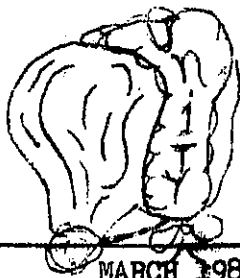

THE NIGHT-GAP

Of the Newcomer. - And the least of these shall keep awake the eye of the AA member and perpetuate the group.



AA "Proverb". - AA's who gathereth all the reins unto their own hands eventually find themselves alone in the driver's seat.

VOLUME EIGHT

MARCH 1980

NUMBER THREE

A LIVING, BREATHING MIRACLE

By Lee F.

The forty four year-old miracle of Alcoholics Anonymous is a truly remarkable event in human affairs.

If we can understand it, it should enrich our sobriety and inspire us to carry the message to those who have yet to find freedom from alcohol. We must believe that our obligation is to keep this miracle alive for others to share.

We can better relive AA's early beginnings by imagining that today there is no AA. That you and another alcoholic, you a hopeless drunk unable to hold a job, are convinced that you've found a way to quit drinking that can be shared with others.

To complicate what you propose, your drinking problem is considered to be a moral weakness. You and your associate have in common only the conviction that neither of you can handle the booze. But both of you know that you are tired of being broke, weary, sick and hungover.

And you're convinced that your ideas for arresting alcoholism will work, So you announce a meeting of a collection of drunks seemingly as hopeless as yourself, non-alcoholics and anyone else who has even a slight interest.

You've recently had a deep spiritual experience, and now at the meeting you tell about your dream of a fellowship of drunkards who cure themselves by sharing their experience strength and hope with each other, and by developing a reliance on a spiritual power greater than themselves.

You haven't learned, as yet, that there is no cure for alcoholism, only a recovery, contingent upon staying without that first drink one day at a time. That there is no cure you will learn later on as you also discover that neither large sums of money nor strings of hospitals to cure the physically ill are the answer.

So flying blind, you determinedly pursue your goal. As you go along you, your associates and others develop the Twelve Steps as the suggested path to contented sobriety. Then you gradually work out the Twelve Traditions within whose framework the AA Fellowship takes shape.

But at that very first meeting, in the '1980's, you and the doctor could have expected a reaction similar to this:

"You mean to tell me that you're going to tackle this without government money, or research or medical science? You're crazy." And "How can you believe that a bunch of scattered drunks are going to get together and cure themselves without being organized." Or "Well, the idea sounds OK but it won't work." And so on.

Bill and Dr. Bob succeeded in even more difficult circumstances than the foregoing. God had to be the difference between their success or failure. If we are to preserve the AA miracle He has to be the difference now. The miracle is present among us at every meeting.

The wisdom of the Twelve Steps and Twelve Traditions, hammered out of so much trial and error and experience, by the first one hundred member deserves our respect.

(A living, breathing, page 2)

ON RECOGNIZING SEVERE DEPRESSION

Between six and eight million Americans suffer from severe depression, according to the National Institute of Mental Health. So if you are severely depressed, you are not alone.

Dr. John Kane, who heads the depression clinic at the Long Island Jewish-Hillside Medical Center, listed these common warning signals of severe depression in an interview with Olive Evans of the New York Times:

- (1) Feelings of sadness and hopelessness (I will never be better).
- (2) Loss of the pleasure capacity, "the ability to enjoy anything."
- (3) Loss of interest in sex.
- (4) Loss of appetite (or overeating).
- (5) Insomnia (or sleeping too much).
- (6) Anxious or restless behavior (or apathy).
- (7) Difficulty in concentration, remembering things and making decisions.
- (8) Becoming upset by small things.
- (9) Feelings of worthlessness ("I'm no good").
- (10) Withdrawal from friends and relatives.

If you see yourself in six or more of the above, you are probably severely depressed. (One solution: see your doctor and take massive doses of AA).

NEW MEETING DIRECTORIES ARE AVAILABLE

New meeting directories, listing San Antonio and area groups and meetings, are available at the Central Service Office.

The directory is printed in an easy-to-read pamphlet form that the ladies can conveniently carry in their purses and the men in a coat or shirt pocket.

THE NIGHT-CAP is published monthly by the Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and Southwest Area Groups.

Address all communications to THE NIGHT-CAP, Lexington Building, 109 Lexington Avenue, Suite 215, San Antonio, Texas, 78205

Articles for publication in the Night-Cap should be double spaced and typed on 8 x 10-1/2" bond paper not to exceed 1-1/2 pages in length, preferably one page, and should reach the SSO not later than the 20th day of the month preceding publication

1980 PRE-GENERAL SERVICE CONFERENCE WORKSHOP SET FOR HOLIDAY INN, MARCH 22-23

General Service Representatives, District Committee Members, Group Secretaries and all interested AA members are especially invited to the 1980 Pre-General Service Conference Workshop that convenes at 8:00 a.m. Sat. and Sun, Mar. 22 and 23.

