

# NIGHT CAP

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Central Service Office of Alcoholics  
Anonymous in the interest of greater  
unity of members in local and South-  
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## WHAT ARE YOU DOING FOR YOURSELF?

( Recently, two out-of-town AA gals that I've known for years, while visiting in our fair City asked me almost identical questions: "How can you give so much of your time to AA work? What are you doing for YOURSELF?" Taken by surprise both times, I had no quick answer. I knew what I THOUGHT I'd been doing for myself for almost 17 years: Working to rebuild my badly shattered life through the AA program. Had I been wrong? I'd been so busy doing most any type of AA work that was asked of me that I hadn't even thought about TIME, or noticed how much of it I was devoting to Alcoholics Anonymous in the process of just staying sober. So I asked each of my questioners what they thought my answer should be. The following most interesting reply written by one of the gals. I have her permission to share it with all of you. I think you will find some sound AA philosophy in the article, as I did. edj

Throughout A. A. you will find a number of people whose lives seem centered entirely in A. A. They speak, lead meetings, visit other groups and take meetings to small towns who need their attendance bolstered. If they travel, they attend meetings wherever they are, even sharing in 12th Step work in those cities. You might ask one of these people, as I did one day "...And what are you doing for yourself?" A very casual question, but it set me to thinking. If you spend the majority of your free time working for and in A. A., what are you doing for yourself?

Watching these people, I see what impressed me most at the first AA meetings I attended. People who had been in A. A. for years, but were listening with as much attention as if it was their first; always eager to encourage new members, and all with a quiet enthusiasm that showed me this program was something with lasting quality. And I think of a story about an old hillbilly who had yearned for years for a bull fiddle. One day he found an old battered one on the road where someone had dropped it. It had only one string and no bow. But the old man took it home, cleaned it up and found an old bow someplace. For hours on end he would sit and saw on that one string, making the same sounds over and over. One day his wife said, "Zeke, I think you're missing something. I seen them fellers on T. V. playing them fiddles, they've got a lot of strings on them and they saw up and down them and run their fingers up and down the frets. Sometimes they twirl the whole fiddle around an thump on those strings."

Old Zeke replied, "Maw -- you just don't understand. Them fellers are still searchin' for something. I've done found what I've been looking for."

I was finally forced to see that I had lost my way through alcohol. But the world I envisioned without alcohol was indeed a bleak one. And then A. A. showed me that not only can I live without drinking, but I could be restored to a sane and sober life with hopes and promise. So it seems only natural that from the fullness of a grateful heart we would want to give to that fellowship which restored us to living all of our free time and energies, to nourish and keep strong this program so that others living those lonely nights we knew may be delivered from the darkness.

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## CENTRAL SERVICE OFFICE NEWS

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It is time to think about renewing your subscription for BUCK-A-MONTH. For new AA members to our fellowship, Buck-a-Month is a member's contribution to the support of the Central Service Office. In return you will receive our monthly newsletter, THE NIGHT CAP. A month of Grace will be given through January, but in February unless your subscription is received for 1976, you will NOT receive the NIGHT CAP.

I am more powerful than the combined Armies of the world; I have destroyed more men than all the wars of the nation; I am more deadly than bullets, and I have wrecked more homes than the mightiest of guns; I am the world's slyest thief, I steal millions of dollars each year; I spare no one, and I find my victims among the rich and poor alike, the young and old the strong and the weak; Widows and the orphans know me; I loom up to such proportions that I cast my shadow over every field of labour; I lurk in unseen places, and do most of my work silently; You are warned against me, but you heed not. I am relentless; I am everywhere - in the home, on the street, in the factory, in the office, and on the sea; I bring sickness, degradation and death, and yet few seek to destroy me. I destroy and crush, I give nothing and take all; I am your worst enemy. I am ALCOHOL.  
Anonymous

A new pamphlet is available to the Fellowship. "The Last Talks of A.A.'s Co-Founders," are two messages that are treasured for nostalgia, insight, wisdom, and it is priced at 20¢ a copy. A real keepsake for the future.

IN MEMORIAM

Charlie B. Died December 8, 1975. Beloved husband of Hazel B. Charlie was Chairman of Central Service Office Committee and a member of Central Service Office Board. He will be missed by all who knew him.

