

# THE NIGHTCAP



Volume 31 Issue 10

## CARRYING THE MESSAGE

November 2000

### CSO Notes

- In an ongoing effort to keep groups informed the following changes have and are taking place at your Central Service Office.
- We would like to take this time to thank all those individuals and groups that participated, either through hard work, or donations, plus those who took the time to attend the Open House, (I know the winners of the Spurs tickets are happy they did).
- Thank You again
- A reminder you can contact us now by e-mail for information, to order literature, or if you have something for the Nightcap. We also take complaints, compliments, and best of all suggestions.
- More will be revealed
- You Manager Bill T

### CSO BOARD OF TRUSTEES

Virginia B  
Madonna M  
Louis R  
Bill H  
Kim C  
Randy S  
Andy L

Recently, an article in an out-of-town AA newsletter caught my eye. The title was "IF I'M NOT RESPONSIBLE. WHO THE HELL IS?" The writer, a Central Office volunteer in Wichita, Kansas, detailed the many excuses and put-downs he received in one Saturday afternoon, while attempting to locate a member to make a 12th-Step call. Fortunately, a person was reached who was willing to carry the message to the suffering alcoholic who called the desk.

The article caused me to review and reappraise my attitude toward our statement that "Whenever anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that: I am responsible." First, and most obviously, the "I" of this declaration can't refer only to me. As Bill W. advised us, "one individual must never assume or assert total responsibility for our Fellowship. Our Legacy of Unity expresses the thought that many such "I's" become "We," who strive for personal recovery and carry our message to the alcoholic who still suffers.

Well then, how can I best use the gifts that my Higher Power has been so generous with, to contribute to our common welfare? My personal checklist is developing as:

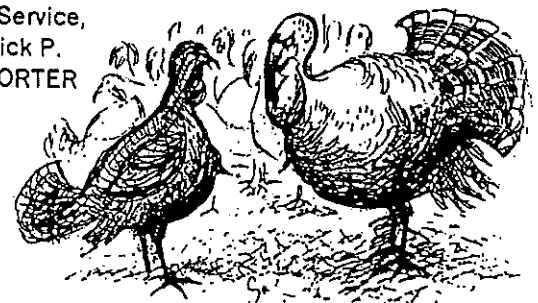
1. BE AVAILABLE - attend meetings and lead meetings, when asked. Volunteer for duties in the Central Office. Make AA contacts as often as possible in person and by telephone, place my name on 12th-Step and Exchange Committee lists and make sure that my phone number and address are kept current on both. Join the H & I Committee. (In short, seek out and never refuse an opportunity.)
2. DEMONSTRATE LOVE. Greet newcomers and old friends with equal warmth and cheerfulness. Give without any expectation of receiving. Increase my financial contributions as I prosper. Share my happiness and gratitude for the many positive changes that AA has made in my life. Look and listen for the good in others. Let my face, my actions and my words be witness to the fact that this program works, if I let it.
3. BE OF SERVICE. Respect my meeting places and leave them cleaner and neater than when I came to them, Strive to increase my usefulness to each alcoholic, to my groups, to Inter-group and to GSO. As my progress in sobriety continues, let me advance in 12th Step work and in performing offices at all levels as I am asked. Let me use to the fullest the talents that have been given to me, but always let me realize my limitations. Most important to my recovery and our Unity, let me do my best to walk absolutely as I talk.

The thoughts above are based on self-awareness that occurred as a result of several searching inventories. No one of us as individuals have all of the capabilities needed to achieve the Unity and Service that our Fellowship deserves. However, standing together and each lending his own unique talents, we can effectively answer the question, "Who the hell is responsible?" - WE ARE.

*Sometimes a man hits upon a place to which he mysteriously feels that he belongs. Here is the home he sought, and he will settle amid scenes that he has never seen before, among men he has never known, as though they were familiar to him from his birth. Here at last he finds rest.*

W. Somerset Maugham

Love & Service,  
Dick P.  
NEW REPORTER



"As for me, I rely heavily on the Serenity Prayer."

## BILL W. TALKS ABOUT THE BIG BOOK

In June of 1954. Bill Wilson was asked to speak at a banquet in Fort Worth, Texas about the Twelve Traditions. Bill opted to not talk on his assigned topic and proceeded to "Spin a few yarns about the preparation of the good old book, Alcoholics Anonymous?

### **We weren't a bit biblical**

Some people reading the book now, they say "well this is the A.A. Bible: When I hear that, it always makes me shudder. Because the guys who put it together weren't a damn bit biblical. I think sometimes these drunks have an idea that these old timers, vent around with an almost-visible halo and long-johns and they were full of sweetness and light. "Oh, boy, how inspired they were? Oh, yes! But wait 'til I tell you!

### **The beginning of the Ideas**

I suppose the book yarn really started in the living room of Doc and Annie Smith. As you know, I landed there in the summer of '35. A little group caught hold. I helped Smithy briefly with it and he went on to found the first A.A. group in the world. And as it was with all new groups, it was nearly all failure. But now and then somebody saw the light and there was progress. Pampered, I got back to New York. A little more experience and a group started there. And by the time we got around to 1937, the thing had leaked a little over into Cleveland and it began to move South from New York. But it was still—we thought in those years— flying blind. A flickering candle indeed, because it might at any moment be snuffed out.

