



The Nightcap

AA IN SOUTHWEST TEXAS

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NUMBER 1

"SELF ESTEEM"

The growing lack of self esteem in man should be of great concern to all - especially to alcoholics. The usual end product of this is living death. Winston Churchill once claimed that the greatest secret of success ever formulated consisted of only six words "Never, never, never, never give up!"

Did you know that by this time tomorrow night, more than nine hundred and fifty individuals will try to kill themselves in this country? Also, we will add forty new heroin addicts in the next twenty four hours. Thirtyseven will die of alcoholism . . and nearly four thousand unfortunate individuals will have their first mental collapse. In the next twentyfour hours nearly six thousand sick and confused individuals will be arrested for being drunk and disorderly, and more than one hundred fifty will show how little they value their precious lives by driving too fast causing their own deaths or the deaths of others.

All of us know that we can be better than we are. It is true that most human beings cannot translate this hidden feeling into words, but there has been something implanted within each human being that removes him or her, completely, from the animal kingdom. And that something, almost a second conscience, continues to remind us at the most unexpected moments of our dull lives that we are not living up to our potential. It is only logical, therefore, that if we know we can do better and we are not doing better, if we know we can be earning more worldly goods and we are not, if we know we can handle a more difficult and better-paying job and we are not . . then we do not think very much of this failure who walks around with our name. Gradually we grow to hate that person.

Some humans feel despicable, worthless, and unloveable without doing contemptible things. Just being sloppy in their work, or not caring about their appearance, or not studying or working a little longer to improve their position in life, or taking that unnecessary drink or doing a thousand other stupid things that tarnish their already bruised selfimage is enough to increase their self-hatred. Some of us not only have the will to die . . but also the will to fail.

Problems, big and small, will be with us so long as we live. Norman Vincent Peale once said that the only time he found people without problems was when he walked through a cemetery. Happiness is not a cure-all, but it is an antedote . . something that will enable us to handle and deal with our problems and still maintain our self-esteem so that we do not resign from the human race.

There is much darkness and despair in the world but we are not condemned to it. Each one can light a candle. And if everyone lit a candle we could turn the darkest night into the brightest day.

Unfortunately, most individuals are unwilling to accept help until they have reached their bottom. At that time they feel that they have nothing to lose and so they are receptive to techniques to help them try to begin a new life . . . the AA Way of life.

It is not important that man live in the center of the universe, but that he creates his own beautiful world. The path is there for us to follow where others have gone before us. Man still has the power to control his mind and thus ordain his ultimate destiny. I suggest that "The fault dear Brutus, is not in our stars, but in ourselves".

Nightcap is thankful to Gene L for the following:

"MAN ALIVE! IT'S THE BIG FIVE!

Man (or woman) alive! What's all this hullabaloo about the Big Five? Some motor mouth has been at it again . . . Well, I've been called worse than that many times.

When the Big Book says, "Rarely have we seen a person fail who has thoroughly followed our path", what does that mean? To me, the word thoroughly means completely, continuously and rigorously. A better word for continuously is regularly.

So, for me, to be thorough, I have started regularly practicing the Big Five which are:

1. Regular working of the steps.
2. Regular attendance at meetings.
3. Regular study of the Big Book.
4. Regular contact with one of my sponsors.
5. Regular prayer, morning and night.

The key word is REGULAR! If I want to tone up my body, I need regular exercise; if I want to learn to play music, I need regular, if I want to keep a wife, I have to come home on a regular basis!

I want to be a REGULAR guy!

The Sense of Belonging

Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us. We no longer live in a completely hostile world. We are no longer lost and frightened and purposeless.

The moment we catch even a glimpse of God's will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter. (AA Way of Life)

If we stop struggling we will not go under - there is a life raft available to us in the Twelve Steps of AA.

The trouble we encounter today, may well be our blessing tomorrow. Growth comes from our troubles, not the things that go well. Most of the shadows of this life are caused by standing in our own sunshine. (Emerson)

I AM NOT BOUND TO WIN!

