

THE NIGHTCAP



Volume 32 Issue 8

When are we ready?

August 2000

As someone has said. Keep bringing the body and the mind will finally catch on

CSO Notes

- In an ongoing effort to keep groups informed the following changes have and are taking place at your CSO
- We now will take Credit Cards (MC/Visa/Discover/AMEX) and Debit cards.
- During August please pardon our Dust as we will be painting and making several other changes.
- Also in Aug look for our new e-mail Address as we move into the 21st century
- More will be revealed
- Your Manager Bill

TWO MONKS

Two monks on a pilgrimage came to the ford of a river. There they saw a girl dressed in all her finery, obviously not knowing what to do since the river was high and she did not want to spoil her clothes. Without more ado, one of the monks took her on his back, carried her across and put her down on dry ground on the other side.

Then the monks continued on their way. But the other monk after an hour started complaining, "surely it is not right to touch a woman; it is against the commandments to have close contact with women." How could you go against the rules of monks?"

The monk who had carried the girl walked along and finally remarked "I put her down by the river over an hour ago, why are you still carrying her?"

Irmgard Schloegl
The Wisdom of Zen Masters

"It is part of the cure, to wish to be cured", wrote Lucius Annocus Seneca more than 2000 years ago.

It is a common general attitude as a result of our experience that, unless the alcoholic has a genuine and determined desire to stop drinking our chance of helping him is nil, or at the very least reduced to a minimum. In the absence of a consistent demonstrated desire we often say "He is not ready" and that is quite sound on the basis of our experience.

Yet it is my notion that none of our wisdom from experience should constitute dogma. There are exceptions to almost everything our experience has established. Although we have "come of age" we are still very young. Our fellowship has only suggestions-earnest, wise suggestions based on sharing of our experience, strength and hope—but only suggestions. It is my belief, based upon my own experience that so long as the alcoholic keeps exposing himself to us, we should not dismiss him from our most alert attention or withhold any effort we might make to help him simply because we state to ourselves and each other, rather easily too, that he is "not ready"

To begin with, who among us feels justifiably competent to determine this question of readiness? The mere fact that the person keeps exposing himself through coming back to meetings, or keeping in touch with some of us, or even one of us, may very well indicate a basic, underlying desire to stop drinking. And when the superficial reservations pass away, possibly with our help, that basic desire will assert itself. Possibly, our attitude and the quality of our intended help, will make the difference between his ultimate success from this point, or his descent to a lower gutter.

In my case, there were reservations and only a conditional surrender. I came in to save my livelihood, my professional standing, my family and many other things. With me it was a case of join AA "or else". And in a month I was drunk. The circumstances were so completely humiliating to me that this final stage perfected my tailor-made gutter. The AA people were so completely kind, understanding, and forgiving, despite this mortifying insult to them on my part, that I loved them as I had never loved before.

And there advice, suggestions and requests became commands for me which I followed with great eagerness until finally I absorbed enough truth and knowledge to understand that I was here with these wonderful people because I belonged here and that I was fighting for this sobriety to save myself alone.

My point here is that the sincere desire to stop drinking is an absolute qualification, but it is an element that may be developed as an alcoholic goes along in his early days in this fellowship, and many might be saved by our refusal to dismiss them easily as "not being ready". I was so saved many years ago when the fellowship was much younger and smaller, collectively much less wise, perhaps and surely less able from the standpoint of numbers to give as much dedicated personal attention.

Yet through the understanding, love, and alert attention of a half-dozen dedicated emissaries of His Grace, my enjoyment of this sobriety was made to stick

Anonymous Cleveland Ohio (Reprinted from the August 1961 Grapevine)

This is the substance of a revealing letter which Bill Wilson wrote in about 1949 to a close friend who had troubles with depression. The letter appeared in the "Grapevine" January 1958. Bill suffered from acute chronic depressions for the first 14 years of his sobriety.

EMOTIONAL SOBRIETY

By Bill Wilson

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result and so into easy, happy and good living? Well, that's not only the neurotic's problem, it's the problem of Life itself for all of us who have got to the point of real willingness to hew to the right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to and it's a hell of a spot, literally. How shall our unconscious, from which so many our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want? How to convince our dumb, aging, and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I began to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depression, it wasn't a bright prospect.

I kept asking myself, "Why can't the twelve steps work to release depression?" By the hour I stared at the St. Francis prayer "It is better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security and the like. Failing to get these things according to my perfectionistic dreams and specifications, I had fought for them and when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Reinforced by what grace I could find in prayer, I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people and upon circumstances. Then only could I be free to love as Francis had loved.

Group Forum

GROUP UPDATES

Free At Last Group Sun - 5 PM Last Sunday is Potluck dinner

New Group La Quinta Tradicion O-D /M-T-W TH-Fr 8PM /NS
1305 N Flores First Meeting Jul 3 8PM-??

