

'THE NIGHT' GAP

Published monthly by the San Antonio Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and South-west Area groups.

Address all communications to:
THE NIGHT GAP, Lexington Bldg.,
109 Lexington Avenue, Suite 215,
San Antonio, Texas 78205. Tele-
phone: 226-2523.

VOLUME SEVEN

OCTOBER 1979

NUMBER 18

THE DRY-DRUNK

"Dry-drunk" is a term describing the state of the alcoholic who is uncomfortable when he is not drinking. The dry-drunk syndrome is a group of symptoms that occur together and constitute an abnormality. Since the abnormality of the alcoholic's attitudes and behavior during his drinking career is generally recognized, the persistence of the character traits after the alcoholic stops drinking might seem equally abnormal. Therefore the term "dry-drunk" alludes to the absence of favorable change in the attitudes and behavior of the alcoholic who is not drinking. From this lack of change it is inferred that the alcoholic (man or woman) is experiencing discomfort in his life. The syndrome can occur in all alcoholics (no matter how long they have been sober), and there is little doubt as to the source of discomfort.

The phrase "dry-drunk" has two significant words for the alcoholic. "Dry" simply refers to the fact that he abstains from drinking, whereas "drunk" signifies a deeply pathological condition resulting from his use of alcohol in the past. Taken together these words suggest intoxication without alcohol. Since intoxication comes from the Greek word for "poison," dry-drunk implies a state of mind and a mode of behavior that are poisonous to the alcoholic's well-being. The person undergoing a dry-drunk may exaggerate his own importance at the expense of others. He may overestimate his own abilities, intelligence, and judgment, or live beyond his means. In any case, his behavior is markedly unrealistic and, depending on circumstances, it can range from ridiculous to cruel. By referring everything in his environment TO HIMSELF, the alcoholic seems to be unaware of the needs and feelings of other people.

Tense impatience describes the alcoholic's reaction to others or to life itself. Typically, the alcoholic seeks immediate reward for his efforts and immediate release from stress or strain. He is easily bored, distracted, or disorganized. He seems to be constantly dissatisfied with his life. During his drinking years, the alcoholic has learned to rely on a deeply inadequate, radically immature approach to solving life's problems (by turning to the bottle). The alcoholic who is aware of the mental stress of the dry-drunk will instinctively seek to further his AA involvement. He should be given every encouragement to consider long and hard whether the 12 Steps of AA are still valid for him. Hopefully, he will begin to appreciate the ironic folly of an alcoholic who thinks his life has suddenly become manageable again; whose sanity is beyond question; who sees no need of turning his life over to a power greater than himself; who finds personal inventories unnecessary since he is seldom wrong; who is no longer subject to the embarrassing need of repairing the wrongs he has done. Once he awakens to this irony--that it is he, still unmanageable, still powerless; who has made this remarkable "recovery"--he may feel sufficiently mortified to want (to find himself outside of himself) and to change.

Excerpts from "The Dry-Drunk Syndrome"
by R. J. Solberg

SPECIAL NOTICES

On October 11-14 the 29th Annual Southwest Texas Area Conference will be held in San Antonio. There will be an Area Assembly on Saturday morning and at this time Area servants will be selected, including a new delegate, alternate delegate, area chairman and alternate, and area secretary-treasurer. Two important considerations should be going through our minds right now. Who is eligible to vote and who is eligible for each office? Only an elected GSR can cast a ballot for that group; an elected alternate can vote only if the GSR is absent. They should both be currently serving officers, listed with the Area secretary. The Area officers, delegate, chairman, secretary-treasurer, and each district committee member have one vote. In the absence of any area officer the elected alternate may then cast a ballot. While other procedures may have been followed in the past, the 1978 Assembly voted adoption of the service manual suggestion on eligible voters. Those listed as eligible are those presently in office with terms normally ending December 31, 1979. Incoming GSR's and DCU's and their alternates whose 2 year terms become effective January 1, 1980, are not eligible to vote; however, it would be a real learning experience for them to attend this Assembly.

