

# THE NIGHTCAP

## A A IN SOUTHWEST TEXAS

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### ALCOHOLICS ANONYMOUS AND THE "HIGH BOTTOM" ALCOHOLIC

How far down the path of alcoholism do you have to go in order to qualify for membership in Alcoholics Anonymous?

Not very far. The A.A. preamble states, "The only requirement for membership is a desire to stop drinking." And that is an individual decision.

In the early years, most A.A. members spoke of losing jobs and families, of time spent in hospitals, jails, and skid rows across the nation. Today, however, the profile of A.A. membership has changed. Newer members come in speaking of days lost from work, of marital problems. Yet they feel the remorse and shame common to all alcoholics.

They may not have had blackouts (memory lapses) or taken the morning drink. They may not have had the shakes and the sweats. Yet they have experienced many symptoms of alcoholism typical of the skid-row alcoholic.

There is no difference as far as A.A. membership is concerned. Both types are alcoholics.

However, those who have stopped while they still have job, family, and position in the community are often referred to as "high bottom" alcoholics, where as those who have been hospitalized and jailed, lost family and job, are called "low bottom" alcoholics.

The difference between the two categories is that a taste of the horror of alcoholism has been more than enough to convince the high bottom alcoholic that he has a problem with alcohol.

The low-bottom alcoholic needs a little more persuasion--hospitalization, jail, dismissals, divorce court, etc. Unfortunately, some alcoholics are never convinced. They are committed to a mental hospital, some with permanent brain damage. Or they die.

In large measure some of today's A.A. members owe their early recovery to the fact that the disease of alcoholism has been recognized at all levels as a national public health problem.

They may have been referred to A.A. by a doctor, psychiatrist, or clergyman. A relative or a friend may have read about A.A. in a national magazine or newspaper. They may have seen a movie or television drama dealing with alcoholism and A.A.

They may work for one of the hundreds of companies in the United States that have programs to combat alcoholism among employees, where counselors note absenteeism or a suspicious pattern of work behavior.

Once an individual joins A.A., he can identify with the progression of alcoholism in the stories of other members - many of whom have endured more mental, physical and spiritual suffering.

He will note that the disease gets worse over the years - never better. He will learn from others who have "experimented" that no period of abstinence - days, months, or years - will enable him to drink safely again. He will learn from the experience of other A.A.'s that he can maintain his health, happiness, and spiritual well-being by staying away from one drink one day at a time. And he will become grateful that he is a high-bottom alcoholic.

#### ANONYMITY

Thousands of words have been written and many more spoken at A.A. meetings about this subject. Most of us have our personal view on this matter, but BW sums it up as follows: "In my view, there isn't the slightest objection to groups who wish to remain strictly anonymous, or to people who think they would not like their membership in A.A. known at all. That is their business, and this is a very natural reaction.

"However, most people find that anonymity to this degree, is not necessary, or even desirable. Once one is fairly sober, and sure of this, there seems no reason for failing to talk about A.A. membership in the right places. This has a tendency to bring in other people. Word of mouth is one of our most important communications.

"So we should criticize neither the people who wish to remain silent, nor even the people who wish to talk too much about belonging to A.A., provided they do not do so at the public level and thus compromise our whole Society."

We are indebted to the GV (and Helen M) for the following: A general handyman in an English village, who had had occasional spells of drinking but had been sober for a long time: One day, however, a nosy and terribly respectable old woman stood up at a church meeting and accused him of reverting to his drunken ways, her evidence being that she had seen his wheelbarrow parked outside the local pub for several hours. The wrongfully accused man made no defense. That evening, he put his wheelbarrow alongside her front gate and left it there overnight.

And now this on living in the present and "One Day at A Time" I will live this day as if it is my last. And what shall I do with this last precious day which remains in my keeping? First, I will seal up it's container of life so that not one drop spills itself upon the sand. I will waste not a moment mourning yesterday's misfortunes, yesterday's defeats, yesterday's aches of the heart for why should I throw good after bad? Can sand flow upward in the hour glass? Will the sun rise where it sets and set where it rises? Can I relive the errors of yesterday and right them? Can I call back the wounds of yesterday and make them whole? Can I become younger than yesterday? Can I take back the evil that was spoken, the blows that were struck the pain that was caused? No, Yesterday is buried forever and I will think of it no more.

I will live this day as if it is my last!

