

THE NIGHTCAP



Volume 33 Issue 9

September 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 welcome Mary S to the office as our new part-time employee.
- We currently are making plans for the CSO Open House on September 30th to celebrate 51 years in San Antonio and 51 years of the Nightcap 10 Am to 4 Pm 8804 Tradeway, San Antonio Texas, 78217
- By the time you read this we will have an E-mail address and we will put it on the masthead of the Nightcaps' next issue
- More will be revealed
- Your Manager Bill

Tradition Three

by Bill W.

February 1948

The Third Tradition is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self-protection, we do not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at the halfway mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully skeptically he comes back saying, "No, not a one." When he asks, "But certainly there must be some conditions," we quickly answer, "In Alcoholics Anonymous perhaps, he then inquires, "What is all this going to cost say, "Nothing at all, there are

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Our membership Tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight AA activities. One can think of no AA member who would like, for example, to see the formation of "dry" AA groups, "wet" AA groups, Republican AA groups, communist AA groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the AA name, even indirectly, to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that AA should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of AA therefore resolve that we shall always be inclusive and never exclusive, offering all we have to all, save our title. May all barriers be thus leveled, may our unity be thus preserved. And may God grant us a long life - and a useful one.

from *Language of the Heart*, pgs 79-80, with permission from AAWS

CSO BOARD OF TRUSTEES

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

Every member has a voice!



For some reason, A.A.'s who do the least, complain the most!
It's nice to be important,
but it's more important to be nice!
Forgiveness is giving up my right to offend you for hurting me!
The only thing a drunk can do alone is get sick!

SERVICE is the reason...

From the very beginning, Alcoholics Anonymous wasted no time nor effort in trying to determine the why of alcoholism or what causes the phenomenon. We were simply advised to accept the fact of our illness and get on with the recovery program. Not too many days gone by, I found myself thinking, "Why me?" It was not the old "Why me?" prompted by self-pity, but the realization that of all the people who were still suffering, somehow I was given sobriety. With an absolutely honest appraisal I could in no way understand why I had been selected to enjoy the blessings of our sober life when people all around were still in the darkness of alcoholism.

I found the answer in the very Steps of recovery I was encouraged to take, in the order they were written. The prayer in the Third Step in the Big Book held the key: "Take away my difficulties, that victory over them may bear witness to those I would help..." Perhaps there was a reason. Just maybe, a purpose could be found right here.

Soon, I was engulfed with the problems of defects and inventory. The purpose faded for a while, until I carefully read Step Seven. I believe I was at the time in desperate need to determine what was meant by humility and to just what degree one could humbly measure one's progress in that area. In those days, too, we argued a lot about how God was going to remove those defects, and we worried a lot while discussing the "very serious" difference between defects and shortcomings.

There were those words in the prayer mentioned in the Big Book discussion of Step Seven: "my usefulness to you and by fellows." The reason for my very existence must be to serve. Later on, that was clearly defined. "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." Service to God and

by fellows is the reason I am given sobriety, and there is no other reason. If I fail to serve, by purpose in life will be unfulfilled, and no doubt life itself will be taken away.

Long ago, I stopped praying for sobriety, because perhaps my Maker might think, "If he does not know what he has got, why, I might as well take it back. "Sooner or later, all our prayers might change from "What can you give to me? to "What have you got for me to do?" How best can I serve? I have always felt that if Recovery has taken place, Unity and Service must follow - completing the Three Legacies left to us by AA's co-founders. However, if Recovery is to be available in the group, Unity and Service must be part of that group. Which really comes first?

Yet for some unexplained reason, the word service is not well received in our fellowship. Put on a service meeting, and the attendance is sparse. I wonder how many people would attend if a Regional Forum was called a "regional service meeting?" People talk about "getting involved in service." Service is looked upon in many places as something separate and to be endured by only a few. I believe deeply in the recovery miracle of our program. I have experienced that recovery in my life.

I believe we have a great obligation to tell all people that we have a program of recovery that works. In many places, I shock our own members by saying I have recovered. I am no longer sick. I can no longer use the illness of alcoholism as an excuse for anything. There is a catch, however. If I fail to use my recovery in service to others, I will become sick again. So service becomes not only the reason for recovery, but the only way there is to maintain our recovery.

Let's not expect that even in the face of our current epidemic of alcoholism,

there is going to be a great public outcry. The recovery of millions of alcoholics depends upon us. That is an obligation; a responsibility that is mind boggling.

