

NIGHT CAP

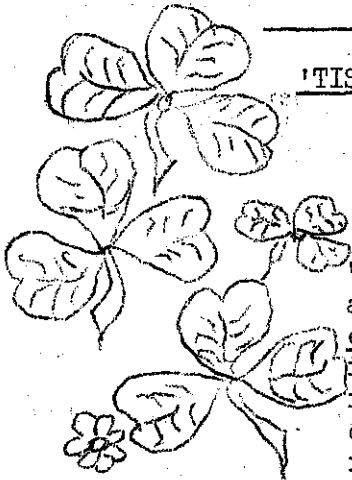
Published monthly by the San Antonio Central Service Office of Alcoholics Anonymous in the interest of greater unity in local and Southwest Texas Area groups.

Address all communications to:
"THE NIGHT CAP"
Lexington Building
109 Lexington Ave., Suite 215
San Antonio, Texas 78205, 226-2523

VOLUME THREE

MARCH 1977

NUMBER THIRTY FOUR



'TIS A BLESSING

TO BE IRISH!

1ST PERSON - VERY SINGULAR!

".....It is an absolute necessity for emotional stability and sanity to practice averageness and to get rid of exceptionality. No matter who we may be, the objective truth is that we are just average human beings, no exceptional. It is when we think we are exceptional that trouble begins. It creates the emotional type of loneliness we find so common in the seed bed of alcoholism and also in the emotionally disturbed person. So frequently the latter can't stand being around people and at the same time is horribly lonesome.

When does this phenomenon take place. It happens whenever anyone thinks he is above the group, or below the group, or different from the group or against the group. Such a person has created loneliness for himself. The presence of people does not eradicate loneliness. One can be very lonely in the midst of thousands of people. Loneliness is inside, and stems from the false convictions that we are exceptional, different.

To rid oneself of an emotional problem we must begin by convincing ourselves once and for all that we are average, - and we must then continue to practice rejecting exceptionality.

Why is this? It is simply because if we are exceptional, different from the group, then no one can possibly understand us, and we will always be convinced that no one has the problems that we do. On the other hand, once we are convinced that we are just average, we shall identify ourselves with the group; we shall be part of the group; we shall partake of the security of the group; we shall be adjusted; we shall be free from friction, frustration, rebellion and innumerable results of exceptionality. And we shall be healthy - emotionally. We shall be very sane - because, you see, we're just average, and the average person is sane!

It's a funny thing, but usually he who thinks most that he is above, or below, or different from others - ain't !....."

(Excerpted from "The Golden Book of Sanity" by Father John Doe)

*The C.S.O.C. will meet at 7 p.m. on March 13th in Club 12, 102 Thames *

32nd ANNIVERSERY OF AA IN SAN ANTONIO

32 years ago in early April the Rt. Rev. Everett H. Jones (Bishop of the Diocese of West Texas, Ret.) requested several members of Alcoholics Anonymous to come from the neighboring Diocese of Houston to start a group in the San Antonio Area. At that time the Bishop was Rector of St. Mark's Episcopal Church.

Though not an alcoholic, himself, the Bishop's untiring work, love and concern for the sick alcoholic and his support for AA has led him to be dubbed our "Honorary Alcoholic."

The Bishop is still active in San Antonio, maintaining an office, where he is never too busy to greet old friends, or listen to new problems, and still occasionally speaks at gatherings of Alcoholics Anonymous when his health permits. "The alcoholic", the Bishop is fond of saying, "is just like everyone else - Only so much more so!

On April 1st we will meet to celebrate the 32nd Anniversary of AA in San Antonio. Once again this happy occasion will be held at the First Presbyterian Church at Fourth and Alamo Streets, 7:30 p.m.

Following last year's format each group will be asked to contribute food on the basis of its size, and we will share an "old fashioned family supper", and finish the evening with a terrific speaker!

Not only is our Anniversary Banquet the sole opportunity of the year at which we have the chance to renew acquaintances from all over the San Antonio Area, but since the disbanding, of the STARR (Intergroup) meeting, and because we no longer hold our Annual Christmas Dance - it is the only revenue producing event to directly support the Central Service Office.

