

# THE NIGHTCAP

1st ANNUAL TEXAS ROUND-UP OF YOUNG PEOPLE SET AT

EL TROPICANO HOTEL JUNE 6, 7 AND 8,

(Details page 2)

VOLUME EIGHT

MAY 1980

NUMBER FIVE

A. A. Humility

What Happens When We Don't Have It?

The authors of The Little Red Book define Humility as follows:

"A true evaluation of conditions as they are; willingness to face facts; recognition of our alcoholic status; freedom from false pride and arrogance;

Understanding of the proper relationship between ourselves and a Higher Power; between ourselves and our fellowman and acceptance and practice of this relationship throughout every 24-hour period.

All of these "vital factors contribute to the long records of contented sobriety in the lives of thousands of A.A. members". But one stands out in our mind like the friendly old Port Isabel lighthouse beacon that once shone out to sea.

That factor is "being able truly to evaluate conditions as they are".

When we understand and objectively put to use this vital component of the The Little Red Book definition, and are conscientiously working the Twelve Steps, this and the other parts of the total definition fall into place and become a part of our natures; keeping us ever wary of the potentially destructive Egos that regularly keep popping back into our unconscious minds.

Repeated realistic self-evaluation allows us to gain the insight that will enable us to see ourselves as we are; to see who we are and, just as importantly, to help us never lose sight of where we came from; thus enabling us to evaluate our personal situations as they actually are at almost any given time.

Once, years ago, when I was pursuing the Liberal Arts and preparing for a now long-vanished second career in Journalism, after I finished my 20 years in the Air Force, a friend, the editor and publisher of a small Massachusetts farm magazine, advised me not to try to become a reporter because my "age was against me". (Oh, soul of tact!)

Here was a man who had the ability to see almost any situation as it actually was, especially mine. I didn't see the wisdom of his insight until 11 years later when I became a 45-year old cub reporter on a semi-weekly newspaper--and after a year convinced myself that I couldn't "cut it".

I naturally returned to the bottle. Before you could holler "put the cork in the jug" the publisher of the paper handed me two week's severance pay and bid me a not so fond farewell.

I failed because, at that time, I didn't have the confidence, the writing experience nor the humility and insight needed accurately to assess my potential for newspaper work. Moreover, I was unable to heed the professional advice that could have kept me out of the driver's seat and prevented my destructive stinking thinking.

Regardless of who we are or what we are, lack of Little Red Book humility, if prolonged, leads inevitably to disaster.

All that we hold onto in the A.A. program is at stake in our battle with alcohol and, after we quit drinking, with our personal problems. The booze, if us lonely-natured  
(See HUMILITY page 2)

TV STAR QUIT DRINKING BECAUSE ALCOHOL  
CHANGED HER PERSONALITY

Kathleen MacGregor, star of TV's "Little House on the Prairie", recently told Sunday Woman Magazine that she "gave up drinking because it was ruining her personality not her health".

Kathleen calls herself a public not a private drinker. She says she got involved with alcohol because she could never say, "No, thank you. I don't want another".

She wasn't the kind of boozier to end up lying down on the floor in a drunken stupor. What liquor did to her was change her emotional behavior pattern. "I found myself wallowing in self-pity when I had nothing to feel sorry about, and I sat in judgment of others".

She cites a perfect example: "One day, while I was driving, I spotted the huge rear end of a lady who was walking down the street. She was poured into pants two sizes too small. I thought, "I bet she has a heavily made-up face, teased-laquered hair, and two pairs of false eyelashes".

Then I was suddenly hit by the thought that I was being bitchy. Why didn't I visualize her with an angelic face? It dawned on me that I had alcohol to thank for that. It was turning me into a spiteful, mean person.

"That afternoon I drove to Alcoholics Anonymous\* \* \*".

OUTWITTED

He drew a circle that shut me out;  
Heretic, rebel a thing to flout.  
But Love and I had the wit to win:  
We drew a circle that took him in.

-Edwin Markham-

THE NIGHTCAP 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 Nightcap, Lexington Building, 109 Lexington Avenue, Suite 215, San Antonio, Texas 78205.

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FAMILIARITY Cont;d)

alcoholics go back to drinking it, can kill us or destroy a sufficient portion of our allotted number of brain cells to get us locked up permanently in a place "especially constructed for our care".\* It most certainly will take away any chance we may have for a decent, sane life without alcohol.

That is why it is so necessary to stay Little Red Book humble--that we may see our day to day situation as it actually is and not as we would like it to be nor as we imagine it to be.

In order to keep what we have gained in A.A., shouldn't we ask our Higher Power, each day, for the wisdom truly to evaluate conditions as they are?

\*Tiebout:--

Floyd Y.

