



GOOD NEWS



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Northern California Council of Alcoholics Anonymous

Summer 2005

From the NCCAA Chairman's desk...

Congratulations to Victoria M. from Rancho Cordova. She made herself available to be our Treasurer, and by acclimation, she's our new Treasurer! Ande, Thank you for your four years of dedicated service to NCCAA as our Treasurer.

Two elections are held within NCCAA, these being, for Treasurer and for Chairperson. The Treasurer election is held at the Spring Conference in the odd year, and the Chairperson election is held at the Spring Conference on the even years. So next spring in San Ramon we will have an election for the NCCAA Chairperson. I will have served two consecutive terms, so it is time for me to rotate out, as per our Purpose, Structure and Functions. If you have an interest and questions about the position please call me and we can chat. The PSF can be accessed online at our website ...<http://www.ncc-a.org>.

We are in need of a site for our Fall Conference in 2006. We should have that one signed and on our schedule by now and be considering Speaker Selection. We are scheduled to select speakers for that Conference at the August Steering Committee in Stockton. We just need a place to invite them to! Once again, look at our website for the requirements for hosting a Conference and take it from there. Get a few people together and see what is available in your area. I'll be more than happy to help you with this.

We hope to see you in San Jose for your Summer Conference, June 10-12. Joe C.

We Need Readers for Upcoming Conferences!

Do you want to be a reader at an NCCAA Conference? We need people to be Chairpersons and Readers. Please contact Joe C., Dave W., Katy P or Carole H. if you are available.

New "Good News" Editor

NCCAA bids farewell to Steve M. as its **Good News** editor and is looking forward to seeing him at all our upcoming Conferences. Thanks for a job well done Steve!

I'm Gary S. and will be serving as your new Editor and am looking forward to the opportunity to serve. Most of my experience in NCCAA has been from the outside looking in. My service experience is drawn from the General Service structure as well as the H&I committee. I am looking forward to this new area of service and hope to hear from you regarding suggestions you might have as to how the GOOD NEWS can best serve NCCAA and AA as a whole.

I will be looking forward to taking up where Steve and those who came before him left off.

I am busy reviewing past issues and hope to convey the information you are accustomed to seeing and perhaps adding new content as well.

The GOOD NEWS has been in production since 1948, that's 57 YEARS! Making it one of the older news letters in the country unless I miss my guess. I will be researching this and will get back to you in the next issue on this.

The feature article in this issue will be a reproduction of the Jack Anderson article from the Saturday

(Continued)

Evening Post in March of 1941. This article helped to bring an awareness of the existence of AA to a national level and had a profound effect on the early growth of AA. Because of space consideration I have had to reproduce the article in smaller than normal print

I am looking forward to seeing you all and hope you will consider helping to keep the GOOD NEWS as a viable resource by subscribing and helping to spread the word of its availability amongst your friends. We both appreciate and need your ongoing subscriptions. AA often expresses its conscience at the basket. Please consider supporting this long standing and valuable tool for communication. Your written contributions are also welcome.

Gary S.
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YOUR NCCAA WEBSITE

Come visit your NCCAA website at: <http://ncc-aa.org> where you will find these headings and sub topics:

Introduction:

History of NCCAA
Purpose, Structure & Functions

Good News:

Past Issues
Birthdays
Submit Content
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Conferences
Highlights
Speakers

Literature:

Flyers
Past Flyers
Past Programs
Programs

A member's favorite passage:

From the story

"The Keys of the Kingdom"

AA is not a plan for recovery that can be finished and done with. It is a way of life, and the challenge contained in its principles is great enough to keep any human being striving for as long as he lives. We do not, cannot, outgrow this plan. As arrested alcoholics, we must have a program for living that allows for limitless expansion. Keeping one foot in front of the other is essential for maintaining our arrestment. Others may idle in a retrogressive groove without too much danger, but retrogression can spell death for us. However, this isn't as rough as it sounds, as we do become grateful for the necessity that makes us toe the line, and we find that we are compensated for a consistent effort by the countless dividends we receive.

A complete change takes place in our approach to life. Where we used to run from responsibility, we find ourselves accepting it with gratitude that we can successfully shoulder it. Instead of wanting to escape some perplexing problem, we experience the thrill of challenge in the opportunity it affords for another application of AA techniques, and we find ourselves tackling it with surprising vigor.

Alcoholics Anonymous pg 275-6, 4th ed.

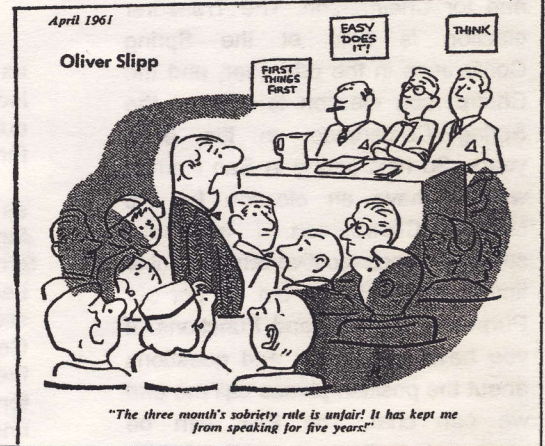
Birthday Club

APRIL	Noe V.	Hollister	5 years	
	Janet F.	Livermore	9 years	
	Rick W.	Stockton	13 years	
	Veronica S.	Pacifica	14 years	
	Kitty O.	Sunnyvale	17 years	
	Ruth B.	Cottonwood	18 years	
	Dale D.	Atwater	22 years	
	Joe K.	San Mateo	30 years	
	MAY	Mons C.	Magalia	3 years
		Lianne M.	Fieldbrook	12 years
Leslie K.		Modesto	13 years	
JUNE	Sandy H.	San Carlos	2 years	
	Jim D.	San Jose	4 years	
	Laura L.	San Mateo	18 years	
	Barbara B.	Capitola	21 years	

Congratulations to All !!!

