



MY Psychiatrist, AA and Me

From time to time in AA, I have heard members speak with contempt of psychiatry, and of AA members who sought psychiatric aid. Without claiming to be an "authority" (I have learned in AA to be wary of "authorities"), I can tell about one case in which AA and psychiatry went hand in hand: my own.

My first efforts to do something about my drinking took the form of seeking psychiatric treatment. I visited a psychiatrist over a considerable period of time, and made little progress. The reason for this lack of progress was clear: my doctor told me again and again that he could do nothing to help me until I could find a way to control my drinking. It was a vicious circle. I could not control my drinking until I dealt with my basic, underlying problems, but I could not deal with those problems until I could control my drinking. Despite this seemingly unbreakable circle, I kept seeing the doctor, perhaps hoping for a miracle.

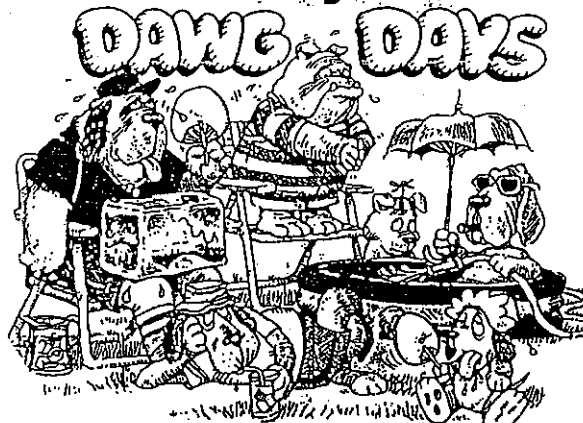
Then came my introduction to AA. I met an AA member, heard him speak, and for the first time began to consider seriously the possibility that AA might be for me. I mentioned it to my doctor in a very nonchalant way. "You know" I laughed, "I've even thought about trying AA!" I expected him to share my amusement at an such an obviously ridiculous idea.

"Well, why don't you?" he replied, dead serious. Recovering from my shock, I began telling him all the reasons that AA could never work for me: I was never much of a "joiner," could not relate well to groups; people in my profession would look down on me, etc., on through the list of excuses so familiar to all of us in AA. It took several sessions, but this understanding doctor finally helped me to see that all my excuses boiled down to one: I was afraid AA *would* work for me, and I wasn't really ready to stop drinking. With my excuses stripped away, I was left with one choice to make, and only one. If I wanted to stop drinking, and if I wanted to use psychotherapy effectively, I would go to AA.

So I did turn to AA. In the months that followed, I was amazed at how AA and psychotherapy complemented one another, and how the two together helped me more than either could, alone. At first, I managed to stay sober in AA only on a very shallow level, using the gimmicks, contacts, and a lot of concentration on living just one day at a time. But I stayed sober. And since I did, I could work with my doctor for the first time. Every day that I was sober not only meant a step toward clearing the fog from my mind, but it also provided a small victory that I could build on in working my way back to self-respect and self-acceptance. And the more I was able to progress in psychotherapy, the more understanding and acceptance of myself I could find, the better I could understand the AA program, and the more I could move beyond the superficial, gimmicky level to the real wisdom underlying the program.

The vicious circle not only had been broken, it had been reversed! It was now working for me rather than against me! Every gain I made in AA was reflected in my therapy, and every progress I made in therapy helped deepen and strengthen my understanding and appreciation of AA. This, of course, should not be surprising, since both were aimed at helping me find a happy, constructive way of life. If you're one of the lucky ones, and have been able to work out your problems without outside help, be grateful for your good fortune. But don't condemn those of us who used psychiatry as well. Anything that can help us grow into richer, deeper lives is certain to make us better AA members. Joan.C

Get Ready Now...



Are just Around The Corner

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CSO Notes

In an on going effort to keep groups informed , the following events have, and or are taking place at your Central Service Office. A reminder you can contact us by E-mail for information, or to order literature , or If you have something for the Nightcap . We also take complaints, compliments, and best of all suggestions .

We now have a new Phone Duty Chair Person Alisha M. She will be out and about to a meeting near you to explain the importance of giving back in simple ways such as answering the phones in the evening ..Her number is located in a related article in the Nightcap.

The Board and the CSO staff want to thank everyone who participated in making the CSO Appreciation day an extraordinary night of sharing in recovery . We thank you for your support. Tapes and CD's are available At the CSO if you want to know what you missed.

We are working on scheduling to get the carpeting installed as mentioned in previous issues, an anonymous donor has given the office approximately 1400 square feet of carpeting and the same in padding. Once scheduling issues are resolved we will close for that day. Once we have a firm date we will get that information out to groups .

Thanks to an anonymous member, our office database has been rendered updated and user friendly . If you are having problems with either receiving the Nightcap, getting 12 step calls , GSR and or COR info, or want to be on our speakers list don't be bashful. Call us and we will check to make sure we have your most up to date information on you.

The CSO Board has given the go ahead for the CSO to move into the 20th century (the 21st would still be a reach) by authorizing a CSO website . A continuously updated meeting schedule will be the first order of business We have several members who are helping with it and several members who have offered their assistance we hope to utilize all their skills to help us be of more service to the groups. If you have any suggestions , feel free to call.