The sessions, to be held at the Northwest Holiday Inn, Vance Jackson at IH 10, are to prepare our Southwest Texas Area Delegate, Raul M, to attend the General Service Conference in New York in April.

A good attendance and a sharing of view views at the workshop is highly important.

Workshop theme is "Participation is the key to Recovery". (Has it ever been any other way?) Hal F, Kerrville, is Southwest Texas Area Chairman and Hod C. is the alternate delegate to the GSC.

Holiday Inn room reservations range from \$24.00-\$32.00. The luncheon menu is chicken, potatoes, peas, salad & drink.

"A super Special Speaker's Meeting is on tap at the Inn Saturday Mar. 23.

SA AA SALUTES 35TH BIRTHDAY APRIL 12

Alcoholics Anonymous in San Antonio celebrates its thirty fifth birthday Apr. 12.

Plans are being laid to commemorate the occasion with an evening of festivities at the Arden Grove Party Room, 102 9th St.

Pre-dining fellowship will begin at 6:30 p.m., followed by dinner at 7, an AA

meeting, in keeping with the occasion at 8 and after-meeting fellowship at 9 p.m.

More details and a brief history of AA in San Antonio, since its inception, will be forthcoming in the April Night-Cap.

A raffle will also be held and valuable prizes given away. Proceeds after expenses will be donated to the Central Service Office.

A LIVING, BREATHING (Cont'd)

We are entitled to be a part of AA only by preserving it and passing it on substantially as we received it.

YOUNG PEOPLE TO HOLD A BARBECUE Mar. 15

San Antonio Young People in AA have arranged a barbecue to be served at the Downtown Group, 110 McCullough, at 6:30 p.m. Mar. 15.

Chicken, beef brisket and "fixins" are on the menu for \$2.00 a plate.

From The Editorial Side

Jack Anderson's column in the S. A. Express recently carried excerpts from a diplomatic cable from U. S. Charge d'Affaires, Bruce Laingen, in which Laingen "sized up the Iranian psyche with remarkable perception."

It occurred to us that a comparison of the Iranian mentality, with that of a practicing or dry-drunk alcoholic might be of interest to Night-Cap readers. Here it is:

Mr. Laingen, a hostage since last November, wrote in his cable that "the single dominant aspect of the Persian psyche is an overriding egoism", which results in an almost total preoccupation with self, (where have us alcoholics heard that before) that leaves little room for understanding points of view other than one's own."

He adds, "Thus, for example, it is incomprehensible to an Iranian that U. S. Immigration law may prohibit issuing him a tourist visa when he has determined that he wants to live in California."

Would this type of reasoning seem odd to a practicing alcoholic? Probably not.

I remember musing, while driving along Southeast Military Drive, one late sunny morning, that it might be a good day to go to Pennsylvania to visit relatives.

The idea snowballed and by 1:00 p.m., bags packed and in my car, I was on my way east.

Of course it didn't occur to me that it wouldn't be prudent to start an eighteen hundred mile trip without doing some advance planning. (I'd often wondered, during my drinking years, why those doctors made such funny entries in my medical records).

But at that time I would have considered any argument against my geographical excursion as direct interference with my life.

I was unable to see that my behavior was comparable to hailing a taxi on East Houston Street in San Antonio and telling the cabbie, "Take me to Corpus Christi." It didn't make sense. But it was in keeping with the Iranian "proclivity for assuming that to say something is to do it."

Then Laingen points out that the Iranian "unease about the nature of the world in which one lives has led to a certain paranoia"---hostile forces abound." Doesn't that grab you like the indefinable fears did that plagued us when/were in our cups?

Finally, Laingen warned, that "one should never assume his side of the issue will be recognized, let alone that it will be conceded to have any merit." In this connection, when did a waiting-up worried spouse ever have a case with any merit when the wandering "child" came blustering home the following a.m.?

Assuming that Laingen has described the Persian psyche accurately, then the everyday Iranian attitude is as unreasonable as an alcoholic's when he is pursuing the next drink or is on a dry drunk. Then what can we do except pray.

But its here that the comparison ends--when we AA's quit drinking. Its then that we are capable of unselfish, compassionate ~~blinking~~ and responsible behavior.

And when our accounts are balanced our credits usually more than offset any charges against us.

Floyd Y.

ATTENTION ALL G.S.R'S

General Service Representatives are reminded to be sure to pass their copies of the Night-Cap to their Group Secretaries for reading at Group meetings.

Women and books are similar in character in that when each is well-constructed and has depth both are fascinating.

Remind us that the best foundations are built with the rocks people throw at us.

Gerald Mann

CENTRAL SERVICE OFFICE STATISTICS

The Central Service Office received inquiries pertaining to the following during the period Jan. 15 - Feb. 15.

