



Nameless Newsletter

The Alcoholics Anonymous Central Coast Central Office Newsletter

VOL 24, NO. 9 September/October 2016

A For Attitude + A for Action

Working the Steps, I change: my life changes

RECENTLY I visited my sister, who had come into AA several years before I threw in the towel. I was musing about the changes in my attitude towards her over the years. First, of course, there was the tolerant affection of an older brother for his kid sister. Years later I felt actual hostility towards her, based, as I know now, on the fact that she had found something that I wanted (serenity, principally) but for which I was unwilling to make the necessary effort--to make the changes in attitudes and to take the actions that were so foreign to my thinking. Now she is a good friend, as well as a loved family member. In sharing experience with others in AA, I have found similar changes in attitude. They seem to point up my present understanding of the real meaning of AA.

The meaning of Alcoholics Anonymous, to me, lies in two words beginning with A: attitudes and action. The equation could be: Attitudes + Action = AA. This is not an original thought; it is clearly implied in Bill's "Twelve Steps and Twelve Traditions." But here's the way I used the idea and the Steps, to get AA into me (not to get me into AA, as I thought at first).

To begin with, since joining AA I have been discovering, with vast enthusiasm, elementary truths that most ten-year olds have found. I found that there are three basic relationships in my life, and I suppose in the lives of most people. Whether I like it or not, I must, as a human being, live with myself and with other people. And whether I believe in a formal God or not, I must live in a relationship with a Power greater than myself which I see manifested all around. It is the Power which endowed me with certain instincts and a conscience to guide them; the Power which brings the sun up each morning (how I used to dread morning!); the Power which has laid down certain laws, one of which, in the realm of physics, could kill me if I defied it and stepped out of a window of my sixth-floor apartment instead of using the elevator. I choose to call that Power, God, the God of my understanding. But regardless of His name I must live in the three relationships: with a Higher Power, with other people, and with myself. This necessarily involves certain attitudes; and with changing attitudes, certain actions.

In my opinion, one of the most profound changes experienced by a person coming into AA is the change in his attitude towards himself when he accepts the things he has admitted in Step One. My admission was of the mind and was only recognition of the facts of the record, thirty years of disastrous drinking. Acceptance was of the spirit and involved my feelings, my emotions, and a change in attitude toward myself. Gone--at least in part--was the idea that I was a big shot; that I could do it alone; that I didn't need help. I tried to move in the direction of an honest appraisal of my capabilities and an acceptance of my limitations.

The second change in attitudes came with Steps Two and Three which completed my introduction to AA. For me they were the most difficult and most meaningful of the Twelve Steps. I had thought of myself as one who had religious loyalties and a belief

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A For Attitude A for Action (cont'd)

in God, but not until I had advanced a bit in AA did I acquire faith--a three-fold faith in a Higher Power, in other people and in myself. I earnestly hope that I may never again strive for self-confidence or self-reliance, and equally that I may never lose the faith in myself that comes from the surrender of my life and will to the care of God, as I utilize Steps Three and Eleven.

I found that Step Three did not involve my attitude toward God only, because I was taught that a change in my attitude toward other people was also necessary. I could no longer impose my will on others if the surrender of my will to God was to be effective. How much simpler life became when I no longer had to do things my way all the time!

I found somewhat the same circumstances when I reached Step Four, which like Step One was primarily a matter of changing attitudes about myself. But my moral inventory, as a list of assets and liabilities, had little meaning until I related it to the harm my character defects had done to other people as well as myself and to the good that might result through the AA kind of sobriety and the use of such good traits as I might have.

Steps Four through Nine, the "house-cleaning" Steps designed to clear away the debris of the past, illustrate the recurring sequence of attitudes plus action. By using Step Four (my inventory), Step Six (a willingness to change) and Step Eight (a willingness to correct past mistakes) I have tried to better my attitudes in each of the three basic relationships. And in each case I have tried to follow up a changing attitude with the appropriate suggested action.

Having learned a little about myself and the need for change and action, I moved from what I used to regard as the "one-shot" Steps to the last three: the Steps I try to utilize each twenty-four-hour period. I found, naturally, that attitudes and action are living parts of Steps Ten, Eleven and Twelve. But I discovered that I was not through with the changing attitudes and actions of the first nine Steps. I am constantly taken back to them, and must remind myself that I was a drunk and will always be an alcoholic (a recovered alcoholic, by God's Grace). I must take the necessary action when I uncover a shortcoming of which I have been unaware (well, perhaps I suspected), and make restitution, where possible, as forgotten wrongs are turned up by my continuing personal inventory. And I must ever remind myself of the decision I made in Step Three.