In August this office will be doing it's quarterly inventory and needs some volunteers. If any sponsors have sponsees with time on their hands please send them our way we will more than happy to put them into service work of the CSO kind

More will be revealed

Your Manager Bill T



How It Works for Me.

By Anonymous, San Antonio

A few months ago, I was pulling into a parking slot at the bank when I misjudged the distance and inadvertently impacted the driver's side rear fender of an older model car, parked in the next space. There was noticeable damage to this otherwise immaculately maintained vehicle. My car sustained damage to the passenger side front fender but it had been damaged from a previous incident. I went into the bank with the intention of finding the driver and notifying him of the accident, but there was no one in the lobby who looked as if he/she could be the driver. I was looking for the "little ol'" gray-haired man or woman.

I finished my business and as I was about to leave, I looked around one more time. Now there were fewer people in the bank lobby but still no one that fitted my idea of the person who would be driving that car. My mind began to tell me that this little fender bender was inconsequential in the big scheme of things; it certainly was not in my plan for the day. I felt inconvenienced.

Before I came to AA, my arrogance would have allowed me to ignore the whole thing. I would have thought that it was beneath me to have to deal with such minor details. I came within a gnat's eyelash of leaving but that black hole started to form in my gut; my recently acquired God-conscience would not let me walk out. So I directed a general question to the people in the lobby: "Is anyone here driving that blue Cadillac?" A teen-age boy who was standing at the teller's window turned toward me. "I am," he said. I felt total shock and at the same time I realized that I had almost left this kid to explain to his Grandfather what had happened. I said a short thanksgiving prayer to my Higher Power for giving me the strength to do the next right thing.

Because of the program of Alcoholics Anonymous, today I have a sense of responsibility that works in my life to make me feel as if I fit in. Alcohol used to do that for me but, thankfully, today the program takes its place. It is the easier softer way for me.



FREEDOM — It's in the Eyes

I will always remember the first time I saw it.

I had just been cleared by the State of Texas for prison visitation, and was caring the A.A. message for the very first time behind the walls at Wallace Pack I.

I was the only woman A.A. visitor that day. I recall driving into the parking lot and seeing male prisoners in the yard, all dressed in white. I don't know what I expected. I do know right there in the parking lot, fear set in, big time.

We went inside and the doors were shut behind us. I also knew then, fear or not, I was there for the day.

There were several A.A. meetings the guys and I had to attend. One was with about 40 trustees. I was called on first to share. Fear had nearly paralyzed me. I got up to the podium, introduced myself and said something to the effect that I had been trying to get one man to listen to me for a whole year. Now there were 40 men and I could not think of one thing to say and I sat down.

The chairman said if this meeting scared me I would not believe the next.

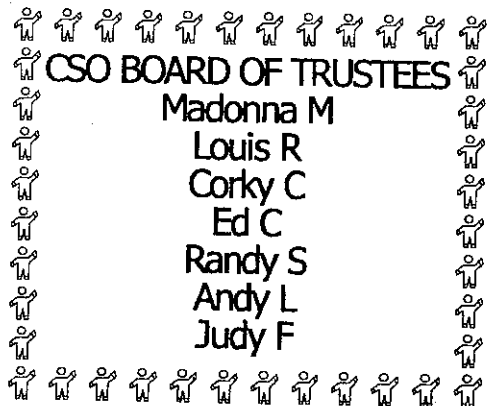
On the way to that next meeting, Arley (one of the other visitors) kept reminding me, "I was just at an A.A. meeting." Lesson number one, look for similarities. All I could see were the differences. I have nothing to share unless I can see the similarities. Oh yes, and pray.

The next meeting was in the gym with several hundred inmates. I walked directly to the visitor's table and sat down, praying all the way. Arley called me over to meet one of the inmates. I do not recall his name only his appearance. He was a huge black man with arms of steel. I smiled, was polite, and went back to the sanctuary of the visitor's table.

I was the first to share my story. In closing I revealed how difficult it is to find the words that are in my heart about Alcoholics Anonymous. When I once again took my chair, this huge black man came up to me and knelt at my side. He said, "Don't worry about the unspoken words in your heart, God knows what they are." I was taken back by the softness of this man. I turned and looked into his eyes. This was the first time I saw it (freedom). In spite of this man's incarceration, he was free. It was in his eyes!

Respectfully Submitted, Char

The Nightcap is about, by, and for members of the A.A. fellowship. Opinions herein expressed are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by either A.A. or the Nightcap. (Exceptions: Quotations from A.A. books, pamphlets and the 12 Steps and/or 12 Traditions are reprinted with the permission of A.A. World Services, Inc.; the A.A. Preamble, slogans, etc. are reprinted with the permission of The Grapevine, Inc.)



