

# The Nightcap

THE NIGHTCAP IS PUBLISHED MONTHLY BY THE CENTRAL SERVICE OFFICE  
8804 TRADEWAY, SAN ANTONIO, TEXAS 78217, PHONE 210-828-6235  
OFFICE HOURS: 9AM TO 5PM MON, WED, FRI 24 HR ANSWERING SERVICE  
9AM TO 6PM TUE & THU

VOLUME 26

MAY 1996

NO. 5

## SAN ANTONIO

weekend in SA with AA

FRIDAY, MAY 10 THRU SUNDAY, MAY 12, 1996

MUNICIPAL AUDITORIUM -- SAN ANTONIO, TEXAS

This celebration of San Antonio's 51st AA Anniversary is sponsored by the Central Service Office for the benefit of Alcoholics Anonymous.



1945 1996

## PROGRAM FEATURES

- ▲ English speaking Semi-Marathon Meetings.
- ▲ Spanish speaking Semi-Marathon Meetings.
- ▲ Spanish translation equipment available.
- ▲ Al-Anon Semi-Marathon Meetings.
- ▲ Babysitting provided during speaker meetings.
- ▲ Free coffee and fellowship.
- ▲ BIG DANCE Saturday night.

## Life Will Take On New Meaning

THEME FOR THE 1996 WEEKEND IN SA WITH AA

## SCHEDULED EVENTS

ALL EVENTS HELD AT MUNICIPAL AUDITORIUM -- 100 AUDITORIUM CIRCLE

### FRIDAY, MAY 10th, 1996

- 2:00 PM Registration Opens
- 3:00 PM Semi-Marathon Meetings Begin
- 7:30 PM Georgia C. (AA Speaker) -- Mollala, Oregon

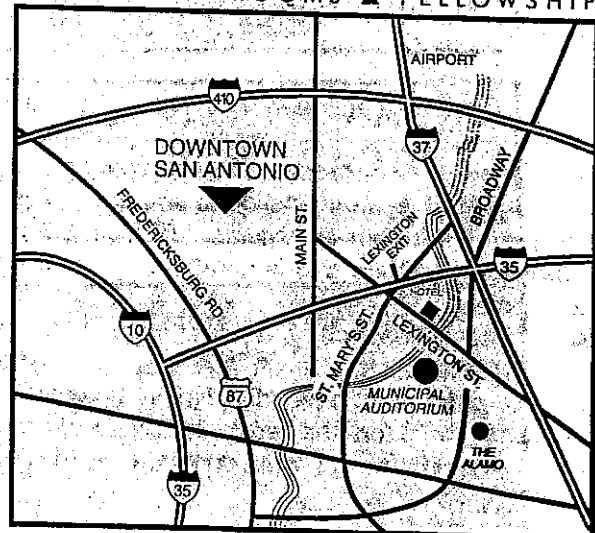
### SATURDAY, MAY 11th, 1996

- 8:00AM Registration Opens
- 8:00AM Semi-Marathon Meetings Begin
- 10:00AM Scott R. (AA Speaker) -- Sherman Oaks, CA
- 12:00 PM Marion L. (Al-Anon Speaker) -- Glendale, CA
- 2:00 PM Judy P. (AA Speaker) -- Sherrodsville, OH
- 4:00 PM Raul M. (AA Speaker/Hispanic) -- San Antonio, TX
- 7:00 PM Cliff R. (AA Speaker) -- Oceanside, CA
- 8:30 PM DANCE -- Dance the night away!

### SUNDAY, MAY 12th, 1996

- 9:00AM Semi-Marathon Meetings Begin
- 10:00AM Bob L. (AA Speaker) -- Glendale, CA

## HOSPITALITY ROOMS ▲ FELLOWSHIP



**MINUTES OF THE COR MEETING.....APRIL 21, 1996.**

The meeting was called to order by Dave C. at 5:30 pm.

The Serenity Prayer led by Dave C.

The Traditions were read by Shawn S.

