

The NIGHT CAP

Published monthly by the San Antonio Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and Southwest Texas area groups.

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RESOLUTIONS

No one will ever get out of this world alive.

Resolve therefore in the year to come to maintain a sense of values.

Take care of yourself. Good health is everyone's major source of wealth. Without it, happiness is almost impossible.

Resolve to be cheerful and helpful. People will repay you in kind.

Avoid angry, abrasive persons. They are generally vengeful.

Avoid zealots. They are generally humorless.

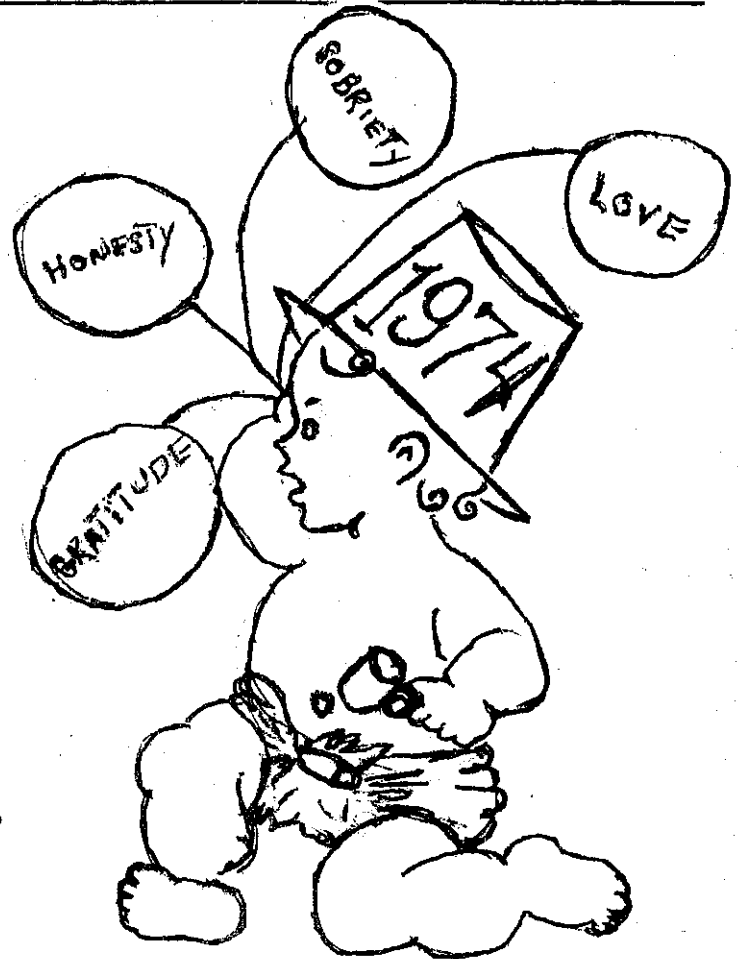
Resolve to listen more and to talk less. No one ever learns anything by talking.

Be chary of giving advice. Wise men don't need it, and fools won't heed it.

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the wrong. Sometime in life you will have been all of these.

Do not equate money with success. There are many successful money-makers who are miserable failures as human beings. What counts most about success is how a man achieves it.

Resolve to love next year someone you didn't love this year. Love is the most enriching ingredient of life.



-Copyright 1973, Walter Scott
Parade Magazine

Happy New Year

EMOTIONAL MATURITY

When we were drinking many of us went through life like small children, resenting criticism, wallowing in self-pity, blaming others for our own mistakes. Someone broke our favorite toy, nobody came to our birthday party. Most of us were ridden with fears, anxieties and resentments. Our daily lives presented monumental problems we felt we could not face. Each of us, in one way or another, escaped into the bottle.

Today we realize escape is not the answer for us. As members of Alcoholics Anonymous we no longer turn to booze for our salvation, but merely staying "dry" is not enough. In our sobriety we soon learn we must grow emotionally and spiritually to adulthood. We AA's carry our tools- a silver disc engraved with the Serenity Prayer, a poker chip representing 30 or 90 days sobriety, and many small inspirational cards and pamphlets- in our wallets, pockets or purses. The following seems appropriate as we begin 1974:

"The mature person has developed attitudes in relation to himself and his environment which have lifted him above 'childishness' in thought and behavior.