Alcoholics Anonymous is truly a "beacon light of hope for mankind" if each member works through the group—through recovery to service—we cannot number the lives that can be touched. Few human beings will ever enjoy the privilege that is ours. At first, I did not even know we had a Third Legacy. Then I became aware that the people who were active in serving the Fellowship were the very people I thought of when I heard the words: "If you want what we have..." Their example and that of countless others have led me in my journey with this great Fellowship. People like Bern Smith (one of AA's early nonalcoholic trustees) believed in giving their all. I remember Bern saying, "when they put me on the scrap heap of life, I want to be all used up."

Many times, my sponsor and I have been criticized by our mutual friends outside AA for doing what we do: nearly every weekend away from home and family; hours on end spent in airports. We discuss this, and every time we do, we come up with the same answer. We see what happens to people who do "retire," and we always say we had best keep doing what we are doing. You know, we haven't had to drink for a total of forty-six years between us.

No one will ever be able to say it any better than, nor, in fact, nearly as well as our co-founder Bill. He summed it up when he wrote: "God will constantly disclose more to you and to us. As Him in your morning dedication what you can do each day for the man who is still sick."

M.C. Winnipeg, Manitoba
From the AA Grapevine, 1979

Group Forum

GROUP UPDATES

New Group Carrizo Springs
O-Disc 1003 N 6th St
Our Lady of Guadalupe Rm 4
POC : Bob E 830-876-2611

New Group Above and Beyond
Thursdays 6pm/ Open/Non smoking
414 South Main Avenue Contact:
Trish D 521-3954

SW Loop 23rd Anniversary
22 September (birthday night also)
Everyone welcome

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

WHEN THE STUDENT IS READY THE TEACHER WILL APPEAR

It was Wednesday night at Marymont when we met. Harry and Joe were doing the "Basics." After the meeting Harry and I talked we would do a lot of that after Wednesday meetings. One night Harry asked for my help. He had a lung disease and the doctor wanted him to exercise. Harry was not fond of exercise and wanted company as we walked. That began my introduction to "Beyond the Basics". Harry would share his experience Strength and hope Like Bill talks about one alcoholic relating to another. Harry was a Big Book Thumper and believed the text was divinely inspired. Joe talked Harry into taping the Basics Meetings Harry hated the microphone, which was strange since working in Army Communications and Ham radio were his vocation and avocation. Less than a year later Harry would have to stop. The smoke at meetings became too much for his lungs. Even on oxygen Harry would continue to speak and share whenever and wherever he could. Even after radical lung surgery he was still attending two meetings a week. Countless members of the fellowship benefited from his insight. A few months back we said goodbye to Joe.

This month it was Harry's turn.

MSG Harry R (US Army retired) died sober 9 Aug at the age of 67 There was no funeral in keeping with his wishes, he wanted to leave this world with no fanfare. There will be a Family memorial service in Colorado at a later date. In lieu of flowers donations may be made to the American Lung Association

THINGS WE CAN NOT CHANGE

Fritz B passed away at the age of 89 years He was a member of the Highland Group with 46 years of sobriety. He stepped many people through the doors of AA, and will be greatly missed.

WORKSHOPS

Southwest Texas Area Voting
Conference October 27,28, 29
Temple Texas
1-800-749-0318 for
Reservations. Cutoff 13 Oct.
Speakers include:
Sandy C Little River, TX
Searcy, Dallas TX
Doris C Austin TX

Working With Wet Drunks!
Plus What to Do when You
Have Phone Duty...
September 23rd 2000 Club 12
1 PM in Non smokers room

SWRAASA 2000
Sponsored by Area 57
October 13-14-15
Oklahoma City Oklahoma
Reservations at Clarion
1-405-942-8511

How to hold an AA meeting
Part 2 Workshop
District 1A 1 4 Oct
Panel members:
Yolanda F (SWTA Delegate)
Rita L (SWTA Alt Delegate)
Larry Y (Past SWTA Delegate)
and Mike C



UPCOMING EVENTS

Bridging the Gap
7th Annual San Antonio Roundup
September 1-3, Holiday Inn Select
(Airport)
Speakers:
Reilly K Tiller Oregon—AA
Chris R Hunt TX—AA
Rosalia S-San Antonio-AA
Jonathon S San Antonio-AA
Tallie R- Belton TX —Al-Anon
Rayvin M San Antonio-Ala-Teen

Address PO box 12093
San Antonio TX 78212
E-mail
Phone(210)340-7084

Group 12 Group Conscience
5:30 September 12

55th Annual State Convention
Houston Texas September 1-2-3
Adams Mark Hotel
29000 Briarpark, @ Westhiemer
Reservations 1-713-978-7400
POC:

Pancake and Bacon Breakfast
fund raiser, Club 12 September
23rd 9-11:30 AM

Group 12 Birthday Night
September 29th

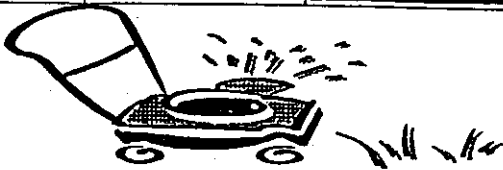
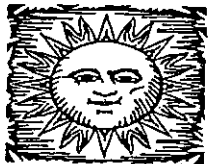
Club 12 dance 8P- 12A Sept 30

*****C S O Open House ****
8804 Tradeway, San Antonio
TX, 30 September 10AM-4PM
Celebrating 51 years in
San Antonio/Celebrating
51 Years of the Nightcap
Come see the new look.