### **ABOUT THE BIG BOOK**

#### **Where we stood**

So, on this late fall afternoon in 1937, Smithy and I were talking together in his living room. Annie sitting there by the gaslog. And we began counting noses. How many people had stayed dry in Cleveland. How many had stayed dry and for how long. And when we added up that score, sure it was a handful, I don't know, 35-40 maybe, but enough time had elapsed on enough really fatal cases of alcoholism, so that when we grasped the import of these small statistics, Bob and I foresaw for the first time, that this thing was going to succeed. That God, in his Providence and Mercy had thrown a new light into the dark caves where we and our kind had been and were still there by the millions—confined. I never can forget the elation and ecstasy that seized us both. And then we fell happily talking—and reflecting. We reflected that "Well a couple of score of them, but this has taken three long years? There had been an immense amount of failure, but a long time had been taken Just to sober up the handful. How could this handful carry its message to all those who still didn't know? Not all the drunks in the world could come to Akron or to New York. How could we transmit our message to them, by what means?

#### **Missionaries**

Maybe, we thought, we could go to the old timers in each group—which then meant nearly everybody—find a sum of money—somebody else's money, of course—and say to them, "Well, now take a sabbatical from your Job—if you had any—and go to Keohcock and to Omaha and to Chicago and to San Francisco and to Los Angeles—and wherever it may be—and you give away this thing and get a group started? It had already got evident, by then, for we were Just about ready to get moved Out of the City Hospital in Akron to make room for people with broken legs and ailing livers, 'cause the hospitals were not too happy with us. We tried to run their business, perhaps too much, and besides, drunks were apt to be noisy in the night.

#### **Drunk Tanks**

So it was obvious that drunks, being such unlovely creatures, we would have to have a great chain of hospitals. And, as that dream burst upon me, it sounded good, because, you see, I'd been down in Wall Street in the promotion business. And I remembered the great sums of money that were made as soon as people got the chain idea. You know, chain drug stores, chain grocery stores, chain dry good stores. Why not Chain Drunk Tanks? And let us make dollars. So we needed some missionaries (subsidized), we needed a chain of drunk tanks—that got very clear or clear to me. Bob is a conservative type of Yankee. I don't think he was quite so fast for those items; but I was very insistent. It would take a pile of dough to finance all this, but, after all, with this brand new light shining in our dark world, we'd just squirt it in the eyes of the rich guys and they'd up with the dough.

#### **And a Book**

Besides, we reflected, we'd have to get some kind of literature. Up to this moment, not a syllable of this program— so far as I know—was in writing. It was a kind of word of mouth deal—with variations, according to each man's or womens standing. Well, in a general way, we said, "Well the booze has got you down boys and you've got an allergy and an obsession and you're hopeless. If you are, you'd better get honest with yourself and take stock, you ought to talk this out with somebody, kind of a confessional, you know, and you ought to make restitution for the harms you did, you ought to make amends, all that kind of business. Well, you prayed, as best you could, according to your likes if any. Now, that was the sum of the word of mouth program up to that time. But, as I say, variations on that were already appearing. How could we unify this thing? Could we, but of our experience, get certain principles, describing certain methods that have done the trick for us? Yes, obviously, if this movement was to propagate, it had to have literature.

MARKINGS. Vol. X .#2 -GSO with permission

# Group Forum

## GROUP UPDATES

New Group: One Day at a Time  
2922 Vance Jackson Rd.  
Dining Rm O/Disc/NS/  
7PM Tuesday  
POC: Ronnie 342-4718

Meeting for Distrito Hispano  
2G will be at 1917 Castroville  
Rd. (210) 435-2947 second and  
last Sunday of the month at noon

New Group: Winners Circle  
Retama Park Race Track  
Tuesday 7PM  
POC: Nedsa B 380-4782

New Group: Wings of Eagles  
Harvest Fellowship Church  
Room 201 O/Disc N/S 7-8:30  
PM Mondays

New Group: Turning Point Group  
Tues 8PM St Thomas Episcopal  
Church 1604 & 281 C/Disc

New Group: Blanco United  
Methodist Church social hall.  
Tuesday and Fridays 7PM

New Group: La Quinta Tradicion  
Mon & Fri 8-930 PM  
Mon & Wed 11:30am-12: 30PM

New Meeting The "Get a Life "  
Group Thur/7PM/Open/Structured  
Discussion of Literature such as  
AA Comes of Age, The Steps We  
Took. And others  
St Stephens 3726 S New  
Braunfels (Adjacent to McCreless  
Mall.) POC: Jay @ 533-7834

New Group: The Cincinnati Grp  
310 Cincinnati Sa TX 78201  
Mon /8PM/O/Disc/  
POC: 785-2804

## WORKSHOPS

How to hold an AA meeting  
Part II Workshop District 1A  
November 4th 1-4 PM  
Panel Discussion

Gratitude Fest  
A SAMSO Workshop  
Sunday, 12 November  
10 am-430PM @  
New downtown group  
1501 East Commerce  
@ Hackberry  
Service and Barbecue under one  
roof. Service Speakers all day  
Archives, PI&CPC, Correctional,  
Hospitals & Institutions,  
Grapevine, CSO, plus more  
Food, Fun, Fellowship, Free

### THINGS WE CANNOT CHANGE

**PATTY H**  
Patty died October 24<sup>th</sup>,  
2000 .She celebrated 35  
years of sobriety last  
month and passed away  
on her sixty fourth  
birthday. She was an  
active member of the  
Schertz- Cibolo Group  
and sponsored many.---  
She will be missed .

