



The Nightcap

AA IN SOUTHWEST TEXAS

Volume 8

December 1980

No. 12

LET GRATITUDE BE YOUR ATTITUDE

Every day of your life is a gift from God. Don't squander it. Don't waste it by being angry with anyone. Don't let it slip away by feeling sorry for yourself. Be grateful for this precious gift of life and spend it by being as happy and as thankful as you possibly can. Let your mind dwell on the good things which have happened to you. Let gratitude be your attitude. Think of your assets, and don't let anyone else spoil your day for you. Enjoy every day of your life to the fullest. Realize that you can add to the joy of each day by making someone else happy.

The kind of a prayer that helps you get into a peaceful grateful attitude might be something like this:

Heavenly Father -- Help me to be grateful for being alive right now. Help me to realize that no matter what my problems may be, where there is life, there is hope. Help me to think positively and to realize that thousands of miracles are happening every day. Help me to pray, and help to remember the times when prayer brought me peace. Let me be a better listener and not be self-centered. Help me to realize that if I get my mind occupied by helping and cheering up other people, I will be healthier than if I were always checking my own pulse. Help me to look for the good in everyone I meet. Let me realize THAT I cannot change anybody's way of thinking. Only by doing the best I can and setting a good example may I influence someone to change their behavior. Help me to understand that other people have as much a right to their opinions as I do to mine. Let me love myself as I am. Make me realize when I am not proud of myself, I am letting you, my Creator, down. I must be proud of the body you have given me and realize there is a purpose for every person being different. Let me realize that you, my Father, are with me always to guide and comfort me. Let me open my heart and my pores and let your love flow in. Let me accept the peace that You can bring, and help me to understand that You have a plan and a purpose to everything that happens. Amen. (RAC)

There is a four-word formula for success that applies equally well to organizations or individuals - MAKE YOURSELF MORE USEFUL.

The following is a fine formula for guaranteeing a prolonged depression. If anyone wants to keep a depression going just try these helpful hints:

1. Just sit there. Inaction prolongs a depression by preventing you from thinking about anything except yourself.
2. Avoid AA Meetings. By eliminating attendance in AA Meetings you will reduce your chances of running into anyone who might understand your depression and offer guidance.
3. Do Not Telephone AA Members. Phone conversations are often fatal to depressions.
4. Do Not Pray. The act of praying is an admission of at least a small degree of humility and willingness to accept the help of a Higher Power.
5. Run Away by Yourself. Jump in your car and drive to an isolated area where no one knows you or expects you to act like an adult.
6. Think about drinking. Do not actually drink, because this could kill you or at least bring you into contact with the human race.
7. Miss a couple of meals. Hunger is to a depression as fertilizer is to a weed.
8. Postpone making apologies or other forms of Amends. Many depressions stem from a guilty conscience. If you start running around patching things up with people, you are likely to blow your depression sky-high.
9. Avoid Reading the Big Book, Twelve & Twelve, etc. Instead buy a newspaper and bone up on the Drug-Scene, pollution and other jollies.
10. Above all, Don't permit any Chinks in your Armor. Don't smile or say hello to people, give another person the right of way, send a birthday card, etc. Acts of kindness and simple decency can spell curtains for your depression.

Instead of the above, attend lots of AA meetings, seek out other AA people, read AA literature, eat well and stay comfortable, call on your Higher Power, never give John Barleycorn a second thought (or a first), be as pleasant and kind as you can, loving and sharing with others and you will have a formula for certain success. NIGHTCAP guarantees it. (In Part to GV)

December is the month we stress the importance of the Twelve Traditions. And in line with that thinking we quote Dr. Rob on Tradition 11.

"We need always maintain personal anonymity at the level of press, radio and films."

Dr. Bob co-founder of AA, commented on Tradition Eleven as follows: "Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition.

"The AA who hides his identity from his fellow AA by using only a given name violates the Tradition just as much as the AA who permits his name to appear in the press in connection with matters relating to AA.

"The former is maintaining his anonymity ABOVE the level of the press, radio, and films, and the latter is maintaining his anonymity BELOW the level of press, radio, and films - whereas the Tradition states that we should maintain our anonymity AT the level of press, radio, and films."

