

# The Nightcap



THE NIGHTCAP IS PUBLISHED MONTHLY BY THE CENTRAL SERVICE OFFICE  
8804 TRADEWAY, SAN ANTONIO, TEXAS 78217, PHONE 210-828-6235  
OFFICE HOURS: 9 AM TO 5 PM MON-FRI 24 HR ANSWERING SERVICE  
FAX & TDD 822-4491

VOLUME 31

JUL 2000

NO 7

## Note from the Board of Trustees.....

Please help us extend a warm welcome to Bill T. CSO's new office manager. Many of you already know Bill from his years of service in San Antonio. Come by CSO and say "hi". The Board also wants to extend a Texas size THANK YOU to all volunteers who helped during the transition. WE appreciate your patience and cooperation  
CSO Board of Trustees

*Transition: Passage from one place, condition or action to another. Webster's New World Dictionary.* As the new Office Manager for YOUR CSO I hope to take the foundation laid by my predecessor and to improve upon it. We will be in transition for a few weeks ironing out the kinks but I'll have a pot of coffee on, a smile, and a handshake for all who stop in, for whatever reason.

I won't turn away anyone who wants to volunteer. Or if any time all you want to do is just come in and sit a spell and have coffee, your just as welcome too.

With AA's Birthday just past (June 10<sup>th</sup>) and the International upon us, I felt something that would combine the two was needed, for this issue, After searching I found this. I hope you find it a good reminder of the simplicity DR. Bob wanted for this God given program. Thanks for letting me serve you. Bill T

## Dr. Bob's Last Message

from

The First International Conference of Alcoholics Anonymous  
Cleveland, Ohio

1951

"My good friends in AA and of AA. I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you - not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable.

"I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago, played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

"But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis; one is the simplicity of our Program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind.

"Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

"And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers. Thank you very much."

## "Hello...Is this A.A?"

***"Whenever anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."*** Bill Wilson was right... he knew that only another alcoholic could reach the one who still suffers. And every day an alcoholic reaches out to A.A. for the first time by phone. In San Antonio, our collective decision to take on this responsibility was made in September 1997. The "Telephone Service Committee" was created to serve as the response team during hours that the Central Service Office is closed. Having been in sales all my life, I recognized the critical importance of that first contact, so I was glad to be a part of the "TSC". I love this way of practicing the twelfth step because, *this is the only Twelve-Step work you can do in your pajamas!*

Using remote call forwarding, I forward the Hotline number, 828-6235, to my phone for my shift. When it rings I simply answer, "Hello, may I help you?". If it's a hotline call, they usually ask, "Is this A.A.?" It's really pretty simple. The time goes by quickly and the inconvenience is slight.

But what rewards I get from this service work! I get to greet A.A. members visiting our fair city, hopefully making a good impression as I guide them to a meeting. I get to speak with those who call about going to their first meeting. Whether its "strife from a wife" or "a nudge from a judge", I have the chance to make that first contact with us a positive experience.

When the painful calls come I can speak of my experience, strength, and hope and invite them to explore our solution. I can also, call on our 12 Step Personnel list to call them as well. Those calls, the tough ones, from someone who's not sure they are ready to admit their alcoholism, or from one of us who have slipped somewhere on our journey, are the ones that stay with me the longest.

Like the night a woman in the program called sobbing hysterically. It took several minutes of quietly speaking to her before she could tell me her story. She had been facially disfigured in a terrible auto accident. Multiple operations had left her feeling hopeless. She had stopped using the Big Book, stopped working with others, stopped calling her sponsor, stopped going to meetings, and stopped seeking the spiritual solution. Her program had stopped and then the drinking started. She was coming off of a three-day binge, almost inconsolable because she had now lost her 22 years of sobriety, too. I did what I could and then referred a female from our 12 Step volunteer list to call her. I realized it's not always the first call from the practicing alcoholic I get, but also the first call from one of us who has lost the program and then lost sobriety. I get them more often than I like to remember.

They remind me of what my sponsor told me. "Staying sober in A.A. is like lying in bed...you can't fall out of the middle of the bed". So I'll keep signing up for my usual favorite shifts, because it keeps me in the "middle of the bed". And, just as important, in my telephone service work I may be the only copy of the Big Book than someone ever hears.