The Birthday Club normally celebrates AA Birthdays every quarter. If you would like to be on the birthday list please come by the Good News table at your next conference and give us your information. This is done at no charge to you.

Cartoon is from:
"Best Cartoons
From the Grapevine"



**NCCAA 58th Annual Summer Conference
Modesto - October 7, 8 & 9, 2005**

Friday	8:00 PM	Gina B.	Sacramento
Saturday	3:30 PM	Tommy D.	Boston MA.
Saturday	8:00 PM	Harvey G.	Sherman Oaks
Sunday	11:00 AM	Reilly K.	Winston OR.

The Responsibility Declaration

Have you ever wondered why the Responsibility Declaration begins with "I" rather than "we"? In 1975, the General Service Office received a letter asking just that question, and staff asked oldtimer Al S., who wrote the declaration for AA's 30th Anniversary International Convention in 1965, to reply. Here is what he said:

"We wanted a statement that would be emotionally binding on the Fellowship, but without imposing any musts. I tried my hand at a flock of them, using the plural "we" but none of them came off because nobody—not even Bill or Dr. Bob – ever tried to impose any kind of a pledge on AA members.

"Finally, I hit on a simple solution. Write it in the first person singular, "I". Then it became a matter of individual choice. It sounded right – saying what we wanted to say about responsibility but without institutionalizing it...."

"The idea that the "I" might be a higher power speaking had never occurred to me until your letter came. I see nothing wrong with interpreting it that way if you wish. It certainly gives it a higher meaning than I had intended."

The Responsibility Declaration was introduced in July 1965 to the crowd of 10,000 AA gathered at the 30th Anniversary International Convention in Toronto. The three word phrase that begins it was originally intended simply to appear on the individual nametags for all participants, but Herb M. the general manager of the General Service Office, believed it was important enough to be the focal point of a special occasion. After co-founder Bill W.'s talk on Saturday night, the lights were dimmed, background music came up, and Herb announced a "simple ceremony. Taking part in it, "he said, "are AA's from all parts of the united States and Canada.... Still others have come thousands of miles to represent fellow alcoholics in foreign lands, from as far away a Australia and South Africa. We have

asked them to appear on this stage tonight and to recite with us the pledge that you will find on the back of your program. This states simply what we all feel."

Bill introduced the declaration, saying; "Under God's grace we are gathered in grateful remembrance of what he has wrought among us in the thirty years that are now gone down into AA history.

"We again rededicate ourselves to those vast responsibilities which the long future will hold for us all. As members, as groups and as a worldwide Fellowship, we pledge ourselves to the inspiring aim of ever-increasing growth, in spirit and in numbers.

"May we always deserve, and may God ever grant us the wisdom and the humility to walk in fortitude and in faith upon the wondrous path that he has long since revealed to us of Alcoholics Anonymous.

"In rededication, shall we join hands and repeat (*here the AA's on the stage joined hands and recited*): 'I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that: I am responsible' (*the cast raised their joined hands*)." As the ceremony concluded, "I am responsible" was recited in French, Spanish, German, Finnish, Portuguese, Icelandic, Korean, and Norwegian, then once more in English by the full crowd of 10,000.

Four decades later, as several thousand AA's from around the world are making plans to attend our 70th birthday party in Toronto in July 2005, its theme, " I AM Responsible," echoes that earlier occasion, reminding us of what the fellowship has already accomplished, and of how much remains to be done.

From BOX 459 Holiday issue 2004.

LEARN ALL ABOUT IT!

The General Service Conference is over and the General Service year is just beginning. The ever going process continues and every year we get to hear what course changes or new innovations have been decided

upon by the Delegates of the 93 areas within the General Service Conference in the US and Canada.

The delegate from the CNIA (California Northern Interior Area) will give his report on the Conference at the Summer Conference.

Here you may hear answers to some of the questions the Conference took action of one kind or another on in April.

What's happening with the ongoing discussions of the pamphlet "Inmate to Inmate"?

What will the theme for the 2006 G.S. Conference be?

What's new at the Correctional Facilities Committee?

How much are the Areas being asked to contribute to help offset the cost of a Delegates attendance at the annual General Service Conference?

Broadcasts of the 2005 International Convention Flag Ceremony? Where might you see that and why?

What about the 3rd edition of the Spanish language Big Book?

What is the approximate number of revisions being made to the pamphlet "The AA Group"?

Does the title "Living in Chaos" call out to you when you think of an AA Public Service Announcement? Well when can you hope to see it and how can you help get it to the still suffering alcoholic?

What's the information we can hope to see in the AA directories produced by GSO regarding Online Meetings?

What's an additional consideration?

What will we be doing in our efforts to cooperate with the professional community and the criminal justice system?

What on the horizon at the Grapevine regarding young people ?

These are some of the things you may well hear about and can certainly ask about if you attend the delegates report at 1:00 on Saturday afternoon.

You'll probably hear about the duties that come with the job, late night committee work, ice cream, followed by more work, followed by..... come find out!