CSO BOARD OF TRUSTEES
 Madonna M
 Louis R
 Corky C
 Ed C
 Randy S
 Andy L
 Judy F

	June '01	YTD '01
<i>Alamo Hts</i>		\$275.50
<i>Broadway</i>		\$100.00
<i>Community</i>		\$60.00
<i>Colonies North</i>		\$300.10
<i>Callaghan Road</i>	\$25.00	\$25.00
<i>First things First</i>	\$171.60	\$1234.70
<i>First One Today</i>		\$10.00
<i>Fort Sam Houston</i>		\$148.00
<i>Freedom Group</i>	\$30.00	\$55.00
<i>Free at Last</i>	\$3.60	\$54.35
<i>Generic</i>		100.00
<i>Grupo El Libro Grande</i>		\$45.00
<i>Grupo Esperanza</i>		\$30.00
<i>Grupo Unidad</i>		\$40.00
<i>Grupo y Paz</i>	\$10.00	\$70.00
<i>Halt Group</i>		\$60.00
<i>Hunt Ingram Group</i>		35.00
<i>Last Call Group</i>	\$30.00	\$30.00
<i>Lambda</i>		\$200.00
<i>New Downtown Group</i>		\$16.00
<i>New Life</i>	\$10.00	\$20.00
<i>N. San Pedro Grp</i>	\$50.00	\$243.00
<i>Oak Hills Group</i>	\$264.43	\$1066.94
<i>Perernales Valley Grp</i>		\$119.20
<i>Pleasanton</i>	\$20.00	\$50.00
<i>Road Of happy Destiny</i>		\$218.00
<i>Rush Hour Group</i>	55.68	\$718.31
<i>Schertz-Cibolo</i>		\$1,200.00
<i>Serendipity Group</i>		\$250.00
<i>Tezel Rd Women</i>	\$30.00	\$30.00
<i>Twelve</i>	\$360.00	\$2160.00
<i>UC TGIF</i>		30.00
<i>Universal City</i>	200.00	\$320.00
<i>Valley Hi</i>		\$120.00
<i>Windcrest</i>		\$25.00
<i>Women's Solution group</i>		\$10.00
<i>Woodlake</i>	\$20.00	\$120.00
AREA		
<i>Boerne Noon</i>		\$400.00
<i>Blanco</i>		25.00
<i>New Braunfels Grp</i>	\$268.00	\$531.62
<i>Kerrville(Fellowship Grp)</i>	\$26.40	\$126.40
<i>Utopia Group</i>		\$10.00
<i>Tolerance Group</i>		\$100.00
Total	\$1,574.71	\$10,968
<i>Birthdays</i>	\$62.00	\$832.00

TO EACH HIS OWN

by David C.

One of my all-time favorite stories was told a couple of years ago by a gentleman who came down from Cleveland in a blizzard to speak at the St. Vincent Group. He said that when he was new in sobriety he could not believe how good everything was going in his life. His job was great; his home life was unbelievably pleasant and he seemed to be floating on a cloud. He was, however, troubled by how much pain and misfortune his sponsor seemed to be enduring. He did not understand the apparent injustice of it all. Here his sponsor had more sobriety than anyone else around. He was a wise old man who worked with a great many new guys, helping them all trudge that road of happy destiny, yet personally he seemed to be going through a living hell. If anyone deserved some grace, it was he.

So, one night on the way home from a meeting, he decided to talk to his sponsor about it. As he was driving along (his sponsor's car had recently died), he was expounding on his own personal and, admittedly, undeserved good fortune and comparing it to what he felt was the unfair hand that his mentor seemed to have been dealt. He confessed a bit of embarrassment about it all and told the old-timer that it just did not seem fair. Then he sat there waiting to hear some good old AA wisdom. The old guy just sat quietly staring out the side window. After a long silence, he turned his head and said, "Maybe God just thinks you're a wuss."

What sublime dignity. What a great message that old boy is passing on. There is no way to figure out why some of us seem to be on a cake walk while others are bombarded on all sides with misfortune, temptation, disappointment and woe. Is it karma or just "the fickle finger of fate?" One thing I know is that the greatest people I have met are those that have endured, more so than those that have accomplished.

Then too, the degree of difficulty (or ease) that any individual may be having in recovery is in no way a reflection of their moral fiber or spiritual evolution. There are as many roads of recovery as there are roads into oblivion. We each have our own history. We each have our own miracles and, hopefully, our own happy destinies. Life's circumstances are nothing more than the playing fields on which each of us individually competes, not against each other, but against the disease.

Alcoholism is an equal opportunity destroyer. Recovery is equally opportune. I've often wondered what that old-timer may have been thinking as he stared out his window. I imagine him recalling his own personal "honeymoon." He could as easily have said, "This too shall pass!" But why rain on the young man's parade. I'm quite sure that he saw no injustice in his sponsee's good fortune as compared to his own. His fortune was simply of a more mature goodness.

