



The Nightcap

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

VOL. 11

JUNE 1983

NO. 6

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

The AA program has been built like a triangle. The base of the triangle, which supports the two sides, is SERVICE. The left hand side of this triangle is RECOVERY, and the right side is UNITY. The 180 degrees which form the angles of this triangle represent the turn-about taken by the recovering alcoholic to a new and happy destiny.

The RECOVERY part of this program is based upon the twelve steps. UNITY is based on the twelve traditions of AA, and SERVICE on the efforts of the individuals and groups to assist any and all who suffer from this disease of alcoholism.

We all know that alcoholism is a progressive illness. The program of recovery is also progressive. Don't expect to get well overnight. It takes time. (I didn't get sick overnight.) It helped me to look at it like the soft-ball game; if you put the cork in the bottle, and leave it there, you can reach first base, which is physical recovery. By staying physically sober for awhile, you can reach second base, which is mental sobriety. When my mental sobriety is to the point of clear thinking, and I use the knowledge which has been passed on to me through the experiences of other recovering alcoholics, I can then reach third base, which is emotional sobriety. To reach home plate, the ultimate goal (which I believe everyone seeks) I have to practice the principles set forth in this program, for, you see, home plate is spiritual sobriety! (Ed.)

TWO SYMBOLS ENSURE AN ACCURATE MESSAGE from Box 459, Sep., 82-----

From the writing of the Big Book till now, the written word has always been one of AA's most effective means of carrying the message. Yet in a fellowship where there are no musts, only suggestions, it's a formidable task to put AA principles and practices into words acceptable to all.

The circle and triangle symbol, which appears on all Conference-approved publications, embodies one familiar answer. Though it may not guarantee absolute unanimity, it is our assurance that any publication on which it appears represents the "broadest possible range of current AA experience in the U.S. and Canada." All Conference-approved publications (and changes) go through a lengthy and painstaking process of review by trustees and Conference committees, and the final product represents the informed group conscience of AA as a whole. The symbol does not, of course, signify disapproval of any other publication. It is simply a device for identifying AA literature.

T H I S M O N T H - - 38TH TEXAS STATE AA CONVENTION
at Houston's Astroville Hotel.

JUNE 23RD TO 26TH

Hotel reservations can be made directly to: Astro Village Hotel, tel 1-800-392-4398.

On conventions, and feeling that this is the most important event of this month's activities, your Editor was moved to request from some of our members their experiences on the subject. Fortunately, one of our most enthusiastic and cooperative members responded, and shares with us her experience on conventions.

AA Reminiscence: Some people are reunion types, some not. But for those who marvel at the phenomenon of Alcoholics Anonymous, it's forty-eight years of steady growth and it's freedom from presidents and big-shot-itis, a great big reunion can be a lot of fun. It can even blossom into a spiritual experience, as in the case of the New Orleans 45th Birthday three years ago on July 3rd through 6th. That reunion was unique.

Can you visualize the French Quarter and environs teeming with sober drunks? 30,000 of them? Riding free buses over to the superdome to eat or to attend one of the larger meetings? Smaller meetings took place in various downtown hotels nearby. And what meetings! Fascinating.

Betsy M. and I flew over. We had a reservation at the Marie Antoinette, a small hotel from whence we could walk to where we wanted to go, or catch a ride. We wore our large sunflower "Joy of Living" paper badges...My name is K.... Often we split up to go to different meetings.

One of my favorites was a gathering of doctors of medicine. The speaker was a gifted medic from Chapel Hill, North Carolina, interested in getting the docs educated on alcoholism. He insisted that one way for the message to spread, of our treatable disease, is for us to explain about AA's benefit to our own doctors. Don't just get well and never report back to the fellow who is prescribing Valium and such to the sick alcoholics.

Another heartening get-together I stumbled into was led by a Bombay priest, all the way from India. I still have his card somewhere, just in case I get to Bombay! He was not a Hindu swami or a Moslem imam, but a Catholic priest who had gone all the way to the gutter. (In India, this is quite some "low.") But his mother had kept the faith that he would recover from alcoholism, and someone led him to AA in a town outside Bombay, where he found a devoted sponsor, and he made it back to the "joy of living".

In the Superdome, on our last day, a huge world map showed myriad countries with AA groups, about 35. A parade of people with flags entered to the music of "Bridge Over the River Kwai". We all know how the enthusiasm of such a conclave goes, cheers, whistles, embraces, tears, simply ecstasy in a word. Argentina, Brasil, Canada, Australia, New Zealand, Mexico, El Salvador, Japan, Sri Lanka, Trinidad-Tobago... on and on and on. Lois, the widow of Bill W. was there, and Dr. Bob's son, also an Alanon. Our wonderful Steps and Traditions go marching on! Kate N.

