

# The NIGHT CAP

Published monthly by the San Antonio Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and Southwest Texas area groups.

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## GEMS FROM THE BIG BOOK

Every time an article appears in a newspaper or magazine concerning the possibility of a "miracle cure", pill, etc. for control of alcoholism, the Central Service Office knows about it because of the phone calls asking when it's going to become a reality. Such articles as the recent one appearing in the Our Readers Write section of the San Antonio News dated June 26, 1972 is quoted as follows:

### "ABOUT ALCOHOLICS"

"Dear Sir:

Since the breathalyzer tests came about it has caused many people to examine themselves, and in many instances, made them wonder about the differences between a social drinker and a real alcoholic. For many years we've heard from psychologist that they are victims of psychosomatic problems. Few of us have ever heard that the alcoholic is a victim of nutritional deficiency.

A study conducted by Dr. Roger J. Williams at the research center, University of Texas (published in book form ... Alcoholism - The Nutritional Approach ... University of Texas Press) says:

"Alcoholism is due to a deranged physiological craving. Each individual is different. Some persons, due to heredity, have a higher requirement for certain foods and this need causes the person to crave something he is not getting. Often he turns to alcohol and becomes doubly vulnerable. His diet then becomes still more diluted. The appetite-control center in his brain becomes more poorly nourished and goes berserk. In turn, it produces a still greater craving for alcohol instead of the normal craving for food, thus creating a vicious circle."

He states that alcoholism can be overcome when it can be determined what nutrients are missing and thusly, start replacing them. (Continued on Page 2)

## GROUP BOARD MEMBER CHANGES

July is the month when Groups start out with a new Secretary, Treasurer and other board members to serve for six months. The Group G.S.R. was elected to serve two years to run concurrently with the Delegate's (January 1972 through December 1973). Board Members are reminded to notify the Central Service Office of changes in order for Group Board Member records to be updated. New Board Members can also pick up a copy of "The A.A. Group and "The A.A. Service Manual" from the Central Service Office.

## IS ROTATION IMPORTANT?

"The A.A. Group", an Informal Handbook says it is! "Traditionally rotation keeps A.A. volunteers from becoming frozen in their offices. Jobs, like almost everything else in A.A., get passed around for all to share. After one term in any office, most members move on to other kinds of A.A. service. (Many groups have alternate, assistant or co-officers who can step into the jobs they have been trained for, and new members can take the slots they just left. This way, problems based on personalities are prevented, no power or prestige gets built up, no individual gets taken advantage of and imposed upon, and the blessings of giving service are shared by more and more members."

## MEETING CHANGE SCHEDULE

Revised Meeting Directory dated May 1972 is available from Groups or the Central Service Office and is changed as follows:

Ft. Sam Houston A.A. Group. Meetings are held at 8:15 P.M.

## IN MEMORIAM

Shipp M., Member of Seguin Group passed away in June, 1972.

GEMS FROM THE BIG BOOK  
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HAPPENINGS HERE  
by Beth J.

In the light of the fact that a lot of publicity aimed at the alcoholic as a killer, which obviously makes him feel even more insecure and inadequate isn't it time we institute an educational program to show such individuals, including near-be alcoholics that their diet can be the difference between a social drinker and an alcoholic?

Must we always take the course of extremeness, of breathalyzer test, and heavy fines, when we are guilty of not educating the people to know that they can protect themselves against alcoholism by proper diet. There are some who claim that a drunken condition can be prevented by intake of a vitamin table (B-complex). If this is so, why don't we have extensive research into the possibility of such claims whereby a vitamin content tablet is perfected whereby (after tests) we can tell people, if your going out for an evening of social drinking here is a pill that will counteract alcohol in the blood whereby you will remain reasonably sober.

Obviously, the possibility of such a pill is possible. So why aren't we taking a more positive approach to a scientific means of controlling the situation?

J.J."

Thought it timely to reprint "GEMS FROM THE BIG BOOK", August 1952 edition of THE NIGHT CAP:

"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action."

"An illness of this sort - and we have come to believe it an illness - involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the alcoholic illness, for with it there goes annihilation of all the things worth while in life. It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, worried lives of blameless children, sad wives and parents - anyone can increase the list."

