

# the nameless newsletter

March/April 2025

Alcoholics Anonymous Central Coast Central Office Intergroup Newsletter

Vol. 32 No. 2



## Welcome & Updates

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

This issue celebrates Steps 3 and 4 and Traditions 3 and 4. In these months, we can all consider how turning our will over to a force greater than ourselves freed us to ask that force to help us navigate recovery, freed us from the burden of trying to do it alone. In step 4, we take a "searching and fearless moral inventory", which is where the true freedom from self-defeating behaviors and resentments begins to take place. By letting go of personal control, we open the door to honest self-reflection and the opportunity to change negative patterns in our lives.

### 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

### JANUARY

Charles T., 2, Oshkosh, WI, Zoom  
Michelle W., 8, Oakhurst, CA, Zoom  
Anthony L., 25, Oakhurst, CA, Zoom  
Jim L., 27, Morro Bay  
Janice R., 44, Arroyo Grande

### FEBRUARY

Debbie P., 38, Arroyo Grande,  
Sammy Anne, 43, Los Osos  
Dorian, H., 3, Feb. 20., Arroyo Grande



# STEP 3: INTO ACTION

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

The first two steps lay the foundation for this momentous act of faith that is the essence of Step Three — to submit our will to the care of our Higher Power. Step Three is one of the most difficult of all the Steps. Those individuals who don't have a history of participating in a particular faith belief system can struggle somewhat with this concept.

The beauty of Alcoholics Anonymous is that the program meets you where you are. There is great latitude in what constitutes your Higher Power, providing each person the freedom to define it as they wish. For some, a Higher Power is a religious entity, but for others, it may be anything or anyone that inspires them to make fundamental life changes.

## **About Step Three in Alcoholics Anonymous**

Where the first two steps of the 12 Step Program were cognitive, based on thoughts or reflections, Step Three is an action step. This step requires us to move forward in recovery underneath the umbrella of a Higher Power, fully submitting to its protection, provision, and Will to guide your way.

## **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!

The Third Step paves the way for the next important step, a difficult step that requires the painstaking process of taking a self-inventory. Unless we have willingly submitted our recovery to our Higher Power, we are not really capable of completing Step Four in an honest and thorough way. Step Three provides the foundation for the balance of the 12 Step Program.

Consider Louis M's experience with Step Three: "Making a decision to turn my will and my life over to my Higher Power was explained very well to me after the second step. Through having this honest and open conversation with a sponsor I was able to realize that this is not an action step. This is a decision, much like countless decisions I've made in the past, except this one I was going to stick too. My sponsor told me if I wanted to work this step, do a fourth and fifth step. Faith without works is dead became my motto here, and I began working fearlessly and thoroughly on my fourth step."

*Adapted from*

<https://www.ashleytreatment.org/rehab-blog/step-three-in-alcoholics-anonymous/>



## Step 3: Daily Reflection

A Day's Plan  
March 12th

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

Alcoholics Anonymous, p. 86

Every day I ask God to kindle within me the fire of His love, so that love, burning bright and clear, will illuminate my thinking and permit me to better do His will. Throughout the day, as I allow outside circumstances to dampen my spirits, I ask God to sear my consciousness with the awareness that I can start my day over any time I choose; a hundred times, if necessary.



Find this newsletter online using the QR code.

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

## Step 4: Daily Reflection

Anger: A Dubious Luxury  
April 16

If we were to live, we had to be free of anger. The grouch and the barnstorm were not for us. They may be the dubious luxury of the normal men, but for alcoholics these things are poison.

Alcoholics Anonymous, p. 66

"Dubious luxury." How often have I remembered those words. It's not just anger that's best left to nonalcoholics; I built a list including justifiable resentment, self-pity, judgmentalism, self-righteousness, false pride and false humility. I'm always surprised to read the actual quote. So well have the principles of the program been drummed into me that I keep thinking all of these defects are listed too. Thank God I can't afford them---or I surely would indulge in them.

