

# SOBER NEWS

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May/June 2005

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## *A Letter From:*

### **Dr. Silkworth**

The following excerpt is from an undated letter sent by Dr. William Duncan Silkworth titled "Doctor Calls "Slip" more normal than alcoholic."

The alcoholic "slip", as it is known in Alcoholics Anonymous, furnishes a perfect example of how human nature can be mistaken for alcoholic behavior.

The "slip is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A. program of recovery. "Slips" usually occur in the early stages of the alcoholics A.A. indoctrination, before he has had time to learn enough of the A.A. technique and A.A. philosophy to give him a solid footing. But "slips" may also occur after an alcoholic has been a member of A.A. for many months, or several years, and it is in this kind, above all, that one finds a marked similarity between the alcoholic's behavior and the "normal" victim of other diseases.

No one is startled by the fact that relapses are not uncommon among arrested tubercular patients. But here is a startling fact – the cause is often the same as the cause which leads to "slips" for the alcoholic. It happens this way:

When a tubercular patient recovers sufficiently to be released from the sanitarium, the doctor gives him careful directions for the way he is to live when he gets home. He must be in bed every night by, say, 8 o'clock. He must drink plenty of milk. He must refrain from smoking. He must obey other stringent rules.

For the first several months, perhaps for several years, the patient follows directions, but as his strength increases and he feels fully recovered, he becomes slack. There may come the night when he decides he can stay up until 10 p.m. When he does this, nothing [bad] happens. The next day he still feels good. He does it again. Soon he is disregarding the directions given to him when he left the sanitarium. Eventually he has a relapse.

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rest schedule. Frightened, he naturally follows directions obediently for a long time. He, too, goes to bed

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early, avoids exercise such as walking up stairs, quits smoking and leads a Spartan life. Eventually, though, there comes a day after he has been feeling good for months, or several years, when he feels he has regained his strength and also recovered from his fright. If the elevator is out of repair one day, he walks up three flights of stairs; or, he decides to go to a party; or take a cocktail or two. If no serious after-effects follow the first departure from the rigorous schedule prescribed, he may try it again, until he suffers a relapse.

In both the cardiac and the tubercular cases, the acts which led to the relapses were preceded by wrong thinking. The patient in each case rationalized himself out of a sense of his own perilous reality. He deliberately turned away from this knowledge of the fact he had been the victim of a serious disease. He grew over-confident. He decided he didn't have to follow directions.

Now that is precisely what happens with the alcoholic – the arrested alcoholic, or the alcoholic in A.A. – who has a “slip.” Obviously he decides again to take a drink sometime before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a “slip.”

There is no more reason to charge a “slip” to alcoholic behavior than there is to lay a tubercular relapse to tubercular 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.

And that's human nature! It's life! It's happening all the time, not merely among alcoholics, but among all kinds of people.

The preventative is plain. The patient must have full knowledge of his condition, keep in mind the facts of his case and the nature of his disease and follow directions.

For the alcoholic, A.A. offers the directions....



## **Keeping In Touch With N.Y. Inter-Group...**

Please note, as with all other communication (either written or verbal) with the New York Inter-Group office, all correspondence via e-mail will be held in the strictest confidence. No information will be shared unless New York Inter-Group is given permission to do so (as in the publication of “Sober News” articles, etc.). As always, the staff at New York Inter-Group can be reached Monday – Friday, 9:00am – 5:00pm at (212) 647-1680.

**[bigmeetinginfo@nyintergroup.org](mailto:bigmeetinginfo@nyintergroup.org)** • For questions and comments about “The Big Meeting”, N.Y. Inter-Group's annual celebration of the founding of Alcoholics Anonymous. Meeting to be held Sunday, June 12th, 2005 @ 1 PM - 3 PM at the NY Hilton Hotel (Ave of Americas btwn 53rd & 54th St).

**[billwdinnerinfo@nyintergroup.org](mailto:billwdinnerinfo@nyintergroup.org)** • For questions and comments about The Bill W. Dinner, New York Inter-Group's annual celebration of co-founder Bill W.'s sobriety date. Afternoon Meeting to be held October 29th, 2005 @ 1 PM - 4 PM followed by the Dinner @ 7 PM at the NY Hilton Hotel (Ave of Americas btwn 53rd & 54th St).

**[generalinformation@nyintergroup.org](mailto:generalinformation@nyintergroup.org)** • For questions & comments about the various services N.Y. Inter-Group provides, and how to volunteer at N.Y. Inter-Group.

**[meetingbookinfo@nyintergroup.org](mailto:meetingbookinfo@nyintergroup.org)** • For questions and comments about New York Inter-Group's bi-annual (June & December) publication of meetings in the Greater N.Y. Area, and how to update your group's meeting(s) information.

**[sobernews@nyintergroup.org](mailto:sobernews@nyintergroup.org)** • For any questions and comments about (article submission, etc.) “Sober News” Newsletter; N.Y. Inter-Group's bi-monthly newsletter.