AA	350
Alanon	53
Information	150
Students	99
Public Information	3

Good manners is the art of making people comfortable. Whoever makes the fewest people uncomfortable, has the best manners.

Jonathat Swift

LETTERS

We'd like to share this letter from Pal-Villa Rosa AA Group. - Open speaker's and estine, Texas with our readers. Its from discussion meetings, Tues, 8:15 p.m. a grateful former San Antonio AA member Groups responsible for meetings for the whom many, especially the old timers, may remember. month of March are:

Dear Friends in AA:

Enclosed my renewal to Buck-A-Month for which am grateful to be a part of. You see I am a part of San Antonio AA for I came to you people in the early part of 1969--in darkness and in doubt, and thru the understanding of people like Doc O, Alex A, "Big Book" John, Mack C. Sr, Jack, Sherman and on and on I have groped my way to light and liberty, for which I will always be grateful.

I retired from Mo. Pac. Railroad Jan. 3, 1975, with dignity. No blemishes against my record. I give all credit for this to God and AA.

I want to express my best wishes for Highlands Group on their 29th Anniversary. I hope to attend. We have three groups here now and if anyone comes this way pay us a visit.

Respectfully,
Tony W. S.D. 9-28-68

Ed's Note. - The Night-Cap has learned that Tony died sober, recently, in Palestine. We offer our condolences.

COASTAL BEND JAMBOREE STARTS MARCH 14

Advance information for the 26th Coastal Bend Jamboree lists San Antonians Butch D. and George B. among the speakers and chairpersons.

This annual AA celebration is slated for Mar. 14, 15 and 16 in Corpus Christi, Texas, at the La Quinta Royale Motor Inn, 601 N. Water Street.

Special rates are being offered to those who register for the Jamboree. Inform the desk clerk when making your reservation.

The toll-free direct telephone line for reservations, if you call from Texas, is 1-800-292-5200. If you call while out of state the number is 1-800-531-5900.

Registration is \$7.00, Alanon luncheon \$7.00 and banquet and dance \$12.00. Make checks payable to AA Jamboree Committee and mail with your name and group address to registration chairman, P. O. Box 3201, Corpus Christi, Texas, 78404. Alanon registration is \$1.00.

NEW MEETINGS

Northwest, spkrs meeting March 4
Young Peoples, disc, meeting March 11
Audobon Group, spkrs mtg March 18
Northwest Group, disc. mtg. March 25

REGULAR GROUP MEETINGS (need our support).

Kingsboro Group. - Speaker's meeting, 8:15 p.m. Wed, at Unity Club, 3210 West Commerce. Call Grupo Unidad, 432-9107 for information. Bi-lingual.

Valley Hi Group. - Speaker's meeting 8:15 p.m, Marbach Christian Church, Marbach at Loop 410.

Eisenhauer Step Group. - Closed Discussion Step meetings, 8:15 p.m. Thur, St Stephens Presbyterian Church, 4115 Eisenhauer.

Sally Group. - Open speaker's meeting, Wed, 8:15 p.m. 1324 S. Flores. Group responsible for furnishing meetings is Group 12.

Meetings: March 5, 12, 19 and 26.

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

THE HAVEN ANNOUNCES MEETING CHANGES

Mark your calendars because the Haven has announced that it will hold its final Friday night, 10:15 p.m. speaker's meeting on Feb. 29. After that the Friday night meeting will be discontinued.

Beginning Sat, Mar. 8, at 8:15 p.m. the Haven will hold an open speaker's meeting weekly to replace the Friday night meeting. The current directory lists other Haven meetings..

NEW LITERATURE, FILMS, TAPES AVAILABLE

"Time to start living", for older ones.
"AA in Treatment Centers".
"Big Book on Cassette Tapes".
"International AA Directory"
"Big Book In Japanese".
"AA - An Inside View" - tape.
"AA Service Manual" - Revised 1979
"The Homosexual Alcoholic".

IS SOBRIETY GUARANTEED?

Is there any guarantee that I will stay sober in AA? You bet there is. But only if I follow the instructions.

The founders and the first group of AA members proved that AA works. They were so convinced by their own success that they said in Chapter Five: "Rarely have we seen a person fail who has thoroughly followed our path". Not just any old path, but our path.

The book, Alcoholics Anonymous, is a record of what they did. It's their path. They do not guarantee any other path. Because it's the only path that's guaranteed, I plan to follow it thoroughly.

OK, so what is thoroughly?

For me, thoroughly means working on at least one step every day. Just a phone call to a member is twelfth step work. That's easy.

Thoroughly (for me) also means going to at least one meeting a week. Others may need many more. Each of us stays sober in his own way.

Next, I feel I need to read a few pages in the Big Book at least every other day.

I also find it essential to ask my Higher Power for help each morning and thank Him at night.