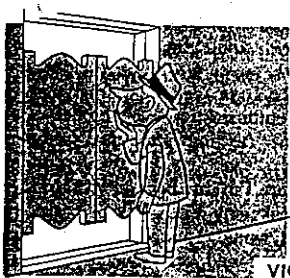
MaryMont's 25th Anniversary
and Annual Picnic Sun Oct 1
McAllister Park Pavillion 3
High Noon .
Speaker: Maddonna @ 3 PM

SEPTEMBER 2000

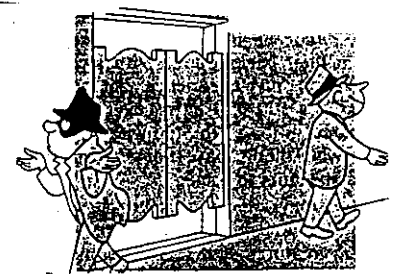
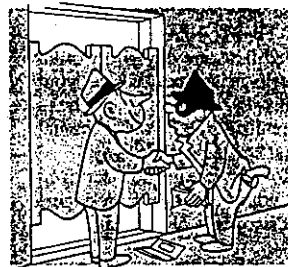
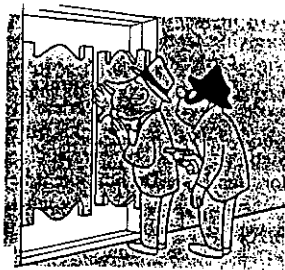
The if you have time on your hands here's something to do calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3 <small>6:00 PM SANSO Club 12 Meeting Committee Mtg 7:00 PM Andrew's Church Committee Mtg</small>
Bridging the Gap Conference San Antonio 55th Texas State Convention, Houston Texas						
4 7:30 PM GV Committee Mtg Jim's 410 & Blanco	5	6 7:00 PM CFC Mtg Club 12	7	8	9 2:00 PM H & I Mtg Club 12	10 Districto Hispano 2G meets 1917 Castrovilla Rd
11	12 Group 12 group conscience 5:30	13 7:00 PM P/CPC Mtg Club 12	14 5:45 PM CSO Board Mtg	15	16 Club 12 Dance 8-Midnite	17 <small>5:00 PM Dist 17 Mtg from 410 & Blanco Dist 17 meeting 12:15-1:15 Dance 5:30 PM JA & IA A19 District Mtg R Andrews Church DON Meeting 5:30 SANSO Meeting 6:30</small>
18	19	20 NIGHTCAP DEADLINE	21	22 SW Loop 23rd Anniversary and Birthday night	23 Pancake and Bacon Breakfast Club 12 9-11:30 Am Working with Wet Drunks Workshop, Club 12 1 PM	24 Districto Hispano 2G meets 1917 Castrovilla Rd New Life Grp Birthday night
25 Birthdays- Alamo Heights	26 Birthdays-Valley-Hi, Windcrest, Santa Fe, & New Acceptance Life Support	27 Birthdays-Oblate, Women's Big Book & Northwood	28 Birthdays-Goliad, Devine, Ft Sam, North San Pedro & Stahl Road	29 Birthdays- Pearsall (Come as You Are), SW Loop, Colonies North, El Libro Grande, Rush Hour, Group 12, Marymont	30 Birthdays-Schertz-Cibola, Lambda, & Winners Club Groups Winners Club Dances 8-12 CSO Open House 10-4	

To have your or group's event on the Nightcap calendar let your Central Office know by the Night cap deadline :0)



VICTOR E.



THE SLIP - Dr. William D. Silkworth - The Grapevine Jan. 1947

There is no reason to charge the slip to alcoholic behavior or a second heart attack to cardiac behavior. The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. THE PATIENT SIMPLY DIDN'T FOLLOW DIRECTIONS!

To the alcoholic, A.A. offers the directions, a vital factor, or ingredient of the preventative, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or the mechanics of A.A. but misses the philosophy or the spirit may get tired of following directions -- not because he is an alcoholic, but because he is human.

Rules and regulations irk almost anyone, because they are restraining, prohibitive, negative. The philosophy of A.A.,

however, is positive and provides ample sustained emotion -- a sustained desire to follow directions voluntarily.