The COR Guidelines were read by Mary H.

There were three new CORs. They are: Rosemary of the Windcrest Group, Jerry from the SW Loop Group, and Joan from the Fresh Start Group.

**Minutes of the Previous Meeting:** Motion made, seconded and passed to accept the minutes as printed in the NIGHTCAP.

**Financial Report:** Susan reviewed the report and there were no questions.

**Budget Committee:** Fred reported that Susan, Milton, and himself were serving on a budget committee of the Board. Actual expenses for the last two years have been summarized and a budget will be developed that will be reviewed with Bonnie at CSO. The committee hopes to report back at next months meeting.

**Interdistrict Report:** Susan reported that the Interdistrict has tabled the idea of an insert in the NIGHTCAP. District 1E has requested that the CSO Hot Line number be published in Pleasanton's phone directory. They will handle all the arrangements and costs associated with this.

**Convention Report:** Madonna reported that the registration was going very well, approximately 10% ahead of last year. Expenses are about the same and group response has been great!

**Phone Volunteers:** Mary Alice G. The following groups picked up the folders:

May 6-12	Windcrest	May 20-26	Sat. Night Live/Blue Door
May 13-19	Rush Hour	May 27-June 2	Group 12

**Old Business:** Judy reported that Jamie has resigned as a COR and she needs help on the nominating committee. Dave C. reported that the Board has requested that the current vacancy be filled as soon as possible. Nominations should be made at the next COR Meeting with an election following.

**New Business:** Dave C. passed around a sign up sheet for the CSO Board table..

The basket was passed. All were reminded that the CSO is open until 6 pm on Tuesday and Thursday.

**Questions:** Ken asked if there were still specific wants or needs for the convention. Madonna said that they need a tamale warmer and a refrigerator. All groups have been requested to bring sweets, chips and dips.

The meeting was adjourned at 6:05 pm with the Lord's Prayer.

Minutes taken by: Fred S.

**Was your home group represented?  
What does CSO really do?  
See the top of page 3-for some answers**

**Any AA member can call in to put a notice in the NIGHTCAP.....birthdays, group anniversaries, workshops. All it takes is a phone call....821-6325.**

**ATTENTION LADIES: CSO needs more women on the 12th Step List who are available during daytime hours. If you are able to receive calls during the day, and would like to do some 12th Stepping, please, call. You can sign up by phone at 821-6325.**

## Group News

GRUPO SANTA FE will celebrate their 27th anniversary on May 25, 1996, at the Bazan Library, 2300 W Commerce. Dinner at 5 pm, Meeting at 6:15 pm, and the dance begins at 8 pm. For more info call Olivia at 738-8911.

GROUP 12 will hold a Service Workshop on Sat June 8th, from 2-4:30 pm. at Club 12, 102 Thames. The topics will be: The Concepts & PI/GPC-A Vital Communications Link, & Service Sponsorship. The workshop format will loosely follow the one used at GSO with a "reporter" taking notes and sharing these at the conclusion of the workshop.

**finally.....** The BIG BOOK SEMINAR, here in SAN ANTONIO. Joe & Charlie have committed to be here April 25-27, **1997.** (That's next year.) For more info send a self addressed, STAMPED, envelope to: Big Book Seminar, 106 Treasure Way, San Antonio, TX 78209. The seminar is sponsored by the Forest Oaks Ladies Group.

## More Exciting Events...

THE GATHERING OF EAGLES, May 24-26  
Mail preregistration to: Gathering of Eagles, Box 35865, Dallas, TX 75235. Fun for all, from newcomers to long timers. For more info call CSO at 821-6325.

51st ANNUAL TEXAS STATE AA CONVENTION, June 13-16, at the Holiday Inn Centre in Odessa, TX. Mail registration to: Convention Chairman, 3952 E. 42nd St Suite 150, Odessa, TX 79762-5942.

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**???FAX LOOKING FOR A HOME???**  
 CSO is considering buying a FAX, unless, one is donated. If you know of a homeless FAX, please call 821-6325.