## UPCOMING EVENTS

Bulverde Group 15<sup>th</sup> Anniversary  
Bar-B-Q Wed Nov 8<sup>th</sup> @ Bulverde  
Community Center 6:30.P -Dinner  
8:15 Speaker

Group 12 Group Conscience  
5:30 November 14<sup>th</sup>

Thanksgiving Dinner Club 12  
November 23<sup>rd</sup> 12:30

Group 12 Birthday Night  
November 24th 7:30 PM

Club 12 dance 8P-12A Nov 23

### "STAR SEARCH"

First Annual Talent Show  
WEEKEND IN SA with AA  
April 27-28-29 2001  
Can you sing, dance, play an  
instrument? Show off your talent!!  
Each act allotted 5 minutes.  
Auditions to be held at  
Highland Group 50<sup>th</sup> anniversary  
Jan 27<sup>th</sup> Pick up applications at  
CSO or call Belinda @ 657-2094  
or Lesa @ 820-09970.

### TXSCYPAA

Texas State Conference of Young  
People in AA  
November 10-12-Austin Texas  
Call 800-347-0330 for  
reservations

### Hondo Group

"Gratitude Meeting" 17 Nov  
St Johnss Catholic Church  
@ Ave J & 22<sup>nd</sup> St.  
6P Fellowship-7P Potluck  
8P Speaker: **Jim W**, Mesquite TX  
POC: Terry H 830-741-8423  
POC: Larry H 830-741-3303

# NOVEMBER

**1 YR**  
 Charlie S  
 Gina P  
 Franciso R.  
 Joshua K  
 Mike K  
 Tonya J  
 Owen L  
 Jeff A  
 Kevin G  
 Rosie G  
 Harold P  
 Wade P  
 Jimmie C  
 Jacie S  
 Mary A. S  
 Mike S  
 K .B  
 Christine C  
 Michelle B  
 Karen C  
 Barry E

**2 YRS**  
 Randy M  
 Dave S  
 Raul G  
 Doug F  
 Tanya F  
 Cynthia S

**3 YRS**  
 Ron L  
 Jonothan L  
 Ed R

**4 YRS**  
 Ed B

**5 YRS**  
 Barbara S  
 Pearl A  
 Rick L  
 Cara M

**6 YRS**  
 Tina A  
 Valentine P

**7 YRS**  
 Betty K

**8 YRS**  
 Debi B  
 Gregory A

**9 YRS**  
 Donna G  
 Lourdes F  
 Cathy W

**10 YRS**  
 Daniel B  
 John J H  
 Tom K  
 Cary B

**11 YRS**  
 Wade H  
 Larry J  
 C J K

**12 YRS**  
 Clare B  
 Connoe G  
 Dana M  
 Sandy S

**13 YRS**  
 Ben C

**14 YRS**  
 Kimberly G  
 Richard B

**17 YRS**  
 Carol G

**18 YRS**  
 Eldon M  
 Lyn D

**19 YRS**  
 Wayne B  
 Jayne L

**21 YRS**  
 Lisa S  
 Thornton S  
 Marshall B

**22 YRS**  
 Nelda T  
 Rita Da S

**24 YRS**  
 Dorothy T

**25 YRS**  
 Mean Joe G  
 Don C

**28 YRS**  
 Sam G

**34 YRS**  
 Dina D  
 Al D

## AMENDS CORNER

### Belated October Birthdays

**3 YRS**

Alice C

**10 YRS**

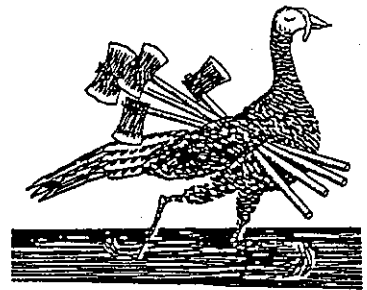
Roberta H

**17 YRS**

Greg S



## THE FIRST STEP



Oh what a dilemma! You guys got me to a meeting - a meeting that I *knew* I did not have to be at except for the trouble that *alcohol* had got me into. You see, *I* never got into trouble my whole life - and my life was never unmanageable - it was *just that, the trouble that alcohol caused not I caused...was the trouble..* It took me a long time but I had to be there, the court said so. And many meetings, many sponsor sessions, many peelings of the skins of the onion that I am later, I finally began to see that maybe, just maybe you were right. Everyone I blamed, wife, kids, parents, brothers, relatives, friends, job, money, the sun, wind, rain, snow, car, dog, the cats and the canary *were all gone...all gone!* Their I was bare—naked with no one and nothing to blame but poor little ole *me* who had never intentionally done anything wrong, in my life right? Wrong!!

T.I.M.E. (This I Must Earn). It took this sick, sick, sick puppy a long time to say, "We admitted we were powerless over alcohol and our lives are unmanageable". However in time and with the *Grace of God* / which I *finally* accepted, I was able to come to the realization that

*I came...I came to. I came to believe.* After that it was simple,

Right?...Wrong! The following years of growing in the program did little for this *ego oriented* sick pup. I learned to go to meetings, go to meetings, go to meetings. Listen, listen, listen, and listen to learn. Wow that is profound isn't it? How come I didn't think of that. Now each morning I accept the Grace of God, and I pick up my sobriety from the night table where He lays it for me because now I know, and to the best of my ability try to work, the First Step in all my affairs.