David W. 11-30-91 Rush Hour Group

***There is an ongoing urgent need for Telephone Service Volunteers.*** The signup sheets are filled monthly. Instructions, guidelines, and related program reference numbers, such as Alanon, are included in your volunteer packet. Experienced phone committee volunteers are available for advice. You are not in it alone. Without this critical twelve-step work our A.A. Hotline would be answered by impersonal voice mail. What if your first contact with A.A. was an answering machine? ***Call the Telephone Service Committee Ed. E. at 641-6895 or David W. at 738-0307, to ask questions or to take a shift on an individual basis. Ask your C.O.R. or G.S.R. if your group is involved. When someone reaches out for help, let the hand they find be yours.***

# Group Forum

## GROUP UPDATES

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

New DCM for District 1 F in San  
Antonio is Frank Enriquez

The CFC Committee would like  
to take this opportunity to thank all  
the Volunteers at the CFC Book  
Buy Booth and those that  
purchased also. Thanks for your  
support

The TXSCYPAA individuals want  
to thank you for supporting young  
people in AA The fund raiser was  
a success thanks to all who  
participated.

## WORKSHOPS

District 1-A will be hosting a  
workshop on "How to Hold an  
AA Meeting on July 15<sup>th</sup>, 1-4  
PM at the Winners Club. This  
will be a panel discussion, with  
question and answer periods.  
Barbecue, potato salad and  
goodies will be served during  
the workshop.

Bring Group members,  
questions and suggestions.

District 17 will be hosting a  
workshop on 22 Jul y, 10:30  
am- 1:30 PM at the  
Acceptance Group @ Rolling  
Oaks Christian Church 7150  
Stahl Rd (just behind the  
Sonic). There will be speakers  
on the Principles and several  
Service Opportunity  
presentations given. Food, Fun  
Free



## UPCOMING EVENTS

Delegates Report:  
Our Area Delegate Yolanda F will  
be presenting her GSO Report  
(from April) to Interdistrict at the  
July 16<sup>th</sup> meeting, at 6PM. Please  
note the time. The meeting will  
begin earlier so that all regular  
business items may be  
completed.

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](mailto:SARoundup@aol.com)  
Phone(210)340-7084

Group 12 Group Conscience  
5:30 July 11th

SW Texas Area 68  
Summer Workshop  
Donna Texas Jul 28, 29, 30.  
For more info call  
"Nacho" G. (956)-565-4754

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,  
OR DOES PUBLICATION OF ANY ARTICLE IMPLY ANY EN-  
DORSEMENT 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 per-  
mission of The Grapevine, Inc.)

## THINGS WE CANNOT CHANGE

Margaret C

Margaret died June 24 2000 in Valpariso, Indiana.  
She sobered up in Cleveland Ohio, in September 1977.

Margaret was a member of the Serendipity  
Group, and active in several others. The Lakewood  
Ladies meeting in Lakewood, Ohio was her permanent  
home group . She is survived by: Sons; Bob, and Scot  
Daughters; Lin, and Yvonne.

She will be missed by many.

# Birthdays

1 Year:

James B  
 Tony B  
 John B  
 Blake C  
 Linda C  
 Robert D  
 Chris E  
 Katherine G  
 Adrien G  
 Nash H  
 Carlos H  
 Mike A. K  
 Dave L.  
 Lauri L  
 Don M  
 Liz P.  
 Glen S  
 Letty S.  
 Denzell S  
 Azalea W  
 Gwen A  
 Tyler A  
 David R  
 Eric W  
 Faith K  
 Jerry C  
 Sundy H  
 Rob W

2 Years

Allison S  
 Janet B  
 Tom B  
 William H  
 Ruben H  
 Kelly L  
 Gordy S  
 Lydia S  
 Donnie S  
 Tee S  
 Michael R  
 Joe R  
 Ron G

3 Years

Marion(Christie)W  
 Dwayne(JJ) T  
 John S  
 Carl O  
 Paul N  
 Kathie M  
 Ann D  
 Rudy C  
 Allen A  
 Julie F

4 Years

Bill S  
 Ray P  
 Cathy L  
 Randy C  
 Jana T  
 Lucian D  
 Bo  
 Joy Z

5 Years

Nash H  
 Jonathon S  
 Lea Michelle P  
 Dudley H  
 Sheryl H  
 Robert B  
 Ed W