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps in that he has been put on the defensive and consequently has developed frustrations. But in many instances, there is no more reason to be talking about the "alcoholic mind" than there is to describe something called the "cardiac mind" or the "TB mind".

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being -- afflicted with human nature.

September Birthdays

1 YR
Meranne B
David B
Tammy D
Michael F
Frances G
Katie H
Mike K
Jimmy H
Larry W
Allison T Mc
Randy R
Melissa S
Melissa H
Vicki H
John T
Joe B
Dan S

2 YRS
Joe Van W
Marydean B
Scott B
Dick T
James G
Terry S
Joe B
Rick C

3 YRS
Francesca C
Tom T

4 YRS
Mary A
Victor R

5 YRS
Tony B
Ted G



6 YRS
Irma W
Steven B
Jarrod S
Pat G

7 YRS
Gil C
Dennis D
Roger Y
Clyde L

8 YRS
Vincent S

9 YRS
R Stephan C
Terry K
Clayton M
Billy V Z
Bill H
Turner A
Lynn J

10 YRS
John R
Glenn C
Boyce J

11 YRS
Jim McL
Danny M

13 YRS

Jackie S
Phillip P

14 YRS
Debbie M
Jim D

16 YRS
Jerry W

17 YRS
Sylvia O
Larry S
Diana B
Sonny H
James R

18 YRS
Henry M
Cathy M
Hank S
Jim W

23 YRS
Bill H

24 YRS
Mae W

25YRS
Joe G

26YRS
Bill M
Paul R

28YRS
Tom R
Fran N

33 YRS
Nick M

35 YRS
Patty H

38 YRS
Roger D

43YRS
Gordon N

50 YRS
Dabney R



**SAN ANTONIO METROPOLITAN SERVICE ORGANIZATION
MINUTES OF THE AUGUST 20, 2000 MEETING**

In Attendance:

District 1A DCM – Lynne G.
District 17 DCM – Steve J. (Secretary)
Archives Chair – Tom H.
Corrections Chair – Liddy G.
Cooperation with the Professional Community / Public Information Chair – Glenn C.
Central Service Office Liaison to SAMSO – Randy S.

District 16 DCM – Barbi H. (Treasurer)
District 19 DCM – Bill T. (Chair)
Grapevine Chair – Martha H.
SAMSO to Central Service Office Liaison – Judy F

Absent:

District 1E DCM – Len A.
District 18 DCM – Gil C.

District 1F DCM – Frank E.
Hospitals / Institutions Chair – Helen S.

Meeting called to order by **Bill T.** at 6:35 PM with Moment of Silence and Serenity Prayer.
Azalea - Read the Traditions. New GSRs: Karen C. – Tezel Rd. Women's Group; New DCMs: None

Announcements: None.

Presentations: None.

Central Service Office Liaison to SAMSO – Randy S. – The COR meeting is lacking in participation and Randy asked the GSR's to talk their groups about COR representation. The CSO is having an open house on Sep. 30th at the CSO office; the time is to be determined. Randy mentioned that the open house is a great opportunity for individuals who may be thinking about becoming a COR. Randy also mentioned that the hours at CSO would stay the same for the time being.

SAMSO Liaison to Central Service Office – Judy F. – Mentioned that the CSO Board has been having discussions on ideas to make the Nightcap more interesting. The Board is also negotiating a new lease. There was a discussion at the CSO meeting on whether the Literature contained in the Beginner's Packets should only be Conference approved Literature; it was decided that it should be.

Chairman's Report – Bill T. – No Report.

Secretary's Report – Steve J. – Asked for a motion to approve the minutes as printed in the *Nightcap*. **Eric** made the motion; seconded by **Tom H.** All approved.

Treasurer's Report – Barbi H. – Donations for July were \$213.35 with expenses of \$78.17 for a balance of \$4,135.94, of which \$1,500.00 is earmarked for Area Workshop attendance by the five Standing Committee Chairs, leaving an available balance of \$2,635.94. It was pointed out that the sum of the detailed Group contributions for July listed on the back of the report did not match the sum shown on the front of the report. Barbi noted that she had received the report as is from the previous SAMSO Treasurer and that she would track down the discrepancy. A motion was made by **Larry K.** to accept the report as given with the noted discrepancy; **Wendy** seconded the motion. All approved.

