



The Nightcap

AA IN SOUTHWEST TEXAS

PUBLISHED MONTHLY BY CENTRAL SERVICE OFFICE

103 RENNER, SAN ANTONIO, TX 78201 PHONE NUMBER 512-733-7562

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AUGUST 1982

NUMBER 8

I DON'T HAVE TIME TO MEDITATE!

"I have to get up real early in the morning so I really don't have time to meditate." How many times have you heard that? I used to feel the same way.

Meditation is our step out into the sun, according to Bill W., and we know that the sun is always necessary for growth.

But, exactly what do I have to do to meditate? Do I have to sit quietly or can I do it while I am making my coffee? Do I have to say certain words or what? How long does it take each day? I'm very rushed in the morning. Can't I just read my 24-hour book and think about that?

Well, what does the Big Book say about meditation? When all else fails we can look at the directions. It says on page 86:

"On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives."

I notice that the word "motives" is a key element in my morning thoughts. Is this day going to be clear of selfish actions and critical words?

The Big Book goes on: "In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or decision. We relax and take it easy... We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of each problem."

So what is AA meditation? Do I have to sit still and clear my mind of everything? Not at all. AA meditation is obviously different from the transcendental type we read about. We do have to think and to get our thoughts in line with the goal of living unselfishly and watching our motives.

The Big Book says: (1) Think about the next 24-hours ahead. (2) Consider your plans for the day. (3) Ask God to free us from selfish motives. (4) Relax (5) Read or say a prayer offering yourself to God to be used to help others.

That's about it. The main thing seems to be making that early morning contact and deciding ahead of time how I'm going to think and react to situations during the day.

"But I don't have time" comes the cry. It really takes only a few minutes, maybe five or ten, to do an AA meditation and it can work miracles in my day-to-day life.

It's a spiritual shower bath that lends a fragrance to my day.
How are your days???

SACSO



I wonder is it 7 AM or PM?

THOUGHT FOR THE DAY

American author Mark Twain said, "The holy passion of friendship is of so sweet and steady and loyal and enduring a nature that it will last through a whole life-time, if not asked to lend money."

It ain't what you don't know that makes you ignorant--it's what you know that ain't so.

Or...An ignorant person is one who dosen't know anything about what you know and knows things you don't know anything about.

An AA member went to a medium and wanted to know if there were AA meetings in heaven. The medium looked into her crystal ball and said, "I've got good news and bad news. The good news is that there are AA meetings in heaven. The bad news is that you are Chairman of the 8 o'clock meeting tonight."

Lady called the Central Office about her husband. Said she found a lot of empty booze bottles in his car and she also found several empty olive and pickle jars. Wanted to know what effect all the olives and pickles would have on her husband...

Heard during the reading of a will, "And to my drunken nephew whom I promised to remember---'Hi there, Clyde.'"

AA is like shaving. If you don't do something about it every day, you'll soon become a bum.

GRAPEVINE, JUL '62

DRY---
Didn't
Recover
Yet

SOBER---
Shows
Outward
Behavior of
Excellent
Recovery

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GROUP ANNOUNCEMENTS AND COMING EVENTS

The DOWNTOWN GROUP will have a GET ACQUAINTED DINNER starting at 4:00 PM Saturday, August 21 with Barbeque and Trimmings followed by a speakers meeting at 6:00 PM. Speakers will be Dr Gene S. and C. W. S. Games after meeting. Call 223-0591 for ticket information--limited to 60 people. All for \$3.00. Address: 110 McCullough.

GRUPO UNIDAD has added a new meeting on Fridays at 8:15 PM--Closed Discussion. Monday meetings have been changed from Closed Discussion to Open Speakers.

GRUPO UNIDAD would like to invite everyone to their 10TH ANNIVERSARY, August 21st at 7:00 PM. AA meeting chairman will be Raul M. with speakers from out of town. Joy G. will be the Al-Anon speaker. Mexican dinner afterwards--all FREE.

The GOLIAD GROUP has open meetings every day. Al-Anon meeting at 10:00 AM Saturday and Alateen meetings on Tuesdays at 8:15 PM. Alateen contacts are Donna K and Corrine, Phone 532-0371. 537 Avondale.

10TH ANNUAL CHISHOLM TRAIL ROUND-UP, Lake Travis, Austin, Tx, Aug 13, 14 & 15th. Baptist Encampment, FM 2322 off of 71W. Miles Auditorium. Camper hook-up available Friday Afternoon. Fish-Boat-Camp-Swim. For information call 263-5387 Or 266-2520.

Remember the NON-SMOKERS meetings on Mondays at 8:15 PM. St Lukes Episcopal Church, 11 St Lukes Lane-341-9270.

4TH ANNUAL HILL COUNTRY ROUNDUP, Inn of the Hills, Kerrville, Tx., Jul 30- Aug 1, 1982. Registration \$15.00 for AA's & Al-Anons, \$1.00 for Alateens.

