



The Nightcap

THE NIGHTCAP IS PUBLISHED MONTHLY AT THE CENTRAL SERVICE OFFICE
103 RENNER, SAN ANTONIO, TX 78201 PHONE NUMBER 512-733-7562/6876
OFFICE HOURS: 9:00 AM - 4:00 PM MON-FRI 24 HOUR ANSWERING SERVICE

VOL. 11

AUGUST 1983

NO. 8

Editor's Desk: P E R S P E C T I V E

Fortunately, the moral stigma attached to "alcoholism" has now begun to fade as more people learn that alcoholism is an illness that can be treated, with good odds for recovery. As half to three-quarters of those who seek treatment recover (or show marked improvement), alcoholism has become recognized as the most untreated - treatable illness in America.

It is estimated that we have ten million problem drinkers and alcoholic persons in this country. We know (from experience) that at least four - maybe five - other persons are affected by the behavior of each of these individuals. That makes forty million people (maybe fifty) sharing alcohol problems second hand.

However, looking at it from our vantage point in A.A., there are forty million potential helpers who have a personal stake in helping find the way to healthy living.

Help is now available in most communities for the alcoholic "that still suffers". I feel it safe to say that probably three out of four alcoholic men and women are still married, living at home, holding onto a job, business, or profession, and are reasonably well accepted members of our community. For those in this group who seek help, the outlook is good. As we know, it is doubtful that any specific percentage figure has much meaning by itself, what does matter a great deal is the fact that tens of thousands of such individuals have shown striking improvement over many years.

Starting with this issue of our newsletter, I will gather and pass on information that we have in our San Antonio Community. Please bear in mind that this information is in no way an endorsement, approval or sanction, and that is just an effort to report alcohol related programs, facilities, etc.. Your comments are invited for our "for members only" section....

San Antonio's Council on Alcoholism.....Their ONLY OBJECTIVE....CONTROL OF ALCOHOLISM THROUGH EDUCATION AND COMMUNITY SERVICES.

Who supports this organization? This organization is supported by public spirited citizens who recognize the seriousness of this problem organized to help meet the need of the alcoholic, his family and the public.

Its basic principles are: that alcoholism is a disease; that the alcoholic can be helped and is worth helping; that alcoholism is a public health problem and therefore a public responsibility.

They try to: increase public understanding of alcoholism, its nature, control and remedy; maintain an Information Center where the alcoholic, his family, friends, or employers may obtain information on this disease; mobilize public opinion for a community approach to this major health problem and help coordinate existing facilities for the rehabilitation of the alcoholic.

What the Council does....It brings together members of the medical, nursing and legal professions, hospital administrators, clergymen, social workers, law enforcement officers and others.By so doing, it coordinates existing agencies for a community approach to the problem and its complexities. It has undertaken a program of public education on alcoholism by means of literature, lectures, radio and TV programs, film showing, and daily press.

It is engaged in promoting facilities for diagnosis, treatment, and hospital care for those needing such help. Maintains a "speakers bureau" which provides trained speakers for church groups, schools, and civic groups.

The Council maintains an Information Center, which offers consultation and referral services for alcoholics, their families and employers. This Center is located at: 5307 Broadway, Suite 226, San Antonio, Texas ZIP 78209; Tel. (512) 828-3742.

The Council is neither WET NOR DRY. It takes no stand on any controversial issue and is not engaged in either the promotion or prevention of the sale of alcoholic beverages. It is not affiliated with any other organization concerned with the problem of alcoholism in the community.

+ A drinking man commits suicide on the installment plan.

H I G H L I G H T Sof a simple program.

HOW A.A. MEMBERS COOPERATE WITH OTHER COMMUNITY EFFORTS TO HELP ALCOHOLICS

"COOPERATION BUT NOT AFFILIATION" -In the spirit of A.A.'s Twelve Traditions (P-29)..."

In many countries, the alcoholism picture is changing rapidly. For example, some early A.A. members had to play amateur doctor for alcoholics in the D.T.'s, because there was no one else to do it. Some A.A.'s furnished food, shelter, and loans to indigent drunks.

Today, these practices have virtually disappeared from A.A.. Often, many professional persons furnish alcoholics with services that A.A. does not provide. The A.A. pamphlet 'A Brief Guide to A.A.' and the flyer 'A.A. at a Glance' tell what A.A. does and does not do.

But many A.A.'s are continually exploring new ways of helping alcoholics in institutions and alcoholism programs that did not exist during A.A.'s formative years.