Alcoholics Anonymous

THREE MEN sat around the bed of an alcoholic patient in the psychopathic ward of Philadelphia General Hospital one afternoon a few weeks ago. The man in the bed, who was a complete stranger to them, had the drawn and slightly stupid look the inebriates get while being defogged after a bender. The only thing that was noteworthy about the callers, except for the obvious contrast between their well-groomed appearances and that of the patient, was the fact that each had been through the defogging process many times himself. They were members of Alcoholics Anonymous, a band of ex-problem drinkers who make an avocation of helping other alcoholics to beat the liquor habit.

The man in the bed was a mechanic. His visitors had been educated at Princeton, Yale and Pennsylvania and were, by occupation, a salesman, a lawyer and a publicity man. Less than a year before, one had been in shackles in the same ward. One of his companions had been what is known among alcoholics as a sanitarium commuter. He had moved from place to place, bedeviling the staffs of the country's leading institutions for the treatment of alcoholics. The other had spent twenty years of life, all outside institution walls, making life miserable for himself, and his family and his employers, as well as sundry well-meaning relatives who had had the temerity to intervene.

The air of the ward was thick with the aroma of paraldehyde, an unpleasant cocktail smelling like a mixture of alcohol and ether which hospitals sometimes use to taper off the paralyzed drinker and soothe his squirming nerves. The visitors seemed oblivious of this and of the depressing atmosphere of psychopathic wards. They smoked and talked with the patient for twenty minutes or so, then left their personal cards and departed. If the man in the bed felt that he would like to see one of them again, they told him, he had only to put in a telephone call.

THEY MADE it plain that if he actually wanted to stop drinking, they would leave their work or get up in the middle of the night to hurry to where he was. If he did not choose to call, that would be the end of it. The members of Alcoholics Anonymous do not pursue or coddle a malingering prospect, and they know the strange tricks of the alcoholic as a reformed swindler knows the art of bamboozling.

Herein lies much of the unique strength of a movement, which in the past six years, has brought recovery to around 2,000 men and women, a large percentage of whom had been considered medically hopeless. Doctors and clergymen, working separately or together, have always managed to salvage a few cases. In isolated instances, drinkers have found their own methods of quitting. But the inroads into alcoholism have been negligible, and it remains one of the great, unsolved public-health enigmas.

By nature touchy and suspicious, the alcoholic likes to be left alone to work out his puzzle, and he has a convenient way of ignoring the tragedy which he inflicts meanwhile upon those who are close to him. He holds desperately to a conviction that, although he has not been able to handle alcohol in the past, he will ultimately succeed in becoming a controlled drinker. One of medicine's queerest animals, he is, as often as not, an acutely intelligent person. He fences with professional men and relatives who attempt to aid him and he gets a perverse satisfaction out of tripping them up in argument.

THERE IS no specious excuse for drinking which the troubleshooters of Alcoholics Anonymous have not heard or used themselves. When one of their prospects hands them a rationalization for getting soused, they match it with a half a dozen out of their

own experience. This upsets him a little, and he gets defensive. He looks at their neat clothing and smoothly shaved faces and charges them with being goody-goodies who don't know what it is to struggle with drink. They reply by relating their own stories: the double Scotches and brandies before breakfast; the vague feeling of discomfort which precedes a drinking bout; the awakening from a spree without being able to account for the actions of several days and the haunting fear that possibly they had run down someone with their automobiles.

They tell of the eight-ounce bottles of gin hidden behind pictures and in caches from cellar to attic; of spending whole days in motion-picture houses to stave off the temptation to drink; of sneaking out of the office for quickies during the day. They talk of losing jobs and stealing money from their wives' purses; of putting pepper into whiskey to give it a tang; of tipping on bitters and sedative tablets, or on mouthwash or hair tonic; of getting into the habit of camping outside the neighborhood tavern ten minutes before opening time. They describe a hand so jittery that it could not lift a pony to the lips without spilling the contents; drinking liquor from a beer stein because it can be steadied with two hands, although at the risk of chipping a front tooth; tying an end of a towel about a glass, looping the towel around the back of the neck, and drawing the free end with the other hand; hands so shaky they feel as if they were about to snap off and fly into space; sitting on hands for hours to keep them from doing this.

These and other bits of drinking lore usually manage to convince the alcoholic that he is talking to blood brothers. A bridge of confidence is thereby erected, spanning a gap, which has baffled the physician, the minister, the priest, or the hapless relatives. Over this connection, the troubleshooters convey, bit by bit, the details of a program for living which has worked for them and which, they feel, can work for any other alcoholic. They concede as out of their orbit only those who are psychotic or who are already suffering from the physical impairment known as wet brain. At the same time, they see to it that the prospect gets whatever medical attention is needed.

MANY DOCTORS and staffs of institutions throughout the country now suggest Alcoholics Anonymous to their drinking patients. In some towns, the courts and probation officers cooperate with the local group. In a few city psychopathic divisions, the workers of Alcoholics Anonymous are accorded the same visiting privileges as staff members. Philadelphia General is one of these. Dr. John F. Stouffer, the chief psychiatrist, says: "the alcoholics we get here are mostly those who cannot afford private treatment, and this is by far the greatest thing we have ever been able to offer them. Even among those who occasionally land back in here again, we observe a profound change in personality. You would hardly recognize them".

The *Illinois Medical Journal*, in an editorial last December, went further than D. Stouffer, in stating: "It is indeed a miracle when a person who for years has been more or less constantly under the influence of alcohol and in whom his friends have lost all confidence, will sit up all night with a drunk and at stated intervals administer a small amount of liquor in accordance with a doctor's order without taking a drop himself."