### CENTRAL SERVICE OFFICE DOES MANY THINGS

CSO coordinates volunteers 24 hours a day to man the "hotline" and updates the 12th Step List to Carry the Message.

Sells AA books and pamphlets, workbooks, guidelines, videos, tapes in English and Spanish

PRODUCES SAN ANTONIO MEETING DIRECTORY

Publishes the NIGHTCAP-to keep you informed

Answers inquiries from Individuals and agencies about AA

Cooperate with GSO, the Service Committees, the Interdistrict, and all areas of Service, for the common good.

Where any AA member can go for help, answers to questions and a delicious cup of coffee.

CSO does all this, and much more!

## THE NEW SAN ANTONIO MEETING DIRECTORIES ARE NOW AVAILABLE AT CSO

### THINGS WE CANNOT CHANGE

GARNETT I. passed away April 14th after a lengthy illness. She died with 29 years of sobriety. She will be missed by family and friends.

PRESTON S. of New Braunfels died in April with many years of sobriety. Preston was always an active member, until failing health prevented him from getting out. He was a member of the Seguin Group and a past Chairman of the Board of CSO.

### NOTE OF THANKS

I would like to thank all the AA and Alanon Groups for their support at this time. With love, Bill B.

(This note was received from Angie's husband, to thank all those who were so kind and supportive of the family)

## MAY 1996 BIRTHDAYS

## 1 YRS

Michael F.  
Robin G.  
Mary H.  
Ron M.  
Matthew M.  
David P.  
Don S.  
Tony S.  
Pamela U.  
Adlee L. (Apr)  
Ginger O. (Apr)  
Duane P. (Apr)  
Rod H. (Apr)

## 2 YRS

Allen C.  
Larry H.  
Sylvia L.  
Judson P.  
Gregg S.  
Chica Y.  
John Y.  
Beth S.  
Barbi L.  
Don G.  
Theresa N.  
Tracey T.  
Maggie C. (Apr)

## 3 YRS

Diane B.  
Marie G.  
Stephen R.  
Pamela W.  
Doris S.  
Bambi R.  
Miriam W.

## 4 YRS

Tammy M.  
Shawn S.  
Karen L.  
Ronald R.

## 5 YRS

Jennifer L.

## 5 YRS

Gregory M.  
Charles M.  
Ann A.  
Judikay L.  
Joy C.  
Jeanne S. (Apr)  
Kathy B. (Apr)

## 6 YRS

Joy G.  
Paul P.  
Janl W.  
John V.  
Mike T.

## 7 YRS

Thrul S.  
Lynn G. (Apr)  
Harold P. (Apr)

## 8 YRS

Mark B.

## 9 YRS

Joe C.  
Marjorie McC.  
Raymond F.

## 10 YRS

Pamela A.  
Tomi B.

## 11 YRS

Jim D.  
Bill U.  
John C.

## 12 YRS

Lylas W.  
Liz L.  
David G.

## 13 YRS

Patrick D.

## 18 YRS

Bob J.

## 20 YRS

Jose L.

## 23 YRS

Mike H.

## 24 YRS

Bill B.

## 28 YRS

John D.

## 32 YRS

Tom B.

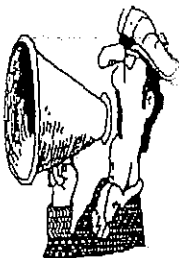
## 36 YRS

Jen Rose W.

## Rule 62

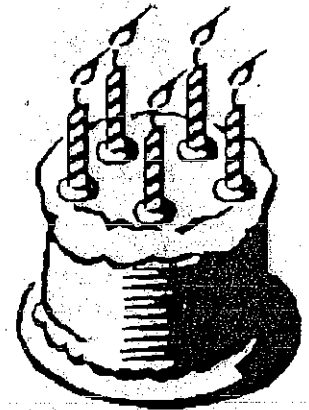
Don't take yourself too seriously!