**[steeringcommchair@nyintergroup.org](mailto:steeringcommchair@nyintergroup.org)** • For comments, questions and concerns about any aspect of New York Inter-Group's services, volunteers, events or staff, etc. Access to correspondence sent to this e-mail address is limited to the current chair person of N.Y. Inter-Group's Steering Committee.



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# What is...?

An in-depth look at the topics that relate to your sobriety...



## When and how did N.Y. Inter-Group start?



In 1946, the center of New York's A.A. activity was in the old W 41st Clubhouse.

Jinny T. and Hilda M. maintained an A.A. office to act:

center for inquiries, hospitalization, etc. In their efforts, they ran into some financial difficulties and a re-organization committee was formed. Each group in the greater New York area was asked to have a representative attend a joint meeting to discuss the situation.

As a result of this meeting, a special

committee was selected from the entire area's representatives with the initial purpose of securing funds to liquidate all bills and to arrange an Inter-Group Office which was to have no connection with any Clubhouse.

The committee proposed a plan for a N.Y. Inter-Group Office in May of 1946. Both Jinny and Hilda transferred their activities as the first secretaries of N.Y. Inter-Group, a steering committee was selected by group representatives, and By-laws providing for rotation of responsibility were drawn up. ❁



## Opportunities for • GROWTH

*The calendar of upcoming New York Inter-Group events*

Office Telephone and Call Forwarding and Volunteer Orientation, 6 P.M., New York Inter-Group Office, 307 7th Avenue, (@ 27th & 28th Streets), Room 201, Manhattan, N.Y. 10001. (Orientations are held any Monday morning between 9 A.M. and 1:30 P.M., Wednesday, Thursday and Friday between 6 P.M. and 9 P.M. and any Saturday afternoon between 1:30 P.M. and 6 P.M. No appointment necessary. Or call an Inter-Group staff member to arrange a convenient orientation time.) One-year continuous sobriety is required to answer phones.

### May 15th

- Big Meeting Committee Meeting, 2PM, New York Hilton Hotel, 1335 Av. of the Americas, (btwn. 53rd & 54th Sts), meet in lobby @ 1:45 PM

### May 17th

- Queens Institutions and Corrections Committee Meeting, 7PM, Our Lady of the Cenacle School Cafeteria 87-25 136th St, Hillside Av. & Van Wyck Expy), Richmond Hill, 11418. (Meeting is held the 3rd Tue. each month, same time & location.)

### May 19th

- Manhattan Institutions & Corrections Committee Meeting, 6:30 PM, N.Y. Inter-Group, 307 7th Av., @ 27th & 28th Sts, Rm 201, Manhattan, 10001. (Mtg is held 3rd Thurs. each month, same time & location.)

### May 20th

- Queens Area Forum 7:30 PM, Old St. James Church Annex, 86-02 Broadway (off 51st Av.), (Elmhurst Group meeting place). Elmhurst, 11373. (Meeting held 3rd Friday every other month, same time and location.)

- Bronx Institutions and Corrections Committee Meeting, 8:30 PM, St. Nicholas of Tolentine, (@ Fordham Rd and Andrews Av., (University Heights group meeting place), Bronx, 10468) (Meeting is held the 3rd Friday each month, same time and location.)

### May 21st

- Bronx Area Forum, 11:00 AM to 12:30 PM, Bedford Park Congregational Church, 3008 Bainbridge Av., (Gunhill

group meeting place.), Bronx, 10458. (Meeting is held 3rd Saturday every other month, same time and location.)

- Brooklyn Area Forum, 2:00 PM, Queen of All Saints Church, 300 Vanderbilt Av., (btwn. Lafayette & Dekalb Av.), Brooklyn, 11205. (Army Plaza group meeting place.) (Meeting is held 3rd Saturday every other month, Same time and location.)

- Westchester Area Forum, 9:30 AM, First Baptist Church, in the Wilson House, Bryant Av. and North St, (enter parking lot on Bryant Av., White Plains, N.Y. 10605. (Meeting is every other month, same time and location.)

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## NEW YORK INTER-GROUP CALENDAR OF EVENTS

May 15th, 2005 – June 30th, 2005

• Westchester Booking Mtg, 7:30 AM, Memorial United Methodist Church, 250 Bryant Av., (Btwn. North and Mamaroneck Av.), White Plains, NY 10605. (Booking Mtgs will also be held 8/20/05 and 11/19/05. Same location and time.)

### May 23rd

• Staten Island Institutions & Corrections Committee Mtg, 6:30 PM, Spring Building, 1034 Targee St, Rm 104, (1st floor Conf. rm), Staten Island, 10304. (Mtg is held 4th Mon. each month, same time and location.)

### May 28th

• Brooklyn Institutions and Corrections Committee Mtg, 1PM, 103 Quincy St, Btwn. Franklin & Classon Av., Bsmt, (Daily Reflection Workshop group mtg place), Brooklyn, 11238. (Mtg is held last Saturday each month, same time and location.)

### June 2nd

• Manhattan Area Forum, 7 PM, N.Y. Inter-Group Office, 307 7th Av., @ 27th & 28th Sts), Room 201, Manhattan.