Profit & Loss Statement		SEPT-00
4005 Sales		\$3,870.37
4006 Cost of Sales		\$ 2,199.75
Gross Profit		\$ 1,670.62
<b>Contributions:</b>		
4010 Nightcap Contributions		\$36.00
4020 COR Meeting Contributions		\$ 13.00
4030 Group Contributions		1,733.83
4040 Memorial Contributions		0000
4050 Individual Contributions		\$ 1,258.38
4060 Birthdays		\$0.00
Total Contributions		\$ 3,041.21
<b>Other Income:</b>		
4110 Interest Income		\$ 51.58
4120 Office Kitty/Misc		\$50.00
4320 Sales Tax Discount		0.00
Total Other Income		101.58
Total Income		\$4,813.41
<b>Wage Related Expenses:</b>		
5010 Salaries		\$ 2,665.00
5020 Payroll Tax		\$ 203.87
5050 Employee Training		0.00
5060 Miscellaneous		0.00
Total wage related expenses		\$2,868.87
<b>Occupancy Expenses:</b>		
5110 Rent		\$955.00
5120 Utilities		350.74
5130 Telephone		173.36
5135 Answering Service		22.50
5140 Repairs & Maintenance		423.53
5150 Insurance		0.00
Total Occupancy Expense		\$1,925.13
<b>Other Expenses:</b>		
5210 Office Supplies, Clerical		\$ 416.54
5211 Office Supplies, Non-Clerical		407.30
5215 Postage		170.00
5216 Freight		\$ 69.03
5225 Equipment Lease & Main		152.00
5270 SWB Yellow Pages		45.00
5310 Nightcap Print. & Post.		\$ 379.
5415 Accounting Service		\$300.00
5425 Credit card expense		\$ 15.77
Bad Debt/ Expenses		\$ 4,378.00
Total Other Expenses		\$6,332.64
Total Expenses		\$ 11,126.64
<b>Net Loss</b>		\$6,313.23

Gratitude in action		SEPT00	YTD
Acceptance			\$ 20.00
Alamo Hts			\$ 282.00
Broadway			\$ 1,000.00
Community			\$ 11.00
Colonies North			\$ 240.79
County Line			\$ 22.50
Depot Grp(Port Lavaca)			\$ 210.00
First Things First	\$ 100.00		\$ 100.00
Family			\$ 90.00
Fort Sam Houston			\$ 150.90
Free at Last	\$ 10.00		\$ 70.00
Soliad	\$ 20.59		\$ 20.59
Generic			\$ 100.00
Grupo El Libro Grande	\$ 10.00		\$ 50.00
Grupo Esperanza			\$ 65.00
Grupo Unidad			\$ 50.00
Grupo y Paz	\$ 10.00		\$ 80.00
Halt Group			\$ 100.00
Highland	\$ 242.96		\$ 470.46
Hondo			\$ 208.28
Keep it Simple Group			\$ 24.00
Kelley Special			\$ 16.77
La Quinta Tradicion	\$ 5.00		\$ 5.00
Lambda	\$ 125.00		\$ 125.00
Legal Professions	\$ 60.85		\$ 60.85
Laurel Hts Group			\$ 65.00
Marymont	\$ 25.00		\$ 81.25
New Braunfels(Area)			\$ 163.61
New Life			\$ 25.00
NorthEast Group			\$ 100.00
Nueva Vida			\$ 223.24
North San Pedro Group			\$ 235.00
Oak Hills Group	\$ 230.07		\$ 1,873.33
Oblete Group			\$ 40.00
Pearsall			\$ 20.00
Pleasanton			\$ 30.00
Poteet(Strawberry)			\$ 20.00
Rush Hour Group	\$ 144.36		\$ 1,548.14
SA North Womens			\$ 85.27
Schertz-Cibola			\$ 242.51
Serendipity Group	\$ 100.00		\$ 1,050.00
Southwest loop Group			\$ 51.35
Speakeasy			\$ 40.00
Spirit of Hope			\$ 50.00
Stahl Rd Grp	\$ 50.00		\$ 140.00
Sunnise	\$ 50.00		\$ 150.00
Travis Park			\$ 80.00
Twelve	\$ 360.00		\$ 3,240.00
Utopia Grp	\$ 10.00		\$ 10.00
Universal City	\$ 120.00		\$ 360.00
Valley Hi	\$ 40.00		\$ 240.00
Windcrest			\$ 115.00
Womens Big Book			\$ 103.96
Woodlake	\$ 20.00		\$ 140.00
AREA			
Black Sheep Grp(Boerne)			\$ 31.94
Boerne Noon			\$ 300.00
Bulverde			\$ 100.00
Total	\$ 1,733.83		\$ 14,527.74
Memorials			\$ -
Birthdays			\$ -

### Why I Swear

- 1) It pleases my mother (wife, children, etc.).
- 2) It is a fine mark of manliness.
- 3) It proves I have self-control.
- 4) It indicates how clearly my mind operates.
- 5) It makes conversation so pleasing to everyone.
- 6) It leaves no doubt in anyone's mind of my good breeding.
- 7) It impresses everyone that I have more than an ordinary education.
- 8) It is an unmistakable sign of culture and refinement.
- 9) It makes me a desirable personality among women, children and respectable society.
- 10) It is my way of honoring God.