Having a good sponsor (I have two) is terribly important too. I feel a need to go to one of my sponsors about once a year to discuss the exact nature of the wrongs that have cropped up since the last time.

Daily prayer and meditation have also been a big help.

Alcoholics Anonymous is a program of action! If I continue to do these things, I'm convinced I'll stay sober---through the grace of God.

RARELY HAVE WE SEEN A PERSON FAIL WHO HAS THOROUGHLY FOLLOWED OUR PATH!"
G. L. San Antonio.

ADMINISTRATIVE BOARD, CSR'S TO MEET

The Administrative Board will convene Mar. 4 at 7 p.m. at the Central Service Office.

Sunday, Mar. 9 the General Service Representatives and CSO Committee will hold their regular meetings at Club 12 at 102 Thames at 7 p.m.

GROUP BARBECUE AND DINNERS

Group 12. - Last Saturday, 7 p.m. dinner, games. Second Saturday, covered dish supper 7 p.m.

Goliad Group. - Third Sunday, Barbecue, 7 pm.

Twenty Four Hour Service Group. - Last Sunday, dinner, 1 p.m.

IN MEMORIAM

Renee M. Alanon, wife of Raul E. Jan. 1980.

Tony W. Palestine, Texas January, 1980
To the families and friends we extend sincere sympathy and our prayers that bereavement may be tempered by reflective thought upon the happiness shared.

PUBLIC INFORMATION COMMITTEE IS ACTIVE

The Public Information Committee, Central Service Office liaison with the General Public, fulfilled ten public relations engagements during the period Jan 15-Feb 15

Participants and activities visited in the non-alcoholic sector were:

- Jan. 21 - Judson High, Lee F.
- Jan. 24 - Holmes High School, Jo Ann S. and Joe G.
- Jan. 25 - KXOL-TV, Tommie D.
- Jan. 28 - Judson High School, Tony I.
- Jan. 30. - Churchill High School, Sean and Edye O. and Lee F.
- Jan. 31 - Churchill High School, Sean and Edye O. and Lee F.
- Feb. 5 - San Antonio College, Elves S.
- Feb. 6 - Bexar County Adult Probation Department, John H.
- Feb. 6 - San Antonio Medical and Dental Assistants School, Charlie H. and Elves S.
- Feb. 12 - Department of Human Resources, Elves S. and K. O. P.

Today, have you looked up at the new buds greening the trees?

**CENTRAL SERVICE OFFICE - SAN ANTONIO
RECEIVED FEB. 19, 1980**

<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	Park North (W)	15.00	45.00
Audubon	0	0	Park North (F)	20.00	80.00
Broadway	40.00	90.00	Randolph Fellowship	10.00	10.00
Callaghan	25.00	50.00	Reality	0	0
Colonies North	0	125.00	Reliance	0	0
Downtown	0	0	Sahara	0	0
Eisenhauer Step	5.00	5.00	SASH	0	5.00
First Step	0	30.00	Santa Fe	0	0
Ft. Sam Houston	25.00	75.00	Serenity	15.00	30.00
Frontier	0	20.00	Southwest Loop	50.00	50.00
Goliad	0	0	Spiritual Life	0	0
Group 12	100.00	300.00	Stepping Stones	40.00	80.00
Grupo Del Sol	0	0	Sunrise	0	0
Grupo Unidad	0	10.00	Sunset	15.00	45.00
Highlands	20.00	60.00	Tejas	0	0
Hone	0	0	The Haven	40.00	40.00
Kingsboro	0	0	Triangle	0	0
Lambda	5.00	10.00	24 Hour	0	0
Lanier Heights	20.00	35.00	Universal City	0	0
Marymont	0	0	VA Hospital	0	0
Northeast	30.00	30.00	Valley Hi	20.00	20.00
N. San Pedro	60.00	60.00	Villa Rosa	50.00	50.00
Northwest	20.00	40.00	Wesley	6.00	6.00
Northwood	0	0	Wilford Hall AA	0	0
Open Door	0	0	Windcrest	15.00	30.00
			Young People	0	0

25 Groups \$676.00
Buck-A-Month \$546.00

AREA

Bridge (N.B.)	0	0	Lytle	0	0
Canyon Lake	0	0	New Braunfels	0	0
Flowerville	15.00	15.00	Pearsall	0	0
Fredericksburg	0	0	Pleasanton	0	0
Hill Country Grp.	0	0	Seguin	0	0
Kerrville	0	0	Women's Serenity (Kerrville)	0	0

INDIVIDUAL CONTRIBUTIONS

John W.	Jim D.
Lee Ray C.	Mary Lyle & Bill B.
Jim B.	Orville 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.
Doubles is enclosed on the basis of \$1.00 per month.

NAME _____ STREET _____
CITY _____ STATE _____ ZIP _____