There will now be two meetings at 5:30 for Abundance Happy Hour Group .One smoking one non-smoking. Non smoking will be M-F Smoking will be Mon -Sun

Meeting for Distrito Hispano 2G will be at 1917 Castroville Rd. (210) 435-2947 second and last Sunday of the month at noon

Why We Are Here

We are here to listen,
not to work miracles.

We are here to help others
discover what they feel,
not make the feelings go away.

We are here to help others
identify their options,
not to decide for them
what they want to do.

We are here to discuss
steps with others,
not to take steps for them.

We are here to help others discover
their own strength
not to rescue them and
leave them still vulnerable.

We are here to help others
learn to choose,
not to make it unnecessary for
them to make difficult choices.

We are here to provide support
....for change.

Anonymous/Cleveland Intergroup

WORKSHOPS

Southwest Texas Area Conference
October 27,28, 29 Temple Texas
1-800-749-0318 for Reservations
(mention SWTA)

>Oxymorons...

- >47. Act naturally
- >46. Found missing
- >45. Resident alien
- >44. Advanced BASIC
- >43. Genuine imitation
- >42. Airline Food
- >41. Good grief
- >40. Same difference
- >39. Almost exactly
- >38. Government organization
- >37. Sanitary landfill
- >36. Alone together
- >35. Legally drunk
- >34. Silent scream
- >33. American history
- >32. Living dead
- >31. Small crowd
- >30. Business ethics
- >29. Soft rock
- >28. Butt Head
- >27. Military Intelligence
- >26. Software documentation
- >25. New York culture
- >24. New classic
- >23. Sweet sorrow
- >22. Childproof
- >21. "Now, then ..."
- >20. Synthetic natural gas
- >19. Passive aggression
- >18. Taped live
- >17. Clearly misunderstood
- >16. Peace force
- >15. Extinct Life
- >14. Temporary tax increase
- >13. Computer jock
- >12. Plastic glasses
- >11. Terribly pleased
- >10. Computer security
- >09. Political science
- >08. Tight slacks
- >07. Definite maybe
- >06. Pretty ugly
- >05. Twelve-ounce pound cake
- >04. Diet ice cream
- >03. Working vacation
- >02. Exact estimate
- >And the Number one top OXY-Moron
- >01. Microsoft Works

UPCOMING EVENTS

Bridging the Gap
7th Annual San Antonio Roundup
San Antonio TX
September 1-3,200-
Holiday Inn Select (Airport)

Speakers:

Reilly K Tiller Oregon—AA
Chris R Hunt TX—AA
Rosalia S-San Antonio-AA
Jonathon S San Antonio-AA
Tallie R- Belton TX -Al-Anon
Rayvin M San Antonio-Ala-Teen

Address PO box 12093
San Antonio TX 78212
E-mail SAroundup@aol.com
Phone(210)340-7084

Group 12 Group Conscience
5:30 August 8

August 18-19-20 Club 12's
51st Anniversary Weekend
Celebration

55th Annual State Convention
Houston Texas September 1-2-3
Adams Mark Hotel
29000 Briarpark, Reservations
1-713-978-7400
POC: www.txsap.com

25th Annual Hill Country Roundup
Aug 18-19-20 Inn of the Hills
Kerrville, Texas
POC: 1 830-257-5798

Group 12 Birthday Night Aug 25th

Club 12 dance 8- Midnite 26 Aug



"See! It wasn't the first drink at all!"

AUGUST 2000


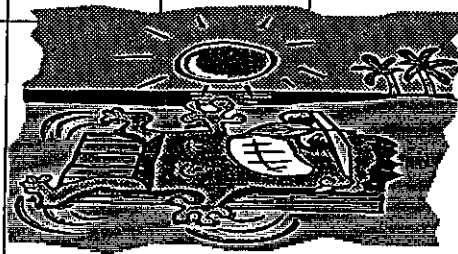
The if you have time on your hands here's something to do calendar

God's Little Instructions.....

- Don't answer until you're ready to.
- Hug people for no reason.
- If you don't get it, say so!
- Just keep banging until someone opens the door.
- Everyone's afraid of funny noises at night.
- Whether you're inside or outside, you usually want to be the other.
- Why buy roses when daisies are free?
- If you start out afraid of the dark and don't overcome it, pretty soon you'll be afraid of the dust too.
- You feel a lot braver the second time you jump out of the tree.
- If you can't find a way through the crowd, make one.
- If it's going to be two against one, make sure you're not the one.
- Wishing you knew how to jump rope isn't enough.
- Sharing isn't always the right thing -- like when it's chicken pox.
- Don't wait for someone to ask if you are hungry.
- Crying gets you more attention, but not more friends.
- When it's your shovel, you're in charge of the sand castle.
- It's a lot harder to laugh when you're by yourself.
- Seashells should always be found, not bought.
- Before you logroll down the hill, check for rocks!
- You might never get called on if you don't raise your hand.
- Squeeze the tube slowly, because once the toothpaste is out, it's pretty hard to get it back in.
- It can't hurt to ask for a fourth wish.
- They'll remember you if you're the best reader in class -- or if you throw-up at lunch.
- When you've just caught the football, the tackle doesn't hurt as much.
- Even Popeye didn't eat his spinach until he absolutely had to.

