



The Nightcap

THE NIGHTCAP IS PUBLISHED MONTHLY AT THE CENTRAL SERVICE OFFICE
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VOL. 18

MAY 1988

NO. 5

Convention Clipboard

JUN 9-12: 43rd Texas State AA Convention, Hyatt Regency West, 13210 Katy Freeway, Houston, TX 77079. Write to Treasurer, 3914 Roseland, Houston, TX 77006.

JUL 16-17: Southwest Texas Area Workshop, Amistad Lodge, Del Rio, Texas. Rooms are \$29 double; \$4 each extra or \$37 with kitchenette; Call 512-775-8591 for reservations.

JUL 29-31: Hill Country Roundup, Inn of the Hills, Kerrville, Texas. For room reservations call 1-800-292-5690. Write Chairman, PO Box 33027, Kerrville, TX 78029-33027.

(CSO has registration blanks for the State Convention--also flyers.)

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DISTRICT 1-F MEETING

Jose G., DCM for District 1-F, is holding a meeting for all GSRs in District 1-F on Sunday, June 19, 1988, at 2 p.m. at 3210 West Commerce. All GSR's and Alternates are expected to attend.

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HOMECOMING FOR SASH AA

On Monday, June 13, 1988, the Annual Homecoming celebration will be held in the San Antonio State Hospital Auditorium beginning at 7 p.m.

Fellowship will start at 7 p.m. followed by a speaker's meeting--Dee S. is the speaker--followed by cake, sandwiches, coffee and punch.

Dance to the music of the SASH Band from 8 to 10 p.m.

Where Are You, Art?

No, we're not looking for a drunk played by Dudley Moore. We're looking for contributions to THE NIGHTCAP such as:

Cartoons or sketches (Original, please. Syndicated cartoons, etc., like we have been publishing, from newspapers and magazines are out because they are copyrighted, and the syndicators charge a fee for publishing.)

Short articles on your personal experience with sobriety.

Humorous things heard around AA.

Hand-written materials are fine! Anonymous materials will be accepted, but we'd prefer you to include your name and phone number so we can follow up if there are questions.

Articles submitted may be edited for:

- length (long-winded speakers are tough in print, too),
 - spelling and grammar,
 - legal considerations (you can *think* that about your ex-spouse, but please don't ask us to print it).
- or to stay within the spirit of the Twelve Traditions.

Let's hear from you!!!

Editor

(Thanks to *Recovery Times*, March 1988)

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Self-Pity
(Found in the lowlands
near Self, Australia)

VACATION TIME IS NEARING

MAE W. says she will be visiting the Sarasota, Florida AA groups during May 1988. Also, the "Ray's Palm Fellowship Group" at Siesta Key on the beach. This group meets under a palm tree every day from 8:30 a.m. till noon.

"Living Sober" is the name of the game and fun and fellowship is alive and well, she says and getting a chance to "Pass It On" and romp on the beach at the same time is really great!

Mae also says, "I will miss all of you in S.A. Look forward to seeing you in June."

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PUBLIC INFORMATION

At a training seminar sponsored by the Drug and Alcohol Program at Fort Sam Houston, on 12 April 1988, about 40 ADC's heard Mae, Tom, and Jeff share about the AA Program.

The participants expressed concern about dealing with alcoholism in the military population. Their main questions were on anonymity and getting people to meetings.

San Antonio College of Medical and Dental Assistants invited AA to share with one of the classes on 15 April 1988. The instructor wanted the students to know about AA, how it works, and how to get people and patients that they may come to know in the future to get help. Denise, Ben, and Tom carried the message and answered lots of questions.

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JAIL AA

The Bexar County Jail AA meetings will resume in the new facility near the end of May! We are taking more literature in, as the attendance is growing, and will continue to need your support of the literature fund.

Thanks to Club 12 for the five Big Books and 12 X 12's!

Call Tom at 525-1932 if you want to carry the message to the jail. You'll need 1 year's sobriety in AA and no felonies on your record.

NEW GROUPS+NEW MEETINGS+CHANGES

The Downtown Group announces a new meeting which is held at 3 p.m., Monday through Friday, at the Downtown-Alamo Club, 1430 East Commerce. This is an Open-Discussion meeting.

The Wilford Hall Group announces a non-smoking meeting on Thursday at 8:15 p.m. Meeting is held in building 1042, Lackland AFB (Social Actions Bldg).

The Ft. Sam Houston Group announces a new meeting held on Saturday at 5 p.m. Meeting is held in building 1123 on Chaffee Road, Fort Sam Houston. This is a 12-Step Study meeting and everyone is urged to bring their own Twelve and Twelve book.

The Colonies North Group announces that on the last Friday of each month they will have a Podium-Participation meeting in celebrating members' AA Birthdays.