By now, A.A. has accumulated an enormous bank of experiences in ways of cooperating that preserve the spirit and the letter of A.A.'s Twelve Traditions (see p. 25). This pamphlet describes and summarizes that experience.

Our collective observations suggest that the following seven basic ideas be kept always in mind. (excerpt)

1) No hard-and-fast rules can be laid down in advance covering all cases--about exactly where the line is to be drawn between cooperating and affiliating. -You can find the best detailed explanation of these ideas in their original written sources, the books 'Twelve Steps and Twelve Traditions' and 'A.A. Comes of Age.'

2) A.A. is in competition with no one.

A.A. members have one unique qualification for helping problem drinkers, of course - our personal experience. We have been there. But in addition to our specific A.A. function of sharing our experience, we can also cooperate with others dealing with alcoholism as long as we are guided by our Twelve Traditions.

The A.A. Traditions on being self-supporting, on being nonprofessional, on avoiding controversy, and on not affiliating also suggests that A.A. members not criticize, obstruct, or hinder any other effort to help alcoholics. In the long run, to do so does not enhance the welfare of A.A... Instead, it helps promote disrespect, sometimes even antagonism toward A.A.. The chief loser is the still-suffering alcoholic. We A.A. members can help best, not by passing judgments, but again simply by sharing our own personal experience. If we are really meeting the responsibility of carrying the A.A. message, we have our hands full, and have no time to worry about rivalry with anybody!

3) Non-A.A. agencies and professionals are under no obligation whatever to abide by A.A.'s Traditions. The Traditions are strictly for the guidance of A.A. But it helps in securing more effective cooperation if such agencies and professionals can be made familiar with A.A.'s Traditions.

4) A.A. members employed in the field of alcoholism need to make it very clear in which capacity they are acting or speaking - at all times.

A.A. Guidelines for Members Employed in the Alcoholism Field and the section on the Eighth Tradition (especially pp. 169-171) in the book "12 & 12" help both these members and the rest of us think straight about the differences between the professional and the A.A. roles.

5) A.A.'s can also be good volunteers in non-A.A. community efforts, we need to stop short of structurally or formally linking A.A. with any other program or enterprise, no matter how worthy.

6) We cannot discriminate against any prospective A.A. member, even if he or she comes to us under pressure from a court, an employer, or any other agency. Regardless of our initial opinion of any newcomer, we cannot predict who will recover, nor have we the authority to decide how recovery SHOULD be sought by any other alcoholic. Some of us need different kinds of help, and it may come best from non-A.A. sources, as pointed out in "Alcoholics Anonymous" (p.74) and '12 & 12', p. 61. and

7) As we mature in A.A., we generally become less fearful and rigid. Those of us blessed with recovery in A.A. need to remember that modesty will win more friends for A.A. than smugness, arrogance, or a know-it-all attitude. Saying 'We know the ONLY way to recovery' is an egotistical luxury we can no more afford than we can afford resentments.

We begin to outgrow our defensive possessiveness. With no less devotion to A.A., but without our former fanaticism, we start to lose our fear that some non-A.A. program will usurp A.A.'s role, or take away our newly-found pride, gratitude, and other good feelings. The longer we A.A. members stay sober, the more likely it is that we will say, 'Anything that works toward recovery for the alcoholic is good, and this includes hospitals, rehabilitation centers, state or provincial alcoholism centers, religion, and psychiatry - as well as A.A.'.

Perhaps we become more 'attractive' examples of what A.A. can do, in line with our Tradition Eleven..."

FOR MEMBERS ONLY

We encourage you to share experience, strength and hope in the "For Members Only" section of the Nightcap.....Contributors express their own personal viewpoints..... please...We need articles, poems, cartoons, quips, etc.. from YOU!!

Let's remember, this is a sharing program and to pass your Nightcap on to others when you're finished with it. If you wish to subscribe - or give a subscription to someone, please use the form on the last page.

Buck-A-Month Club contributions are solely for the cost of printing of our Newsletter and to help with the expenses of our C.S.O..

CHIT CHAT...On the road to recovery.....

.....and no time left! Tom had been watching football games all afternoon and guzzling beer. Finally, late at night, he fell asleep in his chair. The next morning, his wife came downstairs, shook him, and said: "Wake up, you souse, and get to work! It's twenty to seven."

"In whose favor?" Tom asked groggily.