"You know you're In Texas When..."

- *You no longer associate bridges (or rivers) with water.
- *You can say 110 degrees without fainting.
- *You eat hot chilies to cool your mouth off.
- *You can make instant sun tea.
- *You learn that a seat belt makes a pretty good branding iron.
- *The temperature drops below 95, you feel a bit chilly.
- *You discover that in July, it takes only 2 fingers to drive your car.
- *You discover that you can get a sunburn through your car window.
- *You notice the best parking place is determined by shade instead of distance.
- *Hot water now comes out of both taps.
- *It's noon in July, kids are on summer vacation, and not one person is out on the streets.
- *You actually burn your hand opening the car door.
- *You break a sweat the instant you step outside at 7:30 a.m. before work.
- *No one would dream of putting vinyl upholstery in a car or not having air conditioning.
- *Your biggest bicycle wreck fear is, "What if I get knocked out and end up lying on the pavement and cook to death?"
- *You realize that asphalt has a liquid state.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2 7:00 PM CFC Mtg Club 12	3	4	5	6 4:00 PM SAMSO Steering Comm- ittee Mtg Club 12 7:15 PM Archives Committee Mtg St David's Church
7 7:30 PM GV Committee Mtg Jim's 410 &Blanco	8 Group 12 group conscience 5:30	9 7:00 PM PI/CPC Mtg Club 12	10	11	12 2:00 PM H & I Mtg Club 12	13 Districto Hispano 2G meets 1917 Castroville Rd
14	15	16	17 5:45 PM CSO Board Mtg	18	19	20 5:30 PM 1A & 16 & 19 District Mtg St Andrews Church COR Meeting 5:30 SAMSO Meeting 6:30
Hill Country Roundup Kerrville Texas Club 12's 51st Anniversary Weekend celebration						
21 NIGHTCAP DEADLINE	22	23	24	25 Birthdays- Pears- II (Come as You Are), SW Loop, Colonies North, El Libro Grande, Rush Hour, Group 12, Marymont	26 Birthdays-Schertz- Cibolo, Lambda, &Winners Club Groups Winners Club Dance 8-12	27 New Life Grp Birthday night
28 Birthdays- Alamo Heights	29 Birthdays-Valley- Hi, Windcrest, Santa Fe, & New Acceptance Life Support	30 Birthdays- Oblate, Women's Big Book & Northwood	31 Birthdays- Goliad, Devine, Ft Sam. North San Pedro & Stahl Road			

To have your or group's event on the Nightcap calendar let your Central Office know by the Night cap deadline :0)

THE FIRST TRADITION

Have you ever heard this remark? "The Traditions. Who cares! So what? You diehards are something else! We do care because it's a matter of a Better Way of living vs. an Asylum, Jail or Death!

Unity is our 2nd Legacy. The Traditions are A.A. Unity! For once in our lives we have principles (not personalities) to Pass On, "One Day At A Time"! Without Unity A.A. dies. (12/12 pg. 9) What a great thing A.A. might have been. (12/12 pg. 129) A strange paradox? The member finds he cannot keep this priceless gift unless he gives it away. (12/12 pg. 130) Faith Without Works Is dead! (12/12 pg. 131) Singleness of Purpose Is Not Controversial. Singleness of Purpose is Essential.

Anonymous

August Birthdays

1 YR
 Marcus C
 Angel T
 Scott L
 Scott L
 Mark D
 Chrystal H
 Paul B
 Castaneda Jr G
 Marty R
 Michael L
 Sonny H
 Tom H
 Tom C
 Karen G
 Donald R
 Raymond V
 Michael S
 Ernest M
 Michael W
 Cindy H
 Julio B