Here are a few of the election policies which have been traditionally followed in our Area:

1. Delegate candidates should be or have been alternate delegate, area chairman, or district committee member and have at least 6 years of continuous sobriety.
2. Area Chairman should be or have been past delegate, alternate delegate, alternate chairman, or district committee member and have at least 4 years of continuous sobriety.
3. Secretary-Treasurer should have a reasonable period of stable sobriety, a sense of order, and a willingness to discharge responsibilities involving detail. This post is usually filled on the recommendation of the newly elected delegate.
4. Qualifications for alternates are the same as those for principals.
5. Elections are for 2-year terms beginning January 1, 1980.

These qualifications and the procedures will be brought out in detail at the Conference.

DUE TO A CONFLICT WITH THE CLOSING DATE OF THE SOUTHWEST TEXAS AREA CONFERENCE, THE CENTRAL SERVICE OFFICE COMMITTEE AND GENERAL SERVICE REPRESENTATIVE MEETINGS NORMALLY HELD ON THE SECOND SUNDAY OF EACH MONTH, AT CLUB 12, HAS BEEN CANCELLED. THERE WILL BE NO CSOC AND GSR MEETING ON SUNDAY, OCTOBER 14.

WANTED: A Co-Chairman for the Prison Groups Committee. Anyone wishing more information regarding this volunteer job, please call your Central Service Office, 226-2523.

DOES YOUR GROUP SUPPORT THE 60-30-10 PLAN? First, take care of your basic group expenses; divide remaining funds as follows: 60% to your CSO; 30% to your GSO; 10% to your Area Committee. For more information call 226-2523.

SPECIAL FROM EDITOR--Inflation has hit your Central Service Office! In the early Sixties the Buck-A-Month Club was formed as a way for AA members to give individual support to CSO. The NIGHT CAP's rebirth in 1973, became a "come on" or "pelon" for being a member of the Buck-A-Month Club. The Central Service Office Committee and General Service Representatives attending the meeting on Sunday, September 9, 1979, decided by vote, that due to the rising cost of supplies, it would be necessary to double the amount of the Buck-A-Month Club, i.e., from \$12 to \$24 per year. This increase will be effective January 1, 1980.

Because of the above, we need to change the name of the Buck-A-Month Club to ????. Do you have a new name suggestion? Surely you do! Please send your suggestion, with your name, address, and phone number, to CSO, 109 Lexington Ave., Suite 215, San Antonio, TX 78205, to reach us before December 19. We will have an impartial judging and the NEW NAME will be published in the January issue of the NIGHT CAP. The winner will receive a copy of the book ALCOHOLICS ANONYMOUS. We sincerely need your help--all we can come up with is "Two-Buck-A-Month Club."
THERE'S GOTTA BE A BETTER NAME!

Dee S.

* * * * *

NEW MEETINGS

BOERNE ALANON MEETING--An Alanon meeting is now being held in the basement of St. Helena's Episcopal Church, Main Street, Boerne, on Sundays at 8 p.m. You area Alanon's come on out and help them get off to a good start.

KERRVILLE VA HOSPITAL has added a second AA meeting which is held on Thursdays at 2 p.m. in Room 489, at the hospital. This is a Closed meeting and all AA's are welcome.

JUNCTION GROUP holds an Open AA meeting on Tuesdays at 8 p.m. in the Methodist Church in Junction.

* * * * *

AROUND THE AREA

GROUP 12 will hold another of its famous plant and White Elephant Sales on Sunday, October 21, immediately following the 11 a.m. meeting. It is strictly "first come, first served" so be an early bird for the best bargains!

MEETING DAY CHANGE--The Kerrville Group has moved their Monday meeting to Tuesday at 8:30 p.m., at 720 Tivy Street. This is a Closed meeting.

NEW BRAUNFELS AA 24-HOURS A DAY--746 S. Seguin Street (phone 625-7034), has a meeting every day of the week and the Club House is open 24 hours a day. All meetings begin at 8 p.m. with the exception of the Wednesday (Spanish speaking) meeting at 8:15 and the Saturday Barefoot meeting at 11 p.m. Their Alanon meeting is on Monday at 8 p.m.

THE HAVEN GROUP IS IN NEED OF YOUR PHYSICAL SUPPORT! It is located at 1640 W. Woodlawn. They have three meetings a week, Tuesday, 8:15 p.m., Open discussion; Friday, 10:15 p.m., Open Speakers; Sunday, 5 p.m., Open Speakers. For more information please call 734-8604.