Archives – Tom H. – Mentioned that he is sorting through the Archive material received from the Central Service Office. **The Archives Committee holds its meetings on the 1ST 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.**

Correctional Facilities – Liddy G. – Stated that the CFC Committee can always use help. The Committee takes meetings to State facilities and the Bexar County Jail. Anyone who is interested or curious about CFC work is invited to attend the monthly CFC meeting. **The CFC Committee holds its meetings on the 1ST 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. – Mentioned that she attended the SWTA Summer Workshop held in Donna, TX. and met the SWTA Grapevine Chairperson – **Scott M.** Scott wanted her to pass on that he is available to give presentations at Workshops or at Groups. Martha stated that September's Grapevine Committee meeting will be held on the 11TH instead of the 4TH. **The Grapevine Committee holds its meetings on the 1ST 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. – Bill T. mentioned that the H&I Chairperson – **Helen S.**, had resigned her position. Bill asked for a volunteer to fill the position and **Bob T.** volunteered. Bill T. read the list of service slots; all slots were filled with the exception of the DAC Unit on Monday nights. **The Hospitals/Institutions Committee holds its meetings on the 2ND Saturday of each month at Club 12 at 2 PM. Bob T can be reached at 647-3524**

Cooperation with Professional Community / Public Information Chair – Glenn C. – (Absent – *No Report*) – **The CPC / PI Committee holds its meetings on the 2ND Wednesday of each month Club 12 at 102 Thames at 7:00 PM. Glenn can be reached at 342-2330, or email at GlennC3663@aol.com.**

District 1A – Lynne G. – The District will be holding another Workshop on Oct. 14TH – 'How to hold an AA Meeting Part II'. Rita L. (SWTA Alt. Delegate), Yolanda F. (SWTA Delegate), Larry Y. (SWTA Past Delegate), and Mike C. have been invited as panel members.

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 and 3 Committees (CPC/PI, H&I, and Grapevine). The District has members answering the District phone (435-2946) Monday-Friday from 9 AM to 1 PM for 12-Step work. The District meets on the 2ND and last Sunday of each month and is trying to attend all SWTA meetings.

District 16 – Barbi H. – All Groups are doing well. The District is holding off on any Workshop plans to see if they can support the SAMSO Workshop instead. The District does have excess funds and is in the process of taking the issue back to the Groups for discussion on how they would like to have the funds spent.

District 17 – Steve J. – The District held a successful Workshop on July 22ND at the Acceptance Group. Presentations were given by the SAMSO Grapevine, CFC, and H&I Chairs, and by the CSO Phone Duty Co-Chair. There were also two speakers who spoke on the Principles. Steve thanked the GSR's for their work in putting the Workshop together. The District has elected a new Alternate DCM – Cathy O. from the Stahl Rd. Group. The Marymont Group will be celebrating their 25TH anniversary at their annual picnic on Oct. 1ST. The picnic will be held at McAllister Park, Pavilion 3, at 12:00 noon. The speaker will be **Madonna**. Flyers were distributed. The San Pedro Group will be celebrating their 25TH anniversary on Aug. 24TH with a 7:00 PM potluck and speaker meeting at the San Pedro Presbyterian Church.

District 18 – Gil C. – (Absent – *No Report*)

District 19 – Bill T. – The District held a quick District meeting just prior to the Inter-District meeting. The Groups talked about revisiting the idea of a Workshop at the September District meeting.

Old Business –

(AGENDA ITEM: SAMSO Workshop) **Jack** made a motion for SAMSO to go ahead with the planning of a SAMSO Workshop, explaining that his Group thought it was a great idea. **Larry K.** seconded the motion. A vote was taken and the motion passed.

(AGENDA ITEM: Funding of Standing Committee Chairs to SWRAASA) **Bill T.** provided a brief summary on the history of the agenda item. **Ed C.** made a motion to partially fund the 5 SAMSO Standing Committee Chairs to the 2000 SWRAASA to be held in Oklahoma City the weekend of October 6th at \$150.00 each. **Karen** seconded the motion. A vote was taken and the motion passed. The minority opinion was then asked for and given by **Jan W.** No one in the majority expressed a desire to change their vote, so the motion carried.

New Business – None

Adjourned – 7:40 PM with the Lord's Prayer

Printed as submitted

Respectfully Submitted:

Steve J. – SAMSO Secretary

COR MEETING MINUTES 8/20/00

Call to Order: Serenity prayer and Statement of purpose: Virginia B.

Traditions Michael S.

No new COR's

Minutes of previous Meeting: Michael S. made a motion to accept as printed in the Nightcap. Renee C seconded.

Motion passed unanimously.

Financial Report: Steve R made a motion to accept. Vicki S seconded. Motion passed unanimously

Nightcap Subscription Committee: Virginia reported that subscriptions are increasing monthly.

After Hours Phone Duty Chairman Not present.

Old Business: None

Nominating Committee: Eric C stated the committee has four nominees. A minimum of six is required.