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REMINDER FROM H&I CHAIRMAN

Just a reminder, that all meetings that are held at Detox (Monday, Thursday, and Saturday) begin at 8:15 p.m.

* * * * *

James H., H&I Chairman, announces that the film "Inside View of AA" will be shown at the Ella Austin Community Center, 1203 N. Pine, at the AA meeting beginning at 5:30 p.m., Wednesday, 18 May 1988. All AA members are welcome to attend.

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PARK NORTH AA GROUP IS MOVING

COME HELP US CELEBRATE! FRIDAY, JUNE 17!

- 6:45-8:00 p.m.: Food & Fellowship
- 8:00-8:15 p.m.: Presentation
- 8:15-9:15 p.m.: Open Discussion Meeting
- Chairpersons: Dee & Jack S., co-founders of the Park North Group in February 1977.
- 9:15-10:00 p.m.: Coffee, cake, & Fellowship.
- Address: 8404 Speedway (Map will be published in June NIGHTCAP).

GSR Meeting Minutes

CENTRAL SERVICE OFFICE COMMITTEE MEETING
CLUB 12, APRIL 17, 1988
MINUTES

The meeting was opened at 7 p.m. by Charlie C., Chairman, with the Serenity Prayer. The sign-in book was passed and 36 persons signed. New GSRs and Alternates were recognized. Literature on the table was pointed out and all encouraged to take what they needed. CSO guidelines and 12 Traditions were read. The minutes of the previous meeting were approved as printed in the March issue of THE NIGHTCAP with one correction--the new nonsmokers AA meeting at Lackland is held on Thursday rather than Wednesday. The meeting was turned over to Gary L., Chairman, CSO Admin Bd, who asked for committee reports. H&I Chairman, James H., absent. Finance Chairman, Wayne B., presented the financial statement reviewing and answering questions regarding same. CPC Chairman, Lila S., absent. Editorial Chairman, Dee S., again requested personal experience articles for THE NIGHTCAP. Mailing Chairman, Jack S., sent report that 1141 issues of April NIGHTCAP were mailed. PI Chairman, Jerri McC., absent. Penal Chairman, vacant. Jail Chairman, Tom B., asked for more volunteers to carry message into jails.

OLD BUSINESS: Draft of new guidelines for policies and procedures for CSO Administrative Board vote was delayed until all GSRs could be furnished a copy of the old guidelines so a comparison can be made. Will request the Chairman of the ad hoc committee that wrote the draft to be present at next GSR meeting to explain it.

NEW BUSINESS: It was announced that a new meeting directory will be printed in May and any changes in meetings or groups should be reported to CSO by May 1. Motion was made and seconded to add the Al-Anon meeting list to the AA directory; vote carried by 18 votes. Tom McG. moved and Mary Anne K. seconded that CSO find out about putting checking account into an interest bearing checking account. Vote carried. Much discussion followed regarding the Al-Anon Information Office moving to 7561 Callaghan Road, Suite 503-I. The South-west Texas Area Archives will be housed at CSO.

DCM REPORTS: 1-A: No report. 1-B: Sam R. wants to get his GSRs together for a meeting either the first or second weekend in May. 1-C: No report. 1-D: Vacant. 1-E: No report. 1-F: No report.

ANNOUNCEMENTS: CSO received 884 phone calls in March; CSO will be closed on Monday, May 30, for Memorial Day.

AFTER-HOUR TELEPHONE DUTY FOR MAY 1988

May 2 thru 8: Survivors Group

May 16 thru 22: Valley Hi Group

May 30 thru June 5: Bluemel Group

May 9 thru 15: For Women Only (Mon Night)

May 23 thru 29: Sunset Group

HOSPITALS AND INSTITUTIONS FOR MAY 1988

Monday Detox: Goliad Group

Humana Metro: H & I Committee

Salvation Army: Summit/Turning Point Group

Casa del Sol: 11 a.m. 12-Step Study (Club 12)

ARC: UTSA Blvd Group

Saturday Detox: H & I Committee

SASH: 5:30 Nonsmokers Group (Club 12)

Cloudhaven: Northwest Group

Ella Austin: New Acceptance Group

Parkside: H & I Committee

Thursday Detox: H & I Committee

Our Lady of the Spirit: Downtown Group

The meeting adjourned at 8:15 p.m. with the Lord's Prayer.