6 Years

Sara L  
 JR C  
 JoAnn C  
 Azalea B

8 Years

Bea S  
 Biff P  
 Bob C  
 Dale C  
 Henry M

9 Years

Ernie R  
 Beth H  
 Keith E  
 Travis D  
 Vicki C  
 Keith E  
 Debroah M  
 Cindy S  
 Deborah H  
 Dan S  
 Tony G

11 Years

Robert D  
 Lea S  
 JC. S  
 Jose P  
 Perry S  
 Andrew J  
 Larry C  
 Barry

12 Years

Perry S  
 Andrew J  
 Larry C  
 Barry

13 Years

Carla R  
 Lauren G  
 Steve H

14 Years

George B  
 Lois H

15 Years

Mike S  
 Regina S  
 Ray M  
 Robin D  
 John H

17 Years

Melanie S  
 Paul G

18 Years

Chic W  
 James W. B  
 Buck S

21 Years

Carol G  
 Dru D

22 Years

Bill R

23 Years

Ralph T

25 Years

Winnie N  
 Vangie H  
 Lodi H

26 Years

Garland W

27 Years

Ted N

28 Years

Cliff M

30 Years

Bill S  
 Billy S  
 Bill St. J

36 Years

Fred P

38 Years

Coco M

40 Years

Art S



## San Antonio Metropolitan Service Organization Minutes Continued

**District 17 - Steve J.** - The District has a Workshop planned for July 22<sup>nd</sup> 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 - (Absent - No Report.)**

**District 19 - Bill T.** - The District has changed their meeting time to 5:45pm. They have tabled their Workshop plans until after October. There was a heart-felt discussion conducted on the lack of GSR participation at their District Meeting.

### Old Business -

(AGENDA ITEM: SAMSO Workshop). Lynne G. stated that the October timeframe was being considered and that she would contact Eisenhower and Brackenridge Parks to check on availability. Bill T. explained what the Steering Committee had discussed to-date: Displays by all Service Committees - Service Speakers - Regular Speakers - Food - All Day Event. Lynne asked the members to take the idea back to their Groups for input and report back next month.

### New Business -

Funding of Standing Committee Chairs to SW Regional AA Service Assembly. Lucian D. stated that his group was concerned about last month's vote to fund the chairs to SWRAASA, since they felt that the issue should have been taken back to the Groups first. Lucian made a motion to rescind last month's vote and Ed C. seconded. A vote was taken and the motion carried. Several members asked for clarification of the issue. The issue was clarified as follows: Partially fund the 5 SAMSO Standing Committee Chairs (Archives, Grapevine, Hospitals/Institutions, Correctional Facilities, and CPC/PI) to the 2000 SWRAASA to be held in Oklahoma City the weekend of October 6<sup>th</sup> at \$150.00 each - for a maximum of \$750.00 total outlay. A motion was made by Terese and seconded by Jack to take the issue back to the Groups for their input. All approved.

Adjourned - 7:45 PM with the Lord's Prayer

Respectfully Submitted:

Steve J. - SAMSO Secretary

PRINTED AS SUBMITTED



COR meeting 6/18/2000—Minutes

CALL TO ORDER- Virginia B

SERENITY PRAYER: Virginia B

TRADITIONS: Tim I

STATEMENT OF PURPOSE: Bob T

MINUTES OF PREVIOUS MEETING: Approved as published in Nightcap

FINANCIAL REPORT: Louie absent; Virginia reported that a new CPA has been retained who lives in San Antonio and can provide a simpler format.

NIGHTCAP SUBSCRIPTION: No report applications available

PHONE COMMITTEE REPORT: Virginia reported that David W is new chair. Need new volunteers to get involved June is filled except for the morning of Sunday June 25; call David to sign up for July.

OLD BUSINESS: Bill T is new Central Service Manager; started on June 13,2000 Al D is helping.

Bob T will open office on Mon June 19

NOMINATING COMMITTEE: Erick C, Susan B and Jose L are on the committee. Virginia gave them the pertinent bylaws. They will chose a chair and recruit six nominations for the three positions that will open.