- "Rarely have we seen a person fail who is making coffee." Central Bulletin, Nov. 1994
- "I was sober for a while when I realized that AA is not the end. It is the beginning."
- "Some folks don't have many faults, but they sure make the most of those they've got."
- "Often the wheel that squeaks the loudest is the first to be replaced."
- "The best way to succeed in this world is to act on the advice we give to others."
- "Blessed is the person who is too busy to worry in the daytime and too sleepy to worry at night."
- "There" is no better than "here." When your "there" has become a "here" you will simply obtain another "there" that will again look better than "here."



**TRUST  
GOD  
CLEAN  
HOUSE  
HELP  
OTHERS**

Keep Coming Back • Del Mar, CA



Going to meetings and not drinking do not treat my alcoholism. Working the Twelve Steps treats my alcoholism. If all I do is go to meetings and not drink, eventually I'll suffer from untreated alcoholism. Untreated alcoholism comes out as depression, anxiety, fear, hostility, apathy, boredom, despair, and other unpleasant symptoms.

With unfortunate frequency, I've seen men and women with varying amounts of sobriety beset by those crippling conditions. Some of them have had ten, fifteen, twenty or more years of going to meetings and not drinking. Some wind up drunk. Others end up in the hospital with "nervous break-down." Some kill themselves. Many try to solve their problems with mood-changing drugs provided by doctors who should know better but obviously don't.

In the foreword to the *Twelve Steps and Twelve Traditions*, we read: "AA's Twelve Steps are a group of principles, spiritual in their nature, which, if practiced a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

In my experience, that is 100 percent true. Precise, specific, and definite, the Steps offer a path to growing mental, emotional, and spiritual health. They provide direction for lives of expanded joy and usefulness. Any time I take a drug to treat my depression, anxiety, fear, or inability to sleep, I'm wrong. Those symptoms are signs that there's something within me that's not right. I've seen enough AAs led back to drinking by the prescription pad to be sure the answer is not to try masking the symptom with a mood changing drug. The answer is to look within myself and then do what's necessary to correct the problem.

Perhaps, my sleeplessness is caused by something as simple as too much coffee. Possibly, my anxiety or uneasiness can be relieved by a program of exercise assigned to drain off tensions accumulated during the day. On the other hand, my symptoms may be

the inevitable result of untreated alcoholism. Once again, going to meetings and not drinking do not treat my alcoholism. The Twelve Steps treat it. Meetings and sobriety create a climate where my alcoholism can be treated by working the Steps. If I don't use the Steps, I'm eventually going to develop all those painful and unhappy symptoms because of my failure to do enough with the program to get what AA offers.

Six years ago, an AA I knew was deep in depression and riddled with fears from untreated alcoholism. He put himself into a treatment facility. He had been sober eleven years and had never worked the Steps. That's right! Eleven years of sobriety--suffering so severely from untreated alcoholism that he put himself in an alcoholic treatment hospital. He went through the three-week program for a few thousand dollars, got out, entered another treatment facility, and went through its three week program, taking part in the psychodrama, group therapy, individual therapy, counseling, testing, and evaluation, etc.

Both of those facilities speak highly of AA and describe its important role in their treatment approach. However, no one in either place told this man if he worked the Twelve Steps, he'd get rid of his depression and fears. Although the facilities employ AA members as counselors, no one seemed to understand that the answers for a drunk at any stage of sobriety are to be found in the Big Book. Not surprisingly, when the man began to take Fourth and Fifth Steps and make amends, he found freedom from his symptoms.

Another man I know was sober sixteen years and had been acutely depressed and afraid during the last six years of that period. Then, he ran into some people who explained to him that, while sober sixteen years, he had managed to miss most of the AA program. He had never worked the Steps. Now, he began. He, too, found his fears disappearing and his depression lifting. "When you've been sober for years, it's hard to

believe that your answers still lie in the Big Book," explained a man who had a similar experience after a number of years without drinking. "I started to think I needed psychotherapy or hospitalization. I suffered from untreated alcoholism, because I hadn't done enough with the Steps. When I got busy with them, it was like walking into a large room with only one small light. As I continued to take inventories and Fifth Steps and made more amends, the light gradually became brighter."