The following Groups will be responsible for the SALLY Group for the month of December!

December 3	The Haven	December 10	Spiritual Life
17	Windcrest		

The GOLIAD GROUP will take the meeting to SALLY during the month of January. This is a Wednesday night meeting and starts at 8:15 P.M.

The Alamo Heights Group has a new meeting place. This group formerly met at St. Lukes Church. The new meeting place is the American Red Cross Building, 90 Brees Blvd. To help you find this place - it is behind Waitz Super Market or directly across the street from the Tanglewood Apartments. For information call Horace Ayres: 822-1815. This group meets on Monday night at 8:15 PM.

All GSR'S AND/OR SECRETARIES are reminded that the Group contributions are needed in order to maintain the Central Service Office. The Central Service Offices provides a very vital function and service to our sobriety. This office does not govern us but merely guides and coordinates the activities of AA in San Antonio and the Southwest Texas Area. These trusted servants give of their time generously and selflessly in order to aid us in our quest for recovery. Let's not let them down.

NIGHTCAP wants to thank June H. and Lucy R. for their dedicated service in helping to publish this monthly paper. It is foolhardy to mention names, since someone will be overlooked and thus hurt, but Al D. and Bob S. are dedicated people and deserve our gratitude for their effort in preparing and mailing this monthly newsletter. NIGHTCAP SALUTES ALL OF YOU.

MEMBERS WANTED: The Park North Group, 4330 Vance Jackson wishes to announce that their meetings on Wednesday and Friday at 8:15 P.M. are both open discussion meetings. This group meets in the basement cafeteria of the Park North General Hospital. They suggest that since their group is of moderate size you may enjoy a meeting that is "big enough to listen, yet small enough to care". They urge you to try them.

The Central Service Office will be closed on the 26th and 27th for Thanksgiving. Also, the office will be closed on the 25th and 26th of December for Christmas holidays.

There will be an important meeting for all GSR's and DCM's on December 14th at Club 12, 7:00 P.M. An Election will be held for 4 new members for the Administrative Board of the Central Service Office. Please give a great deal of thought to whom you would like to have as representative on this board.

The Central Service Board will have its regular meeting on December 9th, at 7:00 P.M. This meeting is held at the Central Service Office.

The Haven Group will hold its Annual New Years Talk-A-Thon on December 31 st. The meeting will begin at 7:30 P.M. and continue as long as there are members to participate. There will be short intermissions between meetings. Refreshments will be served. The Haven Group extends an invitation to all AA's to come and share this evening of fellowship with them and celebrate a sober New Years Eve.

The Haven Group will discontinue their monthly Bar-B-Que which has been held on the second Sunday of each month. This event will start up again in the Spring - probably around March. The meetings will continue as USUAL.

Club 12 will be responsible for the meetings at the ARC during the month of December. The TEJAS GROUP will be responsible for the meetings for the month of January.

Volunteers are needed to take meetings to the "Detox Center" twice weekly. This is an area that has been neglected and it is fertile ground for those who want to "Carry the Message" to other alcoholics. Please call the Central Service Office or give your name to the Nightcap Editor.

The following groups will be responsible for the Villa Rosa meetings during December and January:

December	2	Twenty Four Hour	January	6	Stepping Stones
	9	Santa Fe		13	Stepping Stones
	16	Alamo Heights		20	Broadway
	23	Twenty Four Hour		27	Northwest
	30	Group 12			

NIGHTCAP has a message from the Southwest Texas Area Committee. Many groups do not contribute to the work of the SW Tx Area Committee because they are not aware of the existence of this group or what it does. It plays a very vital role in our area AA and needs funds to operate much as the GSO and CSO do. The General Service Conference has suggested that groups prorate their excess funds as follows: 60% to inter-group (CSO) 30% to the GSO and 10% to the area committee. Your group can help by making your checks payable to "SW TX Area Committee" and mailing it to: 330 S. Walnut, New Braunfels, Texas, 78130. You may be interested in knowing that Bob S. of New Braunfels is the Treasurer of this Committee.

