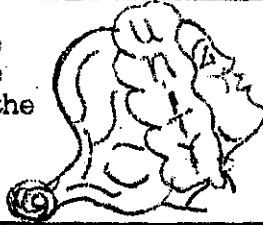


THE NIGHT-CAP

Give Your Valentine a Valentine
February 14th. It's easy Give
THE NIGHT-CAP. See coupon on the
bottom of the financial page.



Unless we go forward together
we can only go backward. There
is no standing still.

VOLUME EIGHT

FEBRUARY 1980

NUMBER TWO

I LIVE BY FAITH ALONE

By Marjorie S.

Twenty years from now will be the year two thousand and someone else will be saying something else in the Night-Cap.

So life is a changing, transitory, thing because it is based on time. How old are you? How long have you been sober? What time is it?

When I found AA, I had run out of time. My life was on the line and I knew it and I wasn't even sad. I had invited death because I wanted relief from the gnawing, dreading, loneliness, and sickness that yawned and spread all around me.

It would come as relief. My trials would be over. I wouldn't hurt anymore.

My spiritual awakening came in the Intensive Care Unit of Breckenridge Hospital, in 1968. I could hear the doctors saying, "it's a concussion. We've got to go into her skull". I said, "If you do I won't survive".

Communication, consciousness, awareness were not working after that and yet I recovered because in my unconsciousness there came a message: "YOU WILL LIVE, MARJORIE, AND YOU WILL FIND A REASON FOR LIVING"---

It had not been there before and yet I KNEW. What and who was this power? The years have since taught me.

Alcoholics Anonymous taught me what I was and showed me what to do about it. My foothold on this program has not been easy. I have to K.I.S.S. DAILY. (Keep it simple stupid).

The program is my handle on living. Mistakes, "goofs", are part of my make-up, but it's a far cry from the "screw-up" I used to be

Hell, I want to be well. I don't want to be sick forever...(Dig that alcoholic impatience"

I think God closes some doors and opens others.

My God consciousness has been of the developmental variety. No burning bushes; not even ONE knight in shining armor

Only in retrospect can I see my progress. So I have come to believe that I live by faith alone, daily.

Ergo, One Day at a Time.

PLEASANTON GROUP CELEBRATES 25TH YEAR
Pleasanton Group will celebrate its
25th year with a meeting, coffee and dough-Nothing fancy, Good country style AA.
nuts at 8 p.m., Feb. 23 in the High
School cafeteria. Speaker, Mario A.G.

ALCOHOLISM DEPICTED IN ART EXHIBIT

Considerable interest is being shown in an unusual exhibition of some twenty five paintings by Robert Ephraim Welch, depicting his psychological battle with alcohol.

The exhibit may be seen now through Feb. 7 at the Southwest Craft Center's Ursuline Gallery, 300 Augusta.

Welch, a former director of the San Antonio School of Art, expresses his inventory in pen and ink and water color.

Four years after conquering the problem the artist brings into public view the visual interpretations of the challenges and regressions, the successes and traumas, illusions, dreams and realities in the constant struggle of conscious and subconscious thoughts.

The artist notes that it is his desire "to lay these innermost thoughts and weaknesses to show others how I gained strength and courage, and thus perhaps help someone else win a personal battle with alcohol".

Fort Sam Houston's Roadrunner Club will also host a showing from 1 p.m. to 5 p.m. Feb. 3.

THE NIGHT-CAP is published monthly by the Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and Southwest Area Groups.

Address all communications to THE NIGHT-CAP, Lexington Building, 109 Lexington Avenue, Suite 215, San Antonio, Texas, 78205, Telephone 226-2523.

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ARC TO HOST CSO-GSR WORKSHOP Feb. 23

This year the District 1 Central Service Office-General Service Representative Workshop will again convene at the ARC, 10200 Southton Road, Feb. 23.

Registration for the all-day session will begin at 8:30 a.m. and the workshop will continue through 3:30 p.m.

The "Seventh Tradition Coffee Pot will be utilized to accept contributions.

All District 1 GSR's are urged to attend. All AA members, Southwest Texas Area Conference District Committee Members, GSR's and area officers are extended a welcome invitation to be present.

And need it be said that the success of the Workshop will be determined by your attendance and participation. Please come.

Roast beef will be the main course at the three dollar a plate noon luncheon. For reservations call the Central Service Office, 226-2523, before the Feb. 20 cut-off date.