New Business: Andy L accepted position to finish Mary S's board term. Information on sales tax is still in review.

CSO will have an open house, Saturday September 30. Specific time to be announced. Ad hoc committee will do a COR call down to ask for group participation. Call Mary S. or Bill T at CSO for details.

Basket Passed.

Adjourned w/Lords prayer.

Attendance: Board Members: Randy S Virginia B

COR's Vicki S Colonies North; Michael S Valley-Hi; Steve R. Pleasanton; Sandy C Freedom

Ernest P Goliad; Renee C HALT; Eric C Stahl Rd

Respectfully Submitted:

Virginia B

Printed as submitted

Dr. Bob's Instructions to a New Nurse

"But Dr. Bob, steadying the lurching figure by the scruff of the neck, peered at me over his horn-rimmed glasses and said, 'Now listen to me, woman! I want you to do *exactly* what I tell you to do. *Exactly!* Forget all those things they've been teaching about admitting patients. I don't care what your charge nurse tells you. Don't undress him. Don't give him an admission bath. Forget about the urine specimen. Don't do anything—do you understand? Nothing. I don't care if he wets the bed or pukes all over it. Don't change it. I don't care if he lies on the floor. Leave him there. Just one thing: He's gonna want a drink—I mean whiskey. Tell him he can have all he wants, just as long as he drinks an ounce of paraldehyde before the whiskey. Remember, one ounce of paraldehyde, then whiskey.

"And remember, woman, forget you're a nurse. I'll write the orders so you won't get in trouble. Put him in 306. They know about it downstairs. I'll be around tomorrow morning.' With that, he strode down the corridor, his wild socks, as usual, showing below the cuffs of his blue serge trousers. (DR. BOB and the Good Oldtimers, pg 103)

The NIGHT CAP

SAN ANTONIO AREA A A NEWS

VOLUME ONE

SEPTEMBER 15, 1950

NUMBER ONE

THE SOUTH TEXAS REGIONAL AA CONFERENCE

In case you haven't heard, the South Texas Regional AA Conference has been set for October 6, 7, and 8. It is being held in Corpus Christi. From all indications, it is going to be an event that will be well worthwhile.

The Corpus people have gone to a great deal of trouble to put it over. Since we are only 150 miles away, it seems to us that we should be able to muster a fairly large group to attend. Incidentally, part of the conference is to be devoted to an industrial caucus on alcoholism which will be addressed by some of the foremost authorities in the country on personnel problems.

If you are interested in making this conference and haven't made your reservations, contact the Central Office. Doc has all the information and will be glad to give you the details.

MONEY MATTERS

Sooner or later, there are bound to be some questions arise concerning the financial administration of the "NIGHT-CAP," so we'll try to explain that part of the set-up here and now.

First, although we are operating under the auspices of the Central Committee, it assumes no financial obligation in connection with this publication.

Second, we are not in the publishing business to make money. Any profits which accrue from the "NIGHTCAP," however, will be retained by the Central office.

We would like to make it clear that no person who has any connection with the "NIGHTCAP" will receive any compensation whatsoever for his, or her, effort or time. The labor involved is the labor of love. The approval of you—the AA membership, is to be our sole recompense.

One thing more! We have troubles enough without worrying about handling money from subscriptions and donations. Doc, the Central Committee secretary, has graciously relieved us of such onerous devoirs. He will accept all the moolah for subscriptions, as well as all the shelling out for expenses. The idea we are attempting to convey is that at no time will the Central office fund be used to defray "NIGHTCAP" expenses. We are considerably heartened by your encouraging response. Despite the fact that we have not as yet gone to press, subscriptions are pouring in. We are beholden to yez—most beholden.

SPONSORSHIP

Sponsorship is at once a great privilege and a responsibility. In my twelfth step work I have come to realize that I must be objective to the extent that I keep in mind that I am only a medium through which a message is relayed—that I must neither "play God" nor be impatient of results not completely to my liking. At the same time, however, I must personally do my very best, caring enough so that I will be an effective medium. There is a fine line to be drawn there. I have found that as soon as I become emotionally involved, I cease to be as effective, because I have clouded the issue with my own feelings and have begun to project my own will into the situation.

One of the common ponderables on the subject of sponsorship is: "How far shall I go with a recalcitrant or difficult newcomer?" My thinking at this time is that my patience should be boundless with the new recruit, who does not yet understand himself or his problem. However, wherever that patience takes the form of coddling or passes the borderline of common sense thinking, I have then become a deterring factor in his recovery rather than a helpful one. I constantly try to remind myself that coddling and indulgence never helped any of us to overcome our common problem. However, understanding expressed in strong practical common sense ways did give us a backlog of strength that helped us through our early difficult days in A. A.

