

THE NIGHT CAP

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Central Service Office of Alcoholics
Anonymous in the interest of greater
unity of members in local and South-
west Area groups.

Address all communications to :
"THE NIGHT CAP" Lexington Bldg.
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LET GO !

If you want to be healthy, morally, mentally and physically, just let go. Let go of the little annoyances of everyday life, the irritations and the petty vexations that cross your path daily. Don't take them up, nurse them, pet them, and brood over them. They are not worthwhile. Let them go!

That little hurt you got from your friend. Perhaps it wasn't intended, perhaps it was, but never mind, let it go. Refuse to think about it.

Let go that feeling of hatred you have for another, the jealousy, the envy, the malice, let go all such thoughts. Sweep them out of your mind, and you will be surprised what a cleansing and rejuvenating effect it will have upon you, both physically and mentally. Let them all go; you house them at deadly risk.

Put the big troubles, the bitter disappointments, the deep wrongs, and the heartbreaking sorrows, tragedies of life, what about them? Why just let them go, too. Drop them, softly maybe, but surely. Put away all regret and bitterness, and let sorrow be only a softening influence. Yes, let them go, too, and make the most of the future.

Then, that little pet ailment you have been hanging on to and talking about, let it go! It will be good riddance. You have treated it royally, but abandon it, let it go. Talk about health instead, and health will come. Quit nursing that pet ailment, and let it go.

It is not hard once you get used to the habit of it - letting go of these things. You will find it such an easy way to get rid of the things that mar and embitter life that you will enjoy letting them go. You will find the world such a beautiful place. You will find it beautiful because you will be free to enjoy it - free in mind and body.

Learn to let go. As you value health of body and peace of mind, let go - just simply let go!

The greatest factor in helping us to "Let Go" is to see with the eye of faith that the Higher Power permits - if He does not will, those daily, nay hourly annoyances. If we look at them in the light of eternity we shall profit by them in this life and the life to come.

LET GO! LET GO! Wise men adjust themselves to this universe over which God rules with infinite wisdom and infinite love. It is the first condition of sanity to believe it!

IN MEMORIAM:

Harry May, father of Gary May, San Antonio, November, 1978

George Baumgarten, San Antonio, November, 1978

Robert E. Lee, San Antonio, December, 1978

Max Hernandez, San Antonio, December, 1978

Ulrich H. Rische, Jr., San Antonio, December, 1978

The Central Service Office would like to thank all those who have made memorial donations. These gifts are deeply appreciated and will enable AA to further carry the message.

TO THE FAMILIES AND FRIENDS WE EXTEND SINCERE SYMPATHY AND OUR PRAYERS THAT THEIR BEREAVEMENT MAY BE TEMPERED BY REFLECTIVE THOUGHTS UPON THE HAPPINESS SHARED.

2nd Annual Memorial Meeting

Group 12 will hold its Second Annual Memorial Meeting at 11 a.m. on Sunday, January 7th, 1979.

The Chairman will be L. Van D. Gene D. will be the morning's speaker.

Group 12 is inviting all other Area groups to participate by submitting a list of AA's or Alanons (separate listings, please) who have passed on during the past year (January 1st - December 31st, 1978).

This meeting will be dedicated to them and their names will be read.

STAT'S: 11/20/78 - 12/20/78

AA	-	186	PIC	-	5
Information	-	126			
Alanon	-	27	Student	-	11
<u>Total Calls:</u>		<u>355</u>			

HOSPITAL ZONE:

The Groups responsible for taking meetings to the Villa Rosa Group's Tuesday evening Open Speakers' Meetings for the month of January are:

January 9, 23, & 30 - The Stepping Stones

January 2 & 16 - Villa Rosa

The Sally Group's Wednesday evening Open Speakers' Meetings will function on a voluntary basis during the month of January.

The V.A. Hospital Group holds Beginners Discussion Meetings every Thursday evening at 8:15 p.m. in Room E-136, Audie Murphy V.A. Hospital.

The Park North Group now holds Open Discussion Meetings each Wednesday, as well as Friday evenings at 8 p.m. in the basement cafeteria of Park North General Hospital, 4330 Vance Jackson Road.

PIC: 11/20/78 - 12/20/78

Dulayne F. and Joan B. were the guest of St. Gerard's Parent Teacher Council on November 20th.