W. W. Edmisten Died December 10, 1975. Stepfather of Doris L. Sympathy is offered to the families of both men.

AA members should always remember that our General Service Office needs their full support. Here are ways you can help keep the doors to CSO always open:

1. Regular contribution plan for groups.
2. Birthday plan - this provides for individual contributions.
3. Individual contributions sent directly to GSO.
4. In Memoriam Gifts.
5. Bequests in Wills, (limit \$300.00).

(Copied from GSO pamphlet, "SOBRIETY IS PRICELESS." But only a penny a day per member would well support GSO's many services.

P.I.C. REPORT

For period 11/15/75 through 12/15/75

SAC - Social Problems Class - Rick C.  
SAC - Social Problems Class - Gene A.

Holmes Hi - Health Class - Duwayne F.

Jefferson Hi - Health Class - Eloise C.  
and Katie J.

Merry Christmas and many thanks to all who participated. P.I.C. .... AA.  
Also hope you have a happy New Year in 1976, ....

DONATIONS to the memory of a deceased AA member should be sent to Central Service Office, 109 Lexington, Suite 215, San Antonio, 78205. A card of acknowledgment will be sent, with Donor's name and address, to your designated survivor by the Secretary of your Central Service Office. Thankx.

CONTINUED.....

WHAT ARE YOU DOING FOR YOURSELF?

And in the doing of this we finally abandon ourselves to God's will and are no longer concerned so much with seeking our own selfish happiness, but rather to be of service to God and our fellow men and women. And suddenly we realize.. the loneliness is gone; because unconsciously we are fulfilling our innermost needs. ISN'T THAT WHAT YOU ARE DOING FOR YOURSELF?

The Prayer of St. Francis reads: "...For it is in giving that we receive, and it is in dying that we are born to eternal life," or, as we say it in A. A. .. "You have to give it away to keep it."  
Eve S. Corpus Christi, Texas.

GIVE ME CREDIT

One of the most chronic evidences of human frailty is the desire for recognition, gratitude and praise. How many times has someone prefaced a remark to you with the words, "Well, you at least must give me credit for.." Or more important perhaps, how many times do you use that beginning phrase yourself? This lust for attention and recognition is one of the virtual indelibles of emotional immaturity. It is the adult equivalent of - "Look, Mom, no hands!"

It is not exclusive with us in our society, it is quite universal, but when we see a person who goes quietly about the business of life, facing and absorbing his own problems and happily helping others without any fanfare, we usually say, "He is one in a million." And he truly is. While the pesky rashes of immaturity are a little more prevalent in our Fellowship than with most people, it is more than compensated for by the fact that we know it. And we know what to do about it. Helping another person is to us a standard procedure. It is our staff of life, and we seek no more credit for it than the average person expects applause for eating when he is hungry. We have learned the priceless AA lesson that it is in giving that we receive. But this appetite for recognition in all that we do is not just confined to 12th Step work. It extends into the whole area of our lives and conduct. It is in our relationships with people outside of our fellowship that we so badly need to develop that fine art known as - "Giving without thought of reward."

If your experience is like mine, then you have come a long, long way without making more than slow progress, pitifully slow progress, on this point. Over and over again I find myself at least calling attention to something I have done, because it has not received the proper recognition. Often, I rationalize that my only motive is to "Get the record straight," that this or that thing has been done. But in my heart I know that I am asking for praise, nothing more, nothing less. Then I think what a fool I must appear to be, and how miserable this little habit makes me.

If I would eradicate this ugly little symbol of childishness, then I must strive for that happy state of affairs in which my joy of accomplishment is my only true reward. When that point of progress has been reached, such Recognition, Compliments and Gratitude as do come my way will neither embarrass nor inflate me. Anon

I said to a man who stood at the gate of the years, "Give me a light that I may tread safely into the unknown," and he replied,

"Go out into the darkness and put your hand into the hand of God.  
That to you shall be better than a light,  
And safer than a known way."

From The NIGHT CAP, January 5, 1951

# HAPPY NEW YEAR '76

## SOUTHWEST TEXAS AREA NEWS

### VILLA ROSA GROUP

We are beginning a banner year in 1976. Among the local groups hosting our regular Tuesday night Open Speaker's meeting, held at 8:15 PM in the Snack Bar of Villa Rosa Hospital, will be the Pilgrim Group on January 20th and 27th. We will celebrate our 4TH ANNIVERSARY on January 13, with Fred M., Weslaco, as our inspiring speaker, chaired by Edna Mc. and followed by tasty refreshments and warm fellowship. Plan to attend all of Villa Rosa's meetings you can in 1976, but don't miss our Anniversary Celebration. Bill R.