STATE AID FOR ALCOHOLICS

Alcoholism was a public health problem in the State of Texas as far back as 1879. A statute drafted at that date declares the State of Texas responsible for the treatment and cure of those so afflicted. In any event, this is the authority invoked by the committee for the promotion of state financed alcoholic institutions which met at Austin, Thursday, September 14.

The group composed of members of AA, and headed by Dr. Andy Tombs, chairman of the Texas State Medical Ass'n Committee on the Study of Alcoholism, and Dr. David Wade, prominent psychiatrist, concluded that such hospitalization, when it comes, should be de-centralized. Instead of a single hospital, a number of such institutions have been proposed.

The committee has been delegated to conduct a survey to determine the approximate cost of such a project. The state hospital board will abide by their recommendations. As the proposal stands, the entire project will not cost the taxpayer a cent. All costs are to be met by a boost in beer, wine and liquor permit fees.

The local group was well represented. Doc B., Dr. Joe J. M., and Orlo Q. being present.

THE NIGHT CAP

SAN ANTONIO AREA A A NEWS

"The NIGHTCAP" is published bi-monthly under the auspices of the San Antonio Central Office of Alcoholics Anonymous in the interest of greater unity of the 1200 members in San Antonio, its suburbs, and the surrounding area. Address all communications to the Editor, "THE NIGHTCAP," 919 Travis Building, San Antonio, Texas. Telephone F-2523. Subscription price \$2.50 yearly. All opinions expressed herein are individual opinions and do not necessarily reflect the thinking of Alcoholics Anonymous as a whole.

VOL. I SEPTEMBER 15, 1950 NO. 1

WHYS AND WHEREFORES

Within the past five years the A. A. movement in San Antonio has grown from a mere handful of ex-drunks to our present group of over 600 non-drinkers who come from every walk and station of life.

As most of us know, we now have eight separate A. A. groups in San Antonio. We have two well-appointed club-houses and a well-functioning central office, which operates under the direct supervision of the Central Committee.

All in all, it would appear that we here in the Alamo City are making rapid and healthy strides toward our universal ideal, which, in the opinion of many, is recovery for all sick alcoholics who want to stop drinking and lead a normal life.

In view of the strides that we are making, many of us have long entertained the idea of instituting some means of keeping all 600 of us informed of the activities of all the groups, and of finding some means of passing along to our members, general ideas about our program which we believe to be of special interest to everyone.

This is the first edition of what we hope to make a regular publication for the A. A. members in the San Antonio area. It will be published under the auspices of The Central Committee, with no affiliation with any specific group. Our editorial policy, if any, will be dictated by The Twelve Steps, The Twelve Traditions and The Big Book.

We hope to be able to publish The Nightcap on the first and fifteenth of each month, but whether or not we make it a regular thing depends on you. For your information, the first few issues are being paid for by a number of members who believe that The Nightcap is a step in the right direction, but in order to put our baby on a regular basis, we must have subscribers—lots of them—and on the back page of this, our first issue, there is a subscription blank that is self-explanatory, so it's up to you.

We've put everything else across that we tried, even quitting drinking, so let's get behind this. Incidentally, we've figured costs pretty close on The Nightcap, so there should not be any profit over the cost of publication, but if there should be a profit, it belongs to the Central Office. O. K.?

THE BISHOP'S CORNER



A GREETING TO A. A. IN SAN ANTONIO

Recently I have been reading the reports of the 15th Anniversary Convention of A. A. in Cleveland last July. I was impressed with the words which were read from Alcoholics Anonymous at the close of that historic gathering:

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find, and join us. We shall be with you, in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then."

Here is a great summary of what A. A. is, and can be. It moves me, as I am sure it moves all members of A. A., to thank God for this great fellowship in which so many men and women have found the way to happy and successful living. My hope for our Movement is that it may ever be true to these great principles by which it began and under which it has become strong. So will it ever meet the needs of many, many groping children of God!

—Everett H. Jones.

FOR THE RECORD

There's one thing that we, the whipping boys, who are attempting to put out The Nightcap, would like to make clear from the start. This is not our private hobby. We're trying to publish a regular A. A. paper in San Antonio because we honestly feel that it will be of benefit to A. A. as a whole and to the individual members here in San Antonio. As we have said before, we have no editorial policy except the Twelve Steps, the Twelve Traditions, and The Big Book. This is your publication, and it will be up to each of you to help put it over. We need your help not only from a subscription standpoint, but from the standpoint of your written contributions for publication in The Nightcap.

We say that we want your ideas and your contributions because this is one of your mediums of expression. If you have some pet theory, or some special slant on staying happy, and sober, let's hear it. Let the rest of us get the benefit of your sobriety. When you have something in mind that you'd like to see in The Nightcap, write it down and send it right in to us.