This is a reference to a common aspect of the Arabian Nights adventures to which Alcoholics Anonymous workers dedicate themselves. Often it involves sitting upon, as well as up with, the intoxicated person, as the impulse to jump out a window seems to be an attractive one to many alcoholics when in their cups. Only an alcoholic can squat on another alcoholic's chest for hours with the proper combination of discipline and sympathy.

During a recent trip around the East and Middle West, I met and talked with scores of A.A.s, as they call themselves, and found them to be unusually calm tolerant people.

Somehow, they seemed better integrated than the average group of nonalcoholic individuals. Their transformation from cop fighters, canned-heat drinkers, and, in some instances, wife beaters, was startling. On one of the most influential newspapers in the country, I found that the city editor, the assistant city editor, and a nationally known reporter were A.A.s, and strong in the confidence of their publisher. IN ANOTHER city, I heard a judge parole a drunken driver to an A.A. member. The latter, during his drinking days, had smashed several cars and had had his own operator's license suspended. The judge knew him and was glad to trust him. A brilliant executive of an advertising firm disclosed that two years ago he had been panhandling and sleeping in a doorway under an elevated structure. He had a favorite doorway, which he shared with other vagrants, and every few weeks he goes back and pays them a visit just to assure himself he isn't dreaming.

In Akron, as in other manufacturing centers, the groups include a heavy element of manual workers. In the Cleveland Athletic Club, I had luncheon with five lawyers, an accountant, an engineer, three salesmen, an insurance man, a buyer, a bartender, a chain-store manager, a manager of an independent store, and a manufacturer's representative. They were members of a central committee, which coordinates the work of nine neighborhood groups. Cleveland, with more than 450 members, is the biggest of the A.A. centers. The next largest are located in Chicago, Akron, Philadelphia, Los Angeles, Washington and New York. All told, there are groups in about fifty cities and towns.

IN DISCUSSING their work, the A.A.s spoke of their drunk rescuing as "insurance" for themselves. Experience within the group has shown, they said, that once a recovered drinker slows up in this work he is likely to go back to drinking himself. There is, they agreed, no such thing as an ex-alcoholic. If one is an alcoholic - that is, a person who is unable to drink normally - one remains an alcoholic until he dies, just as a diabetic remains a diabetic. The best he can hope for is to become an arrested case, with drunk saving as his insulin. At least, the A.A.s say so, and medical opinion tends to support them. All but a few said that they had lost all desire for alcohol. Most serve liquor in their homes when friends drop in, and they still go to bars with companions who drink. A.A.s tinkle on soft drinks and coffee.

One, a sales manager, acts as bartender at his company's annual jamboree in Atlantic City and spends his nights tucking the celebrators into their beds. Only a few of those who recover fail to lose the felling that at any minute they may thoughtlessly take one drink and skyrocket off on a disastrous binge. An A.A. who is a clerk in an Eastern city hasn't had a snifter in three and a half years, but says that he still has to walk fast past saloons to circumvent the old impulse; but he is an exception. The only hangover from the wild days that plagues the A.A. is a recurrent nightmare. In the dream, he finds himself off on a rousing whooper-doooper, frantically trying to conceal his condition from the community. Even this symptom disappears shortly, in most cases. Surprisingly, the rate of employment among these people, who formerly drank themselves out of job after job, is said to be around ninety percent.

One-hundred-percent effectiveness with non-psychotic drinkers who sincerely want to quit is claimed by the workers of Alcoholics Anonymous. The program will not work, they add, with those who only "want to want to quit", or who want to quit because they are afraid of losing their families or their jobs. The effective desire, the state, must be based upon enlightened self-interest; the applicant must want to get away from liquor to head off incarceration or premature death. He must be fed up with the stark social loneliness, which engulfs the uncontrolled drinker, and he must want to put some order into his bungled life.

As it is impossible to disqualify all borderline applicants, the working percentage of recovery falls below the 100-percent mark. According to A.A. estimation, fifty percent of the alcoholics taken in hand recover immediately; twenty-five percent get well after suffering a relapse or two; and the rest remain doubtful. This rate of success is exceptionally high. Statistics on traditional medical and religious cures are lacking, but it has been informally estimated that they are no more than two or three percent effective on run-of-the-mine cases.

Although it is too early to state that Alcoholics Anonymous is the definitive answer to alcoholism, its brief record is impressive, and it is receiving hopeful support. John D. Rockefeller, Jr. helped defray the expense of getting it started and has gone out of his way to get other prominent men interested.

ROCKEFELLER'S GIFT was a small one, in deference to the insistence of the originators that the movement be kept on a voluntary, non paid basis. There are no salaried organizers, no dues, no officers, and no central control. Locally, the rents of assemble halls are met by passing the hat at meetings. In small communities, no collections are taken, as the gatherings are held in private homes. A small office in downtown New York acts merely as a clearinghouse for information. There is no name on the door, and mail is received anonymously through a post-office box. The only income, which is money received from the sale of a book describing the work, is handled by the Alcoholic Foundation, a board composed of three alcoholics and four non-alcoholics.

In Chicago, twenty-five doctors work hand in hand with Alcoholics Anonymous, contributing their services and referring their own alcoholic patients to the group, which now numbers around 200. The same cooperation exists in Cleveland and to a lesser degree in other centers. A physician, Dr. W. D. Silkworth, of New York City, gave the movement its first encouragement. However, many doctors remain skeptical. Dr. Foster Kennedy, an eminent New York neurologist, probably had these in mind when he stated at a meeting a year ago: "The aim of those concerned in this effort against alcoholism is high; their success has been considerable; and I believe medical men of goodwill should aid."