EL TROPICANO HOSTS YOUNG PEOPLE'S MEETING

Come and join us, the San Antonio Young People, at the El Tropicano Hotel, for an A.A. weekend June 6, 7 and 8 and enjoy San Antonio's own hospitality as it welcomes young people in A.A. from all over the state of Texas.

This convention will be the first of its kind and the beautiful hotel on the river has offered its services to host the "First Annual Texas Round-up of Young People in A.A.".

Registration starts at 2 p.m. Friday, June 6. Registration and dance, \$15.00. Banquet, \$10.00. Check at registration desk for hotel accommodations. For more information call David S. 341-5912.

Friday night opens with small gatherings in the hospitality room and an open A.A. meeting just a few feet off the beautiful San Antonio River.

Saturday offers meetings all day including an Alanon luncheon and lavish banquet and dance during the evening.

Sunday closes with the unique spiritual meeting that brings together all the shared experiences of the convention.

Come support this once in a lifetime experience and be a part of the theme "A Part Of..And Not Apart From" what AA and The El Tropicano have to offer in the first weekend of summer..Start it off right!

(See YOUNG PEOPLE'S Pg 3)

## Step of the Month

My sponsors kept telling me to keep working the Steps if I wanted to stay sober and get comfortable.

Four years (and much misery) later, I decided I needed some simple system that would insure I was working on at least one step every day.

I thought about it a long time and suddenly it hit me: There are 12 Steps and there are 12 months. Why not concentrate on one step a month?

Sure. Why not? Since my birthday is in January, I started with Step One in January, Step Two in February, Step Three in March and...well, you get the idea. The month number matches the Step number.

During the month, I concentrate on one step. I think about it, read about it, Meditate on it and discuss it when I can. This does not rule out working on other steps as needed but focuses on one step a month.

It's a kind of insurance that I will cover every step every year.

Sound mechanical? Well, so is a car, but it gets you there.

I used to worry about not working the steps enough, but with the Step-of-the-month method, I feel a lot better. At least so far.

Maybe you'd like to try it. You might like it!

G. L. San Antonio

## FRONTIER GROUP EASTER MEETING A SUCCESS

Easter has come and gone but the memory of a good meeting lives on.

So much so that many who attended the 8 a.m. Easter Sunday meeting, sponsored by the Frontier Group, at the ARC, have requested that it be done again next year.

Winnie C. says thanks to everyone who contributed to making the meeting a success, including speakers Fred H. and Hank N. and especially to those who attended the meeting without whom no gathering can be a success.

Another Easter meeting is planned for next year.

(YOUNG PEOPLE Cont'd)

Schedule of events:

Friday: Registration 2 p.m.  
 Speaker 8 p.m.  
 Speakers from the floor-10:30 p.m. until--

Saturday: Speaker 10 a.m.  
 Alanon luncheon and speaker  
 12 noon - 1:30 p.m.  
 Afternoon - tentative  
 Banquet 7 p.m.  
 Dance 8:30 - midnight

Sunday: Speaker 10 - 11 a.m.  
 Business meeting and closing  
 12 noon.

## GROUP OFFICERS ARE TRUSTED SERVANTS

We are reminded that AA Group officers do not govern but are only trusted servants, as the Second Tradition points out.

It's relatively simple to perform the duties of an A.A. office by standing on the outside looking in--"getting the overall picture", say, from the angle of a group chairman; whose real job, according to the orange A.A. Group pamphlet, is overall coordination rather than overall supervision.

But isn't it a relief to know that the challenge and its reward come from getting involved in the job and intimately with the people--from the inside looking out?

FY

## GROUP BARBECUES AND DINNERS

Group 12. - Last Saturday, 7 p.m. dinner, games. Second Saturday, covered dish supper, 7 p.m.  
 Goliad Group. - Third Sunday, barbecue, 6 p.m.  
 24-hour Service Group. - Last Sunday, dinner 5:15 p.m., Meeting 6:30 following.  
 Haven. - Second Sunday, Texas style barbecue. \$3.00 adults. \$1.50 under 12.

A cigarette is the perfect type of a perfect pleasure. It is exquisite, and it leaves one unsatisfied. What more can one want?

Oscar Wilde.

PUBLIC INFO COMMITTEE CARRIES THE MESSAGE REGULAR GROUP MEETINGS

Carrying the A.A. message into the non-alcoholic sector of the city is a vital function of the Public Information Committee.

The people who staff the committee are hard-working, dedicated A.A.'s, who voluntarily give their time and their energies to this important work.

Noteworthy is this example of the kind of audiences reached. At the District Meeting of FFA students, March 15, 500 young people were in attendance. Here is a recap of PIC activities Mar. 15-Apr. 15.