Although I have written of the Steps in sequence, I did not undertake them in that order. For example, Step Eleven led me to Three; daily use of the tenth started me on the fourth. I have taken only Step One to my satisfaction; the others provide continuing goals for changing attitudes and action.

The Twelve Steps suggested certain actions to take, and my sponsor and others in our fellowship added some specific things I could do and one that I better not do--take that first drink. I learned the importance of getting to meetings, of participating in order to feel that I was part of the group. Helping in Twelfth Step activity taught me a lot about myself. I spoke at open meetings when wiser heads than mine suggested that it was time; and slowed down when I became too fond of my own voice. I read the AA literature when someone suggested that the man who will not read is no better off than the one who cannot read.

I cannot cover the long list of helpful suggestions for action in AA that I have heard at meetings. But I would like to draw an analogy. Last week I attended a meeting of an unusually large AA group. I venture to say that almost everyone who was there knows how to swim. But I would bet that no one at that meeting learned how to swim just by reading a book on swimming or sitting around the pool talking about it. I know I didn't! But I had faith in the buoyancy of the water in which I saw so many people swimming, and a desire to learn. So I jumped in, and with help, I learned what I must do to swim. If you are hesitating on the edge of AA, I say: "Come on in; the water's fine!"

B. N. MacA.

The Time of Our Lives

The time line below chronicles the early days of AA

1934 Dec. 11/Bill W.'s last drink--Dec./Bill W. meets Rev. Samuel Shoemaker, leading figure in the Oxford Group, later one of his closest friends

1935 May/Bill meets Dr. Bob on Mother's Day--June 10/Dr. Bob's last drink. AA founded

1936 AA opens first office, 17 William Street, Newark, NJ

1937 NY AA separates from Oxford Group--Nov./AA has 40 members sober in Akron and New York

1938 May/Alcoholic Foundation established--Dec./Twelve Steps written

1939 AA membership reaches 100--April/"Alcoholics Anonymous," the Big Book, published--Midwest AA separates from Oxford Group--Aug./Dr. Bob and Sister Ignatia are now treating alcoholics at St. Thomas Hospital, Akron, Ohio (reportedly 5,000)--Sept./"Liberty" magazine article on AA appears--Dec./First AA meeting held in an institution, Rockland State Hospital, New York

1940 Feb./First "Headquarters," Service Office established, Vesey St., New York City--24th Street Clubhouse (for AAs), New York City, opened--Bill W. meets Fr. Edward Dowling, SJ, one of his spiritual sponsors--June/"AA"-first pamphlet published

1941 Membership reaches 2,000--Mar./Jack Alexander article on AA published in "Saturday Evening Post"

1942 First AA meeting in a prison, San Quentin, California--Membership reaches 8,000

1944 June/First issue of the AA Grapevine--New GSO location, 415 Lexington Avenue, New York City

1945 Dr. Silkworth begins work at Knickerbocker Hospital, New York City

1946 Twelve Traditions published in Grapevine--First AA group in Europe meets in Ireland

1947 Preamble appears in Grapevine

1949 American Psychiatric Association recognizes Alcoholics Anonymous

Next Issue - 1950 to 1970

A friend of mine once said, "When I end the day with unfinished business, I end up dragging it into the next day with me. And I can't live one day at a time until I've dealt with yesterday." When I remember to take a quick inventory and share it with another alcoholic, I can see my unfinished business. When I'm in the present, there's no fear, anxiety, resentment, regret because those are things generated by dwelling on the past or the future. In the present there is only action that needs to be taken--or acceptance of the way things are.

Todd C.

SLO AA MEETING UPDATES

<u>City</u>	<u>Day</u>	<u>Time</u>	<u>Meeting</u>	<u>Address</u>	<u>Change</u>
Cambria	Sat	8:30am	Good Stuff West	Ardat & Hwy 1	New meeting

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*

BIRTHDAYS

Audrey N., Cambria 1 yr

Chad H., Los Osos 10 yrs

Wayne N. 26 yrs

Klink, Oceano 39 yrs



If you are celebrating a birthday, send the details to us:
nnleditor@gmail.com

Deadline for birthday submittal is the 18th of the month

Central Coast Central Office Intergroup Officers & Staff

Chairman	Mike M. ccoichair@gmail.com
Vice Chair	Terry R. ccoovice@gmail.com
Secretary	Judy G. ccoisecretary@gmail.com
Treasurer	Gina S. ccoitreasurer@gmail.com
Literature Chair	Jim L. ccoilit@gmail.com
Web Chair	R.J. C. ccowebchair@gmail.com
Communications Chair	Bob R. ccoinnlchair@gmail.com
Office Manager	Bonnie N. ccoimanager@gmail.com
Volunteer Coordinator	Dave S. sheldonservices@charter.net
Call Forwarding Coord.	Sharon H. shay79@charter.net
Website Design	Hunter K. centraloffice22gmail.com
Nameless Newsletter	Bob R. nnleditor@gmail.com