And what then shall I do? Forgetting yesterday neither will I think of tomorrow. Why should I throw Now after Maybe? Can tomorrow's sand flow through the glass before today's? Will the sun rise twice this morning? Can I perform tomorrow's deeds while standing in today's path? Can I place tomorrow's gold in today's purse? Can tomorrow's child be born today? Can tomorrow's death cast its shadow backward and darken today's joy? Should I concern myself over events which I may never witness? Should I torment myself with problems that may never come to pass? No! Tomorrow lies buried with yesterday, and I will think of it no more. (OGM)

Dealing with Resentments. Resentment is the Number One offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have also been spiritually ill. When our spiritual malady is overcome, we straighten out mentally and physically.

In dealing with our resentments, we set them on paper. We listed people, institutions, or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships were hurt or threatened. (BW)

The following are as food for thought: "Take heed that ye do not your alms before men, to be seen of them; otherwise ye have no reward of your Father which is in heaven. "Therefore, when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do, in the synagogues, and in the streets, that they may have glory of men. Verily I say unto you, they have their reward. "But when thou doest alms, let not thy left hand know what thy right hand doeth; that thine alms may be in secret; and thy Father which seeth in secret, himself shall reward thee openly."

And remember this when you begin feeling sorry for yourself: "I had the blues ... because I had no shoes ... until upon the street, ... I met a man who had no feet."

And how will I speak? I will laud mine enemies and they will become friends. I will encourage my friends and they will become brothers. Always will I dig for reasons to applaud; never will I scratch for excuses to gossip. When I am tempted to criticize I will bite on my tongue; when I am moved to praise, I will shout from the roofs.

**FAILURE WILL NEVER OVERTAKE YOU IF YOUR DETERMINATION TO SUCCEED IS STRONG ENOUGH!**

"Not Allied with Any Sect. . . . While A.A. has restored thousands of poor Christians to their churches, and has made believers out of athiests and agnostics, it has also made good A.A.'s out of those belonging to the Buddist, Islamic, and Jewish faiths. For example, we question very much whether our Buddist members in Japan would ever have joined this Society had A.A. officially stamped itself a strictly Christian movement.

You can easily convince yourself of this by imagining that A.A. started among the Buddhists and that they then told you you couldn't join them unless you became a Buddhist, too. If you were a Christian alcoholic under these circumstances, you might well turn your face to the wall and die." (BW)

#### LITERATURE NEWS:

Tapes are now available in the Central Service Office: "Voices of Our Co-Founders" and "Bill on the 12 Traditions". New Publications: Dr. Bob & the Old Timers. Lois Remembers.

There will be an administrative Board meeting of the CSO on Tuesday September 9th.

Also, CSOC-District I meeting at Club 12 on September 14th, 7:00 PM.

The 24 Hour Group had its 15th year anniversary party on Aug. 30th.

The ARC will have a special meeting on Labor Day. The meeting chaired by Winnie C. will feature Bill C and Sean Moore as speakers. A barbecue will follow the meeting. \$3.00 for adults, \$2.00 for children. There will be dancing with "live" music.

Group Change - Park North Wednesday and Park North Friday will be combined into one group. The Wednesday Group will be discontinued.

A.A. in El Paso will be 35 years old in September. They will celebrate with a Birthday Party on September 13th which is a Saturday. Bob S from New Jersey will be guest speaker. There will be fun and games for everyone. Registration begins at 10:00 AM at the McKelligon Canyon Pavillion.

The 17th annual Northeast Texas Area Fall Assemble & Convention will take place on September 26,27 & 28, 1980 at the Quality Inn-Bibolo, in Arlington, Texas. Conderence Theme is "Principles Before Personalities". Registration begins at 3:00 P.M. on Friday Sept. 26th Make Room reservations directly to Quality Inn-Cibola, 1601 E. Division Arlington, Tex 76011 or call: 1 817 261-2300.

Colorado State A.A. Convention will take place on Sept. 26, 27 & 28 in Colorado Springs. Convention will be held at the Four Seasons Motor Inn at I-35 & Harrison, Colorado Springs. Registration begins at noon on Sept. 26th.

You are reminded that the Kingsboro Group, (bi-lingual) meets every Wed. at 8:00 PM. The place is the Unity Club, 3210 West Commerce. Open Discussion.

CSO STATISTICS FROM July 15 thru Aug. 15th.

AA	261
Alanon	56
Information	181

The following are dedicated, hard working A.A.'s who voluntarily gave of their time and talents to carry the message to others during the month. This is accomplished through lectures, showing of film etc.