2 YRS
 Pat B
 Harold B
 Shari S
 Stephan A
 David M
 Gib M
 Roland M
 Thomas W.
 James.C
 Anne P
 Michelle B

3 YRS
 Xavier T
 Ricky A
 Steven M
 Yolanda F
 Candy M
 Jimmie B
 Sylvia Q
 Mary P

4 YRS
 Patti W
 Julia A
 Irene P
 Tyrone M

4 YRS Cont.
 Gina M
 Andrea C
 Martha H
 Charles F
 Nore O
 Janie C
 Terry K

5 YRS
 Joe R
 Rocky S
 Robert F

6 YRS
 Trent W
 Kathy F
 Alicia M
 Nanette G
 Lynette

7 YRS
 John C
 Jason R
 Julius D

8 YRS
 Shawn T
 Rhete H
 Richard M
 Ronnie R
 Virginia L
 Rick K
 Susan F
 Donald G

9 YRS
 John Mc
 James O
 Linda B
 Timothy G

10 YRS
 Marty D
 JoAnn
 Connie C
 Clark T
 Beverly R

11 YRS
 Madonna M
 Ted H

12 YRS
 Susan S
 Butch R
 Greg S
 Lee O

14 YRS
 Chris S
 Daniel J
 Barbara K
 Jody B
 Darrell B

15 YRS
 Scott R
 Nick T
 Tom C

16 YRS
 Virginia B
 Jeannie R
 Sharyn W
 Dean V
 Gilson S
 Jeannie R

17 YRS
 Ted C

18 YRS
 Brant K
 Jim J

19 YRS
 Kathy R
 Durwood C

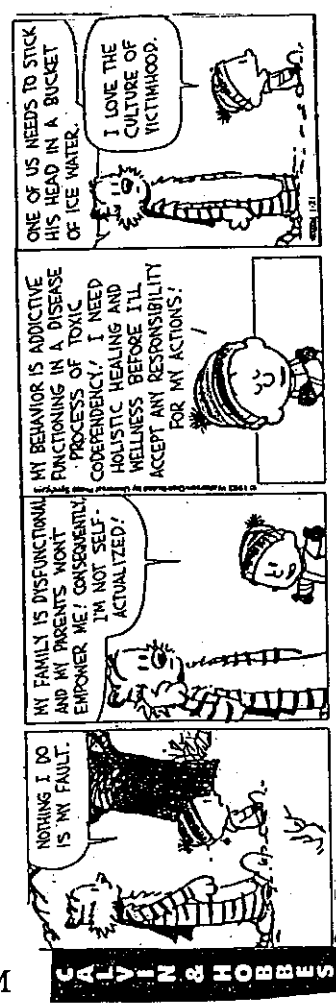
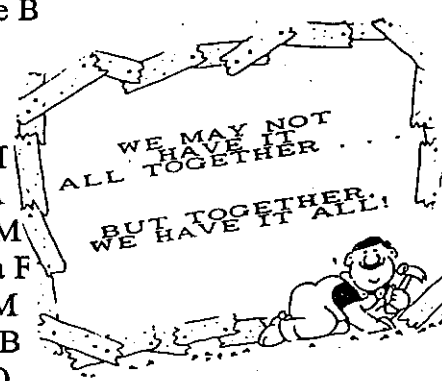
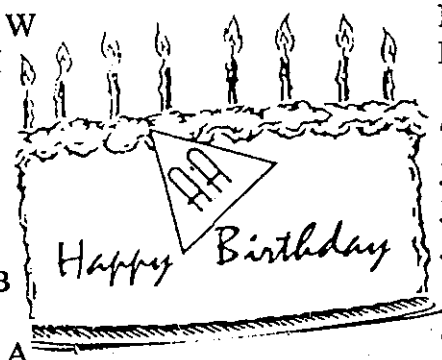
20 YRS
 Steve M
 Don S

22 YRS
 Cesar H
 Jerry B

24 YRS
 Dean W

27 YRS
 Al M

35 YRS
 Paul C
42 YRS
 Joe A



San Antonio Metropolitan Service Organization
MINUTES OF THE JULY 16, 2000 MEETING

In Attendance:

District 1E DCM – Len A.
District 17 DCM – Steve J. (Secretary)
Grapevine Chair – Martha H.
Hospitals / Institutions Chair – Helen S.
Cooperation with the Professional Community / Public Information Chair – Glenn C.

District 16 DCM – Barbi H.
District 19 DCM – Bill T.
Corrections Chair – Liddy G.

Absent:

District 1A DCM – Lynne G. (Chair)
District 18 DCM – Gil C.
SAMSΟ Treasurer – Rocky S.
Central Service Office Liaison to SAMSΟ – Randy S.

District 1F DCM – Frank E.
Archives Chair – Tom H.
SAMSΟ to Central Service Office Liaison – Judy F.

Meeting called to order by Bill T. at 6:15 PM with Moment of Silence and Serenity Prayer.

Lynn J. - Read the Traditions. New GSRs: Chris – Alt. GSR Club 12. New DCMs: Len A. – District 1E

Announcements: None.

Presentations: The SWTA Delegate, Yolanda F., gave an in-depth report to the attendees on the General Service Conference, which was held in April.

Central Service Office Liaison to SAMSΟ – Bill T. for Randy S. – Looking for daytime Phone Duty Volunteers for 9AM-1PM and 1PM – 5PM. Anyone interested can call the CSO Manager at 821-6325.

SAMSΟ Liaison to Central Service Office – Judy F. – (Absent – No Report.)

Chairman's Report – Bill T. for Lynne G. – No Report.

Secretary's Report – Steve J. – Asked for a motion to approve the minutes as printed in the *Nightcap*. Glenn C. made the motion; seconded by Mike. All approved.

Treasurer's Report – Rocky S. – (Absent – No Report)

Archives – Tom H. – (Absent – No Report) – The Archives Committee holds its meetings on the 1ST Sunday of each month at St. David's Episcopal Church, 1300 Wiltshire, at 7:15 PM. Tom can be reached at 696-5228, or email at teh543@sprynet.com.