GROUP UPDATES

****NEW GROUP****

The Fort Sam "HOSPITAL GROUP" meets at Brooke Army Medical Center (BAMC) On third Floor West The Health Promotions Center Conference Room B-3-358 Mon. -Wed- Fri, Noon. O-Disc

****NEW GROUP****

The Acceptance Group
7150 Stahl Rd. (behind Sonic Drive in)
Rolling Oaks Christian Church
N/S O-Lecture Format -Basics 7:30 pm

*****GROUP TIME CHANGE *****

Lake hills Group N/S O-D 8pm Tues & Thurs 1 Mile north of 1283 on Park Rd 37 at Lighthouse Church

GROUP FOLDED

Schertz- Cibolo 7pm Sunday meeting has folded

*****NEW GROUP*****

Monday 7:30 pm N/S -C -Big Book study
Castroville, Medina Valley United Methodist
POC: Willard M 830-665-5650

*****MEETING MOVED****

Kelley Special meeting has moved to the Pyramid Chapel

The new name is Kelley -Lackland Special
POC Tom M 219-2946

FREE AT LAST GROUP (SW)

Will be having its Potluck dinner/ Birthday night 5 pm

****NEW GROUP*****

The LIONTAMERS O-D Thursday 7pm Community Bible Church
2477 N Loop 1604 E Rm C-126

WORKSHOPS

The Next Frontier: Emotional Sobriety

The Wednesday night Women's Big Book Group is bringing Polly P to San Antonio for a One-day workshop for men and women.
Saturday September 29th 9-5 PM, Leon Springs Dance hall
Pre Registration \$10.00 Further Information call 820-3573
Pre-Registration Forms can be obtained at the Central Office

UPCOMING EVENTS

BRADY AA'S 54TH ANNIVERERY

August 10th and 11th

For more info Jackie K 915-785-4202

Heide M 915-243-5201 speakers include

Carl M: Sun Rise TX

Steve H: Dripping Springs TX

Doris C: Austin TX

SEARCY W: Dallas TX

Ala-non Bob "Smitty" S

25 August Winners Club

Potluck 7pm Birthday Night 8:15

Karaoke by Wavelength 9:30 -1230am

11 Aug Dance Club 12 8pm-Midnite

21 Aug Club 12 Board of Directors meeting

31 Aug Club 12 dances 7:30-Midnight

CLUB 12 AND GROUP 12 PRESENT:

Anniversary Weekend schedule of events

6 pm Fri 24 Aug. Welcome Dinner (Spaghetti)

8:pm Kickoff-- History of Club 12

8:15 AA Speaker Donna B: Temecula Ca.

9 am Sat 25 Aug. : Taco Breakfast

11 am Al-anon Speaker Babs B -Dallas TX

12:30 Lunch -sandwiches & cold cuts

2 pm Old timers remember (25 plus years)

5pm Dinner King Ranch Chicken

7:pm speaker Dr. Louis D-Dallas TX (AA)

9pm-1am Dance

9am Sun 26 Aug Breakfast (Scrambled Eggs & Bagels)

11:00am Sobriety Countdown

11:15 Speaker Bert P -Austin TX (AA)

12:00 Lords Prayer

All deserts contributed by Al-anon

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"I'M TERRIBLY SORRY; BUT YOU MISREAD OUR AD... WE'RE LOOKING FOR A WORKAHOLIC."

**SAN ANTONIO METROPOLITAN SERVICE ORGANIZATION
MINUTES OF THE JULY 15, 2001 MEETING**

In Attendance:

District 1A DCM – Mike C.
District 17 DCM – Steve J. (Secretary)
Archives Chair – Tom H.
Hospitals / Institutions Chair – Bob T.

District 16 DCM – Barbi H. (Treasurer)
District 19 DCM – Bill T. (Chair)
Alt. Corrections Chair – Paul B

Absent:

District 1E DCM – Len A.
District 1F DCM – Frank E.

District 18 DCM – Gil C.
Grapevine Chair – Martha H.

Cooperation with the Professional Community / Public Information Chair – Glenn C.
Central Service Office Liaison to SAMSO – Judy F.
SAMSO to Central Service Office Liaison – Vacant

Meeting called to order by **Bill T.** at 6:30 PM with Moment of Silence and the Serenity Prayer.
Mike - Read the Traditions. New GSRs: **Brad** – Windcrest Group; New DCMs: None

Announcements: None

Presentations:

The SWTA Delegate – **Yolanda F.**, provided additional info on the 2010 International Convention Selection Committee. The Committee will be visiting San Antonio July 18-19. The Committee will be meeting with representatives from the San Antonio Convention Bureau. As the SWTA Delegate, Yolanda will be notified of the final site selection in late October.

The 2001 Weekend in S.A. Chairperson – **Lisa H.**, presented a financial summary report. The bottom line profit for the event was \$15,878.42, compared with \$12,934.04 for the 2000 event.

New Spanish District: The District has 4 Groups and 3 Committees (La Vina, Correctional, and Public Information). The District is planning an event to celebrate the Anniversary of La Vina. The celebration will be held on August 11TH at 3:00 PM. Everyone is invited. The celebration will be held at the new District address of 935 New Laredo Hwy, Suite #2, San Antonio, TX. 78211.

Central Service Office Liaison to SAMSO – (Absent – *No Report*).

SAMSO Liaison to Central Service Office – Vacant

Chairman's Report – **Bill T.** – Reminded the members of the SWTA Workshop being held in Laredo July 27-29. As part of the Workshop, an Area Inventory will be conducted. Copies of the Inventory questions were made available to the members.

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

Treasurer's Report – **Barbi H.** – Submitted the report for June. Donations were \$281.09 with expenses of \$112.00 for a balance of \$4,325.72, of which \$1,500.00 is earmarked for Area Workshop attendance by the five Standing Committee Chairs, leaving an available balance of \$2,825.72. A motion was made by **Cathy O.** to accept the report as given. **Jim P.** seconded the motion. All approved.