POSTSCRIPT: I went to Cleveland in 1950 (to be a one-year-old witness) to the 15th birthday of Alcoholics Anonymous. On the stage of a big auditorium Bill W. appeared and his co-founder, Dr Bob, in a wheelchair. So I can say that I saw those two great men. Our movement, founded by those two, is considered to be one of the great humanitarian events of the 20th century. kn

A MAN NAMED FRED A few years ago I sat in an AA meeting and heard a tall, slender smiling man say "My name is FredH., I am an alcoholic and I'm from Pittsburg, Texas." Somehow that simple statement intrigued me. As I learned more about this quiet man, his recovery, his philosophy, I labeled him a winner and I believe that is correct. This week many of us said goodbye to our friend, Fred. The chapel was overflowing as I would have expected - friends from all areas of his life. The most beautiful part to me was the sharing of the hymns by those attending the service. As I left the service I remembered what he often said in his sharing at meetings; the people who helped him when he was new in AA told him that he would never have to drink again and he believed them. Thanks, Fred, for helping me to believe. Jerri M.

APPRECIATION AND THANK YOU TO ALL CONTRIBUTING MEMBERS. The efforts of our penal committee, our C.S.O. and all contributing members were recognized in a letter from the Faith AA Group and the Substance Abuse Counselor at the TDC Clements Unit. Thanks to you all!!

HIGHLIGHTS of a simple program:

"I am not a weakling, a moral leper or a social outcast. I am a human being just like other people with the exception that I happen to have a rather common but misunderstood disease, but a disease which can be arrested if I want it to be arrested badly enough to continue the treatments required, and by continuing those treatments I will be able to gain more self-respect than most non-alcoholics ever achieve.." (WYNOT/1966)

This month we will look at traditions nine and ten, encouraging you to look them up, for your own information and keeping in mind that the traditions are for our groups and AA as a whole, what the steps are for each and one of us recovering alcoholics.

TRADITION NINE. "AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." AA has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies. Though Tradition Nine at first sight seems to deal with purely practical matters, in its actual operation it discloses a society without organization, animated only by the spirit of service - a true fellowship. (12&12, p-175)

WILL AA EVER HAVE A PERSONAL GOVERNMENT? The answer to this question is almost surely "no". That is the clear verdict of our experience. To begin with, each AA has been an individual who, because of his alcoholism, could seldom govern himself. Nor could any other human being govern the alcoholic's obsession to drink, his drive to have things his own way. Time out of mind, families, friends, employers, doctors, clergymen, and judges have tried their hand at disciplining alcoholics. Almost without exception the failure to accomplish anything by coercion has been complete. Yet we alcoholics can be led, we can be inspired; coming into AA we can, and we gladly do, yield to the will of God. Hence it is not strange that the only real authority to be found in AA is that of the spiritual principle. It is never personal authority." Originally published in the AA Grapevine, 1947 P-17-32)

Our Tenth Tradition - "AA has no opinion on outside issues; hence the AA name ought never be drawn into public controversy."

The Washingtonian Society, a movement among alcoholics which started in Baltimore a century ago, almost discovered the answer to alcoholism. At first, the society was composed entirely of alcoholics trying to help each other. The early members foresaw that they should dedicate themselves to this sole aim. In many respects, the Washingtonians were akin to AA of today. Their membership passed the hundred thousand mark. Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer. But this didn't happen. Instead, they permitted politicians and reformers, both alcoholics and non-alcoholics, to use the society for their own purposes. Maybe the society could have survived the abolition controversy, but it didn't have a chance from the moment it determined to reform America's drinking habits. When the Washingtonians became temperance crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics. The lesson to be learned from the Washingtonians was not overlooked by AA. As we surveyed the wreck of that movement, early AA members resolved to keep our society out of public controversy. Thus was laid the cornerstone for Tradition Ten. (Excerpts 12 & 12, p-176/79)

NO ONE CAN MAKE YOU FEEL INFERIOR WITHOUT YOUR CONSENT!!

Note: If you find mistakes in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!!