Pease Middle School was the site of two presentations. Early T., Ken C. and Norma H. were the presentors on November 21st, followed by Joan B., Dulayne F. and Norma H. on November 30th.

On December 1st, Tommie D. and George B. were guest speakers at San Antonio College, and Joan B. visited Shriner Institute, Kerrville to address a class of Vocational Nursing students.

KIAC/KISS (AI/FH) aired an interesting interview program on Saturday, December 9th featuring: Ben A., Nancy W. and Roland R. with Alateens: Scott, Marla and Versaila.

REGULAR MONTHLY EVENTS:

The Administrative Board of the Central Service Office will meet on Tuesday, January 9th at 7 p.m. in the Central Service Office.

The CSOC and District 1 Meetings will be held on Sunday, January 14th at 7 p.m. in Club 12, 102 Thames Blvd.

The Goliad Group, 537 Avondale, will hold its regular monthly barbecue, Sunday, January 21st at 6 p.m. followed by an Open Speakers' Meeting at 7:30 p.m. All other Sunday Meetings are held at the usual time of 8:15 p.m.

Group 12 will hold its monthly dinner and games night on Saturday, January 27th at 7 p.m. in Club 12.

The Frontier Group will sponsor its regular monthly dance Saturday, January 27th following the Open Speakers' Meeting, 8:15 p.m. at the ARC, Southton Road.

The 24 Hour Service Group, 1203 Fredericksburg Road will hold its regular monthly dinner on Sunday, January 28th at 1 p.m.

Page 80 ... If we have obtained permission, have consulted with others, asked God to help - and the drastic step is indicated - we must not shrink.

Page 84 ... When defects crop up we ask God at once to remove them. (Step 10)

Page 86 ... After making our review, we ask God's forgiveness and inquire what corrective measures should be taken.

Page 86 ... Here we ask God's inspiration, an intuitive thought or a decision.

Page 86 ... Before beginning, we ask God to direct our thinking. (Step 11)

Page 164 .. Ask Him in your morning meditation what you can do for the man or woman who is still sick.

- Jeanne W. -

BIG BOOK MEDITATION - WE ASK GOD ...

Page 59 ... We asked His protection and care with complete abandon.

Page 69 ... We ask God to mold our ideals and help us to live up to them.

Page 69 ... In meditation, we ask God what we should do about each specific matter.

Page 76 ... If we still cling to something we will not let go, we ask God to help us be willing.

Page 76 ... If we haven't the will to do this - we ask until it comes.

AROUND THE AREA:

A Great Big "Thanks!" to everyone in the San Antonio Area for making the SASH Christmas party a night to remember.

Group contributions of books, food and volunteer help, as well as the active participation of the many local AA members who joined in the celebration will surely create a lasting impression of the terrific generosity of the members of Alcoholics Anonymous.

* * *

New Meeting: The Park North Group has added a Wednesday evening meeting to its schedule.

The group now meets each Wednesday and Friday evenings at 8 p.m. in the basement cafeteria of the hospital.

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AROUND THE AREA: (Cont'd. from Page Three)

Anniversaries: Two stellar attractions this month!

The Villa Rosa Group will celebrate their 7th Anniversary on January 16th at 8:15 p.m. in the hospital gym.

Kay B. and Regina S. will be the speakers at the meeting opening the evening's festivities, and Bill St. J. will chair.

A party will follow featuring plenty of delicious refreshments and fellowship.

Circle the date for a warm and wonderful evening among friends!

The Highland Group is issuing a very special invitation to everyone in the area to join them in celebrating their 28th Anniversary on Wednesday, January 24, 1979 at 8 p.m.

Ray V., Beeville will be the evening's featured speaker and Mike D. will chair.

Fritz B. reminds us to "bring a good appetite!" The party is noted for its lavishness - and this year will be no exception! All that's needed to add that special something is your presence!

I SHALL PASS THRU THIS WORLD BUT ONCE; ANY GOOD THING THEREFORE I CAN DO, OR ANY KINDNESS I CAN SHOW TO ANY HUMAN BEING LET ME DO IT NOW. LET ME NOT DEFER IT OR NEGLECT IT, FOR I SHALL NOT PASS THIS WAY AGAIN!

- Stephen Grellet -

CONVENTIONS:

The new year boasts a bonanza of conventions and conferences all guaranteed to put some zest into your AA life!