Archives – **Tom H.** – Nothing new to 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 – **Paul** (Alt. Chairperson) – The Bexar County Jail is in need of more volunteers. Reminded the members that volunteers need to be committed to the service work, especially when visiting the Bexar County Jail. Paul mentioned that the Committee is experiencing an on-going shortage of Big Books and would welcome any Group donations. **The CFC Committee holds its meetings on the 1ST Wednesday of each month in the Alanon room at Club 12 at 102 Thames at 7:00 PM. Marvin can be reached at 365-9973.**

Grapevine – **Martha H.** – (Absent – *No Report*). **The Grapevine Committee holds its meetings on the 1ST Monday of each month at Jim's at 410 and Blanco at 7:00 PM. Martha can be reached at 344-6588, or email at JHernden@aol.com.**

Hospitals / Institutions – **Bob T.** – Bob mention that he was contacted by a Wilford Hall representative asking for support by the Committee. Bob declined to provide support to the Institution due to on-going problems with supporting the current Institutions. **The Hospitals/Institutions Committee holds its meetings on the 2ND Saturday of each month at the Winner's Club (Snack Bar Area) at 11 AM. Bob can be reached at 628-7340 (Pager), or e-mail at anotherdrunk@r67.net.**

Cooperation with Professional Community / Public Information Chair – **Glenn C.** – (Absent – *No Report*). **The CPC / PI Committee holds its meetings on the 2ND Wednesday of each month Club 12 at 102 Thames at 7:00 PM. Glenn can be reached at (H) 342-2330, (Pager) 220-9281, or email at GlennC3663@aol.com.**

District 1A – Mike C. – The recent District Workshop was a success. There were 3 Area Chairpersons present, and 25-30 attendees. The District is looking into conducting another Workshop in early November. The District has placed a Literature Rack at Starlight Terrace, and will also be placing a rack at the Winner's Club.

District 1E – Len A. – (Absent – *No Report*)

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

District 16 – Barbi H. – Nothing new to report. The District is doing well.

District 17 – Steve J. – The District is planning to hold a Workshop in the Fall – after the October elections. The District discussed the pending Area Inventory at the District Meeting.

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

District 19 – Bill T. – The District is healthy.

Old Business –

Change of Meeting Time: The issue of changing the SAMSO Inter-District meeting time from 6:30 PM to 5:30 PM was discussed. After spirited discussion, **Lucian D.** called the question and **Tom H.** seconded. A vote was taken on the motion. There was 1 member in favor with all others opposed. The minority opinion was asked for and given. There were no resulting vote changes, so the motion carried. The SAMSO Inter-District Meeting will continue to be held at 6:30 PM on the third Sunday of each month.

New Business –

Bilingual Committee: Since the Inter-District approved the purchase of Translation Equipment, it was agreed that SAMSO would establish a Bilingual Committee. **Bill T.** asked for any volunteers from the Districts and Groups to attend the SAMSO Steering Committee Meeting, which will be held on August 5TH at 4:00 PM at Club 12.

Adjourned – 7:45 PM with the Lord's Prayer Respectfully Submitted: Steve J. – SAMSO Secretary

COR Meeting Minutes July 15, 2001

COR's present: Sandy C, **Freedom Group**; Kris S., **Life Support Group**; Andres M., **First Things First Group**; Char, **Woman's Big Book Group**; George A, **Universal City Group**; Brad B, **Windcrest Group**; Jarrod S, **Marymont Group**; Virginia F., **SW Loop Group**; Lauren C., **SA North Women's Group**; and Tom T., **Serendipity Group**

Others present: Corky C, Board of Trustees; Bill T., CSO Manager

5:30 p.m. Meeting called to order by Lauren C. (in Vicki's absence) with a moment of silence and Serenity Prayer followed by Sandy C.'s reading of the Traditions.

- Minutes from June meeting accepted as printed in the *Nightcap*.
- Board of Trustees Report: Corky C. reported that the Bylaws changes to reflect the new policies of the COR meetings will be postponed a month. Financial statement was not available as the Board's CPA was replaced with David Crowe and the current figures have not been compiled. Web site news: Stic.net has been selected as the Central Service Office web site provider. Designs for the page and a name are being developed and ideas are welcome; contact Bill T. at CSO.
- Nominations Committee Report: Andres M. reported there are several qualified applications already submitted to fill the upcoming rotation vacancies on the Board of Trustees. The committee will meet together on the 3rd Monday of each month at Colonies North Group to strategize. Applications may be obtained from Lauren C., Kim C., or Andres M. or at the Central Office. 5 year sobriety minimum required.
- Nightcap Committee Report: Char reported that the mailing and sorting last month went well, and that volunteers are still needed to help with next month's mailing and especially for articles written by friends in our area. Bill T. is going to go to USPO school for bulk mail and Char expressed an interest in joining him.