1. He accepts criticism gratefully, being honestly glad for an opportunity to improve.
2. He does not indulge in self-pity. He has begun to feel the laws of compensation operating in all life.
3. He does not expect special consideration from anyone.
4. He controls his temper.
5. He meets emergencies with poise.
6. His feelings are not easily hurt.
7. He accepts the responsibility of his own acts without trying to 'alibi'.
8. He has outgrown the 'all or nothing' stage. He recognizes that no person or situation is wholly good or wholly bad, and he begins to appreciate the Golden Mean.
9. He is not impatient at reasonable delays. He has learned that he is not the arbiter of the universe and that he must often adjust himself to other people and their convenience.
10. He is a good loser, can endure defeat and disappointment without whining or complaining.
11. He does not worry unduly about things he cannot help.
12. He is not given to boasting or 'showing off' in socially unacceptable ways.
13. He is honestly glad when others enjoy success or good fortune. He has outgrown envy and jealousy.
14. He is open-minded enough to listen thoughtfully to the opinions of others.
15. He is not a chronic 'fault-finder'.
16. He plans things in advance rather than trusting to the inspiration of the moment.

Last of all, we think in terms of spiritual maturity.

1. He has faith in a Power greater than himself.
2. He feels himself an organic part of mankind as a whole, contributing his part to each group of which he is a member.
3. He obeys the spiritual essence of the Golden Rule: 'Thou shalt love thy neighbor as thyself'."

-From "Moral and Spiritual Values in Education"

This "emotional maturity" is what we in AA strive for. We may never achieve it absolutely. That is not important. It is easy to become discouraged when we fall short of our goals, but we should always keep in mind that we are, indeed, not saints; as written in Chapter 5 of the Big Book, we aim for progress rather than perfection in all our affairs.

When all else fails
 Read the directions
 (THE BIG BOOK)

G R O U P

VILLA ROSA GROUP, Villa Rosa Hospital, 5115 Medical Dr., held its first Birthday Party on Dec. 18, 1973, to honor former patients who have joined AA and were celebrating their six-month, one-year and two-year birthdays. Birthday parties will be held monthly in the future.

Villa Rosa Hospital opened its doors in February, 1971. In September of the same year an alcoholism treatment program was begun. The Villa Rosa AA Group, holding regular weekly meetings, was started in January of 1972.

The Group will be two years old this January. A gala Anniversary celebration is planned for Tuesday, Jan. 8 at 8:15 PM in the Villa Rosa Hospital Auditorium. Bill O. will chair the meeting. Speakers will be Mary O'B., Colorado, Dr. Bill G., Kerrville and Jack H., San Antonio. Refreshments will be served. This is sure to be a program you won't want to miss. Read the details in the flyer enclosed.

OPEN DOOR GROUP, St. George's Episcopal Church Parish Hall, 6904 West Ave., will hold its 2ND ANNIVERSARY party Friday, Jan. 11. Speakers will be Scott L., San Antonio, Mary O'B., Carbondale, Colo. and Dr. Gene S., San Antonio and Centerpoint. Beginning at 8:15 PM, the party will last 'til all are through celebrating! Be sure to read the flyer enclosed.

24 HOUR GROUP, 24 Hour Club, 1203 Fredericksburg Rd., will hold its monthly dinner and Bingo on Sunday, Jan. 27 at 1 PM.

DOWNTOWN GROUP, Sahara Club, 809 E. Euclid, will have its monthly dinner on Sunday, Jan. 6 at 1 PM. Poor Boy Bingo is played each Saturday at 8 PM.

THE HAVEN, 1640 W. Woodlawn, has cancelled its Sunday monthly dinners until March 1974. Open Discussions are held Tuesdays at 8:15 PM; Open Speakers meetings on Sundays at 5 PM and Fridays at 10:15 PM.