Ralph was telling us the other night about the time he went to the police station and told an officer, "I've been hitting the bottle too hard, and I think I want to quit. Would you give me a lie detector test to see if I really do, or whether I'm just lying to myself again?".....

--"I've been drinking whiskey all week to get rid of this cold." "The drug store just got some new capsules in that are superb for getting rid of a cold, Fred."...."Shut up and mind your own business, will you?".....

=It was three o'clock in the morning, when the phone rang beside the bed of Tom, when he was a bartender...."Tom", said the alcohol-saturated voice of Joe, "what time do you open in the morning?""Ten o'clock, Joe!" snapped Tom and hung up. ...At seven o'clock the phone rang and it was Joe again only drunker, "What time dushhh youzhh open?...."Ten o'clock but you won't be let in." ..."Doan wanna get in. Jushhh wanna get outhhh!"

+Quips, Quotes & Quests-----It's better to be silent and be considered a fool than to speak and remove all doubt.....Why is there never enough time to do right, but always enough time to do it over?....Funny thing about temper: You can't get rid of it by losing it.No matter what happens, there is always someone who knew it would.....

.....If you don't stand for something, you'll fall for everything. ...The difference between perseverance and obstinacy is that one often comes from a strong will, and the other from a strong won't.

TRUSTED SERVANTS

General Service Conference Recommendations and Actions
Area Delegate's Report

(The 33rd Annual GSC of A.A. -U.S., Canada and Puerto Rico- met in N.Y. in April 1983. "The A.A. Service Manual" states that the Conference ..."cannot be an A.A. 'authority', but it can bring into free discussion problems and trends and dangers that seem to affect Fellowship harmony, purpose, and effectiveness.")

.....Those members fortunate enough to hear Clyde M.'s report "live" will have appreciated first-hand the care and effort that have gone into Clyde's work on our behalf. We as A.A. members in the San Antonio Area are very grateful for his unwavering loyalty and seemingly inexhaustible supply of energy in serving the Fellowship. (Ed.)..... The following is a synthesis of some of the facts, figures and advisory actions/recommendations discussed at the Conference:

-Agenda...that 1984 Conference presentations include "How Does A.A. Respond to a Changing World?"....

-Committee on Trustees...That the GSB study the practice of rotation in our two corporate boards and committees....

-A.A.'s 50th Anniversary will be celebrated at the International Convention in 1985... by September 1983 the third draft of the biography of Bill W. will be completed with publication set for 1984...and, Trustee-at-large for Canada is Helen A. of Manitoba.

-Literature...recommendation not to reinstate the word "suggested" in the title of the Twelve Steps...! and revision of pamphlet "The A.A. Member and Drug Abuse". Distribution be continued until it is revised for consideration by the 1984 Conference; and, that the draft of the pamphlet for homosexual alcoholics be approved for distribution among all Conference members, so an informed policy decision may be made in 1984...

-Membership...4,000 new groups were registered at GSO in 1982, 1,500 discontinued for a net of 3,000 new groups, making a total of 31,000 in the U.S., Canada and Puerto Rico. Worldwide estimated at 51,000 groups.

A membership survey be undertaken in 1983 and be conducted on a random basis, by area.

-A reference to photographs - added to the Anonymity of members - to be included - asks that no A.A. speaker or indeed, any A.A. member - be identified by full name or photograph in published or broadcast reports.

-Cooperation with the Community: that the statement "A.A. does not provide letters of references to parole boards, lawyers, court officials, social agencies, employers, etc." be included in appropriate pamphlets.

-Finances; Clyde explained that if the General Service Office were self-supporting through group contributions - and - not dependent on literature income, as has been the case in the recent past, the result would not be the sale of less literature, but the lowering of the price of the literature...pls, Let's work on it!....

-Treatment Facilities - that this facilities be sent the "Treatment Facilities Bulletin, with a cover letter suggesting they get in touch with A.A.; that delegates ask local committees to help in compiling a GSO mailing list of facilities to receive the bulletin.

.....
CAN WE CHOOSE?...Bill W.'s letter, 1966

"As active alcoholics, we lost our ability to choose whether we would drink. We were victims of a compulsion which seemed to decree that we must go on with our own destruction.

Yet we finally did make choices that brought about our recovery. We came to believe that alone we were powerless over alcohol. This was surely a choice, and a most difficult one.

.....cont.

.....
We came to believe that a Higher Power could restore us to sanity when we became willing to practice A.A.'s Twelve Steps.
In short, we chose to 'become willing', and no better choice did we ever make."