NEW BUSINESS: Mary S resigned from the board to apply for the Office Managers position. She is interested in staying on the board. 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 COR's. Erik C moved that Mary S be reinstated, Charles W seconded; motion carried

Virginia asked the COR's to tell the Board what they want from these meetings. At present the Board communicates decisions made about CSO to the COR's to take back to the groups. Discussion followed on the function of CSO and the responsibility of the Board. COR'S should communicate group needs to the Board. It was suggested that board members attend group conscience meetings. Bob T said his group would like CSOP to be open either one night until 8 PM or on Saturday. Additional discussion that CSO is outside service organization. SAMSO and COR funds can not be mixed.

Basket passed and adjourned with Lords Prayer

Attendance: Board Members Madonna M, Randy S, Bill H.

COR's Rodney P -Entire Abstinence- Tim I Highlands- Arley H= Schertz Cibilo, David W, Michael G Fort Sam Houston Group- Charles W-Freedom, ED C -Goliad, Eric c Stahl Rd-Virginia F- SW Loop-Vickie S Colonies North, Patrisha W-Group 12, Bob T Abundance Happy Hour, Michael S Valley Hi- Submitted by Madonna M

PRINTED AS SUBMITTED

WIZARD OF ID By Brant Parker & Johnny Hart



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July 2000</b>						
2	3 7:30 PM GV Committee Mtg Jim's 410 &Blanco	4 <b>BANG!</b>	5 7:00 PM CFC Mtg Club 12	6	7 	8 1 Club 12 Dance 830-12:30
9 4:00 PM SAMSO Steering Commi- tee Mtg Club 12 Districto Hispano 2G meets 1917 Castroville Rd	10	11	12 7:00 PM PI/CPC Mtg Club 12	13 5:45 PM CSO Board Mtg	14	15 District 1-A works- hop at Winners Club 1-4 Topic: How to hold an AA Meeting. CLUB 12 Dance
16 5:00 PM Dist 17 Mtg Jim's 410 &Blanco Dist 1 F meeting 1PM 3814 &Blanco 5:30 PM 1A & 16 & 19 District Mtg St Andrews Church COR Meeting 5:30 SAMSO Meeting 6:00	17	18	19	20 NIGHTCAP DEADLINE	21	22 District 17 Workshop 10 am-1:30 PM at Acceptance Group
<b>Winners Club Garage Sale 9 am-6 pm</b>						
23	24	25 Birthdays-Valley- Hi, Windcrest, Santa Fe, & New Acceptance Life Support	26 Birthdays- Oblate, Women's Big Book & Northwood	27 Birthdays- Goliad, Devine, Ft Sam. North San Pedro & Stahl Road	28 Birthdays- Pearsall (Come as You Are), SW Loop, Colonias North, El Libro Grande, Rush Hour, Marymony & Twelve	29 Birthdays-Schertz- Cibolo, Lambda, & Winners Club Groups Winners Club Dance 9-12
30 Districto Hispano 2G meets 1917 Castroville Rd.	31 Birthdays- Alamo Heights	<b>DELEGATES REPORT</b> <b>July 16th 6 PM</b> <b>St Andrews Church</b> <b>410 @ Ingram</b>				

### CSO THANKS YOU !!!!!

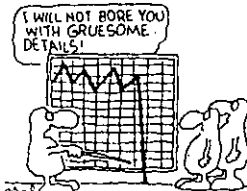
Thanks to the Weekend in SA Committees and all the workers that contributed to the success of the convention. You did a great job and we at CSO appreciate it.