Correctional Facilities – Liddy G. – Mentioned that the CFC Committee will be participating in the District 17 Workshop on July 22. The CFC Committee holds its meetings on the FIRST Wednesday of each month at Club 12 at 102 Thames at 7:00 PM. Liddy can be reached at 495-1234, or email at rdgray@swbell.net.

Grapevine – Martha H. – Mentioned that she went to the AA International Convention and met people from all over the countries that are associated with Grapevine work. The Committee will be participating in the District 17 Workshop on July 22. The Grapevine Committee holds its meetings on the 1ST Monday of each month at Jim's at 410 and Blanco at 7:30 PM. Martha can be reached at 344-6588, or email at JHernden@aol.com.

Hospitals / Institutions – Helen S. – Read the list of service slots, and then indicated the openings. All but two of the service slots were filled. Martha will call individuals to see if she can fill the two open slots. The Hospitals/Institutions Committee holds its meetings on the SECOND Saturday of each month at Club 12 at two PM. Helen can be reached at 496-3815.

Cooperation with Professional Community / Public Information Chair – Glenn C. – The Committee will be participating in the Prison/Jail Administrators Conference to be held August 13-17. Anyone interested in filling slots for this Conference can call Glenn. The CPC / PI Committee holds its meetings on the SECOND Wednesday of each month Club 12 at 102 Thames at 7:00 PM. Glenn can be reached at 342-2330, or email at GlennC3663@aol.com.

District 1A – Kimberly (Alt. DCM) for Lynne G. – The July 15TH Workshop was very successful. Some good information was swapped between the attendees and the Panel.

District 1E – Len A. – No Report.

District 1F – Frank E. – (Absent – No Report.)

District 16 – Barbi H. – The District is doing well. The District did elect a new Treasurer and a new Newsletter Editor.

District 17 – Steve J. – The District has a Workshop planned for July 22 from 10:30AM to 1:30PM at the Acceptance Group. There will be speakers on the Principles and several Service Opportunity Presentations given. Food and Refreshments will be provided. The Acceptance Group meets at the Rolling Oaks Christian Church – 7150 Stahl Rd (Just behind the Sonic drive-in on Nacogdoches Rd.). Flyers were distributed.

District 18 – Gil C. – (Absent – No Report.)

District 19 – Bill T. – Due to the Delegates Report, the District Meeting was tabled for July.

Old Business -

(AGENDA ITEM: SAMSO Workshop) Tabled until next month due to Delegate's Report.

(AGENDA ITEM: Funding of Standing Committee Chairs to SWRAASA) Tabled until next month due to Delegate's Report.

New Business - None

Adjourned - 8:00 PM with the Lord's Prayer

Respectfully Submitted:

Steve J. - SAMSO Secretary

Printed as Submitted

COR Meeting 7/16/2000 - Minutes CALL TO ORDER: Virginia B. SERENITY PRAYER: Virginia B.

NEW CORs: Sandy C.-Freedom Group and Ernest P.-Goliad

MINUTES OF THE PREVIOUS MEETING: Nancy S., Group 12 moved for approval as published in Nightcap, Bob T., Abundance Happy Hour seconded, motion passed unanimously.

FINANCIAL REPORT: Louie R. reviewed financial report - new accountant and format will provide more accurate and timely financial statements. On target with YTD figures as compared to 1999. CSO now accepting bank debit and credit cards. New accountant and new office manager doing excellent job.

NIGHTCAP SUBSCRIPTION: No committee at this point; subscription blanks and Nightcaps available for CORs. Discussion on encouraging group members to purchase Nightcap subscriptions as gifts. Bill T. found the original Nightcap from 1958; annual subscription cost was \$2.50 then, only \$3.00 now.

PHONE COMMITTEE REPORT: Ed E. reported that volunteers are still needed for the weekends; call Ed at 641-6895. Asked CORs to remind groups that this is very easy service work to do at home. Many of us got to AA this way.

OLD BUSINESS: Convention Report: \$12,994.54 net profit for 2000 AA in SA conference. 2001 Conference will be held at the Municipal Auditorium during the last week in April; Lesa H. is Chair.

Reconsideration of office hours will be done when office staffing is completed.

Nominating Committee: Erik C. and Susan B. have met and have three nominees to date; need minimum of three more; please contact Eric or Susan with nominations or if you are interested in serving on the CSO Board. The election will be held in November 2000 with the two year term beginning January 2001.

NEW BUSINESS: Mary S. resigned from the board to take the part time job at CSO. According to the bylaws, since the remaining term is more than one year, the position cannot be filled by board appointment. It must be filled by the CORs. CORs can have nominating committee find someone to run; determine if any of the people who ran this year want to be considered; make offer to person with the next most votes in the last election. Nancy S., Group 12 moved to offer the position to Andy L. who received the next most votes in the last election; Sandy C., Freedom Group seconded motion passed unanimously.