**FYI** September CSO Sold 158 Big Books / 68 12x12 / 828 desire chips/ 278 Yearly chips / 251 meeting directories / 186 beginners packets

**SAN ANTONIO METROPOLITAN SERVICE ORGANIZATION  
MINUTES OF THE OCTOBER 15, 2000 MEETING**

---

**In Attendance:**

District 16 DCM – Barbi H. (Treasurer)  
District 19 DCM – Bill T. (Chair)  
Archives Chair – Tom H.  
Cooperation with the Professional Community / Public Information Chair – Glenn C.  
Central Service Office Liaison to SAMSO – Randy S.

District 2G DCM – Alberto A.  
Grapevine Chair – Martha H.

**Absent:**

District 1A DCM – Lynne G.  
District 1F DCM – Frank E.  
SAMSO to Central Service Office Liaison – Judy F.  
Corrections Chair – Liddy G.

District 1E DCM – Len A.  
District 17 DCM – Steve J. (Secretary)  
District 18 DCM – Gil C.  
Hospitals / Institutions Chair – Bob T.

Meeting called to order by Bill T. at 6:35 PM with Moment of Silence and Serenity Prayer.  
Pam - Read the Traditions. New GSRs; None New DCMs; None

**Announcements:** Azalea – The Bulverde Group 15<sup>th</sup> Anniversary and Bar-B-Que will be held on Wednesday, November 8<sup>th</sup> at the Bulverde Community Center. Dinner will begin at 6:30 PM with a Speaker at 8:15 PM. Fliers were provided on the table.

**Presentations:** None.

**Central Service Office Liaison to SAMSO – Randy S.** – Stated that there are guidelines in place for the use of the Central Service Office bulk mailing permit. Those wishing to employ the use of the permit need to contact the CSO Board of Directors who will review requests on a case-by-case basis. Stated that CSO is seeking further ways in which to enhance cooperation with SAMSO as there are some who have expressed the misperception that there is some type of competition between the two service entities. They will be electing (3) three new Board members next month. All Groups are encouraged to have their Central Office Representatives (CORs) attend to vote.

**SAMSO Liaison to Central Service Office – Judy F.** – (Absent – No Report)

**Chairman's Report – Bill T.** – Reminder that the Southwest Texas Area business meeting will be held in Temple, Texas on October 27<sup>th</sup> through 29<sup>th</sup>. Telephone number for reservations is 1-800-749-0318. Jack F. volunteered that there were still rooms available at the discounted price for the event. Henry of the newly proposed Hispanic district urged everyone to attend so as to lend their support to the approval of the new district. Glenn C. also mentioned that there was a proposal being brought forward for approval to submit San Antonio as the location of the 2010 International Convention, and a vote to submit a nominee for Trustee at large. He also suggested that anyone who did not get their SWTA Newsletter to contact the new SWTA secretary to ensure that she had their correct information.

**Secretary's Report – Glenn C. (for Steve J.)** – Asked for a motion to approve the minutes as printed in the *Nightcap*. Lewis made the motion; seconded by Lynn G. All approved.

**Treasurer's Report – Barbi H.** – Barbi submitted the report for September. Donations were \$82.01 with expenses of \$484.41 for a balance of \$3725.79, of which \$1,350 is earmarked for Area Workshop attendance by the five Standing Committee Chairs, leaving an available balance of \$2375.79. A motion was made by Lewis to accept the report as given. Karen seconded the motion.. All approved.

**Archives – Tom H.** – SAMSO/CSO acquired joint ownership of (3) three large display cases for use to display and maintain archives materials. Funding for the expenditure toward this measure had been approved previously. The cost to SAMSO was \$250.00. There is also some ongoing discussion toward getting a small climate controlled storage facility in which to store our archives materials. It was asked that feedback from the Groups be obtained as to this matter. The Archives Committee holds its meetings on the 1<sup>ST</sup> Sunday of each month at St. David's Episcopal Church, 1300 Wiltshire, at 7:15 PM. Tom can be reached at 696-5228, or email at [teh543@sprynet.com](mailto:teh543@sprynet.com).

COR meeting 10/15/2000 - Minutes

CALL TO ORDER: Virginia B.

SERENITY PRAYER: Virginia B.

STATEMENT OF PURPOSE: Eric C.

TRADITIONS: Mike S.

MINUTFS or THE PREVIOUS MEETING Mike S. moved for approval, Sandy C. seconded; approved unanimously.

FINANCIAL REPORT: Louis R. presented the financial report as of 9/30/00. We are current with the accounting and getting more timely and accurate information, On the balance sheet, the Sept. 2000 Assets show approximately \$ 7800 less than Scptember, 1999, mostly due to lower inventory. Additionally, the income/Expense sheet reflects old

receivables we had to write off although Bill T. is still pursuing payment. These statements also reflect the result of an accurate inventory and an increase in expenses for fixing up the Central Service Office.