- Mar. 15 - District FFA meeting, students. Joe G, 500 persons, 2 hrs.
Mar. 19 - DWI, Adult Probation, Bill S. 1hr
Mar. 25 - Jefferson H. S. Bill S. & Jerry B. film, 3 hrs.
Mar. 27 - Patrician Movement, Bill S. & Jerry B. 1 hr.
Mar. 30 - Club 12, Alanon, John H. 1 1/2 hr film.
Apr. 1 - Patrician Movement, Bill S. 1 hr
Apr. 2 - DWI, Adult Probation, Bill F. & Bill S. 1 hr.
Apr. 2 - MacArthur H. S. Nancy W. 1 hr
Apr. 3 - Jefferson H. S. Jerry B. 1 hr.
Apr. 7 - Club 12, Alanon, Bill S. film.
Apr. 7 - San Antonio College, George G. 1 hr.
Apr. 8 - Ed. White Middle School, P.T.A. Jo Ann S. 1 hr.
Apr. 8 - San Antonio College, Law Enforcement, Bill S. 1 1/2 hrs.
Apr. 10 - Patrician Movement.
Apr. 12 - Northeast Group, A.A. Jerri Mc.

Villa Rosa A.A. Group. - Open Speaker's and discussion meetings, Tues. 8:15 p.m. Groups responsible for the meetings for the month of May are:

- Wesley Group May 6
Group 12 May 12
Highlands Group May 20
Group 12 May 27

Sally A.A. Group. - Open speaker's meeting Wed. 8:15 p.m. 1324 S. Flores. Groups responsible for meetings for May are:

- Park North Group May 7, 14
Reality Group May 21
Sahara Group May 28

NEW GROUP.

New Braunfels Home Group. - New Braunfels, Texas. Closed Meeting, Wed. 8 p.m., 373 Howard, N. Braunfels, Tex. For information call Chuck 1-629-2774.

REGULAR GROUP MEETINGS (That need support)

Two open speaker's meetings weekly, Tues. and Sat. 8:15 p.m. at the ARC, Southton Road. Phone 633-0201. Frontier Group.

Young People's Group. - Two Meetings weekly Wed. 8 p.m., 235 W. Mistletoe. Sun. 8 p.m. Open Participation, 7226 Blanco Road, Apt. 2403, Spanish Trace Apts.

IN MEMORIUM

Gale Mercer, April 27
Joe Aycock, April
Marian Tillery, April
To the family and friends we extend sincere sympathy and our prayers that bereavement may be tempered by reflective thought upon the happiness shared.

24-HOUR GROUP PLANS MIDNIGHT CANDLELIGHT MEETING

The 24-hour Service Group wants to know how many A.A.'s would support a Friday midnight candlelight closed discussion meeting.

Those interested call Limon after 5 p.m. at 228-0484 or call the 24-hour Group at 732-2094.

CSO STATISTICS FROM MARCH 15 TO APRIL 15

Table with 2 columns: Category and Count. Rows include A.A. (273), Alanon (25), Information (200), Public Information (5), Students (6).

ADMINISTRATIVE BOARD TO MEET MAY 6

The Administrative Board will meet at 7 p.m. Tues., May 6, at the Central Service Office. The Central Service Office Committee will not meet during May

In your vision of the world is the image of yourself. -Morgan-

We often grow more by bending with the wind than by standing in rigid defiance. -Stephens-

## TEXAS STATE AA CONVENTION JUNE 5 - 8

Austin's Hilton Inn has been chosen as the site of the 35th Annual Texas State A.A. Convention, in Austin, Texas June 5-8.

The convention theme, "Manageability Through Powerlessness", embodies "the principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole society has sprung and flowered", and was lifted from Page 22, Twelve Steps and Twelve Traditions.

Registration and dance, \$12.00. Delegates breakfast, \$5.50 and Alateen \$2.00. Make checks payable to Texas State AA Convention, P.O. Box 14992, Austin, Texas.

Make room reservations directly to Austin Hilton Inn, IH 35 at U.S. 290 East, 6000 Middle Fiskville Rd., Austin, Texas, 512-451-5757 or call your local Hilton Inn for special rates--\$32 single, \$39 double. Please specify A.A. convention. (Ample parking is available).

The Convention opens June 5 at 8 p.m. Co-chairmen: Homer R. Houston and Evelyn K, Lamesa. (Speakers from audience).

Featured speakers June 6 are Gene F, Hot Springs, Ark; Dottie H, Lakewood, Cal, and Joe P, Atlanta, Ga. June 7: Eve M, Ft. Lauderdale, Fla, Johnnie H, Lakewood, Cal, Neil P., Newport Beach, Cal., and Nell L., Alanon, Waureka, Okla.

June 8: Joe McQ., Little Rock, Ark., Some meetings start at 10 a.m. so be there and up early.

