

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 South-west Area groups.

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VOLUME EIGHT

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NUMBER ONE

1980  Happy-New Year  1979
Feliz-Año-Nuevo

ON GETTING LOST IN THE PROGRAM AFTER YOU GET THERE

When a person loses his way, he usually is trying to get from one place to another.

Somewhere between the two places, instructions are inadequate or ignored. Bad weather, darkness or other factors cause a failure to find the destination. This mix-up then causes the person to return to point A to start over; or causes him to seek help.

The recovering alcoholic, especially in the beginning of his program, should be aware of an additional hazard in finding his way to total sobriety. This hazard can be simply described as "getting lost after you get there."

We can actually get lost, confused and disoriented after we have come through the AA door, attended meetings faithfully, and become involved in AA activities.

Sometimes this condition is described as a "dry drunk" and sometimes as not getting "into the program." I have suffered from the problem and I believe that the basic causes are lack of experience and orientation.

The immediate positive benefits of AA and sobriety sometimes create a mild state of shock. We are not used to feeling so good, sleeping and eating regularly and enjoying family and friends.

The result can be just like the temporary euphoria that alcohol creates. Unfortunately, this pleasant state of affairs causes similar results; a rude awakening to reality. But reality should be what we are after, now that we are sober and able to handle it.

Older members counsel newcomers to concentrate on the Twelve Steps and be willing to practice over and over these twelve simple, effective and time tested principles of happy sobriety. Why not? There isn't any alternative or better solution for the alcoholic.

There are many exciting, challenging and all-consuming activities within the AA program. But none of these can exist unless adherence to the Twelve Steps is made the hard core of the program.

It is very human to get lost and to seek help. It means we have been looking for and progressing toward a goal. The Steps, The Book and the experiences of fellow travelers are always there to help us find the way.

Knowing this gives me a good feeling and confidence in the future. And that is what I need.

Lee F.

FACING AND DEALING WITH REJECTION

Rejections in work, social and even love situations can often be overcome and turned into acceptance, says a leading psychotherapist.

But sometimes, the best thing we can do is try to understand the reason for rejection, then learn to live with it, said Thomas Ruggiero, who practices in New York city.

Here are Dr. Ruggiero's suggestions for dealing with rejections:

*Rejection at work. If a co-worker rejects you during your first few days on a new job, ask yourself whether you have done anything to cause the rejection.

If you haven't, realize the problem is with the other person. Perhaps he doesn't like any new people.

*Talk with the other person. Possibly you can ask his help with an aspect of your job you don't understand. Or maybe there's a project you can work on together. In this way, you begin to establish a friendly relationship.

*Seek a third person's help. If you feel the rejection is interfering with your effectiveness - whether at work or in a social group or club - you may have to call on someone else for help.

*Don't let the situation get out of hand. If there is a serious hostility between you and the person rejecting you, an explosion can occur and cause you to be fired, ostracized or blackballed.

Try to solve the problem in an early

stage. Remember, it will not go away by itself.

*Rejection by a superior. If the person rejecting you is a superior - the boss at work or a club officer, for example - directly ask the person whether he is dissatisfied with your performance or attitude. If the person is critical, listen carefully and try to evaluate his accuracy. Change, if you need to.

*Avoid seeking total approval. Everyone is rejected somewhere, sometime.

*Don't pursue the wrong people. We sometimes become obsessed with pursuit, in friendship or love, of someone who just isn't interested. The rejection can be exciting and make the pursuit more attractive.

*Avoid being a love addict. Some people want the whole world to accept them, all the time. When it doesn't, they continually feel rejected and dejected. Expecting total acceptance from the world is not realistic.
San Antonio Express

CSO STATISTICS SHOW DECREASE

The Central Service Office statistical report for the period Nov. 15 to Dec. 15 showed a decrease in activity of about one third over the previous period Oct. 15 to Nov. 15, 1979. People didn't call.

The final CSO count indicated that inquiries from all sources were down from 689 to a low of 448, as of Dec. 15.

The volume is expected to return to the plus 600 mark after the holidays.

STATS:	Nov. 15-Dec 15
AA	232
Alanon	36
Information	171
Students	6
Public Information	3
	<u>448</u>

IN MEMORIAM

Mack Colvin, Sr November 29
Clarence P. December 2

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

EDITOR'S CORNER

One important way to share our experience, strength and hope with each other is through the NIGHT-CAP.

We have many regular contributors but we need more news of club and group events to avoid having to crowd the pages with filler.