CENTRAL SERVICE OFFICE COMMITTEE (GSR) meeting will meet at Club 12, Sunday, August 8, 1982 at 7:00 PM.

The ADMINISTRATIVE BOARD of the Central Service Office will meet at CSO on August 4, 1982 on Wednesday at 7:00 PM.

VILLA ROSA MEETINGS

AUG 6-N.SAN PEDRO AUG 13-WINDCREST
AUG 20-VALLEY-HI AUG 27-N. SAN PEDRO
SEP 7-GRUPO UNIDAD SEP 14-SERENITY
SEP 21-NORTHEAST SEP 28-GRUPO UNIDAD

SALLY MEETINGS

AUG 4, 11, 18, 25 FRONTIER GROUP
SEP 1, 8, 15, 22, 29 GROUP 12

DETOX MEETINGS

AUG 5, 12, 19, 26 VICTORIA M.
SEP 2, 9, 16, 23, 30 WES D. & JAMES O.

FRONTIER (ARC) MEETINGS

AUG 7, 14, 21, 28 LYTLE GROUP
SEP 4, 11, 18, 25 JOHN S.

Contact for the ARC, Sally & Detox meetings is Linda G., Phone 923-8738. For the Villa Rosa meeting, contact Wallace R., Phone 822-3425.

The HAVEN GROUP will have a Bar-B-Que with beans, onions, pickles and potato salad, Sunday August 15th from 2:00 til 4:30 PM. AA meeting at 5:00PM. Meeting is free. Bar-B-Que costs \$3.00. 1640 W. Woodlawn

The CENTRAL SERVICE OFFICE thanks all groups in District 1 for their financial support. The participation rate is 79% of all groups which is better than last year at this time.

Does your group have any literature to give to newcomers? Conference approved literature is available at your Central Service Office. Hours 9:00 AM to 4:00 PM Mon-Fri. 103 Renner Dr. Come on over, browse around--drink some coffee and visit.

WHAT IS THE ANSWER?

Well, first, what is the question? The question is this: When life hits me hard with a personal problem I cannot solve, what is the answer?

I checked around and, would you believe, the solution is right in the Big Book on page 449 (3rd Edition) in the story "Doctor, Alcoholic, Addict."

It says: "...acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation--some fact of my life--unacceptable to me, and I find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitude.

"...AA and acceptance have taught me there is a bit of good in the worst of us and a bit of bad in the best of us, that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork. I am saying I know better than God."

But, how can I learn acceptance? Is there a way? Exactly what must I do to reach that state of serenity?

My sponsor says I need to pray for acceptance every day...that acceptance is a powerful spiritual gift that is essential to serenity and I need to believe the Higher Power will grant this gift to me as I need it.

In the meantime, I need to courageously try to solve my problems myself and those I find unsolvable, to put them in the hands of God.

Remember..."your serenity is directly proportional to your level of acceptance."

SACSO

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NEW FEATURE, but

The Central Service Office would like to begin listing individual birthdays by day of the month and group from 1 year on. Needless to say, our only source for this information is from the groups or individuals. If the group secretaries or individuals will notify the CSO of all upcoming birthdays in September, we will list them in the "NIGHTCAP". First name, last initial, sobriety date (including day of month) and group is all that is required. If you have a birthday in September, give us a call at 733-6876 or 733-7562.

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IN MEMORIAM

WILLIAM (BILL) R. DIED IN TEXARKANA, TX. JULY 18, 1982.

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OUR AILING FRIENDS

Gayle McA., Fred G., Winnie C., Winnie H., and Marilyn J. Mary Lou L's, Secretary of the Central Service Office, recent surgery on her foot is progressing satisfactorily and she should return full time in another week or two.

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AUGUST BIRTHDAYS

<u>DAY</u>	<u>NAME</u>	<u>YEARS</u>	<u>GROUP</u>	<u>DAY</u>	<u>NAME</u>	<u>YEARS</u>	<u>GROUP</u>
2	Jerry P.	13		18	Willie H.	3	Stepping Stones
5	Hod C.	9	Alamo Heights	24	Red K.	6	Goliad
15	Gene K.	6	Northwest	25	Bobby G.	2	
16	Bob L.	2	Lytle	31	Bob S.	10	New Braunfels
18	L.M. "VAN" D.	12	Group 12				

This is just a few of the many birthdays in August. If you have a birthday in September, call the Central Service Office and give us the information.

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A FEW WORDS ABOUT SPONSORSHIP

Most present members of Alcoholics Anonymous owe their sobriety to the fact that someone else took a special interest in them and was willing to share a great gift with them.

Sponsorship is merely another way of describing the continuing special interest of a seasoned member that can mean so much to a newcomer turning to A.A. for help.

Individuals and groups cannot afford to lose sight of the importance of sponsorship, the importance of taking a special interest in a confused alcoholic who wants to stop drinking. Experience shows clearly that the members getting the most out of the A.A. program, and the groups doing the best job of carrying the A.A. message to still-suffering alcoholics, are those for whom sponsorship is too important to be left to chance.