Incidentally, don't restrict your comments and suggestions to the content of The Nightcap. If you have any ideas, pro or con, about how to make this a better paper, let's have them. The success of this paper depends on you, your ideas, your stories and your expressions of how we can make it a better publication.

PERSONALS

Congratulations and best wishes to Kate R., Emitte P, and Joe M. on having been elected the new directors of Club "12".

Recent visitors to San Antonio include Andy L. from Gonzales, and Al B. from Dallas. Al made a wonderful talk at "12", while Andy did likewise at the Municipal Auditorium.

Three first anniversaries were celebrated this month, The Central Office, The Sahara Club, and Club "12". And in case you're interested, as we go to press, we have had 44 open meetings in the Auditorium with a total attendance of over 3500.

Many thanks to Frank B. for being first to come across with a check for a subscription to "THE NIGHTCAP."

Cameron and Mary S. are the proud sponsors of a new baby, but we understand that it's quite a job to keep him dry.

Carrol P. and Dick B. still on the sick list, but willing and able to receive visitors. Dick is at Brooke General and Carrol is at home.

The Anniversary Party at Club "12" was a howling success, and while we're on the subject, Earl A., Jack D., Bob M., and Bill Mc. deserve a lot of credit and thanks for their efforts during that first year.

We were all shocked to learn that Pat B., formerly of San Antonio, was killed in a traffic accident early this month.

The Beginners Class at The Sahara Club on Sunday afternoons is becoming one of the most popular meetings in town. Incidentally when do any of us cease being beginners?

SCHEDULE

DIRECTORY OF SAN ANTONIO A A ACTIVITIES

General meetings, open to the public, are held every Tuesday night at eight o'clock in the West Wing of the Municipal Auditorium. These meetings are under the sponsorship of the San Antonio Central Committee of AA.

The Suburban and State Hospital groups meet at 8:00 p. m. every Monday night.

The Collins Garden and Alamo Heights groups meet at 8:00 p. m. every Wednesday night.

The Olmos Park and Earl groups meet every Thursday night at 8:00 p. m.

Downtown group meetings are held in the Sahara Club rooms on Thursday and Friday nights with a beginners class at 4:00 p. m. Sunday. The Downtown group Auxiliary meets every Friday night.

Group "12" meetings are held in their club rooms on Wednesday. Discussion groups on Friday nights. Group "12" Auxiliary meets every Friday night.

Further information regarding any San Antonio A A meetings can be obtained by calling "Doc," the Central Office secretary, at F-2523.

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San Antonio, Texas

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If you change your address, please notify us immediately. Your NIGHTCAP goes by Third Class mail, which is not forwarded.

Suggestion Box, for your convenience if you have any ideas for improving "THE NIGHTCAP."

The Native American Twelve Steps

1. We admitted that the bad medicine of alcohol had counted coup on us, that with alcohol we could not manage our own lives.
2. Came to believe that the Medicine of the Great Spirit could restore us to His Way and to sanity.
3. Made a decision to return our will and our lives to the care of the Great Spirit as we understood Him.
4. Without fear, we made medicine ties for all our faults and bad behavior.
5. Took our medicine ties to the Sweat Lodge, placed them on the Sacred Heap, counted coup on them with our spiritual guide and sponsor, offering them to the Great Spirit.
6. Became entirely ready to have the Great Spirit remove all these faults and bad medicines.
7. Humbly asked the Great Spirit to take them from our spirit.
8. Made medicine ties for all our brothers and sisters that we had harmed and became willing to make good medicine with each of them.
9. Made good medicine with them all, making right the wrong wherever possible, except when to do so would injure them or others.
10. Continued to make medicine ties for our faults and when we were wrong, promptly admitted it:
11. Sought through prayer and meditation to improve our medicine with the Great Spirit, praying to know His Way and for the courage to walk His trail.
12. Having had the Great Spirit join our spirit, as the result of these steps, we try to carry this Medicine to our brother and sister alcoholics, and continue to practice this Medicine in all our affairs.

A NOTE OF CAUTION --These 12 Steps should never be used as an excuse to continue a case of "Terminal Uniqueness", but only as a bridge to understanding the 12 Steps of A. A. from the Big Book of Alcoholics Anonymous.

The NIGHTCAP is about, by and for members of the A.A. Fellowship. Opinions herein expressed are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by either A.A. or the NIGHTCAP. (Exceptions: Quotations from A.A. books, pamphlets, and the 12 Steps and/or 12 Traditions are reprinted with the permission of A.A. World Services, Inc. The A.A. Preamble, slogans, etc. are reprinted with the permission of The GRAPEVINE, Inc.

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