OLD BUSINESS:

- Phone Duty Coordinator: Alisha M. has requested to fill the position and has been approved by the Central Office Representatives. **THANK YOU, ALISHA!**

NEW BUSINESS:

- A list of groups without COR's was distributed and all in attendance agreed to sign up to visit several meetings. The list will be available next month to complete the sign ups. Bill T. offered to print a short explanation of the difference between GSR and COR for the group and will bring it to the August meeting.
- **Goodbye and thank you: Sandy C.** (Freedom Group) is moving to Florida at the end of August. We all will miss you and truly appreciate your contributions to the Central Office in your service commitment. Good Luck, and God Bless you and your family.

o Meeting adjourned at 6:15pm with the Lord's Prayer Respectfully submitted by Lauren C., Recording Secretary

ONE MONTH ENDING

YEAR TO DATE

Cultivating Tolerance

By Dr. Bob July 1944

PROFIT & LOSS STATEMENT

JUNE

01

REVENUE

Sales	5,743.14	35,735.14
Nightcap Contributions	\$33.00	273.00
COR Meeting Contributions	\$12.00	47.00
Group Contributions	\$1,574.71	10,968.71
Individual Contributions	\$269.35	1,322.35
Birthdays	\$62.00	62.00
Total Revenues	\$7,694.20	48,408.20

Cost of Sales/Inventory Adjustment	2,762.87	13,133.13
Total Cost of sales	2,762.87	13,133.13
Gross Profit	10,457.07	35,275.07

OPERATING EXPENSES

Interest Income	-	9.00
Miscellaneous		
Income from AA in SA	-	
Total		9.00

Accounting Service		1,026.00
Depreciation		1,250.00
Salaries	3,597.00	16,697.00
Payroll Tax		1,000.00
Rent \$	912.00	5,358.00
Equipment & storage leases	90.00	1,234.00
Utilities	221.52	1,451.52
Telephone & Answering system	271.14	1,366.14
Repairs & Maintenance	125.54	1,012.54
Office Supplies,	712.74	2,068.74
Supplies	380.00	380.20
Postage & Freight	156.02	717.02
Advertising	47.00	282.00
Nightcap printing and postage	341.10	1,706.10
Other personnel expenses	196.64	196.64

Bank and Credit Card Fees	48.17	494.17
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TOTAL EXPENSES	7,099.07	36,249.07
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NET income	3,358.00	(965.00)
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During nine years in A.A, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is better than all the other spokes is true only in the sense of it being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior, which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered to opinions. In other words, it often promotes an open-mindedness that is vastly important — is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual. These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

H U L P
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THINGS WE CAN NOT CHANGE

GILBERT L A member of the Serendipity Group.

We who knew Gil will miss him.

Death belongs to life as birth does. The walk is in the raising of the foot as in the laying of it down



THINGS WE CAN NOT CHANGE

George S an "original" of the Alamo Heights Group

I have got my leave. Bid me farewell, my brothers I bow to you all and take my departure.

Here I give back the keys of my door-and I give up all claims to my house. I only ask for last kind words from you.

We were neighbors for long, but I received more than I could give. Now the day has dawned and the lamp that lit my dark corner is out. A summons has come, and I am ready for my journey.



THINGS WE CAN NOT CHANGE

JOSE S AKA: Little Joe A member of the Poteet- Strawberry Group

He will be fondly remembered by those he helped especially those he reached in Charlotte, Pleasanton, and Poteet'



THINGS WE CAN NOT CHANGE

Collin A of the Bulverde Group lost his father George and needs some prayers . Thank you in advance.

AMENDS

A little rigorous honesty will reveal to any alcoholic that he roared like a tornado through the lives of other people." But when you start making a list of people you have harmed do you put your own name on the list? You are apt to be the person you most harmed. You are very likely the one in most need of repair. This is selfish you say? I think not. Remember the old lines: "To thine own self be true, and it must follow as the night the day, thou canst not then be false to any man."

First things first. Make amends —but start where the trouble starts, with yourself. Learn to forgive yourself, and then you can forgive others. Accept yourself, and then others will begin to accept you. Feeling accepted — or rejected is important to us alcoholics. As drinkers we often experienced rejection, so often that we developed hair-trigger reflexes. Despite our present abstinence from alcohol, these reflexes are still with us. We're quick to sense rejection, real or fancied, and this breeds resentment. AA experience, as well as the words of our Big Book, tells us that resentment is one emotion an alcoholic cannot afford.

If the problems of acceptance and rejection are annoying you, if the things you try to do leave you feeling not satisfied, if your experience sober is beginning to convince you that drunk or sober you are a born loser in life, I have a suggestion to offer: try once more to embrace the Eighth and Ninth Steps of the AA program. This time though, go at it with this new frame of reference: put-making amends to — accepting — yourself on top of the list. *Dr. Hal S*

1 YRS

Jason D
 Jessie C
 Nora H
 Michael S
 Shannon M
 Judith R
 Gerald B
 Mike M
 Kieth F
 Louie M
 Mary G
 Mohammad S
 Bob R
 Eric D
 Carlos F
 Al S
 John G
 Stan C
 Candy W
 Julia A



2 YRS

Dennis P
 Scott M
 Paul B
 Don R
 Ernest M
 Paul B
 Michael W
 Chrystal H
 Michael S
 Julio B
 Raymond V
 Buck F
 Marty R
 Sonny H
 Cindy H
 Don F
 Marcus C
 Michael L