### .....RIO GRANDE VALLEY J-A-M-B-O-R-E-E!

Our ONE DAY Rio Grande Valley Jamboree will be held at Brownsville Civic Center on Saturday, January 3. Starts at 10 AM, with hourly meetings 10-12 Noon. FREE Tamale and Frijole lunch at 12 N, and FREE TIME until 2:00 PM. Meeting from 2-3 PM. A MEETING IN SPANISH 3 to 4 PM. and another meeting from 4-5 PM, then a break for SHOPPING in Matamoros and/or dinner until 7 PM. Meeting from 7 to 8, and hasta la vista, or spend the night. NO REGISTRATION FEE!!! Hope you folks can come. We're just disorganized enough to be a lot of fun. Frank S.

Our regular monthly dinner will be held at CLUB 12 on January 31, at 7:00 P. M. A fun and games party will follow after the dinner. Y'all come!

SOUTH EAST TEXAS AREA CONFERENCE and 36th ANNIVERSARY OF AA WEST OF THE MISSISSIPPI will be held at the GALVEZ HOTEL, Galveston Texas, January 16-18, 1976. Workshops, Panels, fine Speakers and dancing. Write: Convention Chairman, P.O. Box 424, Friendswood, Texas 77546. Rooms direct to the Galvez Hotel.

### SILVER ANNIVERSARY

The NIGHLANDS GROUP invites the members of ALL groups to attend the celebration of its Twenty-fifth Anniversary, Wednesday, January 21, 1976, at 8:00 P. M., at the Aldersgate Methodist Church, 502 Kayton, San Antonio, Texas.

Kate R., one of the original members of the Group, will be the principal speaker. Refreshments will be served. Don't Miss This Special Occasion! Group Secretaries, please post our flyer enclosed with this issue of the NIGHT CAP. Come help us celebrate!!

### CHRISTMAS EVE A-L-K-A-T-H-O-N!!

The DOWNTOWN GROUP will sponsor an A. A. ALKATHON at the Sahara Club, 809 E. Euclid beginning at 8:00 PM on Christmas Eve and running continuously until 8:00 AM Friday morning, December 26. Meetings will be held every hour throughout Christmas Day and Night-speakers from San Antonio and the surrounding area. Food, coffee and more food will be served around-the-clock until the ALKATHON ends. Turkey dinner, buffet style, will be served on Christmas day. Attend as many of these meetings as you can; bring friends. Everyone in the area is invited - and welcome. Mary Lou

THE REALITY GROUP meets on Wednesday nights at Calvary Mission Church, 1518 Steves Avenue. Come join our Open Discussion meetings. Visitors always welcome.

21ST COASTAL BEND JAMBOREE will be held in Corpus Christi on March 12-14 at the HILTON INN, 6255 Interstate 37 and Corn Products Rd. Write Jamboree Committee, P. O. Box 3201, Corpus Christi 78404, Rooms direct - Tel. No. 1-800-492-6993. Good acoustics are guaranteed this year;; can seat 650 at our Banquet! More information later.

Just a note to thank all of you in A. A. for the happiest five years of our lives. I know Charlie thanks you, and I thank you with deepest gratitude. May God Bless and keep each of you, always.

Hazel Bernhard

A TRIBUTE TO CHARLIE B.

There is no possible way to find words to express our family's thanks to Charlie and Hazel for the blessings they have given our present and our future. The help that Charlie gave to a member of our family was, and is, in our minds a miracle. His type of day-after-day, hour-after-hour comradeship that steadies, strengthens and endures is not often seen. Even in the realm of Christian brotherhood, how few have anything near equal to this: To save a brother by caring so much.

I keep thinking about his welcome into Paradise last Monday - Charlie smiling and shy, a bit embarrassed too by all the fuss as the angels and all the assorted heavenly hosts were shaking his hand and slapping him on the back, shouting, "You did it, Charlie, you really made it! Welcome home!"

So many here will miss him, but the devotion and love Charlie showed for his God by his kindness to his fellows will always be a guiding light to us - and "Love Never Faileth."

We know that Hazel's love, faith and trust in her husband throughout their years together surely was a great comfort and blessing to him. We will always be grateful to her and to Charlie B.