July 16	Bexar Co. Adult Probation	Bill S.
16	Century Lions Club	Bill S.
17	Patrician Movement	Bill S.
24	Patrician Movement	Jerry B.
28	SASH	John H.
30	Club 12	Bill S.
31	Kiwanis Club (Alamo)	Bill S.
31	Patrician Movement	Jerry B.
Aug. 3	Club 12	Jerry McC.
6	Bexar Co. Probation	Bill S.
7	Villa Rosa	John H.
8	Patrician Movement	Tony W.
11	Club 12 Alanon	Bill S.
12	SAC Counseling Class	Joe G.
13	Dept. of Human Resources	Bill S.

SALLY GROUP: The following groups are responsible for the meeting on:

Sept. 3	Valley Hi Group	Sept. 10	Valley Hi
Sept. 17	Santa Fe Group	Sept. 24	Wesley Group

VILLA ROSA:

Sept. 2	Serenity Group	Sept. 9	Northeast Group
16	Grupo Unidad	Sept. 23	Serenity Group
30	Northeast Group		

FRONTIER GROUP:

Sept. 6	Club 12	Sept. 13	Club 12
20	Club 12	Sept 27	Club 12

Club 12 has a covered dish supper on the Second Saturday of each month. Also, a special party night and dinner on the last Saturday of each month. Both of these events begin at 7:00 PM.

Goliad Group - Third Sunday of each month, Barbecue at 6:00 PM.

Haven Group - Second Sunday - Barbecue 2:30 to 4:30 PM.  
Regular meeting follows at 5:00 PM. Other meetings - Discussion Tuesday 8:15 PM. Speakers Saturday 8:15 PM - Open Speakers Sunday 5:00 PM.

IN MEMORIAM: George Kirkland, July 21, 1980. George was a very beautiful person who helped many of us in AA.

CENTRAL SERVICE OFFICE SAN ANTONIO  
RECEIVED AUGUST 18, 1980

<u>GROUP</u>	<u>AUGUST</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>AUGUST</u>	<u>TO DATE</u>
Alamo Heights	\$ 0	\$105.00	Open Door	\$ 0	\$ 23.00
Audobon	0	0	Park North	45.00	375.00
Broadway	35.00	265.00	Randolph Fellowship	0	10.00
Callaghan	25.00	200.00	Reality	5.00	30.00
Coker Group	0	0	Reliance	0	52.27
Colonies North	0	325.00	Sahara	0	0
Downtown	0	0	SASH	0	45.00
Eisenhauer	0	15.00	Santa Fe	0	0
First Step	0	30.00	Serenity	15.00	120.00
Ft. Sam Houston	25.00	220.00	Southwest Loop	20.50	70.50
Frontier	10.00	30.00	Spiritual Life	0	0
Goliad	20.00	115.00	Stepping Stones	25.00	205.00
Group 12	100.00	900.00	Sunset	15.00	135.00
Grupo Del Sol	0	10.00	Tejas	50.00	315.00
Grupo Unidad	0	20.00	The Haven	0	80.00
Highlands	20.00	180.00	Triangle	0	0
Hope	0	0	24 Hour	0	0
Kingsboro	5.00	15.00	Universal City	0	60.00
Lambda	5.00	40.00	VA Hospital	0	45.00
Laurel Heights	15.00	130.00	Valley Hi	20.00	140.00
Mary Mont	40.00	130.00	Wilford Hall	10.00	10.00
Northeast	30.00	120.00	Windcrest	0	90.00
North San Pedro	20.00	180.00	Villa Rosa	50.00	225.00
Northwest	49.80	189.80	Young People	0	95.00
Northwood	100.00	300.00			

26 Groups.....\$770.30  
Buck A Month           36.00

		<u>AREA</u>			
Brazos Valley	0	27.51	720 Group - Kerrville	0	45.00
Bridge (N.B.)	0	0	Lytle	0	0
Caldwell Group	0	15.00	New Braunfels	0	0
Cameron Group	0	8.00	New Braunfels Home Group	0	5.00
Canyon Lake	0	10.00	Pearsall	0	60.00
Floresville	15.00	45.00	Pleasanton	0	0
Fredericksburg	0	0	Rockdale	0	8.00
Hill Country	0	0	Seguin	0	0
Kerrville	0	0	Sliding Door - Corpus	0	10.00
Kerrville Big Book	0	25.00	Women's Serenity - Kerrville	0	0

MEMORIAL CONTRIBUTIONS

For George K. from Hod G.  
For Ross L. from C.I.T., F.M. & Bill S.

BUCK A MONTH CONTRIBUTION FORM

Central Service Office - 109 Lexington Ave. Suite 215 - San Antonio, Tex. 78205  
Please enter my contribution to the BUCK A MONTH for \_\_\_\_\_ Months.

NAME \_\_\_\_\_ STREET \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_