of steps and traditions
8. With complete _____
9. A founder's last name
12. Unity, Service, _____
16. Founding city
17. Opening meeting prayer (1 word)

Across:

1. What our lives had become
5. Could and would if He were sought
10. A founder
11. Direction to be self supporting (two words)
13. Step for January
14. What one day at a time reminds us to focus on
15. This availed us nothing