GOLIAD GROUP, 1004 Avondale, will have its monthly BarBeQue Sunday, Jan. 20 at 6 PM.



N E W S

HIGHLAND GROUP TWENTY-THIRD ANNIVERSARY

Wednesday-January 23 1974-8:15 PM
Aldersgate Methodist Church Auditorium, Kayton at Palmetto, San Antonio.

Guest talkers: Preston S. -New Braunfels
Bob S. -New Braunfels

CELEBRATING 23 YEARS

Highland Group: Two men with a dream.. years of small beginnings.. hopes, struggles, perseverance.. Early years of dedication, meeting immediate needs, not knowing where God was leading for the 23 years ahead.

Now we look back.. we see people who committed themselves.. sharing life about a table.. in a home.

We see organizational struggles, yet human closeness, the possibility of failure. January 17, 1951.. official organization and recognition.

Then beginning of extra concern, growth.. difficult decision making - the outcome; to move to a permanent location.. with hopes, possibilities to grow.

Highland grew in numbers - youth, adults, serving, reaching out.. hands of AA extended to all who would accept them, offering our wonderful program for living.

Joys, hurts, growth, commitment, concern for their sobriety and serving the suffering alcoholic. Some finding depth.. serving no matter what.. some only enjoying fellowship.. some making deep commitments to God as we understood Him.. some finding peace of mind and heart.

Time to celebrate.. to appreciate the past.. its joys and sorrows, its struggles and celebrations. Hurts and deep meanings, to forgive the past mistakes of people who are human.. to look at the now and live in it.. and dedicate ourselves to AA.

So let's celebrate.. let's come together at HIGHLAND on January 23 for a great meeting, fellowship and good food and refreshment.

-Sherman O., Sec'y-Treas.

AREA GROUP NEWS

KARNES COUNTY GROUP, Karnes City, TX, is a new Group holding Open meetings at 8 PM each Thursday at the Public Library, two blocks south of the courthouse. Erwin L., Sec'y, says the Group has no permanent meeting place as yet.

FRIDAY NIGHT GROUP, Rockport, TX, a new AA Group, meets at the VFW Hall on Market St. in downtown Rockport for Closed Discussions each Friday at 8 PM. An Open Speakers meeting is held the last Friday in each month.

CENTRAL SERVICE OFFICE NEWS* * IN MEMORIAM * *

John C., December 1973
 David S., December 1973
 Ernie B., December 1973

* * * * *

CHANGES TO ALCOHOLICS ANONYMOUS SAN ANTONIO
MEETING DIRECTORY DATED AUGUST 1973AA GROUPS

ADDITIONS: EL CARMEN (Bilingual) meets in recreation bldg. behind El Carmen Catholic Mission, 18487 Martinez-Losoya Rd. - Open Discussions on Thursdays, 8:15 PM. GRUPO MONTANA (Bilingual), Seguin, TX, meets at 728 E. Mountain for Open Speaker meetings on Thursdays, 8 PM. TWENTY-FOUR HOUR GROUP, 1203 Fredericksburg Rd., has added a Closed Discussion meeting on Mondays at 8:15 PM. Open Speaker meetings are held Wednesdays, 8:15 PM and Saturdays, 10:15 PM.

CORRECTIONS: GRUPO UNIDAD (Spanish Speaking) meets at Unity Club, 311 NW 24th St., for Open Speaker meetings on Saturdays at 8:15 PM. WESLEY (Bilingual) has moved to 2025 Monterrey and holds Open Speaker meetings on Thursdays and Sundays at 8:15 PM.

ALANON/ALATEEN GROUPS

ADDITIONS: EL CARMEN (Bilingual) meets in recreation bldg. behind El Carmen Catholic Mission, 18487 Martinez-Losoya Rd., Thursdays at 8:15 PM. NORTHWOOD AL-ATEEN Disbanded.

CENTRAL SERVICE OFFICE COMMITTEE MEETING will be held Sunday, Jan. 13 at 7 PM at Club 12. This is an important meeting. All Group Representatives will be introduced as well as the members elected to serve your Group in steering the CSO functions for 1974. Come on out and let's all get to know each other. It's a good way to start the first meeting off with some good old AA unity and love. See you there.