After contacting the State Comptroller's Office, the Board elected to stop charging tax on AA approved literature sold to groups, effective on written confirmation from the State.

Open House will be held at CSO in Sept. Or Oct.

Still need daytime phone volunteers to work at CSO on Mon. 1-5PM, Wed. 1-5PM, and Friday 9-11-5. Please call CSO to volunteer. Must have 6 mos. Sobriety.

Basket passed and adjourned with Lord's Prayer.

Attendance: Board Members Virginia B., Madonna M., Louie R. CORs:Linda S.-Schertz-Cibolo, Sandy C.-Freedom, Ernest P.-Goliad, Eric C.-Stahl Rd., Nancy S.-Group 12, Bob T.-Abundance Happy Hour, Shane A.-New Downtown, Lauren C.-SA North, Tom T.-Serendipity, Steve R.-Pleasanton.

Submitted by: Madonna M.

Printed as Submitted

Dr. Bob on Tradition Eleven

.....
"We need always maintain personal anonymity at the level of press, radio and films."

Dr. Bob, co-founder of AA, commented on Tradition Eleven as follows: "Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition."
.....

"The AA who hides his identity from his fellow AA by using only a given name violates the Tradition just as much as the AA who permits his name to appear in the press in connection with matters pertaining to AA.

"The former is maintaining his anonymity ABOVE the level of press, radio, and films, and the latter is maintaining his anonymity BELOW the level of press, radio, and films - whereas the Tradition states that we should maintain our anonymity AT the level of press, radio, and films."



GRATITUDE IN ACTION

	JUNE'00	YTD	Profit & Loss Statement	Jun-00
Grupo El Libro Grande	\$ 10.00	\$ 20.00	4005 Sales	\$6,006.08
Grupo y Paz	\$ 10.00	\$ 60.00	4006 Cost of Sales	2,035.34
Halt Group	\$ 100.00	\$ 100.00	Gross Profit	\$3,970.74
Keep it Simple Group	\$ 24.00	\$ 24.00		
Marymount	\$ 31.25	\$ 31.25	Contributions:	
North San Pedro Group	\$ 25.00	\$ 130.00	4010 Nightcap Contributions	\$14.00
Oak Hills Group	\$ 142.50	\$ 1,239.44	4020 COR Meeting Contributions	17.00
Rush Hour Group	\$ 105.40	\$ 984.91	4030 Group Contributions	1,352.60
Serendipity Group	\$ 100.00	\$ 950.00	4040 Memorial Contributions	65.00
Stahl RdGrp	\$40.00	\$90.00	4050 Individual Contributions	56.00
Schertz-Cibolo	\$42.51	\$42.51	4060 Birthdays	\$80.00
Twelve	\$ 360.00	\$ 2,160.00	Total Contributions	\$1,584.60
Valley Hi	\$ 40.00	\$ 160.00		
Womens Big Book	\$ 40.00	\$ 103.96	Other Income:	
Acceptance		\$ 20.00	4110 Interest Income	\$12.78
Alamo Hts		\$ 282.00	4120 Office Kitty	0.00
Broadway		\$ 1,000.00	4130 AA in SA Net Income	10,744.54
Community		\$ 11.00	4315 State Convention	0.00
County Line		\$ 22.50	4320 Sales Tax Discount	0.00
Depot Grp(Port Lavaca)		\$ 160.00		
Family		\$ 90.00	Total Other Income	\$10,757.32
Fort Sam Houston		\$ 81.00		
Free at Last		\$ 40.00	Total Income	\$16,312.66
Generic		\$ 100.00		
Grupo Esperanza		\$ 55.00	Wage Related Expenses:	
Grupo Unidad		\$ 30.00	5010 Salaries	\$1,694.35
Highland		\$ 227.50	5020 Payroll Tax	129.62
Hondo		\$ 147.19	5030 Contract Labor-Clerical	0.00
Kelley Special		\$ 16.77	5035 Contract Labor, Janitorial	0.00
Marymont		\$ 31.25	5040 Mileage Reimbursement	50.00
New Braunfels(Area)		\$ 163.61	5050 Employee Training	0.00
New Life		\$ 25.00	5060 Miscellaneous	0.00
Pearsall		\$ 20.00		
Pleasanton		\$ 30.00	Total wage related expenses	\$1,873.97
Poteet(Strawberry)		\$ 20.00		
San Antonio North		\$ 53.40	Occupancy Expenses:	
Southwest Loop		\$ 38.55	5110 Rent	\$855.00
Spirit of Hope		\$50.00	5120 Utilities	428.65
Sunrise		\$100.00	5130 Telephone	201.38
Travis Park		\$80.00	5135 Answering Service	22.50
Universal City		\$120.00	5140 Repairs & Maintenance	100.21
Valley- HI		\$160.00	5150 Insurance	0.00
Windcrest		\$65.00		
Woodlake		\$80.00	Total Occupancy Expense	\$1,607.74
AREA			Other Expenses:	
Bulverde	\$ 100.00	\$ 100.00	5210 Office Supplies, Clerical	\$206.09
Black Sheep Grp(Boerne)	\$ 31.94	\$ 31.94	5211 Office Supplies, Non-Clerical	0.00
Boerne Noon	\$ 150.00	\$ 300.00	5215 Postage	0.00
TOTAL	\$ 1,352.60		5216 Lone Star Over Night	0.00
			5225 Equipment Lease & Main	152.00
INDIVIDUAL			5270 SWB Yellow Pages	45.00
Concha-Jones	\$40.00		5310 Nightcap Print. & Post.	254.16
Anonymous	\$10.00		5415 Accounting Service	275.00
Anonymous	\$6.00			
Total	\$56.00		Total Other Expenses	\$932.85
Birthdays				
Bill St J	\$ 30.00		Total Expenses	\$4,413.96
David.B	\$ 50.00			
Total	\$ 80.00		Net Income	\$11,898.70