PHONE COMM11TFE REPORT: No one present

NOMINATING COMMITTEE: Eric C. reported a sufficient number of candidates. Virginia B., Bill H. and Kim C. are rotating off the Board effective 1/1/01. There must he two candidates per slot a minnium of six total. To date the names are:

Judy F, Joe McF , Ed C, Corky C., Julie C., Ruth McG , Lyn J., Ali W., and Tony S.

There was a discussion on giving the CORs more time to present candidates to groups for direction on voting. Will see if bylaws have to be changed and what kind of deadline for submission of names would be established. The election will be at the November meeting and candidates must be present. The three newly elected board members will attend the December board meeting and take office effective 01/01/01.

OLD BUSINESS: Board established two written policies: 1. The Board will individually review each request to use the CSO bulk mail stamp. 2. CSO will not give out any lists of names.

NEW BUSINESS: None

Basket passed and adjourned with Lord's Prayer.

Attendance: Board Members Virginia B., Madonna M , Randy S., Andy L., Louis R. CORs Sandy C.- Freedom, Mike S.- Valley Hi, Terry S.-SW Loop Group , Kris S- Life Support, John F- Downtown, Eric C-Stahl Rd. CSO Manager Bill T. Submitted by: Madonna Minarich

Printed as Submitted

I found these words of Dr. Bob at Central Office in the Akron Genesis of AA about the beginning and meanings of the Third Step.

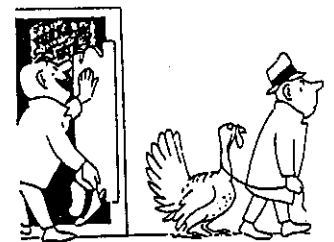
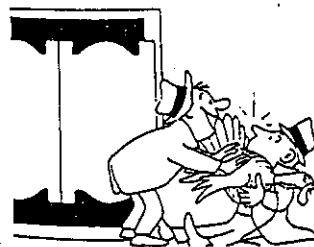
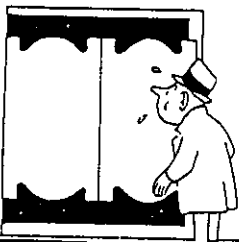
"That we turn over as much of our will that we understand to as much of God as we comprehend"

One must make a commitment to relinquish as much of our will as we understand to our Creator to the degree that we know Him, or believe in Him, or recognize him, or trust him.

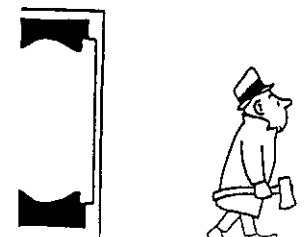
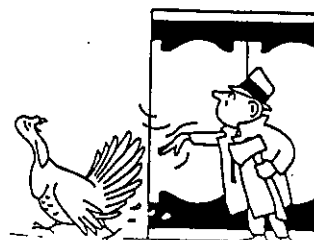
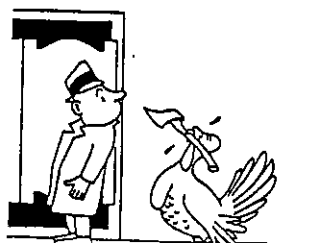
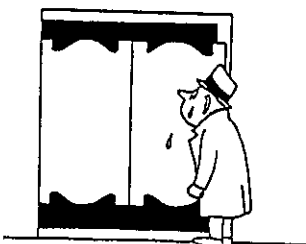
Then we ask God - if there is a God -- to make clear what we should do.

In the experiencing of the results of this experiment of "turning our wills and our lives over to the care of God as we understand Him", an inner voice tells us not only what we may have done wrong, but also an intuition about what we need to do, a direction in which to go, a feeling or an illumination. We consciously try to let Gods presence soak in. If we will be willing and obedient, we will experience a new power and a new sense of direction in our lives." Bill T

VICTOR E.



VICTOR E.



Correctional Facilities – Liddy G. – (Absent – No Report) The CFC Committee holds its meetings on the 1<sup>ST</sup> Wednesday of each month in the Alanon room at Club 12 at 102 Thames at 7:00 PM. Liddy can be reached at 495-1234, or email at rdgray@swbell.net.

Grapevine – Martha H. – (Absent – No Report) The Grapevine Committee holds its meetings on the 1<sup>ST</sup> Monday of each month at Jim's at 410 and Blanco at 7:30 PM. Martha can be reached at 344-6588, or email at JHernden@aol.com.

Hospitals / Institutions – Bob T. – (Absent – No Report) The Committee meeting time was changed from 2 PM to 10 AM. The Hospitals/Institutions Committee holds its meetings on the 2<sup>ND</sup> Saturday of each month at Club 12 at 10 PM. Bob can be reached at 647-3524, or e-mail at anotherdrunk@r67.net.

Cooperation with Professional Community / Public Information Chair – Glenn C. – The Committee has been really busy. The Committee attended the Annual Levi Strauss Health Fair on Oct. 14<sup>TH</sup> from 10 AM to 2 PM. There will be an "Alcohol Awareness" event at the UTSA main campus for the dormitory students on October 19<sup>th</sup> from 7:00 to 9:00 PM. He received notification from the General Service Office in New York that we will be asked to cover "The American Physical Therapy Association Convention" at the Henry B. Gonzales Convention Center on February 15 – 17, 2001. New York will be sending the display booth, and materials. More information as to this event will be provided as it becomes available. The Committee would like to get more Television/Radio spots provided. If anyone is interested in making contacts with local TV/Radio stations, please call Glenn. The CPC / PI Committee holds its meetings on the 2<sup>ND</sup> Wednesday of each month Club 12 at 102 Thames at 7:00 PM. Glenn can be reached at (H) 342-2330, (Pgr.) 220-9281, or email at GlennC3663@aol.com.