## 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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- 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](http://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](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, 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

**\* 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.**

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.'"

- *Alcoholics Anonymous, p. 87*

## 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

1, 2, 3, and OUT

When I attended my first Alcoholics Anonymous meeting, I had no idea what any of the steps, entailed but at that meeting I heard the things that were read, and sharing about steps. And, I now realize that I came away from that meeting a different man. My life took a 180° turn, and I have never been the same.

For the first time in my life, I saw a refreshing, new approach to living and all I had to do, was to show up and listen. That may have been the taking of step 1, but I did not know it at the time. I realize that, from that day on, I have had a huge change of perception and I have learned to recognize faulty thinking and to find the answers to life issues as they were articulated by the collective sharing in that meeting. I have heard people in the program, when attending a structured step study meeting, say that there may be as many as 35 people at the meeting when they started on step 1, but by the time they got to step 4 they might be down to 12 or 13 people left in the room, and they say it is like, 1. 2. 3. And out. There seems to be something in step 4 that their ego would not let them address at the time.



“We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage.” pg. 68

“We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.” pg. 70.



Like myself, I had things that I thought I would take to the grave with me. When this happens, I believe that they may not be ready for this step yet. And, if they are hurried into it, they may start to search for an easier softer way. If they stay on that softer path for long, they may end up having a half measures approach, which avails them nothing and they may waste precious years. Or worse, they may relapse and do irreparable damage that cannot be undone.

When I hear of a person who has a relapse after long term sobriety I often wonder if it was due to skimping on steps 4 and 5, which leads to a superficial approach to the remaining steps. Thoroughness is the watchword when taking these steps.

I use the Fourth Step in the 12&12 to illustrate what I mean when I try to describe the way reading and hearing the things that they describe in step 4, are things that we live with every day of our lives. Each time we read them again, we realize that we have addressed some of these issues without being aware of it.

I have heard people who have not taken step 4 yet, using terms such as, “restraint of pen and tongue, or remove the word blame from my speech and thought” and, without realizing it, they are reducing their problems as the result of this different mindset. If they are honest about not being ready to take step 4 and 5, it leaves the door opened for the time when they are more confident, and they can revisit this step and make a clean slate of it without feeling guilty or being in denial about it.

We can tell stories and drunkalogues of our drinking days and that’s fine. But, if we don’t go through a meaningful process of addressing the causes and solutions to our problems, we will be selling ourselves short, and life is too precious to waste. The question is: If this applies to me, am I strong enough to revisit step 4 and 5.

By Rick R.

# 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

# SOBER OPEN MIG night



**LAST SATURDAY OF THE MONTH 730PM**

Sign up for 15-minute time slot and potluck @ 7pm

**LIVE MUSIC, COMEDY, POETRY & MORE**

**2148 Fresno St., Los Osos, CA**

Questions? Call Brian M. 206-919-0880



**REGISTER BY APRIL 15 FOR EARLY-BIRD PRICING**

## 2025 A.A. INTERNATIONAL CONVENTION

Join your friends in Vancouver, British Columbia, Canada  
July 3-6

**HIGHLIGHTS INCLUDE...**

- ▶ Thursday night block party
- ▶ Flag Ceremony
- ▶ Stadium meetings
- ▶ Old Timers Meeting

AND MORE...including 250+ meetings, hospitality suites, and a full slate of panels and workshops

**HOUSING IS STILL AVAILABLE!**

**REGISTER NOW**

**LEARN MORE**


[aa.org/international-convention](http://aa.org/international-convention)

[2025ic@aa.org](mailto:2025ic@aa.org)