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**

1st South County Speaker Meeting
8:00pm, St. John's Lutheran Church
959 Valley Rd., Arroyo Grande

2nd Morro Bay Speaker Meeting
7:30pm, St. Timothy's Parish Hall
962 Piney Way, Morro Bay

3rd Saturday Night Live
7:30pm, Calvary Church
4029 S. Higuera St, San Luis Obispo

4th 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

September 9 - 11, 2016

38th Annual Ventura County Convention

Westlake Village, CA

vcaac2016@aol.com

October 7- 9, 2016

60th Northern Lights Roundup

Prince George, British Columbia

brucewaynecars@hotmail.com

October 27- 30, 2016

55th Honolulu Convention

Honolulu, Hawaii

annualhawaiiiconvention.com

January 27 - 29, 2017

42nd Annual San Fernando Valley Convention

Woodland Hills Marriott

Woodland Hills, CA

sfvaaconvention.org

November 18 - 20, 2016

10th Waves of Sobriety Roundup

Grand Hotel

Cape May, NJ

wavesroundup.net

July 2-5, 2020

2020 International AA Convention

Detroit, MI



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

SERVICE COMMITTEE SCHEDULE

Central Office Board of Directors Meeting

1st Wednesday, 5:30pm, Central Office
1137 Pacific Ave., #B, S.L.O.

Intergroup Central Office Rep. Meeting

2nd Sunday, 8:45am, ALANO Club
3075 Broad St., S.L.O.

22nd District General Service Rep. & Comm. Mtg

2nd Sunday, 10:15am, Alano Club
3075 Broad St., S.L.O.

Hospitals and Institutions Mtg + Bridging The Gap

3rd Tuesday, 6:40pm, Alano Club
3075 Broad St., S.L.O.

District 22 Convention Committee

2nd Sunday, 12:00pm
560 Higuera St., Suite E, S.L.O.

7th Tradition Mailing List

General Service Office	22nd District
P.O. Box 459	P.O. Box 1891
New York, NY. 10163-0459	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 with the same information and a return email will be sent to you with details. Thank you for your service!

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SHORT TAKES

Moment Of Grace

When I was three days sober, I felt the presence of God for the first time. It happened at my second AA meeting, a young people's meeting, on a Saturday night.

I was weak and uncomfortable from detoxing, but I had made it through the day. I felt safe that night at that meeting. I had a sense that I was going to make it, and that I had a chance.

At the end of the meeting, a young man came up to me and said, "Congratulations on three days," and handed me a name and phone number. I didn't feel as if he was trying to get something from me. It seemed genuine.

I asked him to be my sponsor and he accepted, with some simple conditions. I left and went home. Physically, I was weak, but I realized that I had left the meeting with something I had not arrived with--hope.

I knew then that I wouldn't be keeping myself sober. I realized a Higher Power had given me the courage to go to that meeting and had placed a sponsor in my path. It was God who spoke the words: "My name is Jason and I have three days" because I didn't have the strength to speak them. God gave me that strength.

Jason J.

Present For Now

When still fairly new in sobriety, I was invited to an AA national convention in Mexico City. The Estadio Aztec was filled with thousands of happy AAs.

The joy in the group was both obvious and contagious. Even a Roman Catholic cardinal in attendance noted that we must be a group of the "spirit" because, as he quoted, "The fruit of the spirit is joy."

An older man from Michocan was sitting next to me. We started up a conversation. He told me



Co-founder Quotes

"Success" in Twelfth-Stepping

We now see that in twelfth-stepping the immediate results are not so important. Some people start out working with others and have immediate success. They are likely to get cocky. Those of us who are not so successful at first get depressed. "As a matter of fact, the successful worker differs from the unsuccessful only in being lucky about his prospects. He simply hits newcomers who are ready and able to stop at once. Given the same prospects, the seemingly unsuccessful person would have produced almost the same results. You have to work on a lot of newcomers before the law of averages commences to assert itself."

<<<<>>>>

All true communication must be founded on mutual need. We saw that each sponsor would have to admit humbly his own needs as clearly as those of his prospect.

that a short time after he first went to AA, he told his wife that he wasn't going to meetings anymore because he drank too much coffee there, which made him get up at night. She replied, "No, viejo. Keep going. At least now you get up."