See you there!

## HISPANIC A.A.'S SCHEDULE FUND RAISER

The committee to raise funds for the National Hispanic A.A. convention in August, has announced a meeting, supper and dance to be held at the Christ The King church cafeteria, 2610 Perez Street, on Sat., May 3.

This National Hispanic Fund Raiser will feature live music, fellowship and plenty of good food at only \$5.00 per person.

The evening will begin with a meeting at 6 p.m. followed by supper at 7 and a dance to live music from 8 until midnight.

Carmina C., of Houston, will be the featured Spanish speaker and Jim W. the English speaker for this bi-lingual gala event. Roland R. will chair the festi-

ities.

The Eighth Annual Spanish Speaking A.A. Convention will be hosted by the El Tropicano Hotel August 29, 30 and 31. The Nightcap will have full pre-convention details in its August issue.

## YOUNG DRINKERS SUFFER INTELLECTUAL DAMAGE

Usually, liver damage is the major problem associated with alcoholism, but a recent report in Lancet cited a study done in Denmark that suggests that intellectual impairment may be more serious problem for the younger alcoholic.

Measurement of the intellectual functions and liver damage in 37 alcoholic men under age 35 indicated that 19 percent had cirrhosis while 59 percent had problems with standard memory, concentration and comprehension tests. -Family Weekly-

## VICTORY FROM DEFEAT

Upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength.

Our admissions of personal powerlessness finally turn out to be the firm bedrock upon which happy and purposeful lives may be built. We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences.

Until he so humbles himself, his sobriety - if any - will be precarious. Of real happiness he will find none at all.

Proved beyond doubt by an immense experience, this is one of the facets of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole society has sprung and flowered.-from "Steps and Traditions".

## NO GOD?

Sometimes in reading the Big Book we find comfort and solace, freedom from fear and guilt. And we grow in faith and love. For all of us found at least one passage in the Big Book that changed our lives.

My own key to freedom is found in these simple words: "Who are you to say there is no God?" That question still hurts my big mouth. -Here's How, 1953-

CENTRAL SERVICE OFFICE - SAN ANTONIO

RECEIVED APRIL 16, 1960

<u>GROUP</u>	<u>APR.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>APR</u>	<u>TO DATE</u>
Alamo Heights	15.00	60.00	Park North (F)	0	80.00
Audubon	0	0	Randolph Fellowship	0	10.00
Broadway	60.00	165.00	Reality	5.00	10.00
Callaghan	25.00	100.00	Reliance	0	0
Colonias North	130.00	255.00	Sahara	0	0
Downtown	0	0	SASH	0	5.00
Eisenhower	0	5/00	Santa Fe	0	0
First Step	0	30.00	Serenity	30.00	30.00
Ft. Sam Houston	50.00	125.00	Southwest Loop	0	50.00
Frontier	0	20.00	Spiritual Life	0	0
Goliad	20.00	35.00	Stepping Stones	25.00	105.00
Group 12	100.00	525.00	Sunrise	0	0
Grupo Del Sol	10.00	10.00	Sunset	15.00	75.00
Grupo Unidad	10.00	20.00	Tejas	50.00	115.00
Highlands	20.00	100.00	The Haven	0	40.00
Hope	0	0	Triangle	0	0
Kingsboro	0	0	24 Hour	0	0
Lambda	5.00	20.00	Universal City	0	60.00
Laureal Heights	15.00	35.00	VA Hospital	0	0
Marymont	0	25.00	Valley High	0	60.00
Northeast	0	45.00	Villa Rosa	0	75.00
N. San Pedro	20.00	100.00	Wesley	0	6.00
Northwest	20.00	60.00	Wilford Hall	0	0
Northwood	0	100.00	Windcrest	15.00	60.00
Open Door	0	0	Young People	0	15.00

23 Groups.....\$685.00  
 Buck-A-Month..... 29.00

AREA

Brazos Valley	0	15.00	Lytle	0	0
Bridge (NB)	0	0	New Braunfels	0	0
Cameron Group	0	3.00	New Braunfels (Home Gr)	5.00	5.00
Canyon Lake	0	10.00	Pearsall	0	0
Floresville	0	15.00	Pleasanton	0	0
Hill Country Group	0	0	Seguin	0	0
Fredericksburg	0	0	Women's Serenity	0	0
Kerrville	0	0	Rockefeller Group	0	6.00
Kerrville - Big Book	0	25.00	Sliding Door (Corpus)	10.00	10.00

MEMORIALS

For Mrs. Marian Tillary  
 For Beth J.'s mother, Elizabeth from Margaret & Bill H.; Hod C. & Mary Lou & Art C.

BUCK-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 \_\_\_\_\_ CITY \_\_\_\_\_