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CALENDAR OF EVENTS

LOCAL

11th ANNUAL - CHISHOLM TRAIL Round-up.
Lake Travis...AUSTIN, Tx.
-August 19, 20 and 21st.....

Alcoholics Anonymous Directory
Metropolitan San Antonio and Outlying Area...Al D. and Gene L. intensively working on this project.
Pls. have your group's GSR's report any changes, additions, etc.
C.S.O. -733-7562

HOSPITAL MEETINGS - AUGUST
STATE HOSP.....Downtown Grp.
SALLY.....S.A. Young P. Grp.
DETOX.....Colonies North Grp.
CASA del SOL.....?
A.R.C..... Eisenhauer Grp.

**DOWNTOWN Grp...G R E A T! "Brown-bag" noon meetings are going real well.-Even FREE lunches some of the times. -and- Becky's CAKE, on Tuesdays and Fridays..! (110 McCullough - basement)

COLONIES NORTH GRP...corner of Ironside & Wurzbach...on a "try-and-see" basis, starting a "podium-participation" meeting on their last Friday of the month meetings. This is also 'birthday-nite' and 'cover-dish' dinner nite, starting at 7pm.

Also,
Starting the -Take-a-meeting custom.- Several members (usually 5 or more) will take meetings to other groups, as requested. Contact group sec. Fred D.

5th ANNUAL + HILL COUNTRY ROUND-UP July 29,30 & 31, 1983
Inn of the Hills KERRVILLE, Texas (512) 896-2300 OUTSTANDING PROGRAM, don't miss it. We hope that your N/C reaches you on time.....(Sorry that it skipped us.)(Ed.)

NORTH SAN PEDRO GRP.
8th ANNIVERSARY, August 18th, at 8:15 pm. Speakers; Don C. and Adele M.. -1605 Timber Oaks.. (San Pedro Presbyterian Church)
-see flyer--
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G.S.R.'s MEETING - AUGUST 21st.
-7pm; Club 12....(Sunday)
C.S.O. Adm. Board, -7pm- meeting
TUESDAY - AUGUST 16th
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The KINGSBORO Grp. - meets at the Unity Club, 3210 W. Commerce -8:15pm.
WEDNESDAYS - O/D SUNDAYS - C/D
Your attendance & support is NEEDED.

THANKS, DEBBY G. - for all the help in typing some (most-of) this and last issue.

UNIVERSAL CITY GRP. - North Blvd. & Winn Ave. (Methodist Church) - Come and visit, lots of activities and super-meetings.... working very closely with the Schertz Grp., that has 'the pleasant little club' open from 9 to 1pm, with a 'brown-bag' meeting!

Penal Report; Since last Nov., our John R. has done tremendous progress on this area. The slowness and tedious work is paying, and now we are beginning to have some flow of 'cleared' members for the System. +LITERATURE==is needed, let's see if every Group donates, for this common effort.

P.I. Report; Bob B., our P.I. rep. informs of the participation in the Social Action program at Kelly A.F. Base. Also, contacting different High Schools, for presentation of prevention & information programs.

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CENTRAL SERVICE OFFICE - SAN ANTONIO, TX.
CONTRIBUTIONS RECEIVED
JUN 27 - JUL 18, 1983