The active help of two medical men of goodwill, Drs. A. Wiese Hammer and C. Dudley Saul, has assisted greatly in making the Philadelphia unit one of the more effective of the younger groups. The movement there had its beginning in an offhand way in February 1940, when a businessman who was an A.A. convert was transferred to Philadelphia from New York. Fearful of backsliding for lack of rescue work, the newcomer rounded up three local barflies and started to work on them. He got them dry, and the quartet began ferreting out other cases. By last December fifteenth, ninety-nine alcoholics had joined up. Of these, eighty-six were now total abstainers - thirty-nine from one to three months, seventeen from three to six months, and twenty-five from six to ten months. Five who had joined the unit after having belonged in other cities had been nondrinkers from one to three years.

At the end of the time scale, Akron, which cradled the movement, holds the intramural record for sustained abstinence. According to a recent checkup, two members have been riding the A.A. wagon for five and a half years, one for five years, three for four and a half years, one for the same period with one skid, three for three and a half year, seven for three years, three for three years with one skid each, one for two and a half years, and thirteen for two years. Previously, most of the Akronites and Philadelphians had been unable to stay away from liquor for longer than a few weeks.

In the Middle West, the work has been almost exclusively among persons who have not arrived at the institutional stage. The New York group, which has a similar

nucleus, makes a sideline specialty of committed cases and has achieved striking results. In the summer of 1939, the group began working on the alcoholics confined in Rockland State Hospital, at Orangeburg, a vast mental sanitarium, which get the hopeless alcoholic backwash of the big population centers. With the encouragement of Dr. R. E. Baisdell, the medical superintendent, a unit was formed within the wall, and meetings were held in the recreation hall. New York A.A.s went to Orangeburg to give talks, and on Sunday evenings, the patients were brought in state-owned buses to a clubhouse which the Manhattan group rents on the West Side.

Last July first, eleven months later, records kept at the hospital showed that of fifty-four patients released to Alcoholics Anonymous, seventeen had had no relapse and fourteen others had had only one. Of the rest, nine had gone back to drinking in their home communities, twelve had returned to the hospital and two had not been traced. Dr. Baisdell has written favorably about the work to the State Department of Mental Hygiene, and he praised it officially in his last annual report.

Even better results were obtained in two public institutions in New Jersey, Greystone Park and Overbrook, which attract patients of better economic and social background, than Rockland, because of their nearness to prosperous suburban villages. Of seven patients released from the Greystone Park institution in two years, five have abstained for periods of one to two years, according to A.A. records. Eight of ten released from Overbrook have abstained for about the same length of time. The others have had from one to several relapses.

WHY SOME people become alcoholics is a question on which authorities disagree. Few think that anyone is "born an alcoholic". One may be born, they say, with a hereditary predisposition to alcoholism, just as one may be born with a vulnerability to tuberculosis. The rest seems to depend upon environment and experience, although one theory has it that some people are allergic to alcohol, as hay fever sufferers are to pollens. Only one note is found to be common to all alcoholics - emotional immaturity. Closely related to this is an observation that an unusually large number of alcoholics start out in life as an only child, as a younger child, as the only boy in a family of girls or the only girl in a family of boys. Many have records of childhood precocity and were what are known as spoiled children.

Frequently, the situation is complicated by an off-center home atmosphere in which one parent is unduly cruel, the other overindulgent. Any combination of these factors, plus a divorce or two, tends to produce neurotic children who are poorly equipped emotionally to face the ordinary realities of adult life. In seeking escapes, one may immerse himself in his business, working twelve to fifteen hours a day, or in what he thinks is a pleasant escape in drink. It bolsters his opinion of himself and temporarily wipes away any feeling of social inferiority, which he may have. Light drinking leads to heavy drinking. Friend and family are alienated and employers become disgusted. The drinker smolders with resentment and wallows in self-pity. He indulges in childish rationalizations to justify his drinking: He has been working hard and he deserves to relax; his throat hurts from an old tonsillectomy and a drink would ease the pain; he has a headache; his wife does not understand him; his nerves are jumpy; everybody is against him; and son and on. He unconsciously becomes a chronic excuse-maker for himself.

All the time he is drinking, he tells himself and those who butt into his affairs the he can really become a controlled drinker if he wants to. To demonstrate his strength of will, he goes for weeks without taking a drop. He makes a point of calling at his favorite bar at a certain time each day and ostentatiously sipping milk or a carbonated beverage, not realizing that he is indulging in juvenile exhibitionism. Falsely encouraged, he shifts to a routine of one beer a day and that is the beginning

of the end once more. Beer leads inevitably to more beer and then to hard liquor. Hard liquor leads to another first-rate bender. Oddly, the trigger, which sets off the explosion, is as apt to be a stroke of business success as it is to be a run of bad luck. An alcoholic can stand neither prosperity nor adversity.

THE VICTIM is puzzled on coming out of the alcoholic fog. Without his being aware of any change, a habit has gradually become an obsession. After a while, he no longer needs rationalization to justify the fatal first drink. All he knows is that he feels swamped by uneasiness or elation, and before he realizes what is happening, he is standing at a bar with an empty whisky pony in front of him and a stimulating sensation in his throat. By some peculiar quirk of his mind, he has been able to draw a curtain over the memory of the intense pain and remorse caused by preceding stem-winders. After many experiences of this kind, the alcoholic begins to realize that he does not understand himself; he wonders whether his power of will, though strong in other fields, isn't defenseless against alcohol. He may go on trying to defeat his obsession and wind up in a sanitarium. He may give up the fight as hopeless and try to kill himself. Or he may seek outside help.