Every Triangle Has Three Sides

Have you ever taken the time to study the AA Logo? It is a triangle inside of a circle, with the points of the triangle touching the line of the circle. The three sides of the triangle represent the three different entities of AA. The circle is a circle of love which holds it all together. At the base of the triangle is recovery (fellowship). That is the foundation of the triangle and the foundation of AA. Fellowship is recovery, fellowship is where AA starts and it is the part of AA that we are most familiar with. Fellowship is our daily AA meetings, it is helping a new person, it is working the steps ourselves, it is sharing our thoughts and emotions with another person, it is the fellowships we make in AA and time spent with other AA's at activities away from meetings. Fellowship is how we got sober and stayed sober. Our Higher Power knows we can't do it alone so He gave us fellowship.

The left side of the triangle is unity, this aspect of AA is sometimes a little hard to grasp. Unity seems to say that we are all working in the same direction for the good of AA as a whole. We all have the same 12 Traditions as a guideline, but sometimes we have different interpretations of what they mean. Unity means to me that we let the majority interpretation rule, even if we as individuals or groups do not agree. We learn that our personal opinions or group opinions are only a reflection of our own personal or group personalities. We therefore must learn to let the principle of majority rule, ahead of those personalities. But how do we achieve unity when there are so many different groups all over the world? So many different people with different backgrounds and ideas?

The answer to those questions comes in the third side of the triangle, service. Only through the service structure of AA do we have the method to let all opinions be heard. The service structure lets every individual's ideas and opinions be heard at the group level. Then the majority opinions and ideas of the group are taken to the area level by the groups General Service Representative. Then the areas majority opinions and ideas are taken to the General Service Conference in New York by the area delegate. Then the information from the General Service Conference in New York is passed back to the group and individual through the same system. This brings us to the problem that we face in AA today. There are not enough AA's interested or active in service work. How can opinions, ideas and information be carried from the group level to the General Service Office and back if there is nobody to carry it? How can the majority be heard, if they are silent? The voice of every group is their General Service Representative. How can we have any unity if there is no service? Remember, the triangle with fellowship as the base and unity and service as the sides, inside a circle of love? Picture the triangle with one side missing. As you can see, with the service side missing, unity will fall and the circle of love is broken.

Let us picture that we as AA members are standing in the middle of the triangle with fellowship, unity, service and a circle of love protecting us. When part of the triangle is missing and the circle of love is broken, it leaves us unprotected from attacks from the outside. Only we can keep the triangle and circle in one piece. It cannot be broken from the outside, only from within. We have always been told that if AA could be destroyed that it would be done from within. That nothing from the outside could hurt us as long as we have fellowship, unity and service. When Bill Wilson turned over the running of AA to us, the members, he trusted that every one of us would do all we could to keep AA going.

ARE WE DOING ALL WE CAN?

W.C.S., Perry Tuesday

Thanks
for your
support!

DID YOU DRINK FOR A BUCK A DAY?

THAT GROUP OF OURS

Ever hear this one?

"If that old goat tells his story once more in meeting I'm going to walk him off right then and there. I just can't take it again. Why doesn't he turn the platter? or Our group is getting stupid lately. I can hardly drag myself to meetings. Everyone says the same thing he's been saying for years. He only has to start talking and I can fill in the rest. Guess I do the same thing too. Maybe I'd better stay away from a few meetings and get in out of my system."

If you've been in our fellowship for more than a year you've probably heard both of these, and maybe you've said these words or at least thought them. We all do at one time or another. It's normal. After we've experienced this feeling once it doesn't bother us so much, for then we know what to do.

When these thoughts occur, it is time to look alive, and maybe take a little personal stock. True, we do bore each other after a time. Also, some people really are bores. You'll find them in all societies. But even if every other member of our neighborhood group were a bore, ourselves excluded of course, we easily could afford to be downright bored for an hour or an hour and a half a week for the price of sobriety. And it isn't that bad either, as well we know. Everybody isn't boring. Maybe we're at fault.