# SLOPYRAA ST. PATTY'S BOWLING

**START 3 PM - MAR 16TH 2025**  
BOWLING + FOODS + MEETING



**\$15 PRE REGISTRATION  
\$20 AT THE DOOR**  
\*REG INCLUDES CORNED BEEF & FOODS + BOWLING SHOES

**CAL POLY MUSTANG LANES  
1 GRAND AVENUE SLO, CA  
MEETING 3 PM - 4 PM  
BOWLING 4 PM - 5 30 PM**



# ORCUTT SPEAKER MEETING

Saturday 03/08/2025

ORCUTT PRESBYTERIAN CHURCH  
993 PATTERSON RD. ORCUTT, CA 93455

## Speaker—Marilyn S.

From—Los Angeles

7-8:30 PM

POTLUCK STARTS AT 6:00PM

POTLUCK THEME: FAVORITE GREEN FOOD

IF YOU PLAN TO EAT, PLEASE BRING A DISH SO  
THERE IS ENOUGH FOOD FOR EVERYONE!

THIS MEETING IS ALSO ON ZOOM

ZOOM ID- 6573372306 PASSWORD- 805805

ORCUTT SPEAKER MEETING TALKS ARE ONLINE AT  
[HTTP://WWW.AA52CENTRALOFFICE.ORG/WP/TALKS/](http://www.aa52centraloffice.org/wp/talks/)

## 24th Annual South County Men's Retreat

May 16-18, 2025



**Morro Strand Beach in Morro Bay**

**Campsites are: 35-44, 46, 50-54, 56 & 57.**

**Campfire Meetings**

**12 Step Discussions**

**Individual Step Workshops**

**Fellowship**

**Meals Included**

*Cost:*

**Register By May 5th \$50**

**After May 5th \$60**

*Venmo ID:*

**@Armando-Moreno-100**

**FOR MORE INFORMATION:**

**Jim D. (805) 748-1485. Craig H. (805) 471-7088**

**Armando M. (805) 714-9074. Esteban V. (805) 260-6259**

**Bring an RV, Trailer, or Tent! For Campsite Please RSVP to Jim D.**

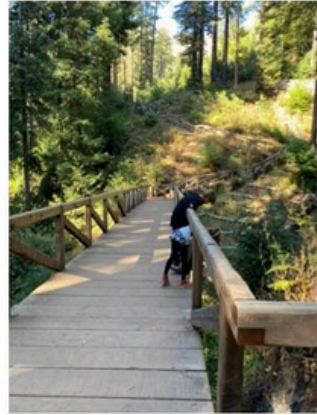


# AA Big Sur Campout 2025



WHEN: SEPTEMBER 25TH, 26TH, 27TH, 28TH

WHERE: PFEIFFER BIG SUR STATE PARK



!! When and how to book sites !!

1. Create an account @ [reservecalifornia.com](https://reservecalifornia.com)

2. Know when you'd like to arrive and be ready to book for Pfeiffer Big Sur SP. Sites become available at 8am - 6 months prior to the date and they go fast!

For example: if you'd like to arrive Thursday Sept. 25th, the first day to start booking is Tuesday March 25th.

Helpful tip: if you have the funds and want to ensure certain spots, book on earlier dates and modify later for a \$8.25 modification charge. 2 modifications allowed per reservation. See [reservecalifornia.com](https://reservecalifornia.com) FAQs to learn more about the rolling window reservation system.

🌲 For more info on Pfeiffer Big Sur State Park Campground visit:

California State Parks (.gov) [https://www.parks.ca.gov/Pfeiffer Big Sur State Park](https://www.parks.ca.gov/Pfeiffer-Big-Sur-State-Park)

STAY CONNECTED!

✨ Join the FB private group: Big Sur Camp Out



Big Sur Camp Out >  
Private group

BE OF SERVICE!

✨ Contact our Trail Master, Brianna, if you'd like to be of service with the meetings and fellowship activities. A monthly Zoom meeting TBD for collaboration of a campout program.

✨ Reach out also if you're willing to share sites and or rides. Let's get our newcomers and anyone that needs help in getting there to experience the magic of the fellowship in Big Sur.

For now, the priority is to book sites! Stay tuned for more information on the campout, directions, and other details that will come as we get closer to September.

In the meantime, please reach out with any questions!

In love and service, your Trail Master,

Brianna P.  
949-606-5667