Add a little sparkle by planning to attend one - or all of these "coming attractions".

1st of the Year! The Lower Rio Grande Valley Jamboree in Brownsville, Texas, January 5-7.

There will be no registration fee for this conference. Costs will be defrayed by "passing the basket".

AA's, Alanons and Alateens will find something planned just for them at this fine "feebie"!

For more information, write the Jamboree Secretary: Petty H., P.O. Box 3383, Brownsville, Texas, 78520; or call: 512/541-2367.

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The 17th Annual Southeast Texas Area General Service Conference will be held January 12-14 in the Astro Village Hotel, Houston, Texas.

"Personal Recovery Depends Upon AA Unity" is the theme of this conference featuring many interesting speakers from the Eastern United States.

A registration fee of \$6.00 admits AA or Alanon to all meetings and the dance. The Alateen fee is \$1.50.

Luncheon tickets are priced at \$6.00 per person and the banquet fee is \$9.00. (No luncheon or banquet tickets will be sold after 3 p.m. January 12th).

Registrations may be mailed to: Registration, 5208 Himosa, Bellaire, Texas 77401.

Hotel reservations should be made direct to: Astro Village Hotel, 2350 South Loop E., Houston, Texas 77054 or call: 713/748-3221.

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Yearning for a trip to the far North? Can't beat this for a good, solid reason for a mid-winter "get-a-way"!

FINANCIAL CENTER
SAN ANTONIO
CENTRAL SERVICE OFFICE
RECEIVED DEC. 20, 1978

<u>GROUP</u>	<u>DEC.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>DEC.</u>	<u>TO DATE</u>
Alamo Heights	25.00	190.00	Open Door	0	155.00
Audubon	0	70.00	Park North	60.00	210.00
Broadway	55.00	275.00	Reality	0	35.00
Callaghan	10.00	30.00	Reliance	0	60.00
Downtown	30.00	230.00	SASH	0	65.00
First Step	0	0	Santa Fe	0	60.00
Ft. Sam Houston	20.00	260.00	Sahara	0	10.00
Frontier	10.00	100.00	Serenity	15.00	145.00
Goliad	80.00	170.00	St. Agnes	0	15.00
Group 12	75.00	775.00	Sharing	0	0
Grupo Del Sol	0	20.00	Spiritual Life	0	0
Grupo Unidad	0	110.00	Stepping Stones	0	315.00
Highlands	70.00	290.00	Sunset	15.00	220.00
Hope	0	14.00	The Haven	0	85.00
Kelly AFB	0	90.00	Triangle	0	0
Kingsboro	0	15.00	24 Hour	0	90.00
Laurel Heights	25.00	185.00	Universal City	0	50.00
Marymont	0	150.00	VA Hospital	0	15.00
Northeast	0	110.00	Valley Hi	30.00	170.00
N. San Pedro	0	160.00	Villa Rosa	25.00	300.00
Northwest	20.00	240.00	Nesley	0	35.00
Northwood	0	230.00	Windcrest	0	180.00
			Young People	0	0

19 GROUPS \$625.00
BUCK-A-MONTH \$119.81

AREA

Bandera	0	0	Women's Serenity	0	60.00
Bridge (N.B.)	10.00	110.00	Lytle	0	8.00
Canyon Lake	20.00	25.00	New Braunfels	0	10.00
Floresville	0	60.00	Pearsall	0	100.00
Fredericksburg	30.00	30.00	Pleasanton	0	30.00
Hill Country Grp.	0	20.00	Seguin	0	0
Kerrville	0	92.00			

MEMORIAL CONTRIBUTIONS
Cleaver B. for Elizabeth T.
Bill & Mary Lyle B. for Alex
Rodger W. for Alex
Merle & Gene D. for Fay H.
Mary Lou & Jack L. for Alex
Pete H. for Max H.

INDIVIDUAL CONTRIBUTIONS
Kay N.
Norman & Clare C-M.

BUCK-A-MONTH CONTRIBUTION FORM
DETACH AND MAIL

Central Service Office - 109 Lexington Ave., Suite 215, San Antonio, Tex., 78205
Please enter my contribution to the BUCK-A-MONTH for _____ months.
Donation is enclosed on the basis of \$1.00 per month.

NAME _____ STREET _____
CITY _____ STATE _____ ZIP _____