You re further reminded about the Annual SASH XMAS party. This will be held on December 22nd (Monday) at 7:00 P.M., at the Auditorium, San Antonio State Hospital. Your help is needed. Please send your checks to: SASH AA Group, C/O Libby Slaughter, 4743 Eldrige, San Antonio, Texas 78237

IN MEMORIUM: Doc Opperman, November 22, 1980. To his many friends and family we extend our sincere sympathy and prayers.

HOW TO TELL YOU ARE GROWING OLD:

1. Everything hurts and what doesn't hurt doesn't work.
 2. You feel like the morning after when you haven't been anywhere.
 3. You get winded playing chess.
 4. Your children begin to look middle-aged.
 5. You know all the answers but nobody asks you any questions.
 6. You turn out the light for economic rather than romantic reasons.
 7. You sit in a rocking chair but can't get it going.
 8. Your knees buckle but your belt won't.
 9. You're 17 around the neck, 42 around the waist and 96 around the golf course (9 holes).
 10. You just can't stand people who are intolerant.
 11. You burn the midnight oil until 9 P.M.
 12. Your back goes out more often than you do.
 13. Your pacemaker raises the garage door when a pretty girl goes by.
 14. The little gray-haired lady you help across the street is your wife.
 15. You get your exercise acting as pallbearer for friends who exercise.
 16. You have too much room in the house and not enough in the medicine cabinet. (From KC 10-31)
-

CENTRAL SERVICE OFFICE SAN ANTONIO
RECEIVED NOVEMBER 24, 1980

<u>GROUP</u>	<u>NOVEMBER</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>NOVEMBER</u>	<u>TO DATE</u>
Alamo Heights	\$ 30.00	\$ 195.00	Park North	\$ 88.00	\$ 463.00
Audubon	0	0	Randolph Fellowship	0	10.00
Broadway	30.00	360.00	Reality	0	30.00
Callaghan	50.00	275.00	Reliance	0	52.27
Coker Group	0	0	Sahara	0	0
Colonies North	0	425.00	SASH	0	45.00
Downtown	0	0	Santa Fe	0	15.00
Eisenhauer Step	0	15.00	Schertz	0	0
First Step	25.00	55.00	Serenity	15.00	165.00
Fort Sam Houston	50.00	295.00	Southwest	14.55	95.39
Frontier	0	30.00	Spiritual Life	0	0
Goliad	20.00	155.00	Stepping Stones	50.00	280.00
Group Twelve	100.00	1,200.00	Sunset	30.00	180.00
Grupo Del Sol	0	10.00	Tejas	0	365.00
Grupo Unidad	10.00	50.00	The Haven	40.00	145.00
Highlands	20.00	240.00	Triangle	0	0
Kingsboro	10.00	30.00	Twenty-Four Hour	0	0
Lambda	5.00	55.00	Universal City	0	60.00
Laurel Heights	20.00	180.00	VA Hospital	0	65.00
Mary Mont	80.00	250.00	Valley High	20.00	180.00
Northeast	0	120.00	Wesley	0	12.00
North San Pedro	80.00	260.00	Wilford Hall	0	20.00
Northwest	30.00	297.80	Villa Rosa	0	250.00
Northwood	175.00	475.00	Windcrest	0	135.00
Open Door	40.00	63.00	Young People	0	95.00

25 Groups - \$ 1,042.55
Buck a Month 77.00

AREA

Brazos Valley	0	47.01	720 Group - Kerrville	0	45.00
Caldwell Group	0	15.00	New Braunfels Home Group	0	5.00
Cameron Group	0	8.00	Pearsall Group	0	60.00
Canyon Lake Group	10.00	30.00	Rockdale Group	0	8.00
Floresville Group	0	60.00	Sliding Door Group-Corpus	0	10.00

Individual Contributions - two - Anonymous

BUCK A MONTH CONTRIBUTION FORM

DATE _____

Central Service Office - 109 Lexington Ave. - Suite 215 - San Antonio, Texas 78205
Please enter my subscription to BUCK A MONTH for _____ months.

NAME _____ STREET _____

CITY _____ STATE _____ ZIP _____