27TH ANNUAL STATE A.A. CONVENTION

The Convention Committee Chairman, Doc.O. and Co-Chairman, Edra F. and Sub-Committees did a super job....the Convention was a success. The A.A. and Al-Anon registrations totaled 1018 with 60 Al-Ateens attending from as far north as Canada and as far south as Cuernavaca, Mexico. The speakers from all parts of the U.S. were excellent. The pre-speaker convention fun - a ride down the river to La Villita for a Mexican supper and dance got it all off to a good start. Decorations for the Convention followed through on the Mexican theme, using A.A. symbols and slogans.....there were good turnouts for the luncheon and delegates breakfast, the banquet was a sellout.... there was a lot of sharing of ideas and fun fellowship over gallons of coffee.. there were new friends made and old friendships renewed..there was the wide-eyed wonder of the newer A.A. at their first convention... there were a lot of workers working..... there was much profit...probably a little money, but to me the best profit was the warm feeling of belonging to a bunch of drunks - sober to-day bound to-gether by love for one another and secured by The Big Boss - God as we understand Him....

State Convention #28 will be held next June in Dallas..that one too I suspect will be like the one here this year - 'the best ever!!!!'

FRONTIER GROUP NINE!!!!!!

The Frontier Group will celebrate its 9th Birthday Tuesday, July 4th at the Alcoholic Rehabilitation Center on Southton Road. Plans for the day include Open House at both ARC's with the swimming pool open for use. There will be a Bar-B-Que from 4:00 to 6:00 P.M., however, the Group Secretary says only 140 tickets will be sold and they must be purchased at the ARC. The cost is \$.60 per ticket. An A. A. meeting will be held from 6:30 to 8:00 P.M. Capping off the days festivities, there will be a dance from 8:30 to 11:30 P.M. 'Ya'll Come' and enjoy the fun and fellowship and help join in saying

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HAPPENINGS HERE

by Beth J.

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HAPPY BIRTHDAY FRONTIER GROUP!!!!!!!

A FRONTIER GROUP FLASHBACK

An organizational meeting for a new group was held July 2, 1963 at the Old Frontier Club, 3232 Roosevelt. Among those present were Doc. O., Travis H., Johnny C., and Claude C. The Frontier Group was registered with G.S.O. in New York in August '63. Betty Z. was Secretary and Tom M. was G.S.R. Meetings were held every Tuesday and Saturday nights. The membership was listed as 35.

THE NIGHTCAP WANTS TO REMEMBER YOUR GROUP'S BIRTHDAY !!!!

Let us know when, where and what.

SHARING VIA FLIERS

15TH ANNUAL LOUISIANA STATE CONVENTION OF ALCOHOLICS ANONYMOUS - Will be held July 4th through 16th at the Capitol House Hotel, 201 Lafayette St., Baton Rouge, La., 70801. For A.A., Alanon, Alateen (No fee for Alateen). Registration Fee \$5.00 and Banquet Fee is also \$5.00. Make advance registration to Convention Committee, 3616 Charry Drive, Baker, Louisiana, 70714. Flier says, "Language Of The Heart".

COLORADO STATE A.A. CONVENTION - Will be held August 18, 19, 20, 1972. Flier says "A.A. in Colorado is going first class again at the shiny new Regency Rodeway Inn, just off I-25 at 38th Avenue (3900 Elati Street)", and "New Freedom New Life" Send registrations to: Convention Chairman, Attn: Gary, 4390 Fenton St., Denver, Colo., 80212 or call Gary at 423-2360 for information and registration blanks.

25TH ANNIVERSARY TOP O' TEXAS ROUNDUP - Will be held October 6, 7, 8, 1972 at the Holiday Inn West 601 Amarillo Blvd. W., Amarillo, Texas. Flier says "Top Speakers of the Nation will be here - Lots of entertainment. The Hospitality and love you will find here will be a never forgotten memory in your life". For information contact Roundup Committee, P.O. Box 412, Amarillo, Texas 79105.