-Bill S., CSOC Chairman

AREA MONTHLY INTERGROUP SPEAKERS MEETING will be held Sunday, Jan. 13, 8:15 PM at Club 12. The Audubon Group, San Antonio, will bring the program.

CENTRAL SERVICE OFFICE ADMINISTRATIVE BOARD
ELECTIONS

Voting and non-voting members of the Board met Dec. 5 in the Central Service Office; the voting members elected Preston S., New Braunfels, Chairman and Jeanne W., San Antonio, Vice-Chairman of the Board for 1974. The Exec. Sec'y., Corrinne A., serves the Board as Sec'y-Treas. The seven voting members are: Bill S., Charlie B., Herbert P., Jeanne W., Pat B., Preston S. and Sandy L. Bill S. was elected Chairman and Charlie B. Co-Chairman of the Central Service Office Committee at the Nov. 11 CSOC meeting held at Club 12; they also serve as voting members of the CSO Administrative Board. The CSOC approved addition of Standing Committee Chairmen, Auditor and Alternate Exec. Sec'y. as non-voting members of the CSO Adm. Board. Marc F. is Auditor and Imogene U. Alternate Exec. Sec'y. CSO Standing Committee Chairmen for 1974 will be reported as appointments are made by the new Board. Standing Committees authorized by the CSOC are: Finance, Institution, Editorial, Public Information and Area Monthly Intergroup Speakers Meetings.

GSR WORKSHOP

An Area wide Workshop will be held at the Alcoholic Rehabilitation Center, Southton Rd., San Antonio, on Saturday, Jan. 26, beginning at 9 AM. Its purpose is to familiarize the General Service Representatives elected for two year terms beginning in Jan. '74 with the functions of the San Antonio Central Service Office which they will serve as Committee members and to acquaint them with the necessity for linking their group to AA as a whole through the Area General Service Conference Committee. This will be a one day program with no registration fee; lunch will be available at a cost of 75¢. Mark your calendar and watch for more details about it the early part of January.

-Jeanne W., GSR Workshop Committee Chairman

* ! WEDDING BELLS ! *

Faye P. and Bob S.

CENTRAL SERVICE OFFICE NEWS (continued)PUBLIC INFORMATION COMMITTEE ACTIVITIES

Following are talks made by members of the PIC about the AA Recovery Program:

John H. spoke to a Home Economics Class at So. San High School Nov. 30; Orval L., San Marcos, coordinated arrangements for a talk made by Lee Ray C., San Antonio, to a Health Education Class at SW Texas State University in San Marcos Dec. 3. Kay N. and Ann G. spoke at a Home & Family Class at MacArthur High School Dec. 11.

Regina S. talked to a World History Class at Churchill High School Dec. 12 and to a Health Class at Memorial High School Dec. 14. Whitey M. and Mary Lou C. spoke to a Health Class at MacArthur Dec. 17.

BUCK-A-MONTH

Be a Buck-A-Monther every month! Renew your contribution for 1974. Our future depends on YOU. The success of our Central Service Office depends on each of us and our current Buck-A-Month contribution. What do we receive?

- .. The doors of the Central Service Office are still open.
- .. 12 Step referrals are still made to Group volunteers.
- .. Birthday cards are still available.
- .. Literature is available for students, medical and other professional people.
- .. Cost of printing and mailing the news-letter, The Nightcap, are made possible.

1973-74 was a success because of your Buck-A-Month! Many thanks from your CSO. Keep on "keeping on" for 1974-75.

-Jeanne W., Buck-A-Month Chairman

12TH ANNUAL SOUTHEAST TEXAS AREA GENERAL SERVICE CONFERENCE & 34TH ANNIVERSARY OF AA WEST OF THE MISSISSIPPI

-- will be held January 11-13 at Red Carpet Inn 55 IH 10 North, Beaumont, TX, 77707. The program includes John C., Brownwood, and Betty General Service Office, New York. Registration: AA and Alanon \$5.00, Alateen \$1.00. Registration blanks are available at the San Antonio CSO or you may write to: Conference Secretary, 532 Stilwell Blvd., Port Arthur, TX, 77640.