Let us all come together to share our sobriety and our gratitude with family and friends! The more - so very much - the merrier!

Donations are \$1.50, and tickets are available from your group secretary, GSR or at the door.

5th ANNIVERSARY FOR THE HAVEN

The Haven will celebrate their 5th Anniversary on March 6th with a meeting at 3 p.m. to be followed by a barbeque dinner - with all those luscious trimmings!

Let's all share in The Haven's happiness! (1640 W. Woodlawn)

THE ST. AGNES' GROUP 5th ANNIVERSARY

Marzo 16th, 5^o Aniversario, 8-9 p.m.
Grupo Santa Ines. Termenada la Junta cena Mexicana Y Baile.

The St. Agnes Group, 805 Ruiz, will celebrate their 5th Anniversary on March 16th. A meeting will be held from 8-9 p.m. with Juan R. presiding as Chairman. The speakers will be: Renee M. (Alanon) and Richard.R(AA).

A Mexican dinner and dance will follow the meeting. Everyone is cordially invited to share in the St. Agnes' Group's lively evening! (Even Gringos! Don't miss it!)

THE LORD WATCHES OVER FOOLS AND IRISHMAN!

STAT'S (1/21/77 - 2/10/77):

AA - 49

Alanon - 13

Information - 68

PIC - 7 (Cont'd on Page Three)

STAT'S (Cont'd from PAGE TWO)

Students - 6

IN MEMORIUM:

Robert Sanchez, San Antonio - January 1977

George P., Kerrville - January, 1977

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

C.S.O.C. ADMINISTRATIVE BOARD "77

Hal F. has been named Chairman of the C.S.O.C. Administrative Board. Jan G. will serve as Vice-Chairwoman. Beth J., who is the current Executive Secretary of the Central Service Office also holds that position on the board. Geri McC. is Alternate Secretary.

Standing Committee Chairpersons are: Hospital: Liz S. and Alex K.; Penal: Marion H. and Herb P. Mary Lou C. continues as Chairwoman of the Editorial Committee. The Finance Chairman is Hod C. Vangie H. is responsible for school calls, and Ben A. is still filling calls that have been referred to him as out-going P.I.A.C. Chairman. A new P.I.C. Chairperson has yet to be named for the year.

Members of the Administrative Board are elected by the C.S.O.C. District I Committee Persons serve in an advisory capacity to the Board members.

IRISH BLESSING

MAY THERE ALWAYS BE WORK FOR YOUR HANDS TO DO

MAY YOUR PURSE ALWAYS HOLD A COIN OR TWO

MAY THE SUN ALWAYS SHINE ON YOUR WINDOWPANE

MAY A RAINBOW BE CERTAIN TO FOLLOW EACH RAIN

MAY THE HAND OF A FRIEND ALWAYS BE NEAR YOU

MAY GOD FILL YOUR HEART WITH GLADNESS TO CHEER YOU.

AROUND THE AREA

Its always a pleasuae to report new groups being formed or new meetings being added to already existing schedules - and this month we have several!

But let's do more than say: "Hi! ", and let it go at that - these "babies" need lets of TLC to get off the ground!

You can show your support - by showing up! (And don't forget that special smile - and warmest handshake.)

The Park North Group held their 1st meeting Friday, February 18th in the basement cafeteria of Park North Hospital at 8 p.m. Dee S. is the GSR, and she asks that everyone "come and share with us." The address is 4330 Vance Jackson (off 410, behind Aamco Transmission).

A new "Big Book Study Goup" has been added to the roster of meetings held at Club 12. This "Open Discussion " meeting is held on Sunday evenings at 8:15 p.m.

The 1st Step Group (Alanon) is now meeting at the H.O. W. Foundation Rehabilitation Center, 815 E. Grayson on Wednesday evenings at 8:15 p.m.

An "Open Discussion " (Ping-Pong) AA meeting is held at the same time..

The Elite Group has been formed in Kerrville. The Group meets at 11:00 a.m. on Sundays at 720 Tivy.