"One of the problems of getting fouled up with a substantial amount of sobriety is that a person finds it almost impossible to understand that his answers still lie in working the Twelve Steps. I didn't drink during this time, but ultimately would have without the freedom that came from using the Steps. This is the point where pills became attractive; we're willing to do almost anything to get rid of the psychic pain within us."

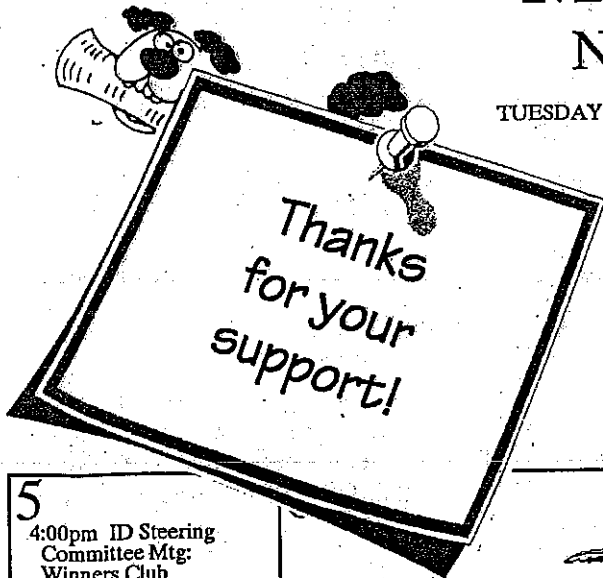
Both the Big Book and the *Twelve Steps and Twelve Traditions* point out with powerful clarity that the AA program is not just for staying sober. Sobriety is the beginning, not the end. The AA program is a transforming prescription for life of growing health, usefulness, and joy. By working and reworking all of the Twelve Steps on a continuing, lifetime commitment, we experience the promises spelled out on pages 83 and 84 in the Big Book and the guarantee quoted earlier from the foreword of the *Twelve Steps and Twelve Traditions*.

Those guarantees, telling what you and I may expect as a result of working the steps, speak of wholeness. They don't describe alcoholics who traded drunkenness for sober terror or dry despair. The Big Book and the "Twelve and Twelve" promise us the capacity to live soberly, confidently, usefully, and joyously--if we treat our alcoholism by working the Twelve Steps. If I haven't experienced the program's promises, it is because I haven't fulfilled the program's conditions.

Thanks to P.M. Riverside, III  
Reprinted with Permission AA Grapevine, Inc. (Oct. 1981)

# May 1996 NIGHTCAP

TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



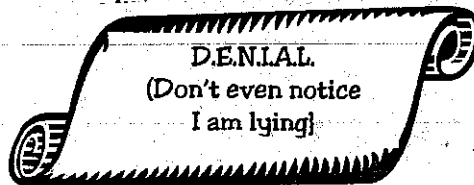
1 7:00pm CFC & Jail Committee Mtg: Club 12	2 Birthdays: Goliad	3	4 8:00pm Starlite Birthdays 
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5 4:00pm ID Steering Committee Mtg: Winners Club Birthdays: Goliad	8 	9 7:00pm Grapevine Committee Mtg: Club 12 Birthdays: Goliad	10 Be the hand of AA that reaches out... become a Central Office Volunteer	11
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12 Mother's Day Birthdays: Goliad 1935 Bill W. Meets Dr Bob in Akron, Ohio (on Mother's Day)	13	14 7:30pm District 18 Meeting St Matthew's Episcopal Church 810 Kitty Hawk	15	16 Birthdays: Goliad, Devine	17 7:00pm District 19 meeting, St David's Episcopal Church	18 Armed Forces Day
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**"THE ONLY MATERIAL THINGS YOU GET FROM AA ARE THE COFFEE & DOUGHNUTS"**