ON DEALING WITH FRUSTRATION

The next time you're feeling frustrated and that cool one is looking more and more inviting, call your sponsor.

That failing, instead of downing that first drink, relax, stop chewing off your fingernails and consider the monumental frustration of Galileo, the great 17th Century Italian Scientist and astronomer.

Galileo, in 1633, had publicly subscribed to the emerging theory that the earth in its orbit revolved around the sun.

The Papal Inquisition dogmatically said "no, this is wrong" and declared Galileo to be a heretic.

To keep from being burned at the stake the Italian publicly recanted, shrewdly admitting his "error" in having adopted this universal truth. As a result he lived out a reasonably contented life-span amid his calculations and instruments.

Galileo had the humility and courage and good sense to get himself out of that deadly predicament unscathed. Thus can we get up out of our little down periods without getting drunk.

By adopting a realistic, Easy Does It attitude, by making our big troubles into little ones, we can survive without alcohol and grow old gracefully.

Editorial

Recently we heard someone say that a speaker who had just departed the podium had grossly embellished the truth. We believe such criticism is arbitrary.

We contend that what an AA says from the podium, at the moment he says it, is the truth as he understands it.

Oh, there is the occasional speaker--and who hasn't heard him--who needs the spotlight to prop up his sagging super-ego, and tries to use it to his own ends. But need we criticize?

Let's consider, rather, the growing AA speaker. Within moments after he leaves the podium he may have gotten a new slant on the very things he discussed during his talk.

This is because the speaking experience invariably opens new doors for us and provides new insights into ourselves, be it at once or in the weeks or months or days following our talks.

It's through such insights and subsequent advancement along the Twelve-Step way to contented sobriety that our faith in God, as we understand Him, deepens.

As steadfastly as we return to meetings, or mount the podium or otherwise give it away, our faith in our Higher Power replaces our faith in fallible people, or replaces our faith in not having a Higher Power. Thus we grow more sure.

This is our reward for attending meetings and fulfilling our AA responsibilities.

So what have we to criticize? When our very lives and sanity are at risk, we should instead be grateful that we have the sure AA way to preserve both.

A speaker at Group 12 said one night, "try being grateful and critical at the same time and see what happens". It's quite a juggle to bring it off.

Still another thought occurs: isn't it possible, when we're in the driver's seat, that we hear what is said in the way we want to hear it?

The process of recovery for us alcoholics is necessarily a slow one. "There is no easier way".

We have to be given the opportunity and encouragement to "see for ourselves." It takes time to sort it all out and see where we stand and where we've come from. There is no way, for example, that we can speed up recovery with a large gulp of AA washed down with a cup of hot coffee.

The unhurried, one day at a time working of the steps is the substance of the program. The gulp of AA and the cup of hot coffee represent merely the form.

But we can try to take a tolerant attitude with people at the podium and elsewhere and give them time too. After all, each of us contributes to the others' sobriety. And isn't it our goal to stay sober and help others to achieve a life without alcohol?

When we get upset our growth stops. And it upsets US when we criticize.
(Your comment is invited--Ed.)

GSO STATISTICS - FROM DEC. 15 - JAN.15

IN MEMORIAM

AA	195	Felix Chevalier	January 1980
Alanon	27	Larry Thompson	December 1979
Information	107		
Students	1		
Public Information	7		

To the families and friends we extend sincere sympathy and our prayers that bereavement may be tempered by reflective thought upon the happiness shared.

Not able to dig that Higher Power bit? Read on; We know it's true that there is a Higher Power the same as we know that what we learned in school is true. That's the way it is and there's no need to doubt it.

Ed.--

If you're interested in chartering an airplane to New Orleans, to attend the International Convention, July 3-6, 1980, Call the Central Service Office and leave your name and phone no.. Bob B. will call you.

MATHIS GETS FIRST AA GROUP

Phyllis R., who recently moved to Mathis, Texas and, with friends, started an AA group there, sent a letter of appreciation to several members of the Goliad Group.

The letter was addressed to Gene T, Doris S., Elida D, Patsy M. and Mack, Jr. We'd like to share it with you.

Hi:

Just wanted to drop a line to let you know how very much I appreciated your coming to our first meeting. The love shown by your support of our efforts to have a group here in Mathis cannot be put into words.

Gee, I love you so much!