THE GOLIAD GROUP especially needs your physical support with their Beginner's meeting on Tuesdays at 8:15 p.m., 537 Avondale; phone 532-0371.

CONVENTIONS/CONFERENCES

29th SOUTHWEST TEXAS AREA CONFERENCE--October 11-14, at the Holiday Inn, 318 W. Durango. For more information, call the Central Service Office, 226-2523.

34TH TRI-STATE CONVENTION--October 18-21. Headquarters at the Sheraton Bossier Inn, Bossier City, Louisiana. No registration fee! For advanced registration and Banquet Tickets (\$15 per person), write to Convention Chairman, Highland Club, 1711 Tulane Ave., Shreveport, LA 71103. Make your room reservations direct with the hotel of your choice.

ARIZONA STATE AA CONVENTION--October 26, 27, 28, 1979. Ramada Inn, Tucson, 404 North Freeway. For more information call 602-624-4183.

ANNUAL HAWAII AA CONFERENCE--November 1-4. In Waikiki at the Ilikai Hotel. Write to Hawaii Conference, 1561 B Hokuia Dr., Kailua, HI 96734, or call Barbara at 808-261-7097. \$40 conference fee includes all meetings, reception, entertainment, dinner and dance, and brunch on Sunday.

BORDER CONFERENCE--Del Rio, Texas. December 7, 8, 9. The Biggest Little AA Conference in Texas. Write to Chairman, P. O. Box 1442, Del Rio, TX 78840, or call 512-775-2880 for more information.

BROWNSVILLE--6TH ANNUAL LOWER RIO GRANDE VALLEY JAMBOREE--January 4, 5, 6, 1980. For information write to P. O. Box 3383, Brownsville, Texas 78520.

* * * * *

HOSPITAL ZONE

VILLA ROSA AA GROUP--holds its Open Speakers meeting on Tuesdays at 8:15 p.m. The AA groups responsible for furnishing speakers for the month of OCTOBER are:

Marymont Group	October 2, 16
Downtown Group	October 9, 23
Young People's Group	October 30

SALLY GROUP--holds its Open Speakers meeting on Wednesdays at 8:15 p.m., at 1324 S. Flores. AA groups responsible for furnishing speakers for the month of OCTOBER are:

Alamo Heights Group	October 3, 10
N. San Pedro Group	October 17
Northwest Group	October 24, 31

VA HOSPITAL GROUP--holds Beginners' Discussion meetings every Thursday at 8:15 pm in Room E-136, Audie Murphy VA Hospital.

PARK NORTH GROUP--holds Open Discussion meetings at 8:15 p.m. on Wednesday and Friday in the Park North General Hospital Cafeteria, 4330 Vance Jackson.

GRUPO DEL SOL--holds a Friday night Open Speakers' meeting at 8:15, at 321 Frio City Road. Bi-lingual Volunteers needed.

DATES TO REMEMBER

THE SERENITY GROUP celebrates its 13TH ANNIVERSARY on Friday, October 26, at 8:15 p.m., in its regular meeting place (conference room of San Antonio State Chest Hospital, S. W. Military Drive, across from Brooks Aero-Space Center). Let's all help this group celebrate their Anniversary and prove that Number 13 is NOT UNLUCKY!

THE ADMINISTRATIVE BOARD OF THE CENTRAL SERVICE OFFICE will hold a regular meeting on Tuesday, October 2, at 7 p.m., Suite 215, 109 Lexington Avenue.

GRUPO UNIDAD AA meeting at 7 p.m. on Saturday, October 13, 3210 W. Commerce, followed by games. Everyone is welcome, so be there!

24-HOUR GROUP, 1203 Fredericksburg Road, holds its regular monthly dinner on Sunday, October 28, at 1 p.m.

GOLIAD AA GROUP, 537 Avondale, holds its monthly dinner on Sunday, October 21, at 6 p.m. and meeting at 7:30. All other Sunday meetings are at 8:15 p.m.

GROUP 12 will hold its monthly dinner and games at 7 p.m. on Saturday, October 27, at 102 Thames Blvd.