GROUP NEWS (continued from page 3)

GROUP TWELVE, Club 12, 102 Thames, will have its monthly dinner and Bingo on Saturday, Jan. 26 at 7 PM. AA and Alanon Beginners' meetings are held each Sunday at 4 PM.

NORTHWEST GROUP, St. Andrews Episcopal Church, 6110 NW Loop 410, holds a Closed Discussion meeting each Monday at 8:15 PM. Alanon meets at the same time and place for discussions. Newcomers, and oldtimers too, are welcome!

PILGRIM GROUP, 2011 N. Alamo, has an Open Discussion meeting every Sunday at 8:15 PM.

WINDCREST GROUP, St. Pius Catholic Church, Harry Wurzbach and Urban Crest, holds Closed Discussions every Tuesday at 8:15 PM. Alanon meets at the same time and place.

SERENITY GROUP, 3823 South Gevers, has Open Speakers meetings every Friday at 8:15 PM. Alanon holds an Open meeting at the same time and place.

BOERNE GROUP, St. Helenas Episcopal Church, N. Main St., Boerne, TX, holds Open Discussions on Sundays at 8:15 PM.

BRIDGE GROUP, 323 E. Bridge St., New Braunfels, TX, has a Closed Discussion every Monday at 8 PM.

NEW BRAUNFELS GROUP, Episcopal Church Fellowship Hall, So. Guenther, New Braunfels, TX, holds an Open meeting at 8 PM every Thursday. Alanon meets at the same time.

PLEASANTON GROUP, Club House, 816 Ohio St., Pleasanton, TX, holds an Open meeting at 8:15 PM Saturday of each week. Alanon holds an Open meeting every Tuesday at 7:30 PM at the same place.

SEGUIN GROUP, 312 So. Crockett St., Adjacent to St. Andrew's Episcopal Church, Seguin, TX, has an Open meeting at 8 PM on Tuesdays.

THE NIGHTCAP welcomes contributions of all kinds; cartoons, jokes, articles and stories pertaining to AA. You can help us to help each other by sharing items of interest. Send material to: THE NIGHTCAP, Lexington Bldg., 109 Lexington Ave., Suite 215, San Antonio, TX, 78205.

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy auditing of the accounts.

In addition, it is noted that the records should be kept up-to-date and organized in a logical manner. This helps in identifying trends and anomalies in the data, which can be useful for financial planning and decision-making.

The second part of the document provides a detailed breakdown of the company's revenue and expenses for the period. It includes a table showing the following data:

Category	Amount
Revenue	\$1,200,000
Cost of Goods Sold	\$750,000
Gross Profit	\$450,000
Operating Expenses	\$300,000
Net Income	\$150,000

This table clearly illustrates the company's profitability and the impact of its various costs. It also highlights the need for cost control and efficient management of resources to maximize the net income.

Finally, the document concludes by stating that the information provided is for informational purposes only and should not be used as a basis for investment decisions. It also mentions that the company reserves the right to modify the terms and conditions of its services without notice.

The following section details the company's financial performance over the last quarter. It shows a steady increase in sales, which is a positive indicator for the business. However, there has been a slight increase in operating expenses, which has resulted in a lower net income than expected.

The management team is currently reviewing the reasons for this increase in expenses and is implementing measures to reduce costs. These measures include renegotiating contracts with suppliers and optimizing the company's internal processes.

In the future, the company aims to improve its financial performance by focusing on increasing sales and reducing expenses. It also plans to invest in new technologies and marketing strategies to stay competitive in the market.

The document also includes a section on the company's risk management strategy. It identifies the key risks facing the business, such as changes in market conditions and fluctuations in the price of raw materials. The company has implemented various risk mitigation strategies, including diversification and hedging, to minimize the impact of these risks.

Finally, the document provides a summary of the company's overall financial health. It states that the company is in a strong financial position and is well-positioned to handle any challenges that may arise in the future.