### June 11th (See all events listed below)

• Exchange Meeting, **7:30AM**, @ P.S. 41, Sixth Av. & 11th St, Manhattan, 10011. (Meeting is held 2nd Sat. in March, June, Sept. & Dec. same time and location.)

**9AM** Institutions & Corrections Info/Orientation Workshop.

**10AM** Inter-Group Delegate and Group Officers Workshop.

**11AM** Public Info Orientation Workshop.

**12 Noon** N.Y. Inter-Group Delegates Mtg.

• Institutions & Corrections Literature Packing, 10AM, N.Y. Inter-Group, 307 7th Av., (@ 27th & 28th Sts), Room 201, Manhattan, 10001. (Literature packing is done on the 2nd Sat. of each month, same time & location. Newcomers always welcome.)

• Spanish Language Institutions and Corrections Committee Meeting, 7 PM, Spanish Intergroup Office, (Oficina Central Hispania de A.A.), 237 East 115th St, (Btwn. 2nd & 3rd Av.), Manhattan, 10029. (Meeting is held 2nd Saturday each month, same time and location.)

• Staten Island Area Forum, 11:00 A.M. Public School 41, Sixth Av. & 11th St, Manhattan, 10011.

### June 12th

• The Big Meeting, Sunday, 1:00 PM, New York Hilton Hotel, 1335 Av. of the Americas, (btwn. 53rd & at 54th Sts) NY,

NY @ Grand Ballroom, 3rd floor. This is a free event, no tickets are necessary. A Seventh Tradition collection will be taken.

### June 14th

• Westchester Area Institutions and Corrections Committee Meeting 7:30PM, Immaculate Conception Church. 199 N. Broadway, 2nd Fl. (Tarrytown Pocantico Hills: 1 Meeting Place) @ College Av., Rte 9. Sleepy Hollow, NY 10591.

### June 15th

• Bill W. Dinner Table Lottery, Wed., 6:00PM, New York Hilton Hotel, 1335 Av. of the Americas, @ 54th St, NY @ Rendezvous Trianon Room, 3rd floor.

### June 16th

• Manhattan Institutions and Corrections Committee Meeting, 6:30 PM, N.Y. Inter-Group Office, 307 7th Av., rm 201, (@ 27th & 28th Sts), Manhattan, 10001. (Meeting is held 3rd Thursday each month, same time and location.)

### June 17th

• Bronx Institutions and Corrections Committee Meeting, 8:30 PM, St. Nicholas of Tolentine @ Fordham Rd & Andrews Av. (University Heights group meeting place), Bronx, 10468) (Mtg is held the 3rd Friday each month, same time and location.)

### June 18th

• Bill W. Dinner Committee Meeting, 2 PM, N.Y. Inter-Group, 307 7th Av., @ 27th & 28th Sts), Rm 201, Manhattan, 10001)

### June 21st

• Queens Institutions and Corrections Committee Meeting, 7 PM, Our Lady of the Cenacle School Cafeteria 87-25 136th St, Hillside Av. & Van Wyck Expy), Richmond Hill, 11418. (Mtg is held the 3rd Tuesday each month, same time and location.)

### June 25th

• Brooklyn Institutions and Corrections Committee Mtg 1PM, 103 Quincy St, (Btwn. Franklin & Classon Av., Bsmt, (Daily Reflection Workshop group meeting place), Brooklyn, 11238. (Mtg is held last Saturday each month, same time and location.)

### June 27th

• Staten Island Institutions and Corrections Committee Meeting, 6:30 PM, Spring Building, 1034 Targee St, room 104, (1st floor Conference room), Staten Island, 10304. (Meeting is held 4th Monday each month, same time and location.)



## Share Your **SOBER NEWS**

For more information contact:  
Inter-Group Association of Alcoholics  
Anonymous of New York, Inc.  
Attn: Sober News

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PH: 212-647-1680; 914-949-1200  
FX: 212-647-1648 Telecom Device  
For Deaf Only: 212-647-1649

<http://www.nyintergroup.org>  
E-mail: [sobernews@nyintergroup.org](mailto:sobernews@nyintergroup.org)

Use the voice phone numbers above for A.A. meeting information in the Greater New York City/Westchester County areas and for help with a problem with alcohol. A.A. members are available in the office from 9:00 A.M. to 10:00 P.M., daily including weekends and holidays. Visitors welcome. Between 10:00 P.M. and 2:00 A.M. daily and all night on weekends phone calls to New York Inter-Group are taken by members in their homes. At other times messages can be left on New York Inter-Group's answering machine for return calls the next day.

Inter-Group's Literature Room is open weekdays, 9:00 A.M. to 6:30 P.M. and Saturdays from 10:00 A.M. to 4:00 P.M. No literature sales on legal holidays. Most A.A. General Service Conference approved literature is available for sale in English and Spanish. Meeting List Books are available for sale at \$1.00 each. Inter-Group does not sell chips or medallions.