You will always have such a special place in my heart. With members such as yourselves, noone can possibly doubt that this program works.

My opinion is that you are the best promotional devices available. Nothing could attract better than you and the genuine love and sincerity that comes from all of you.

I love you
Phyllis R.
Crossroads Gp, Mathis

- PIC Dec. 18 - Jan 15
- Dec. 18: Ed White Middle School. Jo Ann S. and Joe G.
- Jan. 8: Sacred Heart Middle School. Sean and Edye O'M.
- Jan. 14: Jeff Davis Middle School. Joe G and Jo Ann S.

COFFEE CUP CAMPERS

Think you'd be interested in camping out once a month and enjoying continuous AA, Alanon or Alateen meetings in the outdoors?

If you do have a yen for such things, there's a campout being planned. All you need is a tent, a bedroll or a camper. Whatever. It's your choice.

Call Albert C. or Duane for details at 623-2288

At Group 12 meetings there's a table for non-smokers in the left rear as you come into the meeting room. Maybe its not marked plainly enough because smokers also use the one area reserved for non-smokers.

NEW AA GROUP

Crossroads Group. - This new group in Mathis meets weekly at the bank Monday evenings at 8:15. Open discussion. Phyllis R., Secretary.

HOSPITAL ZONE

Villa Rosa AA Group. - Open Speaker's Meeting, Tue, 8:15 p.m. Groups responsible for furnishing speakers for the month of February are:

- | | |
|-----------------|-------------|
| Northwood | February 5 |
| North San Pedro | February 12 |
| The Haven | February 19 |
| Northwood | February 26 |

REGULAR GROUP MEETINGS (That need our help)

Kingsboro Group. - Speaker's meeting 8:15 p.m. Wed, at Unity Club, 3210 West Commerce. Call Grupo Unidad, 432-9107 for information. Bi-lingual.

The Haven Group. - Three meetings weekly. Tue. open discussion, 8:15 p.m. Fri, open speaker, 5 p.m. The Haven Group needs our support.

Sally Group. - Openspeakers meeting Wed, 8:15 p.m., 1324 S. Flores. Groups responsible for furnishing speakers for the month of February are:

- | | |
|------------------|-----------------|
| Frontier | February 6 |
| Ft. Sam Houston | February 13 |
| First Step Group | February 10, 17 |

Grupo del Sol. - Open speakers meeting, 8:15 p.m. Friday, 321 Frio City Road. Bi-lingual volunteers needed to help with meetings.

GROUP BARBECUE AND DINNER

Group 12. - Monthly. Last Saturday. 7 p.m. Dinner and games.

Goliad Group. - Monthly. Third Sunday. 6 p.m. Barbecue.

N.O. SITE OF 45TH INTERNATIONAL AA MEET
AA's 45th Anniversary International Celebration will be in the New Orleans Superdome, July 3-6, 1980 with the theme "The Joy of Living".

Advance registration is May 15. On-site registration and help with housing begins June 30 in New Orleans. All events \$15.00. See yellow flyer, now circulating, for further information. There is a registration form inside the flyer.

SOME THOUGHTS ON LIVING-By Monte H.

In these turbulent times, when we are beset on all sides by runaway inflation, energy shortages, decaying morality and the threat of world holocaust, it behooves us to look at our value systems and sort out our priorities.

It seems to be a full-time job, in our fast-paced society, just to keep up with the changing moral attitudes, codes of ethics and our staggering economic problems.

Some things that were completely unacceptable a few short years ago are now looked upon as normal by a lot of people. But we don't have to subscribe to these attitudes by any means.

This is because we, as recovering alcoholics, are lucky. In AA we have the twelve-step outline for living that, if followed, will not fail us.

"And practice these principles in all our affairs".

These twelve principles are just as relevant now as when they were first written. Virtues don't change with the passage of time.

FELLOWSHIP CAN BE COMFORTING

The close fellowship and camaraderie of AA can be a source of great comfort to us. We have only to be faithful in our attendance, and above all, in our participation and support.

No group or organization is any better than its component parts, and WE are the components. We have only ourselves and each other to depend on. But in my opinion, if we all do our parts, without selfish motives, this is sufficient.

I also believe that we can trust in the innate goodness of our fellow man and have a certain amount of idealism without sacrificing our common sense.

A resolve to do something is in itself not enough. A resolution that is not followed by action is worse than none at all. We are then assailed by a sense of guilt because we did not have enough guts to carry it through.