If he applies to Alcoholics Anonymous, he is first brought around to admit that alcohol has him whipped and that his life has become unmanageable. Having achieved this state of intellectual humility he is given a dose of religion in the broadest sense. He is asked to believe in a Power that is greater than himself, or at least to keep an open mind on that subject while he goes on with the rest of the program. Any concept of the Higher Power is acceptable. A skeptic or agnostic may choose to think of his Inner Self, the miracle of growth, a tree, man's wonderment at the physical universe, the structure of the atom, or mere mathematical infinity. Whatever form is visualized, the neophyte is taught that he must rely upon it and, in his own way, to pray to the Power for strength.

He next makes a short moral inventory of himself with the private aid of another person - one of his A.A. sponsors, a priest, a minister a psychiatrist, or anyone else he fancies. If it gives him any relief, he may get up at a meeting and recite his misdeed, but he is not required to do so. He restores what he may have stolen while intoxicated and arranges to pay off old debts and to make good on rubber checks; he makes amends to persons he has abused and in general, cleans up his past as well as he is able to. It is not uncommon for his sponsors to lend him money to help out in the early stages.

This catharsis is regarded as important because of the compulsion, which a feeling of guilt exerts in the alcoholic obsession. As nothing tends to push an alcoholic toward the bottle more than personal resentments, the pupil also makes out a list of his grudges and resolves not to be stirred by them. At this point, he is ready to start working on other, active alcoholics. By the process of extroversion, which the work entails, he is able to think less of his own troubles.

The more drinkers he succeeds in swinging into Alcoholics Anonymous, the greater his responsibility to the group becomes. He can't get drunk now without injuring the people who have proved themselves his best friends. He is beginning to grow up emotionally and to quit being a leaner. If raised in an Orthodox Church, he usually, but not always, becomes a regular communicant again.

SIMULTANEOUSLY WITH the making over of the alcoholic goes the process of adjusting his family to his new way of living. The wife or husband of an alcoholic, and the children, too, frequently become neurotics from being exposed to drinking excesses over a period of years. ~~Reduction~~ Reducation of the family is an essential part of a follow-up program, which has been devised.

Alcoholics Anonymous, which is synthesis of old ideas rather than a new discovery, owes its existence to the collaboration of a New York stockbroker and an Akron physician. Both alcoholics, they met for the first time a little less than six years ago. In thirty-five years of periodic drinking, Dr. Armstrong, to give the physician a fictitious name, had drunk himself out of most of his practice. Armstrong had tried everything, including the Oxford Group, and had shown no improvement. On Mother's Day 1935, he staggered home, in typical drunk fashion, lugging an expensive potted plant, which he placed in his wife's lap. The he went upstairs and passed out.

At that moment, nervously pacing the lobby of an Akron hotel, was the broker from New York, whom we shall arbitrarily call Griffith. Griffith was in a jam. In an attempt to obtain control of a company and rebuild his financial fences, he had come out to Akron and engaged in a fight for proxies. He had lost the fight. His hotel bill was unpaid. He was almost flat broke. Griffith wanted a drink.

During his career in Wall Street, Griffith had turned some sizable deals and had prospered, but, through ill-timed drinking bouts, had lost out on his main chances. Five months before coming to Akron, he had gone on the water wagon through the ministrations of the Oxford Group in New York. Fascinated by the problem of alcoholism, he had many times gone back as a visitor to a Central Park West detoxicating hospital, where he had been a patient, and talked to the inmates. He effected no recoveries, but found that by working on other alcoholics he could stave off his own craving.

A stranger in Akron, Griffith knew no alcoholics with whom he could wrestle. A church directory, which hung in the lobby opposite the bar, gave him an idea. He telephoned one of the clergymen listed and through him got in touch with a member of the local Oxford Group. This person was a friend of Dr. Armstrong's and was able to introduce the physician and the broker at dinner. In this manner, Dr. Armstrong became Griffith's first real disciple. He was a shaky one at first. After a few weeks of abstinence, he went east to a medical convention and came home in a liquid state. Griffith, who had stayed in Akron to iron out some legal tangles arising from the proxy battle, talked him back to sobriety. That was on June 10, 1935. The nips the physician took from a bottle proffered by Griffith on that day were the last drinks he ever took.

GRIFFITH'S lawsuits dragged on, holding him over in Akron for six months. He moved his baggage to the Armstrong home, and together the pair struggled with other alcoholics. Before Griffith went back to New York, two more Akron converts had been obtained. Meanwhile, both Griffith and Dr. Armstrong had withdrawn from the Oxford Group, because they felt that its aggressive evangelism and some of its other methods were hindrances in working with alcoholics. They put their own technique on a strict take-it-or-leave-it basis and kept it there.

Progress was slow. After Griffith had returned East, Dr. Armstrong and his wife, a Wellesley graduate, converted their home into a free refuge for alcoholics and an experimental laboratory for the study of the guest's behavior. One of the guests, who unknown to his hosts, was a manic-depressive as well as an alcoholic, ran wild one night with a kitchen knife. He was overcome before he stabbed anyone. After a year and a half, a total of ten persons had responded to the program and were abstaining. What was left of the family savings had gone into the work. The physician's new sobriety caused a revival in his practice, but not enough of one to carry the extra expense. The Armstrongs, nevertheless, carried on, on borrowed money. Griffith, who had a Spartan wife, too, turned his Brooklyn home into a duplicate of Akron image. Mrs. Griffith, a member of an old Brooklyn family, took a job in a department store and in her spare time played nurse to inebriates. The Griffiths also borrowed,

and Griffith managed to make odd bits of money around the brokerage houses. By the spring of 1939, The Armstrongs and the Griffiths had between them cozened about one hundred alcoholics into sobriety.