The Harmonia (Bilingual) Group
meets at 8:15 p.m., Fridays, 2208 N.
Zarzamora, and would love to have You
join them? (You can even practice your
Spanish in a tolerant environment!)

* * *

Anyone for ...! Okay - your attempt
at Arobics was less than astonishing,
your Addidas were discarded after your
last laps of jogging left the neigh-
borhood in hysterics, the simplist of
Asanas has eluded you - you were the
despair of your Guru, in fact! Still,
oughtn't you do something nice for the
old bod? Look how long and faithfully
its put up with you - even during those
"fender-benders" you used to subject
it to. If you feel like giving it a
tone-up/trim-up/treat that will have
you looking your best in all those
summer scanties contact Marion H.
(655 - 9659, after 5 p.m.) or Geri McE.
(822 - 7070). These neat girls are
interested in forming an exercise class -
and they want your body!

Now - Gentlemen, with a photograph
of Robert Redford in your hand
Ladies, a photograph of Farah Fawcett
Majors in yours, slowly turn, face the
mirror and, oh, good grief.

CALL!

* * * * *

The Southwest Texas Area Pre-Con-
ference Workshop will be held March
26th and 27th at the Ramada Inn (333
North Loop 410 at San Pedro) in San
Antonio. While this Workshop is of Par-
ticular importance to all District
Officers it is open to all members of
AA, and you are urged to attend.

* * * * *

Bobbie S. reports that Austin has
formed an Intergroup with 14 groups
in the Austin Area Co-Operating.

REMINDER:

To all contributors to the "Buck - of -
the - Month" and who are on The Night
Cap-mailing list.

During the month of February we will be
updating our mailing lists. If you are
in arrears in your contributions to the
"Buck - of -- the-Month " you will
not receive future issues of The Night
Cap.

Please send your contributions to the
Central Office of AA, 109 Lexington Ave.
Suite 215. San Antonio, Texas 78205.

And, we thank you!

CENTRAL OFFICE OF AA

P.S. Copy of a subscription form is
on the last page of this issue
of The Night Cap.

AN IRISH BELSSING

MAY THE ROAD RISE TO MEET YOU.

MAY THE WIND BE ALWAYS AT YOUR BACK.

MAY THE SUN SHINE WARM UPON YOUR FACE.

THE RAINS FALL SOFT UPON YOUR FIELDS

AND, UNTIL WE MEET AGAIN, MAY GOD HOLD

YOU IN THE PALM OF HIS HAND.

Individual contributions to the "Buck-
A-Month" greatly improved, but please
keep them "rolling". Just think how
much easier it is to send in the lump
sum and then you're paid up - no wor-
ries. (Save a lot of postage, too.)

Hope the group contributions improve.
Please have a look at your Group Con-
science, and mail those checks.

Thanks a lot -

-Hod C. (Finance
Chairman)

REGULAR MONTHLY EVENTS:

The Administrative Board of the Central Service Office will meet at 7 p.m. on Tuesday the 8th of March in the Central Service Office.

The C. S. O. C. will meet on March 13th at 7 p.m. in Club 12, 102 Thames.

The Goliad Group will hold its regular monthly barbeque March 20th at 6 p.m. An "Open Speaker's Meeting" will follow at 7:30 p.m. All other Sunday meetings are held at the regular time of 8:15 p.m.

The 24 Hour Service Club will hold its regular monthly dinner on Sunday the 27th of March at 1 p.m. The Club is located at 1203 Fredricksburg Road.

THE IRISH EYES ARE SMILING AWARD - FOR BEING IRRESPRESSIBLY, IRRISTIBLY AND IRRIVERSIBLY IRISH - to all those plucky people who celebrate their AA "birthdays" in March! (From one "old sod" to the others, ed.)

COASTAL BEND JAMBOREE

Hey! Hurry! Its almost here! The 23rd Coastal Bend Jamboree will be held in the Hilton Inn (6255 Interstate 37 & Corn Products Road, Corpus Christi, Texas 78409) March 11th-13th. Sun - sand - and surf time for everyone.