If you don't feel that you can write it down then call it in at 226-2523. We'll write it up for you. Try to get it in by the twentieth of the month. But the earlier you call the better.

Our thanks to Gene T. for the attract- and imaginative art work. Ed. -

EDITORIAL

Have you ever sat in a discussion meeting where the well-meaning chairman had considerable continuous sobriety but had lost his objectivity, and thought every comment or question called for his learned enlargement?

It usually goes something like this, say, at an Ask-It-Basket meeting. The chairman makes a lengthy comment on each question withdrawn from the basket, with the inevitable result. The meeting hour is used up by him and most attendees are excluded from participation, except as a delayed after thought, and left unfulfilled.

As a newcomer I came to meetings and in my turn was heard on the subject at hand, along with everyone else, and got relief from my problem when I had one. It still works the same way for me.

One important way we help each other is through our comment at discussion meetings, because once the alcohol fumes have cleared away and the head is screwed on fairly straight, we AA's are people capable of thoughtful reflection and comment on our own as well as other people's problems. This, in part, is because we've all been down the same road.

The time-tested way for the chairman to help his fellow alcoholics, of course, is to put them at ease and encourage them to unburden themselves of the problem they brought to the meeting. We can't help them unless we hear what they have to say.

Should the chairman not encourage comment then he'll look around him at future meetings and see only a few dedicated, die-hard AA's who have learned to tolerate anything, and he'll wonder where last week's newcomers and others went.

Some of the most thoughtful and moving comments I have heard have been made by AA's with relatively little continuous sobriety, after they were rid of their early reticence and were haltingly at ease at meetings.

So instead of inadvertently monopolizing the time that rightfully belongs to everyone present, wouldn't it be better for the chairman to keep track of those who have talked and by so doing give everyone present a fair chance to say something; whether they choose to or not?

 HIGHLANDS CELEBRATES 29TH YEAR

Highlands, one of the oldest AA groups in the city, celebrates its twenty ninth anniversary Jan. 16 at 8:15 p.m. at Aldersgate Methodist church, 502 Kayton.

Joan C., of New Braunfels, is slated as the guest speaker. Edwina B. will chair the proceedings.

Traditional refreshments will be served.

Highlands Group, once a part of the now defunct Commerce Street Group, which met across the street from the Frost Bank, split off from the Commerce Group in 1951.

For a time, Highlands met at the home of Arthur C., San Antonio's senior AA member, who has more than 32 year's sobriety.

Highlands next moved into a small building on the Aldersgate church property and subsequently into its present home in the church building.

Come one and all and help celebrate.

BEFORE WE JUDGE OTHERS TODAY, REMIND US THAT THE ONLY DIFFERENCE BETWEEN A SAINT AND A SINNER IS THAT ONE HAS BEEN CAUGHT AND THE OTHER ONE HASN'T

G. Mann

 PIC:

Nov. 16

Dec. 18

Dec. 3: Joe G., John Marshall HS. Talk on the "Effects of Alcoholism."

Dec. 4: Alamo Hts. HS. All day. JoAnn S. Lee F., Tone N. and Bill F. Film and talk.

Dec. 4: SAC, psychology class. Alcoholism and the Woman. Film. Sean and Edey O.

Dec. 6: Villa Rosa Hospital. Monthly introduction to AA.

Dec. 13: Clark HS. "Alcoholism as it Affects the Family." JoAnn S. and Lee F.

Dec. 14: East Central HS. Homemaking class. Film. Bob J. and Sgt Feeney.

Dec. 14: Thomas Jefferson HS. Talk and Film. John A. and Sean and Edey O.

Dec. 18: Ed White Middle School. Film. 7th Grade. John S., Joe G. and Edey O.

MEMBERSHIP IN THE BUCK-A-MONTH CLUB AND A SUBSCRIPTION TO THE NIGHT-CAP MAY BE HAD BY CLIPPING THE BUCK-A-MONTH FORM ON PAGE SIX AND MAILING IT WITH YOUR CONTRIBUTION TO THE NIGHT-CAP AT THE ADDRESS SHOWN.

NEW MEETINGS

Eisenhauer Step Group. - This new AA Group offers closed discussion step meetings, Thursday, 8:15 p.m. at St. Stephens Presbyterian church, 4115 Eisenhauer.

Wilford Hall AA Group. - This new group offers an open speakers meeting Thursday, 8:15 p.m., building 2433, across from the Officers Club, Lackland AFB, Texas. For information call Joe at 673-5518.