Respectfully submitted,

Darlene B., Acting Secretary

*It's much easier to fight for principles
than to live up to them!*

A TEST YOU SHOULD PASS

Most of us have hopelessly failed the "20 Questions" on alcoholism, so here is a test with a different twist:

1. Do you get a craving for a cup of coffee at 8 p.m.?
2. Do you find yourself saying the Serenity Prayer in grocery store lines?
3. Are you afraid of saying "My name is _____ and I am an alcoholic" when introducing yourself?
4. When people tell you their problems, do you offer advice like "One Day At A Time" and "Easy Does It"?
5. Do you have difficulty breathing when you're not in smoke-filled church basements?
6. Has your car quit automatically turning into liquor stores?
7. Do you call at least three friends in the Fellowship every day just to say "Hi"?
8. Have you forgotten what is on TV every night at 8 p.m.?
9. Do you carry AA chips in your pocket instead of beer money?
10. If you miss too many meetings, do you become a grouch and a bone?

If you answered yes to at least two of the above questions, you might as well fact the fact that you are addicted to AA, so enjoy the rest of your life, one day at a time.

(Thanks to The Stepping Stones)

"Hello," the woman said. "Is this the missing persons bureau? My husband has disappeared. Can you help me find him?"

"Certainly, madam," the bureau chief said. "Can you describe him?"

"Well," the woman replied, "he's short. Very fat. Bald. He likes blondes and double bourbons. He wears thick glasses, has a red nose and a high-pitched voice. He's--oh, to hell with him. Forget it!"

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From the beginning, I have been aware that ours is but a "suggested" way of life. Once, in fact, I cited that modifier in discussion with an old-timer.

In response, he recalled having overheard the briefing of a novice sky-diver. The instructor, he said, demonstrated the operation of a parachute and pointed out, inscribed alongside the rip cord, the letters "PULL." "This, of course," the teacher added quietly, "is just a suggestion."

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PERSONAL EXPERIENCE SHARED

In 1974, I had the privilege to serve Alcoholics Anonymous in the Central Service Office. I served as YOUR secretary--that was the first and foremost principle I had to keep in mind.

When I started, several members who drew up the first by-laws, and the Chairman of the Board, explained these to me. As I understand it, the basic use for the by-laws of the Central Service Office is that they serve as a support and guidelines for this office, and its "trusted servants," whenever any kind of problem comes about--in AA, outside in the community, or in the CSO. Believe me, that was good to know.

Since 1972 and the beginning of our by-laws, lots of time and changes have gone by. These original by-laws explain, as simply as possible, suggestions for us in Alcoholics Anonymous on how to perform our service in the capacities of objectivity, membership, elections, and procedures. I remember when they were first given "birth" I heard different comments just like we would make today--How? Who can or wants to do it? Let's try to keep it simple for a complicated job.

Simple guidelines for complicated recovering alcoholics to use? Not easy, but with our "ultimate authority" guiding us and standing by, it's incredible what we can do!!

I've always felt this experience I shared in the Central Service Office for our wonderful Alcoholics Anonymous was truly "AA in Action."

Jeanne W.

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The Fifth Tradition

*Each group has but one primary purpose
... to carry its message to the alcoholic
who still suffers.*

Every newcomer learns (some of us the hard way) that the business of staying sober must have top priority. If we fail at that, we can't succeed at anything else. The Fifth Tradition tells us that groups should remember *their* "one primary purpose."

Often, unthinking enthusiasm puts a group off the main track. One, for instance, offered an "expanded A.A. program" that included helping newcomers to find jobs. Tradition Five doesn't frown on the individual A.A. who tells another about a good opening. But when the group turns itself into an employment agency, newcomers may get confused about *their* primary purpose. A.A.'s function is to help them get sober—then they can find work for themselves.

Using discretion, a member may lend a few dollars needed for a meal or a hotel room, or may even invite a broke alcoholic to be a temporary houseguest. But the A.A. group as a whole is not a friendly finance company, nor a welfare department, nor a housing bureau.

Even when acting on their own, as individual members, A.A. lay people certainly shouldn't award themselves honorary medical degrees and hand out diagnoses and prescriptions and amateur analyses of other people's neuroses. Exactly because this personal failing is so common, the A.A. group in all its dealings should be extra careful to emphasize that it is not invading the medical field. Through the personal experiences of its members, it is qualified to carry only one message: how an alcoholic can recover in A.A. That's all.

Yet one group recently felt itself equipped to set up an "alcoholism information center." The temptation is understandable; it was even stronger at the time this Tradition was written, because public ignorance about alcoholism as an illness was more widespread than it is now. Since then, other agencies have sprung up to assume the task of educating the general public on alcoholism. That is not A.A.'s purpose, but these agencies also are trying to help the alcoholic. They are our friends—and Tradition Six marks the boundaries of the relationship. . . .

No matter how different

our own

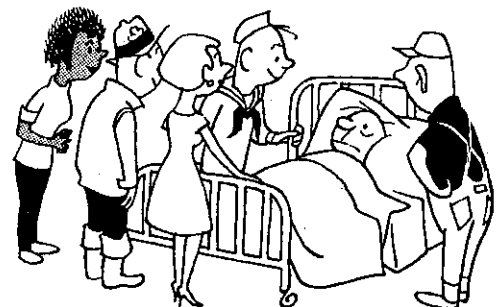
personal concerns,

we are all bound

together

by one common **RESPONSIBILITY**

... to carry the message
to the suffering alcoholic.