By then we had formed a little group, and when the laughter calmed down, another person told a story. More laughter. It went around the circle.

It occurred to me that in AA I was spending a lot of time laughing, instead of bemoaning the past, missing the present, and fearing the future. Instead, I was laughing at the past, enjoying the present, and looking forward to the future.

Anonymous

WHAT A PARTY!

An AA admirer's take on the program

I was at a party the other night. You know the kind--a little too loud, a little crazy, lots of laughter. I laughed until my head hurt and my ears ached. When the morning after arrived, however, not one single hangover in the bunch. Nice perk. It comes from partying with the AA gang.

As a guest at my dad's open AA birthday (he's had thirty-three of them now and I never miss), I go to support him and I am filled with pride. It's also a great "in." I love this taste of the internal workings of Alcoholics Anonymous, my yearly fix. I leave recharged, optimistic. I leave wanting to be an alcoholic. Well, a recovering, meeting-attending alcoholic, at least.

I have my reasons. For one thing, AA members get to have two birthdays a year, without aging twice as fast. In fact, the members I know seem to be "youthing." That zing in some of those ninety-year-olds makes me feel downright stodgy. There's also the jocular, the group's joie de vivre. I watch their inner circle with the eye of a last pick for the baseball team. I long to be included, to incorporate this spirit into my daily life.

AA members attribute much of their enthusiasm to their manual and life support, the Big Book, which has helped countless alcoholics navigate the treacherous waters of sobriety. There is also the Serenity Prayer, that miraculous nugget of wisdom that can be clutched in a hurry or pondered lengthily during times of meditation.

Then there are the life-affirming slogans. The essence of AA is often found on the streets in the form of bumper stickers: "Easy Does It," "Keep it Simple," "One Day at a Time," "Let Go and Let God." Sitting behind an AA member's car at a red light can almost be a spiritual awakening in itself. I've often been lifted out of my crabbiest driver mode by these inspirations. Attraction rather than promotion--that's AA's method of spreading the word. But they got me with enchantment rather than promotion.

Another reason I'd like to be a recovering alcoholic is the camaraderie. My dad can travel anywhere in the world and have more friends at the end of the day than I've met in a lifetime. It's like belonging to an international social club, with members who support one another around the clock. An alcoholic need only head for the phone in a moment of despair, and help is headed to the doorstep.

My experience with AA members is this: They're funny, they're wise, they're compassionate. They don't have time to waste on tediousness. They're working on themselves, climbing the steps to a self they long to know, and they seem to be having a heck of a good time doing it.

I peer inside that AA window and I see the good times, the joyful times. What I don't see, and what I can't begin to imagine, is the sorrow they may have to battle. I can't feel the enormous struggle to obtain this jovial sobriety, the courage and fortitude to say no to that first drink. I don't know what it takes to overcome the times of black despair, or as my dad calls it, "gangrene of the soul." No, I guess I'm just a fair-weather AA wannabe. A good annual dose of an open AA meeting will have to suffice as my spiritual tonic until next year.

Until then, I think I'll drive around looking for AA bumper stickers.

Anonymous

MEETING CHANGE REPORT FORM

Today's Date: _____ Effective Date of Change: _____

CITY: _____ DAY OF WEEK: _____

MEETING TIME: _____ MEETING DURATION: 1 hour 90 minutes Other _____

MEETING NAME: _____

MEETING ADDRESS: _____

CITY: _____ ZIP CODE: _____

TYPE OF MEETING CHANGE:

_____ DISCONTINUED

_____ DAY/TIME CHANGE (enter new info below)

New Day _____

New Time _____

_____ NEW ADDRESS (enter new info below)

NEW ADDRESS _____

CITY: _____ ZIP CODE: _____

_____ NEW MEETING (enter info at top, additional info below)

Meeting Type: _____ OPEN _____ CLOSED

Gender: _____ MEN _____ WOMEN _____ MIXED

Format: _____ DISCUSSION _____ BOOK STUDY

OTHER _____

Location: _____ CHURCH _____ HOME _____ SCHOOL

OTHER _____

YOUR INFO

(ALL of the info in this box MUST be filled out for this meeting change to take effect)

Name: _____ Contact Phone No: _____

Email (if available) _____

Address: _____ City: _____

Zip Code: _____

You can submit this form as follows:

1. Fill out, scan and email to: NNLEditor@GMAIL.COM, or
2. Drop off at Central Office: 1137 Pacific St, #B, SLO, CA 93401, or
3. Mail to Central Office: CCCOI, PO Box 12737, SLO, CA 93406, or
4. Bring to the Intergroup Meeting (2nd Sunday, 8:45am, Alano Club, 3075 Broad St., SLO)