Even without attempting to influence anyone else, each of us can so order his own life to where he is comfortable with himself. If at the same time we set a good example, what's wrong with that?

THE BOY WHO DRANK TOO MUCH

Upcoming Feb. 6 on CBS-TV, is a movie about alcoholism called "The Boy Who Drank Too Much", from Cultural Information Service.

The story concerns a boy, Billy Carpenter, and his friend, Buff Saunders a fifteen year-old alcoholic who is so far along in his drinking that he sleeps with a bottle under his pillow, when he's not tipping from it.

At the root of Buff's problem are a number of blocks in his relationship with his father - the main one being the mystery surrounding the death of his mother years ago.

When Buff and his father finally come to terms over this block, and Buff begins to see how much Billy and his father care for him, he finally acknowledges his alcoholism and takes the first step back to reality in his Alcoholic Rehabilitation Program.

The story shows what positive effect caring and communication can have in the life of a young alcoholic. Sounds good! Channel 5 at 8 p.m. Feb. 6.

YOUNG PEOPLE SET DINNER MEETING

The Young People's Group is having a dinner meeting at the Downtown Group, 110 McCullough, Feb. 10 at 2 p.m.

The dinner meeting has been scheduled for the purpose of eating together, sharing and discussing the upcoming First Annual Texas Round-Up of Young People to be held at the El Tropicano Hotel June 6, 7 and 8. Cost of the dinner is \$1.50.

Also on the Young People's February agenda is a "George and Martha Dance" at the Downtown Group Fri., Feb 22 at 8 p.m. Munchies and other snacks will be served.

The Young People meet at the Downtown Group every Wednesday and Sunday at 8:15 p.m. Young people of all ages are doing it--staying sober in AA.

Mary L. says, "join us for some good AA every Wednesday and Sunday."

HAPPY LINCOLN AND WASHINGTON'S BIRTHDAYS

Thanks for reading. We appreciate it.

CENTRAL SERVICE OFFICE - SAN ANTONIO
RECEIVED JAN. 17, 1980

<u>GROUP</u>	<u>JAN.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>JAN.</u>	<u>TO DATE</u>
Alamo Heights	15.00	15.00	Park North (W)	30.00	30.00
Audubon		0	Park North (F)	60.00	60.00
Broadway	50.00	50.00	Randolph Fellowship		0
Callaghan	25.00	25.00	Reality		0
Colonies North	125.00	125.00	Reliance		0
Downtown		0	Sahara		0
Eisenhauer Step		0	SASH	5.00	5.00
First Step	30.00	30.00	Santa Fe		0
Ft. Sam Houston	50.00	50.00	Serenity	15.00	15.00
Frontier	20.00	20.00	Southwest Loop		0
Goliad		0	Spiritual Life		0
Group 12	200.00	200.00	Stepping Stones	40.00	40.00
Grupo Del Sol		0	Sunrise		0
Grupo Unidad	10.00	10.00	Sunset	30.00	30.00
Highlands	40.00	40.00	Tejas		0
Hope		0	The Haven		0
Kingsboro		0	Triangle		0
Lambda	5.00	5.00	24 Hour		0
Laurel Heights	15.00	15.00	Universal City		0
Marymont		0	VA Hospital		0
Northeast		0	Valley Hi		0
N. San Pedro		0	Villa Rosa		0
Northwest	20.00	20.00	Wesley		0
Northwood		0	Wilford Hall AA		0
Open Door		0	Windcrest	15.00	15.00
			Young People		0

20 Groups \$800.00
Buck-A-Month \$373.00

AREA

Bridge (N.B.)	0	Lytle	0
Canyon Lake	0	New Braunfels	0
Floresville	0	Pearsall	0
Fredericksburg	0	Pleasanton	0
Hill Country Grp.	0	Seguin	0
Kerrville	0	Women's Serenity (Kerrville)	0

MEMORIAL CONTRIBUTIONS

Joe W. for Evelyn Gannon
Van for Evelyn Gannon

INDIVIDUAL CONTRIBUTIONS

Katie & Forrest J.
Southwest Texas Area Conf.
Maggie C.
John Mc.
Merle & Gene D.

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Please enter my contribution to the BUCK-A-MONTH for _____ months.
Donation is enclosed on the basis of \$1.00 per month.

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