Registration fee of \$12.00 covers all the meetings and the banquet plus a BIG break on all the kids - Alateen registration is free!

Registration checks should be made payable to: Jamboree Committee
P.O. Box 3201
Corpus Christi, Texas
78404

For room reservations dial the Hilton Inn: 1/800 - 492 - 6993.

8th ANNUAL EAST TEXAS ALANON CONVENTION

"Galveston, oh, Galveston..." more sea winds a'blowin' for the 8th Annual East Texas Alanon Convention to be held at the Holiday Inn, Galveston, Texas, May 27th-29th.

A terrific line-up of speakers from Texas, Tennessee and North Carolina will make this one of the year's real high points. A Lu-Au has been planned for Saturday evening's unique entertainment, and Alateens will have a completely planned program.

Early registration will save money, and admission will be by badge only!

Registration for AA's and Alanons: \$4.75 (before May 2nd) and \$5.00 (after that date).

Alateens: \$1.75 (prior to May 2nd) and \$2.00 (following)

The cost of the Lu-Au is \$8.50

Registration checks should be mailed to:
Mrs. Catherine Griffen
2910 Avaneue Q
Galveston, Texas 77550

Special room reservation rates will also be in effect at the Holiday Inn.
1 person - \$19.00, 2 people \$23.00,
3 people - \$27.00, 4 People -\$31.00

Mail Special Reservation Request to:
Holiday Inn
600 Strand
Galveston, Texas 77550

GOD MADE THE IRISH NO. 1

The Central Service Office has a good supply of books by Fr. John Doe. These are always favorites for special gifts. "Sobriety Without End" and "Sobriety and Beyond" are \$5.50. The "Golden Books" are just \$1.40 each.

FINANCIAL CORNER
 CENTRAL SERVICE OFFICE
 1977
 RECEIVED AS OF 2/15/77
 SAN ANTONIO

<u>GROUP</u>	<u>FEB.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>FEB.</u>	<u>TO DATE</u>
Alamo Heights	15.00	30.00	Northwest	25.00	50.00
Audubon	20.00	20.00	Northwood	45.00	45.00
Breeze	-0-	10.00	Reality	-0-	-0-
Broadway	10.00	20.00	Reliance	-0-	20.00
Downtown	-0-	-0-	Sally	-0-	-0-
First Step	-0-	-0-	SASH	5.00	5.00
Ft. Sam Houston	20.00	20.00	Santa Fe	-0-	-0-
Frontier	40.00	40.00	St. Agnes	-0-	-0-
Goliad	-0-	41.00	Serenity	10.00	20.00
Group 12	-0-	-0-	Sharing	-0-	-0-
Grupo Del Sol	-0-	-0-	Step. Stones	-0-	-0-
Grupo Esperanza	3.00	3.00	Sunset	30.00	30.00
Grupo Harmonia	-0-	-0-	Trinity	10.00	10.00
Grupo Unidad	-0-	-0-	The Haven	-0-	-0-
Guidance	-0-	-0-	24 Hour	10.00	20.00
Harmony	-0-	-0-	Universal City	-0-	-0-
Highlands	20.00	40.00	Valley Hi	15.00	15.00
Hope	-0-	-0-	VA Hospital	10.00	10.00
Laurel Hts.	15.00	30.00	Villa Rosa	25.00	50.00
Mary Mont	25.00	25.00	Wesley	-0-	-0-
Northeast	10.00	20.00	Windcrest	60.00	60.00
No. San Pedro	10.00	20.00	Woodlawn Hts.	-0-	-0-

AREA

Boerne	-0-	-0-	Men's Stag (Kerrville)	-0-	10.00
Bridge (N. Braunfels)	20.00	20.00	Women's Serv. (Kerr)	10.00	20.00
Floresville	5.00	5.00	Luling	2.00	11.00
Kerrville	-0-	-0-	Seguin	5.00	10.00

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 NO. _____

BUCK-a-MONTH CONTRIBUTION FORM

DETACH AND MAIL