---

District 1A – Mike C. for Lynne G. – The District Workshop will be held on November 4<sup>TH</sup> at the Winner's Club.

District 1E – Len A. – (Absent – No Report)

District 1F – Frank E. – (Absent – No Report)

District 2G – Alberto A. – District 2G is a new Spanish District that is forming and pending approval from the SWTA. The District has 4 Groups (Unity, Libro, 3 Legados, and La Quinta Tradicion) and 3 Committees (PI, H&I, and La Vina). The District will be attending the SWTA meeting in Temple seeking approval.

District 16 – Barbi H. – All Groups are doing well. At their last District meeting had two GSRs in attendance, and are trying to get more people involved.

District 17 – Cathy (for Steve J.) – Not much going on. Looking into what the District can do further for the Groups.

District 18 – Gil C. – (Absent – No Report) Lewis The Downtown Group will be holding a Bar-B-Que on the 22<sup>nd</sup> starting at 6:30 with a speaker at 8:15 PM. They will be helping with the SAMSO Workshop. Bill T. made mention that he had spoken with Gill C. who has suggested to the District that they elect a new DCM. He also mentioned that there is a new meeting/ group by McCreless called the Get A Life Group which meets on Thursdays at 7:00 PM. Location information will be printed in the *Nightcap*.

District 19 – Bill T. – Not much going on..

---

#### Old Business –

(AGENDA ITEM: SAMSO Workshop) Bill T. The "Gratitude Fest," SAMSO Workshop will be held on the second Sunday, November 10<sup>th</sup> from 10:00 AM to 4:30 PM at the New Downtown Group, 1501 East Commerce @ Hackberry. There will be service displays and presentations all day by our standing committees, a Bar-B-Que dinner, and past SWTA Delegate, Larry Yarrington, will be our featured speaker. Assistance will be needed with set up, and clean up, and those attending are also asked to bring a side dish.

(AGENDA ITEM: Purchasing of SAMSO Service Page in the Nightcap) Bill T. still doing research the past CSO minutes. Anyone wishing to submit a service related article it will be printed. Deadline is the 20<sup>th</sup> of the month.

#### New Business –

Bill T. As to the Climate controlled storage facility issue being taken back to the Groups, it will be shared with CSO, and the proposed total cost of \$30.00 per month would be split between CSO and SAMSO.



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

Respectfully Submitted:

Glenn C. (for Steve J.) – SAMSO Secretary

# NOVEMBER 2000

THE IF YOU HAVE TIME ON YOUR HANDS HERE'S SOMETHING TO DO CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CFC meeting Club 12 - 7P	2	3	4 Dist 1A Work- shop Winners Club 1-4 PM
5 AMSO Steering ommittee meeting Club 12- 4 pm	6 GV meeting Jim's 410-Blanco 7:30	7	8 Bulverde Group 15th Anniversary & Bar B Q PI&CPC Meeting 7PM Club 12	9	10	11 H&I meeting Club 12
12 SAMSO Work- shop 10A-4:30P @ New down- town group Bar-B Q and Service	13	14 Group 12 Group conscience 5:30	15	16 5:45 PM CSO Board meeting	17 Hondo Gratitude meeting	18
19 SAMSO Meet- ing/6:30/ COR Meeting 5:30 St. Andrews//Dist 1A - 16-19 meet 5:30 Dist 17 Meets 5Pm 410-Blanco Jim's Restaurant	20 NIGHTCAP Deadline	21	22	23 Thanksgiving Din- ner @ Club 12. 12:30/ Club 12 dance 8- midnite	24 Birthday Night Group 12./ Marymont- Rushhour/ Colonies North SWLoop,El Libro Grande	25 Birthday night Schertz-Cibolo Winners Club/ Lambda/
26	27 Birthday night Alamo Hts	28 Birthday Night Valley Hi/ Windcrest/ Santa Fe/Life Support/ Acceptance	29 Birthday Night Oblate, Womens Big Book/ Northwood	30 Birthday Night Goliad/ Devine/ Ft Sam N.San Pedro Stahl Road		



## The Brick

A young executive was driving his brand new Jaguar in an area where there were usually several children playing in the street. He thought he saw something darting out from between parked cars and slowed down. As his car passed, no children appeared. Instead, a brick smashed into the Jag's side door! He slammed on the brakes and spun the Jag back to the spot from where the brick had been thrown. He jumped out of the car, grabbed some kid and pushed him up against a parked car shouting, "What was that all about and who are you? Just what the heck are you doing?"

Building up a head of steam he went on. That's a new car and that brick you threw is going to cost a lot of money. Why did you do it?" "Please, mister, please. I'm sorry, I didn't know what else to do!" pleaded the youngster. "I threw the brick because no one else would stop...tears were dripping down the boys chin as he pointed around the parked car. "It's my brother," he said. "He rolled off the curb and fell out of his wheelchair and I can't lift him up."