I am not bound to win,
But I am bound to be true,
I am not bound to succeed,
But I am bound to live up to
what light I have.
I must stand with anybody
that stands right;
And part with him when he
goes wrong. (A.L)

The Coordinator for DETOX meetings is Lazaro Limon. 732-0282. He will be calling GSR'S to take meetings to Detox, 622 Dolorosa. Detox needs two beginner type meetings a week to introduce the residents to A.A. Two people are needed at each meeting, one to meet with the incarcerated residents and one with the volunteer residents. This is an excellent opportunity to carry the message of A.A. Hospital Co-Chairman is Gayle McAfee, - Telephone 695-9287 or 696-9660 Ext 6254.

The following were elected to the Administrative Board of the Central Service Office: Linda Gayle, Bill Fitsimons, Albert Coody, and Lazaro Limon. This is an important job and affords the office holders an excellent opportunity to carry the message to other suffering alcoholics. The administrative board meets on the Tuesday prior to the GSR meeting at Club 12. The GSR'S come together on the second Sunday of each month at 7:00 PM, 102 Thames.

New directories, listing all the AA Groups in the San Antonio area are being prepared. They will be available soon after the first of the year at the Central Service Office.

The Bandera Group reminds you that they meet at 8:00 PM each Monday at the Bandera Bank. Bob C. is the GSR.

Kerrville VA Group is dropping it's Friday night meeting as of January 1st. The Monday Night Step meeting will continue in Rm. 489.

The VA Hospital Group has a new room number. The meeting is still being held in the same room, only the number has been changed. It is now G105, changed from E136. This Group meets every Thursday Eve at 8:15 PM.

The LYTLE GROUP invites you to attend their Open Discussion meeting on Wednesday at 8:00 PM. The address is, 15120 CAK ST. Lytle, Texas. For further information you may call: Tommy, Jimmy, or Mary at 772-04348.

Groupo Unidad, 3210 W. Commerce invites all AA members, their families and friends to a free breakfast on the first Sunday of each month. Breakfast is served from 10:00 AM to 11:00 AM. This is followed by a Spiritual meeting from 11:00 AM until noon.

Nightcap is pleased to announce the beginning of a new group, The Serenity Group. The first meeting will be on Saturday, Jan. 10. at 8:00 PM at the First Presbyterian Church in the Youth Activities building at 908 N. Washington St., Beeville, Tex. This is an Open Speakers meeting. First meeting will be chaired by Ed H. of San Antonio and Charlie A. of Corpus Christi. Our best wishes for success to this new group.

The GOLIAD group will take the meeting to SALLY during the month of January. This is a Wednesday night meeting and begins at 8:15 PM. The V.A. Hospital Group will be responsible for the SALLY meetings during the month of February.

The following groups will be responsible for the VILLA ROSA meetings during the months of January and February:

January	6	Stepping Stones	February	3	The Haven
	13	Stepping Stones		10	Northwood
	20	Broadway		17	North San Pedro
	27	Northwest		24	The Haven

The TEJAS GROUP will be responsible for the meetings at the ARC during the month of January. This is a Saturday night Speakers meeting and begins at 8:15 PM. The 24 Hr. Group will take the ARC meetings during the month of February.

SAVED BY A SWINDLE. Stopped by the highway patrol in Kent England, the man seemed a little tipsy to the police as he got out of the car. Suspecting he was driving under the influence, they gave him a Breathalyzer test. To the surprise of both officers and the driver, he passed it, despite his having just consumed six beers.

But instead of being overjoyed by the prospect of beating a ticket, the man felt he had been wronged, not by the police, but by the brewery. He promptly filed a complaint with the local consumer protection agency, charging that the beer was not up to strenght. (GV)

Highland's Group will celebrate their 30th anniversary on January 21st, 1981. Come help them celebrate the oldest AA Group in San Antonio. Chair person is Jim B., the Speaker is Fred H. The time is 8:00 PM and the place is Aldersgate Methodist Church, 502 Kayton. There will be a table spread with lots of good refreshments.

Southwest Loop Group, needs our help and support. This Group meets at St. Vincent De Paul Church in the Annex. Please join them on Friday the 26th of December, 8:15 PM. This will be an open meeting and the Speaker will be Buddy Bradshaw.