THE BEAUTIFUL PEOPLE

THE CENTRAL SERVICE OFFICE BUCK-A-MONTH!  
Your contributions along with those from the Groups, Intergroup Meetings and sales of literature is what keeps your Central Service Office rolling along. It keeps the doors open, provides on-the-spot 12 Step referrals to Group volunteers in the vicinity of caller (the most important one, the new member), provides literature to those seeking to understand the A.A. Way of Life (such as students, professional persons and other interested people), provides birthday cards, directories and other services wherever intergroup help is needed. In addition, your bucks help defray costs of printing and mailing the Southwest Texas Area Newsletter "The Night Cap". The Central Service Office Committee in acknowledging the 147 contributors for the first six months of 1972 would just like to say "Thanks for your help, we need it and appreciate it".

THE NIGHT CAP SENDS L-O-V-E

TWICE TO...The Swinging Door A.A. Group in Luling, Texas. Thanks Joe W., Group G.S.R. for your card straightening us out on the group address. Glad you like the newsletter and hope to hear from you all again soon. The Swinging Door A.A. Group meets in Luling, Texas on Thursdays at 8:00 P.M. at 216 N. Oak holding closed meetings.

GENERAL SERVICE REPRESENTATIVES

Meeting is to be held Sunday, July 9th at Club 12, 7:00 P.M.

MONTHLY INTERGROUP MEETING

Vic E., Meeting Chairman said to let everyone know Dr. Dave O. from Dallas, Texas will be here as speaker for the meeting to be held July 9th, at Club 12, 8:15 P.M. and that he has a good message and one you won't want to miss!

HOSTS FOR FRONTIER GROUP MEETINGS

Barefoot Group will host August Saturday Night Open Speaker Meetings of the Frontier Group, held at 8:15 P.M. at the Alcoholic Rehabilitation Center on Southton Rd. Alamo Heights Group is current Host - month of July.

PUBLIC INFORMATION BULLETIN FROM G.S.O. The following is quoted from May-June 1972 Bulletin, "A.A.... and Problems Other Than Alcohol": Also enclosed is this selection of excerpts from a Grapevine article by Bill W. At the Conference, there was a discussion on "Narcotics, Drugs, and A.A."; more than half the delegates indicated that the subject was a matter of concern in their areas." Reprints of the complete article are available from G.S.O. for 5¢ each.

#### A.A. ... and Problems Other Than Alcohol

The following excerpts from a Grapevine article by A.A.'s co-founder, Bill, represent principles which have been reaffirmed by the 90 delegates to several A.A. General Service Conferences. The latest conference to affirm these principles was held in 1970.

"The problem of drug addiction in its several forms lies close to us all. It stirs our deepest interest and sympathy. Many A.A.'s, especially those who have suffered these particular addictions are now asking, (What can we do about drugs -- within our Fellowship, and without?)

"Specifically, here is a list of questions we are often asked:

- (1) Can a non-alcoholic pill or drug addict become an A.A. member? No.
- (2) Can such a person be brought, as a visitor, to an open A.A. meeting for help and inspiration? Yes.
- (3) If so, should these non-alcoholic pill or drug users be led to believe that they have become A.A. members? No.
- (4) Can a pill or drug taker, who also has a genuine alcoholic history, become a member of A.A.? Yes.

"Now there are certain things that A.A. cannot do for anybody, regardless of what our desires or sympathies may be. Our first duty, as a Fellowship, is to insure our own survival. Therefore, we have to avoid distractions and multi-purpose activity.

"Sobriety -- freedom from alcohol -- through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group. Groups have repeatedly tried other activities and they have always failed. It has also been learned that there is no possible way to make non-alcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.

"I see no way of making non-alcoholic addicts into A.A. members. Experience says loudly that we can admit no exceptions, even though drug users and alcoholics happen to be first cousins of a sort. If we persist in trying this, I'm afraid it will be hard on the drug user himself, as well as on A.A. We must accept the fact that no non-alcoholic, whatever his affliction, can be converted into an alcoholic ... and an A.A. member.

"We cannot give A.A. membership to non-alcoholic addicts. But, like anyone else, they should be able to attend open A.A. meetings, provided, of course, that the groups themselves are willing."