# GRATITUDE IN ACTION

	MAY '00	YTD	Profit & Loss Statement	MAY '00
Acceptance		\$ 20.00	4005 Sales	\$10,528.09
Alamo Heights		\$ 282.00	4006 Cost of Sales	6,380.70
Boardway	\$ 500.00	\$ 1,000.00	Gross Profit	\$4,147.39
Community		\$ 11.00		
County Line	\$ 22.50	\$ 22.50	Contributions:	
Family		\$ 90.00	4010 Nightcap Contributions	\$174.00
Ft Sam Houston	\$ 81.00	\$ 81.00	4020 COR Meeting Contributions	23.00
Free at Last	\$ 14.00	\$ 40.00	4030 Group Contributions	1,812.39
Generic Thursday		\$ 100.00	4040 Memorial Contributions	100.00
Grupo El Libro Grande		\$ 10.00	4050 Individual Contributions	605.00
Grupo Esperanza	\$ 10.00	\$ 55.00	4060 Birthdays	\$32.00
Grupo Gozo y Paz	\$ 10.00	\$ 50.00	Total Contributions	\$2,746.39
Grupo Unidad		\$ 30.00		
Highland		\$ 227.50	Other Income:	
Hondo	\$ 147.19	\$ 147.19	4110 Interest Income	\$22.71
Kelly Special		\$ 16.77	4120 Office Kitty	35.37
New Life		\$ 25.00	4130 AA in SA Net Income	0.00
Norh San Pedro	\$ 30.00	\$ 105.00	4315 State Convention	0.00
Oak Hills	\$ 271.76	\$ 1,096.94		
Oblate		\$ 48.00		
Pearsall		\$ 20.00	Total Other Income	\$58.08
Pleasanton		\$ 30.00		
Poteet-Strawberry	\$ 10.00	\$ 20.00	Total Income	\$6,951.86
Rush Hour	\$ 139.19	\$ 879.51		
S.A. North (Women)	\$ 23.94	\$ 53.40	Wage Related Expenses:	
Serendipity	\$ 200.00	\$ 850.00	5010 Salaries	\$5,310.25
Southwest Loop	\$ 30.00	\$ 38.55	5020 Payroll Tax	409.01
Spirit of Hope		\$ 50.00	5030 Contract Labor-Clerical	169.00
Stahl Road		\$ 50.00	5035 Contract Labor, Janitorial	50.00
Sunrise		\$ 100.00	5040 Mileage Reimbursement	50.00
Travis Park		\$ 80.00	5050 Employee Training	0.00
Twelve	\$ 360.00	\$ 1,800.00	5060 Miscellaneous	0.00
Universal City		\$ 120.00		
Valley-Hi	\$ 40.00	\$ 120.00	Total wage related expenses	\$5,988.26
Windcrest	\$ 40.00	\$ 65.00		
Womens Big Book		\$ 63.96	Occupancy Expenses:	
Woodlake	\$ 30.00	\$ 80.00	5110 Rent	\$855.00
			5120 Utilities	194.54
<b>AREA</b>			5130 Telephone	139.61
New Braunfels		\$ 163.61	5135 Answering Service	22.50
Depot Gp (Port Lavaca)		\$ 160.00	5140 Repairs & Maintenance	0.00
Boerne Noon		\$ 150.00	5150 Insurance	0.00
<b>TOTAL</b>	\$ 1,812.39	\$ 8,351.93	Total Occupancy Expense	\$1,211.65
<b>BIRTHDAYS</b>				
John D	\$ 32.00		Other expenses:	
			5210 Office Supplies, Clerical	\$323.80
			5211 Office Supplies, Non-Clerical	18.30
			5215 Postage	34.02
<b>INDIVIDUAL</b>			5216 Freight UPS	0.00
Willy P	\$ 500.00		5225 Equipment Lease & Main	152.00
Anonymous	\$ 10.00		5270 SWB Yellow Pages	45.00
Bonnie O	\$ 25.00		5310 Nightcap Print. & Post.	280.85
John D	\$ 25.00		5415 Accounting Service	137.50
Rhonda K	\$ 20.00			
Janet H	\$ 25.00		Total Other Expenses	\$991.47
<b>TOTAL</b>	605.00		Total Expenses	\$8,191.38
			Net Income	(\$1,239.52)

**THANKS!**  
to all of the  
groups listed  
for their  
contributions



## LAWS TO REMEMBER

If you dance with a grizzly bear, you'd better let him lead.

- The Law of Volunteering

When putting cheese in the mouse trap, always leave room for the mouse.

- The Law of Avoiding Oversell

The more you run over a dead cat, the flatter it gets.

- The Know-When-To-Quit Law

Never accept a drink from a urologist.

- The Law of Common Sense

There are days when no matter which way you spit, it's upwind.

- The First Law of Reality

When you starve with a tiger, the tiger starves last.

- The Second Law of Reality

Whatever it is that hits the fan, it will not be evenly distributed.

- The Third Law of Reality

Never get into fights with ugly people. They have nothing to lose.