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

It isn't the things that go in one ear and out the other that hurt. It's the things that go in one ear, and get all mixed up before they slip out the mouth.
QUOTES, QUESTS AND QUIPS:

Sobriety....is the power to get out of any situation all there is in it.
Every person lives in one of two "tents" - either content or discontent...
Death is more universal than life; everyone dies but not everyone lives.

- If your KNEES are KNOCKING, KNEEL on them.
- If you must cry over spilt milk, please condense it.
- If you aim at nothing, you're sure to hit it.
- If you must kill time, work it to death.

Our friends Tome and Ralph were talking last Monday night; Ralph was complaining to Tom about this friend, an undertaker, who closed his letters to him with the words "Eventually Yours." ?? Then they started on the very profound subject of the Scriptures. We heard Tom say, "The Scripture passages that bother me most are the ones I can understand." Loose conduct can quickly get me into tight places. It helps to remember never to pick a quarrel, even when it's ripe....Quarrels would not last long if the fault was only on one side....There are usually two sides to every argument, but no end....ON THE OTHER HAND, happiness is that peculiar sensation acquired when I am too busy to be miserable....also, it is perfume that you cannot spray on others without getting a little on yourself.
An ulcer.....is what I can get mountain climbing.....over molehills.

* * * * *

FOR MEMBERS ONLY: (Thanks to Floyd Y. for his thoughts on)
CLEANING UP OUR ACTS.This means we leave the alcohol fumes and strong language behind when we walk through the group door. Spiritual growth is slowed unless we depart in our thinking from that old attention-seeking alcoholic way of behaving. If we want to pick up again after the meeting any of these cherished ego-inflating devices for self-expression, that's unfortunate and a personal problem.
One particularly offensive expression often heard is "getting our s--- together." That phrase, and similar ones, when dropped into the spiritual atmosphere that has been created during a good discussion or speaker meeting, hangs like a pall in the air. Dedicated AA members squirm in their chairs at the sound and often can't wait to head for another group for their next meeting. Such vulgarisms contribute nothing to helping us stay sober. They only put our spiritual progress on hold. Such language is socially unacceptable anywhere, especially in mixed company. So why should we use it from the podium or around the tables, or even just sitting around talking?

* * * * *

We encourage our readers to share their experiences, strengths and hopes in the "For Members Only" section of the NIGHTCAP. Remember that contributors express their own personal viewpoints. Keep those cards and letters coming.

MAD AT SOMEBODY? Let us strive to keep personality out of AA. Don't ever stay away from a meeting because you don't like another AA member; you only hurt yourself. You never stood outside a bar and had a drink brought out because you didn't like someone inside. (San Diego County AA Coordinator)

==Ideas are strange things, they never work unless I do...!

"Twelve Steps and Twelve Traditions" is now available in an album of five cassettes. The album cover is the same as the book's familiar blue dust jacket. The difference: a Braille tab on the outside, and one on each cassette. The album may be ordered for \$25.00 plus S/H and postage...

CALENDAR OF EVENTS

GENERAL

"A.A. as a Resource for the Medical Profession" replaces the pamphlet "A.A. and the Medical Profession." The new leaflet concentrates on physicians' increased knowledge of A.A.'s effectiveness and the techniques some have used to get patients involved in A.A."

A.A. for the Hearing-Impaired Alcoholic. In keeping with the efforts to provide more extensive services for the H-I alcoholic, the A.A. General Service O. has recently installed a Telecommunication Device for the Deaf (TDD or TTY). The number is (212) 686-5454.

LOCAL

HOSPITAL MEETINGS - JUNE

STATE HOSP.....Windcrest Grp.
SALLY.....Downtown Grp.
DETOX.....Coker Grp.
Casa del Sol.....V.A. Hosp. Grp.
A.R.C.Open Door Grp.
VILLA ROSA (Tuesday-Nite)
Jun. 7 Sunset Grp.
" 14 Sunset Grp.
" 21 Goliad Grp.
" 28 Broadway Grp.

JULY

STATE HOSP.....(needs volunteers)
SALLY.....Colonies North Grp.
DETOX.....Alamo Grp.
Casa del Sol....El libro grande and
Unidad Grp.
A.R.C.....(needs volunteers)
July 5.....Windcrest Grp.
" 12.....Goliad Grp.
" 19.....Broadway Grp.
" 26.....Valley-Hi Grp.

YOUNG PEOPLES GROUP MEETINGS

Sundays 5:30 pm Open disc.
8301 Speedway (behind Park North)

24 hr. Club DINNER --4:00pm
Last Sunday of the month
MEETING 6:30pm (\$2.50)

G.S.R.'s Meeting Sunday June 19th -
CHANGED FROM 2nd. to 3rd. SUNDAY
C.S.O. Adm. Board Meeting every Tuesday,
preceeding G.S.R.'s Meetings.
June 14th. 7pm.