3 YRS

Pat B
 Gib M
 Bart D
 Kelly V
 Jenkes B



4 YRS

Xavier
 Alan G
 Candy McF
 Yolanda F
 Jimmie B
 John B



5 YRS

Patti W
 Irene P

6 YRS

Raymond A
 Rocky S

7 YRS

Nanette G
 Trent W
 Alicia M

8 YRS

Eddie A
 Elida D
 Julilis D
 John C-S
 Jason R

9 YRS

Rheta H
 Rick K
 Bob H
 Richard M

10 YRS

Timothy G
 James D
 Linda B
 John M

11YRS

Lesa H
 Clark T
 JoAnn C
 Marty deL

12 YRS

Madonna M
 Ted H

13YRS

Belinda C
 Greg S

14 YRS

Dudley K

15 YRS

Daniel J

16YRS

Tom C
 Bonnie K
 Scott R

17YRS

Virginia B
 Jeanne R
 Dean V

19YRS

Jim J
 Jim M
 Brant K
 Julie L

21YRS

Steve M
 Alan B

22YRS

Nancy S-W
 Willie H

25 YRS

Dean W

28 YRS

Alfred M

31 YRS

Nancy H

43YRS

Joe A

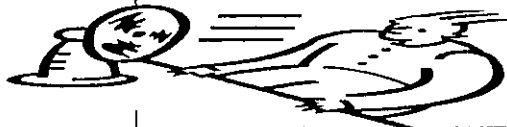

MAY AMENDS

NEVA S

JULY AMENDS

Pat S 8 yrs
 Rudy L 9Yrs
 Larry R 14yrs
 Jeff D 3 yrs
 Ruben H 3 Yrs

August 2001

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SAMSO Correctional Committee meets Club 12 7 PM	2 SAMSO CPC/PI Committee meets Club 12 7 PM	3	4
5 SAMSO Steering Meeting Club 12 4 PM SAMSO Archives Committee 7:15 St Davids 1300 Wiltshire	6	7 SAMSO Grapevine Committee meets Jim's Restaurant 410& Blanco 7PM Group 12 Group Concience	8	9	10	11 SAMSO H & I committee meets Winners Club 11 am Club 12 Dance 8-Midnight
12	13	14	15	16 CSO Board Meeting 5:45 All members of fellowship welcome	17	18
19 SAMSO Meeting 6:30PM COR Meeting 5:30 Districts 16-1A-19 meet St Andrews 6110 N.W. Loop 410	20	21 Club 12 Board of Directors meeting	22	23	24 Club 12 & Group 12 Annversery 24th-25th-26th	25 
26 Birthday Night New Life Group (Open Speaker on Birthday Night)		28 Birthday Night Valley H/ Windcrest/Santa Fe/ New Acceptance/Life Support	29 Birthday Night Oblate Womens Blg Book/ Northwood Rush Hour Marymont / Group 12	30 Birthday Night Goliad /Devine/ Ft Sam/ North San Pedro/ Stahl Rd	31 Club 12 Dance 7:30-Midnite	

For What It's Worth

The following are my personal thoughts and experiences. I am a member of Alcoholics Anonymous. I do not speak for Alcoholics Anonymous in San Antonio. (As much I would like too)

In meetings around here, it's often said that the new person is the most important person in the room. Then a bunch of folks will go on to demean that person by saying that here's someone who's still in the problem, and who can help the rest of us maintain our sobriety by being a guinea pig to whom we can pass on our "sobriety". "Helping you is going to help me." 'Nuff to gag a maggot!

Sometimes I think that new people would all leave if it weren't for the lash of alcohol so recently applied to their backs and minds. In my case, I thought that a lot of "these people" are pompous and stupid to boot (after all, I already knew almost everything, thank you!). What I couldn't know was that an awful lot of the people who talked in this demeaning way were early on the path themselves. They just wanted to know they were "ahead of" somebody!

The new person may be the neediest person in the room that night, and deserving of as much love and care as the group can muster. The new person may be the person most in need of a drink that night. In my opinion, the new person should be welcomed as a peer from the very beginning. You didn't drink today; I didn't drink today; we are the same. Whatever differences there actually are between the two of us are for that person to discover, not for me to announce.

It is true that an alcoholic working with another alcoholic helps them both. It is morally despicable that one of them would consider the other's existence to be of no other value. That last sentence is beyond personal opinion, it's outright soapbox - amazing, the very thing that writing against! Oh well, it's a journey.

A member of Alcoholics Anonymous in SA

Help Me Help You

For several months I have been asking the groups for suggestions on how to improve participation in carrying the message of hope to Treatment Facilities, this letter was a suggestion. All suggestions have been implemented except one, which was to give talks to the area groups to spark interest into carrying the message to Treatment Facilities.

My greatest desire as your Hospital and Institution Committee Chairperson is to help you carry the A.A. message to those who don't know there is a way out. Please help me help you.

Here are the facts since November 1999:

1. AA carries the message to 15 Facilities; which includes 19 meetings a month.
2. An average of 8 facilities a month gets meetings.
3. 7 new facilities have opened the door for AA to carry the message to there patients.
4. 5 Facilities have been told no, due to lack of participation within the AA community.
5. Due to lack of participation from the AA community, 2 existing facilities been cut from the list.
6. 3 more Facilities are slated to be cut.