Sobbing, the boy asked the executive, "Would you please help me get him back into His wheelchair? He's hurt and he's too heavy for me." Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat. He lifted the young man back into the wheelchair and took out his handkerchief and wiped the scrapes and cuts, checking to see that everything was going to be okay.

"Thank you and God bless you," the grateful child said to him. The man then watched the little boy push his brother down the sidewalk toward their home. It was a long walk back to his Jaguar..... a long, slow walk.

He never did repair the side door. He kept the dent to remind him not to go through life so fast that someone has to throw a brick at you to get your attention. God whispers in your soul and speaks to your heart.

Sometimes when you don't have time to listen, He has to throw a "brick" at you. It's your choice: Listen to the whisper Or wait for the brick.

# EVER BEEN ON A DRY DRUNK?

## CHECK LIST:

SELF-PITY

SICK PRIDE

RESENTMENT

RUDENESS

CRITICISM OF OTHERS

After ten years of exposure to the AA program, I still experience that periodic phenomenon referred to as the "dry drunk. To my own amazement and everlasting gratitude, the last seven of those years has been a period of uninterrupted sobriety. This fortunate condition has certainly been brought about by a Power infinitely greater than my puny capabilities. I believe that the times of the greatest danger of self-destruction during these years were those when I, consciously or otherwise, attempted egotistically to take over the reins of my life and tried to exercise total control over my own affairs.

This usually resulted in a dry drunk. What is a dry drunk? The following description is based on a personal viewpoint; but is also supported by those ideas, which I have heard expressed at many meetings.

An alcoholic appears capable of emotional extremes ranging from feelings of unbounded elation to depths of dark despair. As an imperfect but perhaps helpful analogy, we might compare the personality of an alcoholic with a weather map. A dry drunk is an emotional storm. The emotions of an alcoholic can fluctuate much in the manner of weather fronts.

When all seems to be comparatively well for the recovered alcoholic, his general feeling of well being is like a high pressure" weather area. This is a large mass of cool, dry air, usually accompanied by clear, blue skies and lots of pleasant sunshine. As long as we try to carry the message to others, attend meetings regularly, and seek God's guidance every day, we are frequently gifted with a sunny, love filled spirit —our own inner high-pressure area. You know, of course, that the weather changes: day by day, little by little, the cool, stimulating air may be replaced with uncomfortable oppressive, moisture-laden air. There develops a turbulence and confusion in the atmosphere, similar to the turbulence and confusion in the mental atmosphere of an alcoholic on a dry emotional jag.

This is why we are cautioned against fatigue. Take a particularly difficult day with a sufficient number of negative events, mix in normal amounts of twentieth-century stress, give this dose to a fatigued alcoholic and you have a nice dry drunk in the making. Of course we can help it along by skipping lunch, rushing at a double-time pace all day long, and engaging in the doubtful luxury of such emotions as anger and worry.

I learned that, in my own case, I was more apt to become irritable and confused toward the end of the workweek, when accumulated tensions and lack of rest were at their worst. Things looked darker on Friday than they did on Monday morning. In time, I was able to realize that the things, which seemed so important on Friday, were really minor, and that such an outlook was due mostly to my failings and not to circumstances.

We all realize that there are ways of modifying or preventing dry drunks. A dry drunk is basically an illustration that we have much progress to make in our application of the AA program.

The antidote is contained in the Twelve Steps. We should attend more meetings; we should seek ways to help other members — even a simple telephone call to inquire about a fellow member can shake us loose from our exaggerated self-concern. No one can express love and self-pity at the same moment; showing concern for others helps us to see how foolish we have been, how we have literally trapped ourselves in the familiar mental "squirrel cage." When nothing else avails, we can say, "Today I am sick." Of course, this does not mean physically sick, but refers more to a spiritual disorder — separateness from God, as we understand Him. During an emotional bender, the admission that we are powerless over our rampant thoughts, and that our lives are even more unmanageable than usual, is an act which equates with Step One.

I believe a dry drunk is a period of temporary insanity for the sober alcoholic. Step Two says: "Came to believe that' a Power greater than ourselves could restore us to sanity." A dry drunk is a self-imposed separation from others and from God. We try to run on our own current, like a battery without a generator, which soon runs down and becomes quite dead.

Step Ten — the Step of continuing personal inventory — should certainly be emphasized following a dry drunk. We should attempt, in a spirit of humility and deep reflection, to see clearly where we were wrong. It helps to discuss these failures with other members, in order to crystallize our mistakes and prevent their recurrence. A series of unexpected conditions may have helped to bring about our emotional upheaval; this does not justify it, but only indicates that we are in definite need of further spiritual development.

Perhaps, in the last analysis, a dry drunk is mostly a childish tantrum, an interval of immaturity, a regression those frantic drinking days of self-will run riot. Nevertheless, it can still be a perilous period for the alcoholic struggling for recovery. I know that there have been dark days when a will infinitely greater than my own has been responsible for my sobriety.

## THE TIME-TESTED PROGRAM OF RECOVERY

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 designed to drain of 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, Ill  
Reprinted with Permission AA Grapevine, Inc. (Oct. 1981)

# NIGHTCAP SUBSCRIPTION FORM

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

SUBSCRIPTION COST \$3.00 for 1 YEAR  \$ 6.00 for 2 YEARS  \$9.00 for 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