IN A BOOK, which they published at that time, the recovered drinkers described the cure program and related their personal stories. The title was Alcoholics Anonymous. It was adopted as a name for the movement itself, which up to then had none. As the book got into circulation, the movement spread rapidly. Today, Dr. Armstrong is still struggling to patch up his practice. The going is hard. He is in debt because of his contributions to the movement and the time he devotes gratis to alcoholics. Being a pivotal man in the group, he is unable to turn down the requests for help, which flood his office.

Griffith is even deeper in the hole. For the past two years, he and his wife have had no home in the ordinary sense of the word. In a manner reminiscent of the primitive Christians, they have moved about, finding shelter in the home of A.A. colleagues and sometimes wearing borrowed clothing.

Having got something started, both the prime movers want to retire to the fringe of their movement and spend more time getting back on their feet financially. They feel that the way the thing is set up, it is virtually self-operating and self-multiplying. Because of the absence of figureheads and the fact that there is no formal body of belief to promote, they have no fears that Alcoholics Anonymous will degenerate into a cult.

The self-starting nature of the movement is apparent from letters in the files of the New York office. Many persons have written in saying that they stopped drinking as soon as they read the book, and made their homes meeting places for small local chapters. Even a fairly large unit, in Little Rock, got started in this way. An Akron civil engineer and his wife, in gratitude for his cure four years ago, have been steadily taking alcoholics into their home. Out of thirty-five such wards, thirty-one have recovered.

TWENTY PILGRIMS from Cleveland caught the idea in Akron and returned home to start a group of their own. From Cleveland, by various means, the movement has spread to Chicago, Detroit, St. Louis, Los Angeles, Indianapolis, Atlanta, San Francisco, Evansville, and other cities. An alcoholic Cleveland newspaperman with a surgically collapsed lung moved to Houston for his health. He got a job on a Houston paper, and through a series of articles, which he wrote for it, started an A.A. unit, which now has thirty-five members. One Houston member has moved to Miami and is now laboring to snare some of the more eminent winter-colony luses. A Cleveland traveling salesman is responsible for starting small units in many different parts of the county. Fewer than half of the A.A. members has ever seen Griffith or Dr. Armstrong. To an outsider who is mystified, as most of us are, by the antics of problem-drinking friends, the results, which have been achieved, are amazing. This is especially true of the more virulent cases, a few of which are herewith sketched under names that are not their own.

Sara Martin was a product of the F. Scott Fitzgerald era. Born of wealthy parents in a Western City, she went to Eastern boarding schools and "finished" in France. After making her debut, she married. Sara spent her nights drinking and dancing until daylight. She was known as a girl who could carry a lot of liquor. Her husband had a weak stomach, and she became disgusted with him. They were quickly divorced. After her father's fortune had been erased in 1929, Sara got a job in New York and supported herself. In 1932, seeking adventure, she went to Paris to live and set up a business of her own, which was successful. She continued to drink heavily and

stayed drunk longer than usual. After a spree in 1933, she was informed that she had tried to throw herself out a window. During another bout, she did jump or fall - she doesn't remember which - out of a first-floor window. She landed face first on the sidewalk and was laid up for six months of bone setting, dental work, and plastic surgery.

IN 1936, Sara Martin decided that if she changed her environment by returning to the United States, she would be able to drink normally. This childish faith in geographical change is a classic delusion, which all alcoholics get at one time, or another. She was drunk all the way home on the boat. New York frightened her and she drank to escape it. Her money ran out and she borrowed from friends. When the friends cut her, she hung around Third Avenue bars, cadging drinks from strangers. Up to this point she had diagnosed her trouble as a nervous breakdown. Not until she had committed herself to several sanitariums did she realize, through reading, that she was an alcoholic. On advice of a staff doctor, she got in touch with an Alcoholics Anonymous group. Today, she has another good job and spends many of her nights sitting on hysterical women drinkers to prevent them from diving out of windows. In her late thirties, Sarah Martin is an attractively serene woman. The Paris surgeons did handsomely by her.

Watkins is a shipping clerk in a factory. Injured in an elevator mishap in 1927, he was furloughed with pay by a company, which was thankful that he did not sue for damages. Having nothing to do during a long convalescence, Watkins loafed in speakeasies. Formerly a moderate drinker, he started to go on drunks lasting several months. His furniture went for debt, and his wife fled, taking their three children. In eleven years, Watkins was arrested twelve times and served eight workhouse sentences. Once, in an attack of delirium tremens, he circulated a rumor among the prisoners that the county was poisoning the food in order to reduce the workhouse population and save expenses. A mess-hall riot resulted. In another fit of D.T.'s, during which he thought the man in the cell above was trying to pour hot lead on him, Watkins slashed his own wrists and throat with a razor blade. While recuperating in an outside hospital, with eighty-six stitches, he swore never to drink again. He was drunk before the final bandages were removed. Two years ago, a former drinking companion got him to Alcoholics Anonymous, and he hasn't touched liquor since. His wife and children have returned, and the home has new furniture. Back at work, Watkins has paid off the major part of \$2,000 in debts and petty alcoholic thefts and has his eye on a new automobile.