By these members and groups, sponsorship responsibilities are welcomed and accepted as opportunities to enrich personal A.A. experience and to deepen the satisfaction that comes from working with others.

Reprinted from the pamphlet
QUESTIONS AND ANSWERS ON SPONSORSHIP

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GAMES PEOPLE PLAY IN A. A.

DROP THE HANDKERCHIEF

In this game, an A.A. member accepts a responsibility, such as chairmanship; then he circles the group until he can drop it behind some unsuspecting person he hopes will pick it up. There upon, he runs away very fast and stays out of sight until the game is over.

TAG

This tricky game is played when a sick alcoholic phones a member for help, or a local intergroup or central office relays the plea. The main rule is that the person called doesn't make the visit himself (because of a sore finger or something), but phones another member and tags him with the job. That one, in turn, tags another, and this continues until someone is unable to pass the buck. That makes him "It," and he has to make the Twelfth Step call.

A TISKET, A TASKET

The player simply keeps a tight grip on his wallet when the basket is passed, as he murmurs to himself, "A tisket, a tasket, I don't see the money basket" (or "I'm saving for my casket" or any other witty couplet) The dividends thus accumulated may eventually buy him a case of booze.

CENTRAL SERVICE OFFICE - SAN ANTONIO, TX
 CONTRIBUTIONS RECEIVED
 JUN 25 - JUL 25, 1982

| <u>GROUP</u> | <u>JULY</u> | <u>TO DATE</u> | <u>GROUP</u> | <u>JULY</u> | <u>TO DATE</u> |
|----------------------|-------------|----------------|---------------------|-------------|----------------|
| Alamo | \$40.00 | \$40.00 | Open Door | \$42.00 | \$127.00 |
| Alamo Heights | 42.00 | 253.00 | Phoenix | -0- | -0- |
| Audubon | -0- | 20.00 | Priest & Religious | 25.00 | 25.00 |
| Boerne | -0- | 25.00 | Park North | -0- | 120.00 |
| Broadway | 35.00 | 320.00 | Reliance | -0- | -0- |
| Callaghan | 30.00 | 190.00 | Sahara | -0- | -0- |
| Coker | -0- | -0- | Santa Fe | -0- | 10.00 |
| Colonies North | -0- | 450.00 | SASH | -0- | 300.00 |
| Downtown | -0- | -0- | Schertz | -0- | -0- |
| Eisenhauer | -0- | 50.00 | Serenity | 15.00 | 105.00 |
| El Libro Grande | -0- | -0- | Southwest Loop | -0- | 110.00 |
| El Milagro Del Siglo | -0- | -0- | Stepping Stones | -0- | 50.00 |
| Fort Sam Houston | 40.00 | 280.00 | Summit | -0- | -0- |
| Frontier | -0- | 30.00 | Sunset | 10.00 | 130.00 |
| Goliad | -0- | 95.00 | Tejas | -0- | 300.00 |
| Group 12 | 100.00 | 600.00 | Universal City | -0- | 30.00 |
| Grupo Del Sol | -0- | 10.00 | Universal City, Sun | -0- | 60.00 |
| Grupo Unidad | -0- | 50.00 | V.A. Hospital | -0- | -0- |
| Haven | 25.00 | 190.00 | Valley-Hi | 25.00 | 175.00 |
| Helotes | -0- | 10.00 | Villa Rosa | -0- | 90.00 |
| Highland | 20.00 | 140.00 | Wesley | 30.00 | 36.00 |
| Kingsboro | -0- | 25.00 | West Ashby | -0- | 60.00 |
| Lambda | -0- | 20.00 | Wilford Hall | 20.00 | 70.00 |
| Laurel Heights | 40.00 | 165.00 | Windcrest | -0- | -0- |
| Lytle | -0- | 13.80 | Young People | -0- | -0- |
| Marymont | -0- | 149.57 | | | |
| North San Pedro | -0- | 140.00 | | AREA | |
| Northeast | -0- | 75.00 | Floresville | -0- | 80.00 |
| Northwest | -0- | 164.00 | Kerrville | -0- | 48.02 |
| Northwood | -0- | 100.00 | Uvalde | -0- | 8.00 |

SUMMARY OF CONTRIBUTIONS
 (Jun 25 - Jul 25, 1982)

| | |
|--------------|-----------------|
| District 1 | \$539.00 |
| Area | -0- |
| Buck-A-Month | 180.00 |
| Individual | 40.00 |
| *Memorial | 10.00 |
| | <u>\$769.00</u> |

| | |
|--------------------------|----|
| District 1 Active Groups | 55 |
| New Groups | 0 |
| Discontinued Groups | 0 |

*In memory of William "Bill" R. by
 D. & Evelyn G.

PLEASE ENTER MY SUBSCRIPTION TO THE "NIGHTCAP"

RATE: BUCK-A-MONTH FOR _____ MONTHS DATE _____

NAME _____

MAIL TO:

STREET _____

CITY _____ STATE _____ ZIP _____

| |
|---|
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