- The Fourth Law of Reality

Creativity is great, but plagiarism is faster.

- The Fifth Law of Reality

Reality is a crutch for those who can't cope with fantasy.

- The Law of Goal-Setting

Via Pass It On, Albuquerque, NM

????????????????

Is \$1.00 ENOUGH?

In 1965 the average AA member tossed \$ 1.00 in the basket Passed at the end of the meeting.

In 2000 the average AA member still tosses in \$ 1.00.

In 1965 the average American worker earned \$1.00 an hour.

????????????????????????????????????



# How Do You Make An Old-Fashioned Twelfth Step Call?

'Box 459', Oct-Nov 1998

With many treatment facilities closing their doors, more and more AA.'s are seeking guidelines for making old-fashioned Twelfth step calls.

The 1998 Conference Literature Committee considered a pamphlet on making Twelfth Step calls that was compiled and in use by Area 25 (Kansas). Although Conference committee members felt this effort was fine for local use, they emphasised the importance of the use of 'How It Works' in the Big Book, as well as seeking guidance through sponsorship, the experience of older members and workshops.

One such workshop was held last spring by the Answering Services Committee of the Elmira (New York) Area Intergroup. The area's second Twelfth Step workshop, developed its program along lines of the G.S.O.'s service piece 'Suggested Workshop Format'. Out of the workshop experience has come some suggested guidelines. Because they have proved so useful, the committee has shared them with G.S.O., as follows, in the hope that others will be helped too:

1. **Return calls ASAP.** Call back immediately to listen, share and arrange a time and place to meet but *not* at a bar. If you are called to a bar, go there only to pick the person up and, preferably, to get him or her to a meeting.
2. **Twelfth Step in pairs, with a same-sex member if possible.** Twelfth-Step calls can be intense, and there is safety in numbers. Besides, two heads are better than one. Be punctual and look your best.
3. **Twelfth Step when the prospect is sober or fairly sober.** Calls on intoxicated alcoholics seldom work because of blackouts. Wait for the end of a spree or a lucid interval when the prospect is still jittery.
4. **During home calls, separate prospect from family if you can (suggest Al-Anon for family members).** Too many people butting in to influence you about the "bad guy" can be disruptive. Learn from experienced A.A.s how to interact with family or significant others on the scene, and when it is wiser to leave than to stay.
5. **Suggest detox/rehab if needed.** If such is indicated, arrange with family or significant others, with prospect's permission if possible. Should violence seem imminent, leave. If necessary, make the appropriate phone call.
6. **Share how it was (your own drunkalog).** Don't moralise or lecture or brand prospects as "alcoholics". That decision is theirs- even as to tossing out alcohol they have on hand. Detail your own symptoms, drinking habits and other personal experiences with alcohol.
7. **Share your understanding of the disease of alcoholism.** Let the person know that this disease is progressive and can end with insanity or early death. Describe the conditions of body, mind and spirit that accompany alcoholism.
8. **Share exactly what happened to you.** The prospect will probably want to know how long you have been in A.A. and how you got and stayed sober.
9. **Share your A.A. experience.** Share how A.A. has worked for you and helped you to regain your sanity while maintaining sobriety, how it has led to being willing to believe in a power greater than self. Use everyday language and avoid arousing prejudice against theological terms and conceptions.
10. **Share how it is now - your recovery program and spirituality.** Outline the A.A. program of action and emphasise that this isn't the somber end of something (preferably drinking) but the start of a challenging, rewarding way of living based on spiritual principles.
11. **Leave a meeting schedule, A.A. pamphlets and your phone number, and make one follow-up visit or phone call.** Offer to return for further questions, and help with transportation to a meeting if possible. Mention Al-Anon meetings available to family members and significant others.
12. **Understand that success means YOU are still sober.** Practical experience shows that nothing will so much insure immunity from drinking as intensive Twelfth Step work with other alcoholics.

# NIGHTCAP SUBSCRIPTION FORM

NEW \_\_\_\_\_ RENEWAL \_\_\_\_\_ ADDRESS CHANGE \_\_\_\_\_ GIFT \_\_\_\_\_ AMOUNT PAID \_\_\_\_\_ DATE \_\_\_\_\_

SUBSCRIPTION COST  \$3.00 PER YEAR  2 YEARS  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