MEETING CHANGES

Twenty Four Group. -
 Friday, 8:15 p.m. Open Discussion
 12:00 midnight Closed Disc.
 Tuesday, 5:30 p.m. Closed Discussion
 8:15 p.m. Open Disc. (Steps).
 Thursday, 8:15 p.m. Open Discussion.
 Saturday, 8-9 p.m. Traditions, closed.
 Sunday, 6:30 p.m. Open discussion.

HOSPITAL ZONE

San Antonio State Hospital (SASH). - Volunteers needed for Saturday and/or Sunday to conduct AA meetings, discussion or speaker, on the Alcohol Unit, Goyens Hall Call Libby at 532-8811, Ext. 441.

Villa Rosa AA Group. - Open speaker's meeting, Tuesday, 8:15 p.m. Groups responsible for furnishing speakers for the month of January are:

Stepping Stones	January 1, 8.
North San Pedro	January 15, 22.
The Haven	January 29

Audie Murphy VA Hospital Group. - Beginners discussion meeting, Thursday, 8:15 pm Room E-136.

Park North Group. - Open discussion meeting, Wednesday and Friday, 8:15 p.m. in the hospital cafeteria.

REGULAR GROUP MEETINGS (that need our help)
 Kingsboro AA Group. - Speaker's meeting 8:15 p.m. Wednesday at Unity Club, 3210 W. Commerce. Call Grupo Unidad, 432-9107 for information. Bi-lingual.

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

REGULAR GROUP MEETINGS (Cont'd)

Sally AA Group. - Open Speaker's meeting, Wednesday, 8:15 p.m., 1324 S. Flores. Groups responsible for speakers for the month of January are:

Alamo Heights Group.	January 2, 9.
Audobon Group	January 16.
Broadway Group	January 23, 30.

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

VILLA ROSA HAS EIGHTH BIRTHDAY JAN 15

Y'all come to the Villa Rosa Hospital gymnasium Tue., Jan. 15 at 8 p.m. and help us celebrate our group's eighth birthday.

We don't have a speaker lined up as yet but we'll have a good one behind the podium at the appointed time and date.

We don't have a chairman yet, either, (ah me!) but we'll announce both of these between now and Jan. 15.

We plan some tasty refreshments too.

Precious Moments

To be allowed, for a few precious moments,
 To hold and caress someone you love
 Is like having captured the fleeting scent
 of a lovely rose. Although the ecstasy
 And the fragrance linger for only an
 Instant, each leaves behind the
 Priceless memory of having held something
 Close to God in the palm of your hand--
 And looked at it.

FRY

1980 GRAPEVINE CALENDER AVAILABLE?

The 1980 Grapevine Calendar is available but you must order at once because supplies run out unusually fast every year.

Make out your check or money order for \$2.50 to the Grapevine, Inc., and mail to PO Box 1980, Grand Central Station, New York, N.Y. 10017.

If you order twenty five or more you pay only two dollars each.

Your Group General Service Representative may have order blanks.

HAPPINESS--BY-PRODUCT OF SOBRIETY

Happiness is a state of mind. I can choose to be happy or miserable. I have this choice since I sobered up.

Let me tell you how happy I've been today.

The phone woke me at nine forty five. This made me unhappy because I wanted to sleep 'till twelve.

Instead I got up and went to a meeting. This made me happy because I was doing what I was supposed to do.

An AA friend came over and this made me unhappy because I, selfishly, wanted to be alone (Garbo).

I became happy when I found that this gal and I had walked the same walk and could talk the same talk.

HAD A FRIEND

I had a friend. Something that had always frightened me. Friends want to get close.

It doesn't matter what marvelous thing happens to me tomorrow. I think I'll die laughing.

A sense of humor is invaluable. I seem to have lost mine in an effort to be saintly, pure, benevolent, benign and have become somewhat dull.

I love the posters around the MHMR offices that read: "LIFE IS A BANQUET, AND SOME (DELETES Ed.) ARE STARVING TO DEATH".

ON WITH THE BUSINESS OF LIVING

When I was drinking it was viva amor. Sober it is viva (life), period.

My Psychology Advisor's farewell speech to, at the U. Houston was, "Get on with the business of living, Babe, and keep the faith." That's quite a bouquet to an ex-drunk.

FRINGE BENEFITS

Yep, happiness and bouquets are fringe benefits of sobriety.

There are those who do hand out bouquets. Mine have come from the weirdest, most unexpected sources.

That's what makes them bouquets, because, being an alcoholic, if it had been planned, it would have been a phony.