* * * * *

PIC: 8-17-79 - 9-15-79

Ed B. gave a talk and presented a film at the Bridge Home for Disturbed Children.

Tony N. recorded a 2-minute radio talk for station FGHM.

Helen T. and Joe G. presented a talk at Kelly Air Force Base.

John H. gave a talk at Ft. Sam Houston for Health Science Services.

John H. and Eliz C. were on the Mary Denman Show.

Joe G. gave a talk to Exxon Employees.

STATS: 8-17-79 - 9-15-79

AA	281
Alanon	52
Information	215
Students	6
PI	<u>1</u>
Total Inquiries	555

* * * * *

IN MEMORIAM

Evan Helvin Cole III, August 30, 1979, San Antonio, Texas.

TO THE FAMILY AND FRIENDS, WE EXTEND SINCERE SYMPATHY AND OUR PRAYERS THAT THEIR BEREAVEMENT MAY BE TEMPERED BY REFLECTIVE THOUGHT UPON THE HAPPINESS SHARED.

* * * * *

NEWS FROM FAR AWAY PLACES (and elsewhere)

Boerne, Texas: There were two drunks sitting in the local tavern, one was bald as a peeled onion, the other had hair as red as a carrot! The "carrot head" said to the "onion head"--"You must have been standing behind the door when they were passing out hair." The "onion head" retorted, "Naw, I wasn't, when they got to me all they had left was that red stuff and I told 'em I didn't want any!" (Guess they were just plain old "garden variety" drunks--Pardon the pun!)

CENTRAL SERVICE OFFICE - SAN ANTONIO
RECEIVED SEPT. 21, 1979

<u>GROUP</u>	<u>SEPT.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>SEPT.</u>	<u>TO DATE</u>
Alamo Heights	0	135.00	Park North (W)	15.00	110.00
Audubon	20.00	70.00	Park North (F)	55.00	220.00
Broadway	10.00	265.00	Randolph Fellowship	0	10.00
Callaghan	10.00	240.00	Reality	0	0
Colonies North	30.00	30.00	Reliance	0	6.00
Downtown	0	240.00	Sahara	0	20.00
Fellowship	0	0	SASH	0	35.00
First Step	0	0	Santa Fe	20.00	20.00
Ft. Sam Houston	25.00	200.00	Serenity	15.00	135.00
Frontier	0	40.00	Southwest Loop	0	60.00
Goliad	70.00	245.00	Spiritual Life	0	0
Group 12	100.00	750.00	Stepping Stones	36.00	366.00
Grupo Del Sol	0	41.40	Sunrise	0	5.00
Grupo Unidad	0	50.00	Sunset	15.00	135.00
Highlands	20.00	180.00	The Haven	40.00	130.00
Hope	0	0	Triangle	0	0
Kingsboro	0	15.00	24 Hour	0	75.00
Laurel Heights	15.00	145.00	Universal City	0	300.00
Marymont	0	55.00	VA Hospital	0	60.00
Northeast	0	90.00	Valley Hi	0	150.00
N. San Pedro	20.00	300.00	Villa Rosa	0	200.00
Northwest	20.00	160.00	Wesley	0	22.00
Northwood	0	250.00	Windcrest	15.00	135.00
Open Door	0	105.00	Young People	0	75.00

30 Groups \$631.00
Buck-A-Month \$172.00

AREA

Bandera	0	0	Lytle	0	0
Bridge (N.B.)	0	60.00	New Braunfels	0	0
Canyon Lake	30.00	70.00	Pearsall	0	60.00
Floresville	20.00	60.00	Pleasanton	0	30.00
Fredericksburg	0	12.00	Seguin	0	0
Hill Country Grp.	0	0	Women's Serenity (Kerrville)	0	20.00
Kerrville	30.00	30.00			

MEMORIAL CONTRIBUTIONS

None

INDIVIDUAL CONTRIBUTIONS

Audrey B.
George M.

BUCK-A-MONTH CONTRIBUTION FORM

Central Service Office - 109 Lexington Ave., Suite 215, San Antonio, Tx, 78205
Please enter my contribution to the BUCK-A-MONTH for _____ months.
Donation is enclosed on the basis of \$1.00 per month.

NAME _____ STREET _____
CITY _____ STATE _____ ZIP _____