The following is a list of times groups volunteered and the Institutions (11 month period)

Bexar County Juvenile Hall (3)
 Zero Tolerance **(Cut)** (1)
 Patrician Movement (7)
 S.A.S.H (11)
 Laurel Ridge (Tuesday) (4)
 Salvation Army (10)
 Transplant Hospital (Tuesday) (7)
 S.A.M.M. Shelter (New Facility 4 months) (2)
 D.A.C. (4)
 NIX Hospital (New Facility 5 months) (4)
 Laurel Ridge (Thursday) (6)
 Campell Griffin (2)
 Women @ The Well (5)
 Transplant Hospital (Thursday) (7)
 Audie Murphy V.A. (6)
 Safehaven **(cut)** (3)
 A.R.C. (10)

Elections for a new Hospital and Institution Committee Chairperson will be in October 2001.
 Please call me for suggestions or comments.

Bob Taylor
Hospital and Institution Committee Chairperson.
Pager 628-7340
E-mail AnotherDrunk@r67.net

GROUP 12 Sunday Speakers For August

Aug 5th Mike S : San Antonio -16 Years

Aug 12th Gay N : San Antonio-15 Years

Aug 19th Charlie P : Austin 16 Years

Aug 26th Surprise



"My name is Jimmy and I'm powerless against the bottle. Oh, and I've only taken three steps."

GRATEFUL TO BE ALCOHOLIC

At last, I got it. Now I finally understand what people are talking about when they say that they are "grateful to be alcoholic." To me it really didn't make much sense when I thought about it. I mean, can someone really, honestly, and truly be grateful to be an alcoholic.

Today, I can say yes. But for the longest time, I thought that these "grateful" people were either suffering from some form of a delusory disorder or else they were just simply full of cow piles. What changed my attitude?

Well, it all started when I was at this one meeting several years ago. It was just like any other typical mid-western A.A. step meeting; it was in the basement of a church, in the evening, on either a Wednesday or a Thursday. One thing I do remember is that I did not want to be there all that much. As each of the A.A. folks took their turns speaking in our big circle, my mind was busy drifting in and out of various daydreams about one thing or another. I was sitting there; fairly obviously, to the various things people around me were talking about, when the gentleman across from me started his comment. For some reason, my snapped back to attention when he stated that he was "grateful" to be alcoholic.

At first I thought that was a joke, so I politely grinned, and slouched a bit more in my chair. I looked this middle-aged woman sitting next to me, as people do when they are trying to acknowledge to each other that a particular joke was funny. But instead of seeing another grinning face looking back at me, everyone's attention was fixed on the guy who was talking. Everybody was nodding their heads as if to say, "yeah, I know what you mean.

"Great!" I thought to myself, "now I know that something is wrong here.

These people are plainly trying to impress somebody. There is no way that anyone could be grateful for having half your face amputated or sustaining a cerebral hemorrhage! There is no way.

A few years went by and not much changed. I was still not happy about the fact that I was an alcoholic; let alone being grateful about it. As a matter of fact, I wasn't very happy about anything at all. Then I met this guy from Los Angeles. The guy was the most insane person that I had ever met.

Having no idea what I was in for, I asked him to become my sponsor. He got me to work the Steps so hard, I thought I was going to die. Every day I was doing Step work. Every day, I was at meetings. Every day, I was helping other alcoholics. "While I was swept up in this typhoon of Step work, meetings and service, I didn't know how much I was changing. All I had time to do was to pray and write inventory. The intensity started to subside a bit at the 9th Step. The 9th Step, for me, was going to take considerable time to successfully complete.

It was at this slow time that I started to notice drastic changes in myself on a spiritual level. I was no longer depressed, I was no longer feeling isolated, and not only did I feel my anger was almost gone I started to feel grateful for things I never had before. For the first time in my life, I started to feel grateful for my health. for my youth, and I felt an incredible gratitude that I had this program. By now I was convinced that the A.A. program was by far the best thing that had hit the Earth since oxy gen.

Even though I had gratitude for the program, what finally made me free grateful for being alcoholic was a series of incidents that occurred between some non-alcoholic people and me. These people had expressed major personal problems

to me, about which I was only too familiar. They asked me for my help, and I joyously complied. I thought to myself "Wow? Here is a real life chance for me to show someone else what I have been shown; for them to get this happiness, too."

There was one piece that I didn't understand. That was the fact that these steps are very scary and very difficult to work. It means the deflation of ego. It means making amends where we can. It means taking personality inventories. It means having faith and prayer and meditation. If I being alcoholic don't work these steps, I will drink. If I drink, I will die. Or worse yet, maybe I won't die. Maybe I'll go on being miserable for 20 years, then die.

I didn't choose to work the steps because I was a nice guy. I worked the steps out of fear of what would happen to me if I didn't work the steps. In a way, I believe are force-fed spirituality and a spiritual way of life.

A non-alcoholic is rarely faced with this kind of ultimatum. Consequently, some non-alcoholics have a difficult time mustering up the type of willingness it take to receive the gifts of living a spiritual life.

Why am I grateful to be an alcoholic? Because every single day I see miserable people. People full of hate, people full of fear, and people full of pain. When seeing these people, I often think to myself "If only they would drink more, I could help them."

Todd B.



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