WHOOPEE, AND HAPPY NEW YEAR!

Marjorie S...

COMMITTEES, BOARD SET MEETINGS

The Central Service Office Committee and District one Committee, will meet at Club twelve, 102 Thames, at 7 p.m., Sun. Jan. 13. Meetings are held the second Sunday each month.

The Administrative Board will convene at 7 p.m. Jan. 8 in the Central Service Office.

Elected at the December CSOC meeting were Jack L., committee chairman, Al Du B. co-chairman, and Joe Q, Administrative Board member.

Holdover members are Mary L, Pete R, Gayle M, and Vic B. Each has served for one year and will continue in office through 1980.

SE AREA CONFERENCE SET FOR JAN. 11,12&13

If you're looking for an AA Conference to attend soon, there's one due to be held Friday, Saturday and Sunday Jan. 11, 12 and 13 at the Red Carpet Inn, Beaumont, Texas.

Registration is set for 3 p.m. Friday. Theme is "A Declaration of Unity." Helen H., San Antonio, will serve as chairperson for the initial speaker's meeting at 8 p.m. Fri. Jan. 11.

The New York General Service Office will be represented by a speaker at the 9:30 a.m. Saturday meeting.

Also on tap for Saturday are Alanon and Alateen speakers and chairpersons. The 8 a.m. Alanon meeting is a call-up of speakers from the floor, which makes for interesting off-the-cuff talks. Alanon talks can be very moving.

Also on Saturday the traditional AA banquet will be served beginning at six thirty Saturday night, followed by an AA meeting at eight and dancing from ten until one.

Final day activities, Sunday morning, will include an 8 a.m. buffet breakfast for early risers, a S. E. Area Conference business meeting at nine and an AA speaker's meeting at ten thirty which will close out the conference and send conferees on their way.

Thanks for reading. I appreciate it.
Ed.-

CENTRAL SERVICE OFFICE - SAN ANTONIO
RECEIVED DEC. 18, 1979

<u>GROUP</u>	<u>DEC.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>DEC.</u>	<u>TO DATE</u>
Alamo Heights	15.00	180.00	Park North (W)	0	140.00
Audubon	0	80.00	Park North (F)	0	220.00
Broadway	15.00	380.00	Randolph Fellowship	0	10.00
Callaghan	25.00	315.00	Reality	0	0
Colonies North	100.00	190.00	Reliance	0	6.00
Downtown	0	240.00	Sahara	0	20.00
Fellowship	0	0	SASH	0	65.00
First Step	0	0	Santa Fe	0	40.00
Ft. Sam Houston	0	250.00	Serenity	15.00	180.00
Frontier	0	40.00	Southwest Loop	0	60.00
Goliad	0	310.00	Spiritual Life	0	0
Group 12	0	950.00	Stepping Stones	45.00	456.00
Grupo Del Sol	0	41.40	Sunrise	0	5.00
Grupo Unidad	0	70.00	Sunset	0	165.00
Highlands	0	220.00	The Haven	40.00	170.00
Hope	0	0	Triangle	40.00	40.00
Kingsboro	0	15.00	24 Hour	0	75.00
Lambda	5.00	15.00	Universal City	0	400.00
Laurel Heights	10.00	185.00	VA Hospital	0	75.00
Marymont	0	130.00	Valley Hi	20.00	230.00
Northeast	0	120.00	Villa Rosa	25.00	300.00
N. San Pedro	0	340.00	Wesley	0	22.00
Northwest	30.00	230.00	Windcrest	15.00	180.00
Northwood	0	250.00	Young People	0	75.00
Open Door	0	105.00			

15 Groups \$420.00
Buck-A-Month \$196.00

AREA

Bandera	0	0	Lytle	0	0
Bridge (N.B.)	0	90.00	New Braunfels	0	0
Canyon Lake	20.00	90.00	Pearsall	0	60.00
Floresville	0	60.00	Pleasanton	0	60.00
Fredericksburg	0	12.00	Seguin	0	0
Hill Country Grp.	0	0	Women's Serenity		
Kerrville	0	30.00	(Kerrville)	0	20.00

MEMORIAL CONTRIBUTIONS

Roger W. for Mac Colvin, Sr.
Van for Louise Dutcher

INDIVIDUAL CONTRIBUTIONS

Hank I.
Norman & Clair C.M.

BUCK-A-MONTH CONTRIBUTION FORM

Central Service Office - 109 Lexington Ave., Suite 215, San Antonio, Tx. 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 _____