May Birthdays

(These are the ones reported to CSO by various AA Groups--if yours isn't here, complain to your Group Secretary!)

1 Year

Ed A.
Chuck C.
J. Carlton C.
Jack G.
David K.
Denise K.
Terry R.
Marjorie McC.
Katie O'N.
Tony R.
Eloy S.
Liz S.
Patti T.
Barbara McN.
2 Years

Franca de la P.
Michael K.
Patrick K.
Eris M.
Art M.
Donna O.
3 Years

John C.
Jim D.
Michael K.
Kathy M.

4 Years

Bob B.
David G.
Liz L.
Carol M.
Gary L.
Victor R.

5 Years

Stephanie F.
Donald H.
Joan H.
Tommy W.
Roxy Y.

6 Years

M. P. (Nard) T.
Chip D.
Terry T.

7 Years

William M.
Dan B.

8 Years

Charles S.
Arlene H.

9 Years

Alberto M.

10 Years

Bob J.

11 Years

Kathy P.

12 Years

Clara H.

13 Years

Theda S.
Dick T.
Evelyn W.

14 Years

Jean B.

15 Years

Tom C.

16 Years

William B.

18 Years

Harold "Dutch" D.
Les P.

20 Years

John R.

23 Years

Tom B.

28 Years

Jen Rose W.

30 Years

Bob R.

Belated--April

Raul Roy M. 27 Years



C O N G R A T U L A T I O N S !

O U R B E S T W I S H E S F O R M A N Y

M O R E !

*THANKS FOR LETTING US SHARE YOUR
SPECIAL DAY!!*

Your Central Service Office has some new items for AA Birthdays--Bic lighter cases in cherry wood and also in metal with the praying hands. Tie tacks and charms with AA in musical notes thereon; we are expecting some new money clips with the AA slogans on them--should be in any day.

Remember we still have the bronze and gold plated medallions, bronze pocket piece, cards, book covers, Zippo lighters, neckchains with bezel, earrings shaped like praying hands, and, of course, gift certificates.

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Many thanks to all of you "Birthday Contributors."

Normally, a dollar a year for each year of sobriety is contributed to us; however, lately we have been receiving 1 penny per day for each day of sobriety from some of you. This is just wonderful and sometimes we have to figure out just how many years the contributor has been sober--for instance, \$40. is 1 penny per day for 11 years! THANKS, THANKS!

SUN	MON	TUE	WED	THU	FRI	SAT
1 Golliad Birthdays*	2	3	4	5 Golliad Birthdays*	6	7 Starlite Birthdays Dance at ARC
8	9	10	11	12 Medina Valley Birthdays.	13	14
15 GSR (CSOC) Meeting at Club 12, 7 p.m. Golliad Group Dinner	16	17	18	19	20 DEADLINE FOR JUNE NIGHTCAP NEWS!	21 Chili Cook-Off at Club 12: prizes given!
22	23	24	25 Birthday Night at Oblate, Park North, & Northwood Groups.	26 Birthday Night at North San Pedro, Southside, and New Acceptance Groups.	27 BIRTHDAY NIGHT at Club 12, El Libro Grande, South-west Loop, Downtown, Freedom, Colonies No. Schertz, Brookwood, & Audubon; Potluck at Marymont, Potluck at Marymont & Downtown.	28 Games Night, Club 12. Birthday Night at Winners, Lambda, and Audubon; Potluck at Lambda Club.
29	30 Alamo Heights Group Birthday Night. CENTRAL SERVICE OFFICE WILL BE CLOSED	31 Birthday Night at Windcrest, Valley Hi, & Fresh Start Groups.				

APRIL							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4			
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30		

May 1988

*The Golliad Group celebrates AA Birthdays every Thursday and Sunday.

INFORMATION FOR THE NIGHTCAP

GROUP NAME

MONTH

BIRTHDAYS:

NAME

NUMBER OF YEARS

SPECIAL EVENTS: (Speakers, dates, parties, etc.)

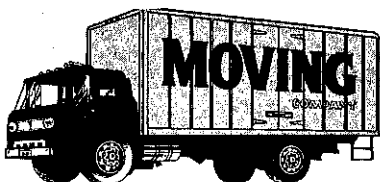
NEW MEETINGS, CHANGES, ETC.:

Information needs to be received by the 20th of the month preceding the publica-
tion month. Information may be hand-delivered or mailed to The Central Service
Office, 8804 Tradeway, San Antonio, TX 78217, ATTN: THE NIGHTCAP.

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BEFORE YOU GO!