FRONTIER GROUP

June 12th. - Meeting and Bar-Q at the
A.R.C.. 3:pm..Roland R....(\$3.00)
MARK YOUR CALENDAR JULY 4th,
Annual PICNIC AND BAR-Q.....

V.A. Hospital Grp...CHANGE of meeting
place to 3rd floor-Nurses Tng. Room
Any questions? ask at Front Desk.

A.A. is meant to be bread for daily use,
not cake for special occasions.!!!

VOLUNTEERS NEEDED, Villa Rosa in-patient Fundamental's Meetings; THURSDAYS 1:15 pm.
The first and last Thursdays, already covered. Need to cover the 2nd and 3rd
thursdays. Contact Linda G. Hospital Committee, 344-5107.

Come and visit your Central Service
Office, 103 Renner, SAT 733-7562

CENTRAL SERVICE OFFICE - SAN ANTONIO, TX.
CONTRIBUTIONS RECEIVED

<u>GROUP</u>	<u>MAY</u>	<u>YTD</u>	<u>GROUP</u>	<u>MAY</u>	<u>YTD</u>
Alamo	--	50.00	Open Door	--	60.00
Alamo Heights	42.00	126.00	Park North	30.00	80.00
Audubon	--	--	Reliance	--	--
Bluemel Oaks	--	--	Sahara	--	20.00
Boerne	--	20.00	Santa Fe	--	20.00
Broadway	60.00	140.00	SASH	--	50.00
Callaghan	40.00	240.00	Schertz	60.00	120.00
Coker	--	50.00	Serenity	15.00	75.00
Colonies North	200.00	600.00	Southwest Loop	25.00	60.00
Downtown	10.00	40.00	Stepping Stones	--	75.00
Eisenhauer	50.00	100.00	Summit	--	60.00
El Libro Grande	--	--	Sunset	30.00	95.00
El Milargo Del Siglo	--	--	Tejas	300.00	300.00
Fort Sam Houston	50.00	250.00	Triangle	--	--
Frontier	--	10.00	Twenty-Four Hour	--	10.00
Goliad	25.00	25.00	Universal City	12.00	60.00
Group 12	100.00	600.00	Universal City, Sun.	--	30.00
Group Del Sol	--	--	V. A. Hospital	--	50.00
Grupo Unidad	--	50.00	Valley-Hi.	35.00	180.00
Haven	25.00	125.00	Villa Rosa	--	200.00
Helotes	--	--	Wesley	20.00	20.00
Highland	20.00	100.00	West Ashby	--	--
Kingsboro	--	15.00	Wilford Hall	--	40.00
Lambda	--	20.00	Windcrest	--	48.00
Laurel Heights	--	60.00	Young Peoples	--	28.16
Lytle	--	8.00			
Marymont	--	60.00			
New Life	--	--	<u>AREA</u>		
North San Pedro	--	100.00	Bandera	--	Yoakum --
Northeast	15.00	30.00	Brazos Valley	--	Cameron --
Northwest	--	70.00	Canyon Lake	--	Rockdale --
Northwood	--	25.00	Floresville	--	N. Braunfels --
Oblate	--	40.00	Kerrville	--	Home Group --
			Uvalde	--	
			Caldwell Texas Group	--	

SUMMARY OF CONTRIBUTIONS		DISTRICT 1 ACTIVE GROUPS -	
May 1983			
District 1	1014.00	NEW GROUPS REPORTED	0
Area	--	DISCONTINUED GROUPS	0
Buck-A-Month	40.00		
Individual	25.00		
Memorial	For Fred H.		
	(\$5.00 - Joanne W, \$25.00 - Farrel & Bobbie O, \$20.00 - William B.)		

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REGISTRATION

38th Annual Texas State AA Convention

Houston, Texas

Make hotel reservations directly to: AstroVillage Hotel, 2350 S. Loop West, Houston, TX 77054
 (713) 748-3221 1-800-392-4398 (Texas) 1-800-231-2360 (Out of State)

CHECK ONE: AA ALANON ALATEEN

June
23-26
1983

- Registration & Dance \$10.00
- Alateen Registration 2.00
- Luncheon 10.00
- Banquet 15.00
- TOTAL ENCLOSED

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City, State, Zip _____

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