Joe Q., the fearless leader of the CSO Administrative Board sends the following: (and I'll write it just as he gave it to me, ED)

Grouphoppers gather 'round. Make Villa Rosa your home group. Open speakers and discussion meetings on Tuesdays at 8:15 PM, in the Villa Rosa Hospital Dining Hall, across from the swimming pool. Please contact Bro. Joe Q. at 227-3720 or call the Central Service Office at 226-2523. Urgent, Attention, Attencion, . . or whatever...

All GSR'S and/or Secretaries are again reminded that Group contributions are essential for the successful operation of the Central Service Office. Many of the Groups contributed nothing toward the maintenance of this office. To keep this vital function alive and growing is a responsibility of all. You may want to consider asking the members of the Group to increase their donations at meetings.

The Park North Group still need your support with your presence at their meetings. It meets in the basement cafeteria of the Park North General Hospital, 4330 Vance Jackson Rd. The time is 8:15 PM on both Wednesday and Friday. Come join them.

The Haven Group will hold its annual New Years Talk-a-thon on December 31st. The meeting will begin at 7:30 PM and continue so long as there are members participating. Refreshments will be served. All are cordially invited to come and help them celebrate a sober New Years Eve.

The Central Service Office will be closed on New Years Eve at Noon and on New Years Day.

The following donations are acknowledged:

Kenneth M.	\$100.00
Anonymous	20.00

CENTRAL SERVICE OFFICE SAN ANTONIO
RECEIVED DECEMBER 19, 1980

<u>GROUP</u>	<u>DECEMBER</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>DECEMBER</u>	<u>TO DATE</u>
Alamo Heights	\$ 0	\$ 195.00	Park North	\$ 0	\$ 463.00
Audubon	0	0	Randolph Fellowship	0	10.00
Broadway	40.00	400.00	Reality	0	30.00
Callaghan	25.00	300.00	Reliance	0	52.27
Coker	50.00	50.00	Sahara	0	0
Colonies North	0	425.00	SASH	0	45.00
Downtown	0	0	Santa Fe	10.00	25.00
Eisenhauer Step	0	15.00	Schertz	0	0
First Step	0	55.00	Serenity	15.00	180.00
Fort Sam Houston	25.00	320.00	Southwest	0	95.39
Frontier	0	30.00	Spiritual Life	0	0
Goliad	40.00	195.00	Stepping Stones	0	280.00
Group Twelve	100.00	1,300.00	Sunset	0	180.00
Grupo Del Sol	10.00	20.00	Tejas	0	365.00
Grupo Unidad	0	50.00	The Haven	25.00	170.00
Highlands	20.00	260.00	Triangle	0	0
Kingsboro	0	30.00	Twenty Four Hour	0	0
Lambda	5.00	60.00	Universal City	0	60.00
Laurel Heights	20.00	200.00	VA Hospital	10.00	75.00
Mary Mont	0	250.00	Valley High	0	180.00
Northeast	0	120.00	Wesley	6.00	18.00
North San Pedro	0	260.00	Wilford Hall	0	20.00
Northwest	21.00	318.80	Villa Rosa	50.00	300.00
Northwood	0	475.00	Windcrest	0	135.00
Open Door	0	63.00	Young People	0	95.00

18 Groups - \$ 532.00
Buck A Month 78.00

AREA

Brazos Valley	0	47.01	720 Group - Kerrville	60.00	105.00
Caldwell Group	0	15.00	New Braunfels Home Group	0	5.00
Cameron Group	0	8.00	Pearsall Group	0	60.00
Canyon Lake Group	0	30.00	Rockdale Group	0	8.00
Floresville Group	0	60.00	Sliding Door - Corpus	0	10.00

Individual Contributions - Kenneth M. - 1 Anonymous
Memorial Contributions - For Doc Opperman - Betty & Adrian Z.
Mr. & Mrs. Horace G.

BUCK A MONTH CONTRIBUTION FORM

DATE _____

Central Service Office - 109 Lexington Ave. - Suite 215 - San Antonio, Texas 78205
Please enter my subscription to BUCK A MONTH for _____ months.

NAME _____ STREET _____

CITY _____ STATE _____ ZIP _____