19 5:00pm District 17 Meeting at Jim's 410 & Bandera 5:30pm District 1A & 16 Mtg 5:30pm COR Meeting 6:30pm Interdistrict Mtg: St Andrew's Episcopal Church Birth & BBQ: Goliad	20 NIGHTCAP DEADLINE  1938 Bill W. begins the Big Book	21	22	23	24 Birthday: SW Loop	25 Birthdays: Winners, Frontier, Serendipity, Broadway, SA North, Grupo Unidad, Lambda Potluck: Lambda
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26 Birthdays: Goliad	27 6:00pm Archives Meeting—Jim's at Blanco & Loop 410 Memorial Day (Observed) Birthdays: Alamo Heights, Northwest, Freedom	28 2:00pm Long Timers Social, Club 12 Birthdays: Windcrest, Valley-Hi, Santa Fe, New Acceptance	29 7:00pm PI Committee Mtg: Club 12 Birthdays: Oblate, Northwood, Foxy Ladies, Lytle Potluck: Lytle	30 Birthdays: Stahl Rd, Ft Sam, N San Pedro, Goliad Goliad Birthdays	31 Birthdays: El Libro Grande, Marymont, Group 12 Colonies North, Schertz-Cibolo Potluck: Marymont	1951 Al-Anon founded 
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**Central Service Office closed May 27, 1996 (Memorial Day Observed)**

# GROUP CONTRIBUTIONS

GROUP	MAR	YTD	GROUP	MAR	YTD
A Monday Affair			Lytle		
A Solution		30.00	Main Street		
Acceptance			cg Marymont		45.00
Alamo Heights			g Medical Professions	68.30	68.30
Alamo Dellview			Medina Valley Step Savers		
Alpha Camden			cg Men's Big Book		5.00
Alpha House	25.00	25.00	New Acceptance		
Big Book Study			New Hope		
g Blue Door			g New Life		25.00
Boerne, Sun Night			Nooners		21.00
Boy's Night Out			North San Pedro	25.00	60.00
Broadway		200.00	Northeast		
Bdwy B.B. Thumpers			Northwest		
Bulverde			g Northwood		60.00
g Callaghan Road			Oak Hills	180.00	540.00
Charlotte Group			g Oblate		
cg Colonias North		52.98	Pearsall		
g Community		4.42	g Pleasanton		10.00
Day Reporting Center			Poteet-Strawberry		
g Devine		33.31	g Randolph		
Doors of Hope			c Rush Hour	130.01	457.62
Downtown Brown Baggers			SAC		
Easy Does It			Samaritan		
Entire Abstinence			cg San Antonio North	31.63	74.92
Floresville			Saturday Night Live		
cg Fort Sam Houston			Sanity & Serenity		
c Foxy Ladies			Schertz-Cibolo		80.00
Foxhall			cg Serendipity		250.03
c Freedom			Serenity Corner		
Freedom From Bondage			Sobriety		
Friends of Dr Bob			cg Southwest Loop	24.38	35.38
Frontier		10.00	g Spirit Trail		
Generic Thursday		63.79	Stahl Road		80.00
Goliad		20.00	Sunrise		120.00
Grupo 3 Legados			Survivors		
Grupo El Libro Grande		10.00	TGIF Staying in Solution		
Grupo Mensaje			Tolerance		
Grupo Internacional			Travis Park		
Grupo Libertad			g Truth Seekers		
Grupo Llegamos a Creer			cg Twelve		1440.00
Grupo Nueva Esperanza			Universal City		
Grupo Nueva Sendero			Universal City, Sun		
Grupo Santa Fe	20.00	40.00	c Valley-HI	20.00	60.00
Grupo Una Luz en mi Camino			cg W-Abundance Happy Hr	25.00	25.00
Grupo Unidad	10.00	25.00	W-First One Today		
g Halt on Tezel Road		90.00	W-Fresh Start (Newcomers)		
cg Highland		30.00	W-Hearing Impaired		
g Hondo			cg W-Morning After		
Jews in Recovery			W-Night Owls		
Keep It Simple			cg W-Summit Turning Point	17.50	35.00
Kelly Special	80.00	80.00	W-Women of the Spirit		
La Vernia	10.00	60.00	We Are Not Saints		
g Lambda			Wellness		
Last Call			Wesley		
Laurel Heights	65.00	125.00	g Windcrest		
Legal Professions		50.00	Woodlake		
Lincoln Heights			Young & Golden Years		
Live Oak					
Longhorn			AREA		
			New Braunfels		33.74
c Attended Mar '96 COR Meeting					
g Attended Mar '96 Interdistrict Meeting			TOTAL	731.82	4475.49