AT TWENTY-TWO, Tracy, a precocious son of well-to-do parents, was credit manager for an investment-banking firm whose name has become a symbol of the money-mad twenties. After the firm's collapse during the stock market crash, he went into advertising and worked up to a post, which paid him \$23,000 a year. On the day his son was born, Tracy was fired. Instead of appearing in Boston to close a big advertising contract, he had gone on a spree and had wound up in Chicago, losing out on the contract. Always a heavy drinker, Tracy became a bum. He tiptoed on Canned Heat and hair tonic and begged from cops, who are always easy touches for amounts up to a dime. On one sleety night, Tracy sold his shoes to buy a drink, putting on a pair of rubbers he had found in a doorway and stuffing them with paper to keep his feet warm.

He started committing himself to sanitariums, more to get in out of the cold than anything else. In one institution, a physician got him interested in the A.A. program. As part of it, Tracy, a Catholic made a general confession and returned to the church, which he had long since abandoned. He skidded back to alcohol a few times, but

after a relapse in February 1939, Tracy took no more drinks. He has since then beat his way up again to \$18,000 a year in advertising.

Victor Hugo would have delighted in Brewster, a heavy-thewed adventurer who took life the hard way. Brewster was a lumberjack; cowhand, and wartime aviator. During the postwar era, he took up flask toting and was soon doing a Cook's tour of the sanitariums. In one of them, after hearing about shock cures, he bribed the Negro attendant in the morgue, with gifts of cigarettes, to permit him to drop in each afternoon and meditate over a cadaver. The plan worked well until one day he came upon a dead man who, by a freak facial contortion, wore what looked like a grin. Brewster met up with the A.A.s in December 1938, and after achieving abstinence, got a sales job, which involved much walking. Meanwhile, he had got cataracts on both eyes. One was removed, giving him distance sight with the aid of thick-lens spectacles. He used the other eye for close-up vision, keeping it dilated with an eye-drop solution in order to avoid being run down in traffic. He developed a swollen, or milk, leg. With these disabilities, Brewster tramped the streets for six months before he caught up with his drawing account. Today, at fifty, still hampered by his physical handicaps, he is making his calls and earning around \$400 a month.

FOR THE Brewsters, the Martins, the Watkinses, the Tracys, and the other reformed alcoholics, congenial company is now available wherever they happen to be. In the larger cities, A.A.s meet one another daily at lunch in favored restaurants. The Cleveland groups give big parties on New Year's and other holidays, at which gallons of coffee and soft drinks are consumed. Chicago holds open house on Friday, Saturday and Sunday - alternating, on the North, West, and South Sides - so that no lonesome A.A. need revert to liquor over the weekend for lack of companionship. Some play cribbage or bridge, the winner of each hand contributing to a kitty for paying of entertainment expenses. The others listen to the radio, dance, eat, or just talk. All alcoholics, drunk or sober, like to gab. They are among the most society-loving people in the world, which may help to explain why they got to be alcoholics in the first place.

Jack Alexander
The Saturday Evening Post
March 1, 1941

September 1963



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NCCAA Yearly Financials 2005

Year to Date Financial Statement				Foster City 2005	San Jose 2005	Modesto 2005	Committee 2005
Beginning balance as of January 1, 2005				\$9,585.97			
Income							
Registration	8,867.00		8313.00	554.00			
Seventh Tradition	2,440.23		2440.23				
Free Drawing	1,869.00		1869.00				
Marathons	369.95		369.95				
Donations	0.00						
Concessions	0.00						
Prev Year Income	(330.00)						-330.00 (Foster City)
Total Income	\$13,216.18		\$12,992.18	\$554.00	\$0.00		-330.00
Expense							
Hall-Rental	4,859.53		100.23	3850.00			909.30 (Yuba City)
Hall-Security	0.00						
Concessions	0.00						
Donations	0.00 (C)						
Dance/Band	300.00		300.00				
Free Drawing	528.74		349.06				179.68 (Yuba City)
Decorations/Flowers	334.50		334.50				
Sign Lang/Interpeter	440.00		300.00				140.00 (Yuba City)
Professional/Insur Fees	894.00 (C)		175.00	175.00			544.00
Taxes	10.00 (C)						10.00
Registration	349.81		349.81				
Flyer-Distr/Mail/Post	29.38		29.38				
Printing-Flyer/Program	1,705.90 (C)		966.97	738.93			
Speaker/Officer-Dinner	788.68		588.68				200.00 (Stockton)
Speaker/Officer-Lodgir	1,772.66		1772.66				
Speaker-Travel	621.70		621.70				
Officer-Travel	415.05		304.05	55.00			56.00 (Modesto)
Speaker-Meals	238.89		238.89				
Start Up Funds	0.00						
Committee-Supplies	239.75 (C)						239.75
Committee-Postage	385.57 (C)		74.00	74.00			237.57
Committee-Mileage	534.60 (C)			204.30			330.30 (Yuba City)
Committee-Meals	0.00 (C)						
Exp-Upcoming Conf	(5067.00) (C)						-5067.00 Fos/San Jose
Total Expenses	\$9,381.76		\$6,504.93	\$5,097.23	\$0.00		-\$2,220.40
Surplus/Loss				\$6,487.25	-\$4,543.23	\$0.00	\$1,890.40
Ending balance as of May 1, 2005				\$13,420.39			

Beg bank balance \$ 9,585.97
 Deposits pending \$ 731.30
 Outstand Checks \$ 845.00
 End bank balance \$ 9,492.27

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