Anonymous ..... A Family Friend.

SONG AT THE YEAR'S BEGINNING

I cannot climb a hill on New Year's Day  
and, looking down the coming year, behold  
The good that shall befall me on the way,  
The ill and heartbreak that the days unfold.  
But I am sure of this: the unknown  
year will bring me various hours when I  
Shall need Patience for waiting, Courage  
For my fear, and resoluteness if I would  
Succeed.

There will be hours demanding faith, when  
I can see no farther - and bright hope, and  
Prayer.

And, Ah, there will be times when earth  
And sky will be so lovely, and all life so  
Fair,

And love so very sweet, I shall stand dumb.  
God help me journey through this year to  
Come. By Elaine V. Emans

Submitted by Mary Lyle B.

PLEASANTON GROUP'S Gilbert O., GSR, and  
Jesse C. a member, attended the Central  
Service Office Committee meeting, Sunday,  
December 14.

My year of service as your Night Cap editor is finished. I have profited much by the experience. It has taught me self-discipline, a greater sense of responsibility, and respect for my own capability - and yours. I have gained new insight into the fancies, foibles and reactions of the alcoholic's personality and temperament, (mostly my own), and shortcomings such as my procrastination, starting projects and never finishing them, etc., have improved somewhat. Last spring, when 3 sudden deaths and a heart attack in my family threw me into such confusion I was ready to throw in the sponge, your cooperation and encouragement gave me courage to hang in there. Thank you all so much. Without Pat F.'s help I'd never got out the March, 1975 issue. Gerry O. was, until she became ill, my chief "News-gatherer." And Imogene U., faithful assembler and mailer of Night Cap, along with Bill and Mary Lyle B., Warren E., and so many of her other helpers, deserve a special thank. Space does not permit my naming many more I'd like to. May God Bless you all. e

Freer Group is having its second anniversary on Friday, January 9, 1976 at 7:30 PM in the Freer Library, 2 blocks north of Highway 44 on Main Street. Refreshments coffee, Fellowship and good speakers welcome you. For more information call 394-7971 Or 394-7271.

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CENTRAL SERVICE OFFICE

FINANCIAL CORNER

<u>GROUP</u>	(1975) TO DATE	<u>GROUP</u>	(1975) TO DATE
Alamo Heights	\$ 165.00	Northeast	\$ 130.00
Amistad(Luling)	16.00	Northwest	300.00
Audubon	90.00	Northwood	143.28
Bethany(Killeen)	3.00	Pilgrim	65.00
Boerne,Tx.	54.00	Portland,Tx.	15.00
Brees	120.00	Pride	5.00
Bridge(New Braunfels)	120.00	Reality	110.00
Broadway	120.00	Reliance	-0-
Cal-Allen(Corpus Christi)	10.00	Robstown,Tx.	30.00
Sasa del Sol	12.00	San Pedro	5.00
Downtown	20.00	SASH	-0-
El Carmen	-0-	Santa Fe	78.42
Floresville,Tx.	-0-	St. Agnes	15.00
Ft. Sam Houston	240.00	Seguin,Tx.	45.00
Frontier	240.00	Serenity	70.00
Goliad	175.00	Sharing	45.00
Group 12	575.00	STARR(Intergroup)	434.35
Guidance	40.00	Stepping Stones	157.50
Happy Hour	80.00	Sunset	150.00
Harmony	37.00	The Haven	60.00
Highland	220.00	Traditions	61.35
Hill Country	24.50	Trinity	50.00
Hope	30.00	Twenty Four Hour	77.50
Kerrville,Tx.	120.00	Grupo Unidad	7.00
Women's Serenity(Kerrville)	60.00	Unity(Monterrey,Mex.)	80.00
Killeen,Tx.	21.00	Universal City	75.00
Laurel Heights	170.00	Valley Hi	180.00
Lytle,Tx.	-0-	VA Hospital	70.00
Luling,Tx.	10.01	Villa Rosa	325.00
Marymont	50.00	Wesley	20.00
Grupo Montana(Seguin)	69.00	Windcrest	190.00
New Braunfels,Tx.	12.00	Woodlawn Heights	50.00

GOOD NEWS!! With the generous extra contributions of A.A. Groups and individuals our Mimeograph Machine is paid for...many thanks from your Central Office for such wonderful cooperation from A.A.'s in S.A.!!!!