INCOME STATEMENT	
MARCH 1996	
4005 Sales	8284.56
4006 Cost of Sales	-4050.07
Gross Profit	4234.49
Contributions:	
4010 Nightcap Contributions	91.00
4020 COR Meeting Contributions	16.00
4030 Group Contributions	731.82
4040 Memorial Contributions	100.00
4050 Individual Contributions	104.00
Total Contributions	1042.82
Other Income:	
4110 Interest Income	89.46
4120 Office Kitty	46.17
4310 AA in SA Net Income	0.00
4320 Sales Tax Discounts	6.49
Total Income	5419.43
Wage Related Expenses:	
5010 Salaries	3903.87
5020 Payroll Tax	298.99
5030 Contract Labor-Clerical	0.00
5035 Contract Labor, Janitorial	0.00
5040 Mileage Reimbursement	48.76
5050 Employee Training	0.00
5060 Miscellaneous	0.00
Total wage related expenses	4251.62
Occupancy Expenses:	
5110 Rent	615.50
5120 Utilities	133.92
5130 Telephone	113.65
5135 Answering Service	100.00
5140 Repairs & Maintenance	0.00
5150 Insurance	0.00
Total Occupancy Expense	963.07
Other expenses:	
5210 Office Supplies	364.05
5215 Postage	36.48
5220 Janitorial Supplies	52.48
5225 Equip Maint & Lease	68.52
5270 Advertising	84.00
5310 Nightcap printing & postage	218.59
5410 Legal & Professional	0.00
5415 Accounting Services	200.00
5420 Other	0.00
Total expenses	6238.81
Net income (loss)	(\$819.39)

### BIRTHDAYS

Jerry S.	11 yrs	\$11.00
George S. Sr	20 yrs	20.00
George S.	9 yrs	9.00
Ruthie S.	9 yrs	9.00
Total		\$49.00

### MEMORIAL GIFTS

All for Angie B.	
Anonymous	\$50.00
Dee S.	25.00
Karen & Bob B.	25.00
Total	\$100.00

### IND. CONTRIBUTIONS

Rita S.	\$20.00
Jerry B.	25.00
Franca	10.00
Total	\$55.00

# NIGHTCAP SUBSCRIPTION FORM

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

SUBSCRIPTION COST—\$6.00 PER YEAR

PLEASE PRINT: \_\_\_\_\_ HOME PHONE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

RETURN TO:

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CENTRAL SERVICE OFFICE

OLD ADDRESS \_\_\_\_\_

8804 TRADEWAY

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

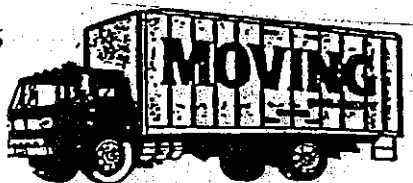
SAN ANTONIO, TX 78217

CENTRAL SERVICE OFFICE  
8804 TRADEWAY  
SAN ANTONIO, TX 78217

(ADDRESS CORRECTION REQUESTED)

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
PERMIT NO. 2807  
SAN ANTONIO, TX

5/96



LET US KNOW  
BEFORE YOU GO!