It just isn't possible to retain the exhilaration and love for humanity — that honeymoon period — that sweeps over us when first we bite into the program. That first flush of enthusiasm tends to fade and few of us ever recapture it. But as we lose it we find it replaced with knowledge and a broader vision, a deeper sense of values, a more sober attitude and a host of other character improvements that more than compensate.

None-the-less, occasionally we all get fed up with things as they are. It is just normal living, normal existence. If everything ran smoothly, that too, would prove monotonous for we'd have nothing with which to compare it.

When this writer runs into these depressions, he finds a little honest inventory works wonders. Usually the fault isn't with the group. It is usually the individual who is wrong. We find that contrary to our first opinion, all the world is not out of step but us.

Another very good cure for this feeling is to visit other groups. When we find our own palling on us, we get around... and it broadens our perspective. We visit a new group and the same things are said that are said at our own. But maybe they're said just a little differently. Or maybe the emphasis is shifted slightly.

Then, too, we frequently find that the other group doesn't stackup anywhere near as well as our own. And we're glad to get back home.

Early in our AA an older member advised us to "get around." Don't think that all AA is wrapped up in this little neighborhood, he said. Visit other groups, frequently, and you'll learn a lot, and you'll learn more quickly.

We've done just that and it has helped immeasurably. We've learned a lot, although how quickly we absorbed our AA is a debatable question.

Get around, see other people when you're bored. And when you've done it we'll wager you'll say a little ashamedly to yourself, "Guess I belong to a pretty darned nice group. Certainly a solid bunch compared with such and such and so and so."

And it is a whole lot nicer than nursing your feelings in silence, staying away from meetings altogether, and ending up drunk.

Reprinted from Here's How August, 1951

SHOELACES

While talking to a brand new baby who had wholeheartedly accepted the program at the outset, she was busily telling me how now she would be able to work harder, pay off her bills, move to a better place, get money for a car of her own to use in going to meetings, etc., etc. I repeated to her our God-given slogan, "take it easy," several times, but the onrush of "Now I can do this, that, the other thing" continued. Then I heard myself saying to her, "Don't forget, you can't brush your teeth and tie your shoelaces at the same time."

She fell silent. Then, after a few moments, she said, "Thanks, that straightened that out. As you said, do one thing at a time, and take twenty-four hours at a time." The somewhat ludicrous mental image of a person crouching over a wash bowl with a tooth brush at a jaunty angle in the mouth, while fumbling blindly with both hands groping for unseen shoe laces had a sobering effect on us, a pair of alcoholics who had spent a life running madly off in all directions to do all things at once—with, of course, no real accomplishment. The phrase reduced our inner turmoil and anxiety to its simplest terms in a comical manner that made it stick.

"Take it easy" — "Twenty-four hours at a time" — "Accept the things I cannot change" — "Change things I can" — all are simple statements. Yet, to us, with our susceptibility to "stinking thinking," how difficult sometimes to comprehend. How easy it is for us to be thrown by some temporary problem, or setback, that requires a cool, calm, immediate handling, without the handicap of a liquored-up mind. The image of the fool with his head in a washbowl, fumbling blindly for unseen shoelaces, has served me well. The face in the wash bowl can quickly become the face at the bar. And "You can't brush your teeth and tie your shoelaces at the same time" has helped me handle these daily problems with a smile, at least for the series of twenty-four hours I have been blessed with.— Jim L. *Here's How*

THE NIGHTCAP IS ABOUT, BY, AND FOR MEMBERS OF THE AA FELLOWSHIP. OPINIONS EXPRESSED HEREIN ARE NOT TO BE ATTRIBUTED TO ALCOHOLICS ANONYMOUS AS A WHOLE, NOR DOES PUBLICATION OF ANY ARTICLE IMPLY ANY ENDORSEMENT BY EITHER AA OR THE NIGHTCAP.

(Exceptions: Quotations from AA books, pamphlets, and the 12 Steps and/or 12 Traditions are reprinted with permission of AA World Services, Inc.; the AA Preamble, slogans, etc., are reprinted with permission of The Grapevine, Inc.)



NIGHTCAP SUBSCRIPTION FORM

NEW _____ RENEWAL _____ ADDRESS CHANGE _____ GIFT _____ AMOUNT PAID _____ DATE _____

SUBSCRIPTION COST \$3.00 for 1 YEAR \$ 6.00 for 2 YEARS \$9.00 for 3 YEARS OTHER

PLEASE PRINT:

HOME PHONE _____

NAME _____

RETURN TO:

ADDRESS _____

CENTRAL SERVICE OFFICE

CITY _____ STATE _____ ZIP _____

8804 TRADEWAY

E-Mail Address _____

SAN ANTONIO, TX 78217

CENTRAL SERVICE OFFICE OF SAN ANTONIO, TX
8804 TRADEWAY
SAN ANTONIO, TX 78217

(ADDRESS SERVICE REQUESTED)

NON-PROFIT ORG.
U.S. POSTAGE PAID
PERMIT NO. 2807
SAN ANTONIO, TX