<u>GROUP</u>	<u>JUL</u>	<u>YTD</u>	<u>GROUP</u>	<u>JUL</u>	<u>YTD</u>
Alamo	50.00	100.00	Randolph	-0-	-0-
Alamo Heights	42.00	294.00	Reliance	-0-	-0-
Alpha House	-0-	-0-	Sahara	-0-	20.00
Audubon	-0-	-0-	Santa Fe	-0-	20.00
Bluemel Oaks	-0-	-0-	SASH	-0-	50.00
Boerne	-0-	20.00	Schertz	-0-	180.00
Broadway	50.00	190.00	Serenity	15.00	105.00
Callaghan	-0-	280.00	Southwest Loop	25.00	85.00
Coker	-0-	50.00	Stepping Stones	-0-	75.00
Colonies North	-0-	750.00	Summit	-0-	60.00
Downtown	-0-	50.00	Sunset	20.00	115.00
Eisenhauer	40.00	140.00	Tejas	-0-	300.00
El Libro Grande	-0-	-0-	Triangle	-0-	-0-
Fort Sam Houston	50.00	350.00	Twenty-Four Hour	10.00	30.00
Freedom	-0-	-0-	Universal City	-0-	72.00
Frontier	-0-	10.00	Universal City, Sun	-0-	30.00
Goliad	25.00	125.00	V. A. Hospital	-0-	150.00
Group 12	200.00	1000.00	Valley-Hi	30.00	240.00
Grupo Del Sol	-0-	-0-	Villa Rosa	26.30	226.30
Grupo Unidad	-0-	60.00	Wesley	-0-	20.00
Haven	25.00	175.00	West Ashby	-0-	-0-
Highland	20.00	120.00	Wilford Hall	20.00	80.00
Kingsboro	-0-	15.00	Windcrest	-0-	48.00
Lambda	60.00	80.00	Young People	-0-	28.16
Laurel Heights	20.00	160.00			
Lytle	-0-	8.00	<u>AREA</u>		
Marymont	-0-	60.00	Bandera	-0-	95.00
New Life	-0-	30.00	Cameron-Rockdale	-0-	25.00
North San Pedro	50.00	200.00	Canyon Lake	-0-	40.00
Northeast	-0-	90.00	Floresville	-0-	40.00
Northwest	-0-	160.00	New Braunfels Home	-0-	15.00
Northwood	-0-	25.00	Uvalde	-0-	44.00
Oblate	40.00	80.00	Yoakum	-0-	45.00
Open Door	-0-	60.00			
Park North	-0-	80.00			

SUMMARY OF CONTRIBUTIONS
(July 1983)

District 1	\$ 818.30
Area	-0-
Buck-A-Month	103.00
Individual	35.00
Memorial	-0-
	<u>\$ 956.30</u>

District 1 Active Groups 59

New Groups Reported	2
Randolph & Freedom	
Discontinued Groups	2
Helotes	
El Milargo Del Siglo	

60-30-10 PLAN 1st - Take care of basic group expenses - Rent, literature, refreshments
Divide remaining funds as follows: 60% to your Intergroup or Central Service Office
30% to the General Service Office
10% to your Southwest Texas Area Fund

A FESTIVE OPEN HOUSE OF

THE NEW LAMBDA CLUB

AT 1312 WYOMING STREET

SATURDAY, JULY 30, FROM 4 TO 11 P.M.

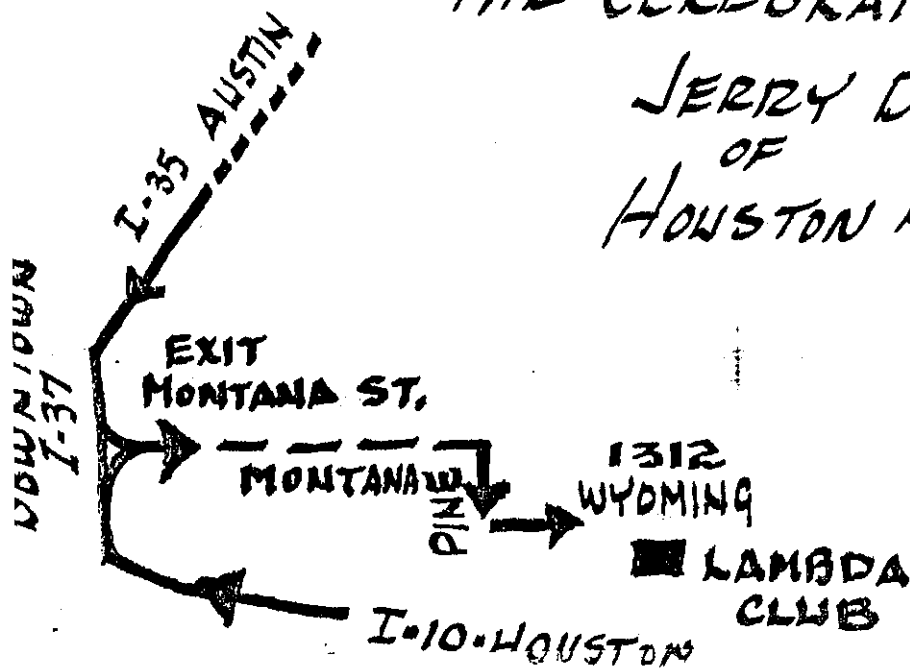
DOOR PRIZE, LIVE MUSIC, FUN, BINGO,
RAFFLE, FELLOWSHIP, AND MORE FUN.

★

FREE DINNER @ 6:00 AND AT 8:15 WE
PRESENT —

THE CELEBRATION SPEAKER

JERRY D.
OF
HOUSTON LAMBDA



RSVP
225-5611