

The NIGHT CAP

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GRATITUDE.....The path to happy sobriety.

Have you ever thought about counting your adverse conditions of the past as BLESSINGS in disguise?

When we talk about counting our blessings in A.A. we immediately turn our attention to the things and events in our lives that have brought us immediate pleasure.....but how about the problems and heartaches that brought us into this NEW WAY OF LIFE?

If it hadn't been for the things that were wrong with our lives most of us would still be out drinking and trying to destroy ourselves the slow painful way. But because we compounded our pain and frustrations by adding an over supply of alcohol to our daily lives, we actually did ourselves a favor!!

When we can honestly say THANK YOU for the things, people, and events that drove us into A.A. and this beautiful WAY OF LIFE, that made it absolutely necessary for us to change OURSELVES, then we can begin to know the true meaning of the word, gratitude.

It is most important for the sick alcoholic to begin his recovery by looking for the good things in his life and environment to hold on to, and this develops the ability to KNOW and to FEEL grateful to find a life worth living. But when the alcoholic begins to grow, and this he must do in order to maintain sobriety, when he starts to develop and unfold Spiritually, then real PEACE and SERENITY can appear.

As he looks back over his life and can see that the very things that were the most painful and degrading to him were the very things that drove him to A.A. and a new approach to life, he can then take a new look at GRATITUDE and truly begin to GROW!

Nina R.



RESENTMENT.....the number one killer of the alcoholic.

It is a psychological fact that one cannot be grateful and resentful at the same time. Sometimes we alcoholics pretend or feign gratitude and then when we stub our toe, or return to drink we pretend we can't imagine what happened!!

Since this is a program of honesty, let's examine ourselves and our relationship with ourselves....for in the last analysis, what we truly think of ourselves is what makes the difference between sobriety and a return to drinking, or possibly a life of misery and alienation from our loved ones.

The more confidently and honestly we try to practice the twelve suggested steps in the A.A. program, the sooner our energies back

(Continued on Page 2)

CENTRAL SERVICE OFFICE COMMITTEE ACTION

At the October meeting of the Central Service Office Committee, which is comprised of group representation through General Service Representatives, it was voted to establish a seven member and an Executive Secretary Administrative Board, each of whom would serve a two year term. The Board was established in order to administer and expand the operations of the Central Service Office in accomplishing present workload. The Central Service Office Chairman, Carolyn B. and Co-Chairman, W.F. Smitty S., elected for two year terms beginning Jan. 1, 1972 were automatically elected to serve on the board and Imogene U. was elected to serve concurrently with them. The Executive Secretary, Corrinne A. was elected an officer of the board and an ex-officio member of it. Jeannie W., Lee Ray C., Pat B., and Raul M. were elected to serve through December 1974. The District I, Southwest Texas Area Committee members were designated advisory, non-voting members of the Board.

Board members met later in October and elected Pat B., Chairman, Imogene U., Vice-Chairman and Corrinne A., Executive Secretary/Treasurer of the Administrative Board. Since Pat B. was elected Chairman of the Board, he has resigned as Chairman of the Public Information Committee and Frost U. has been appointed Chairman of that committee. The Public Information Committee along with the Finance Committee, Chairman to be announced due to resignation of Bill S. and the Institutions/Rehabilitations Committee, Joe W., Chairman were ratified and an Editorial Committee, Beth J., Chairman was established. A set of By-Laws is now being prepared and will be presented to the Central Service Office Committee for ratification at the December meeting.

HOSTS FOR FRONTIER GROUP MEETINGS

Group 12 will host November Saturday night open meetings of the Frontier Group held at 8:15 P.M. at the Alcoholic Rehabilitation Center on Southton Road.

RESENTMENT.....the number one killer of the alcoholic. (Continued from Page 1)

of and expressing through our resentments will be turned into POSITIVE ENERGIES..... healing our wounds, restoring our health and making us productive members of society.

There is nothing or no one worthy of resenting, and if we would analyze our resentments in the light of truth and honesty we would find that we are up against an IDEA or FEELING in our own minds and when we can CHANGE our IDEAS and FEELINGS by counting our blessings, and expressing true gratitude, resentment will die of its own lack of food, or energy that we had in the past been expending upon it.

When we alcoholics can learn to appreciate our own worth and stop comparing ourselves with another, or our possessions with another, when we can truly say, THANK YOU for this day, free from enslavement to alcohol, AND from resentments, then will GRATITUDE flow into our hearts and express through our lives, only then will we KNOW that we no longer have to pretend....we will truly be living the A.A. WAY OF LIFE.

Nina R.

PUBLIC INFORMATION ACTIVITIES

Thirteen student nurses from SAC attended an Open Speakers Meeting held by the Ft. Sam Houston Group on Monday October 9 and eleven attended an Open Speakers Meeting held by the Hope Group on Thursday, Oct. 12

On October 4, John C. spoke to the Senior Sociology Classes at Alamo Heights High School; October 10, Lee Ray C. and 'Slats' S. answered a request from Southwest Research to talk to a Sociology Class at Kelly A.F.B.

"God divided man into men that they might help each other."

-- Seneca

"Gratitude is nothing more than good sense - the good sense to realize that God has been good to us."

-- Anonymous

MEETING CHANGE SCHEDULE

Current Meeting Directory dated May, 1972 is available from Groups or the Central Service Office and is changed as follows:

Ft. Sam Houston Group: Alternating Open Speaker, Open Discussion meetings are held Monday, 8:15 P.M.

Closed Discussion meetings are held Thursday, 8:15 P.M.

Al-Anon meetings are held Thursday, 8:15 P.M.

Welcome Group: Open Discussion meetings are held Friday, 8:15 P.M. Birthday last Friday in the month, Open Meeting.

Unidad Grupo: New Group holding Open Speaker meetings, 8:15 P.M., Saturday, 311 N.W. 24th St.

Pilgrim Group: Wednesday night meetings discontinued. Holding Open Discussion meetings Sunday, 8:15 P.M.

Brees: New Group holding Closed Discussion meetings Thursday, 8:15 P.M., Sunset Ridge Church of Christ, 2367 Brees, Birthday last Thursday in month, Open Meeting.

Al-Anon meetings are held Thursday, 8:15 P.M.

Broadway: New Group holding Open Discussion meetings, Saturday, 8:15 P.M., Christ Lutheran Church, 6720 Broadway

Northeast: New Group holding Open Discussion meetings, Saturday, 8:15 P.M., John Calvin Presbyterian Church, 8102 Midcrown

Serenity: Closed Discussion meetings are held on Tuesday, 7:00 P.M. and Open Speaker meetings are held on Friday, 8:15 P.M.

Northwest: Closed Discussion meetings are held Monday, 8:15 P.M.

Al-Anon meetings are held Monday, 8:15 P.M.

NORTHWEST GROUP

The Northwest Group which meets every Monday night at 8:15 P.M. in the Parish Hall of St. Andrews Episcopal Church, 6110 N.W. Loop 410 will celebrate its three year anniversary Monday night, November 6, 8:15 P.M. The group holds closed step meetings and from its beginning the meetings have been well attended.

It began in 1969 when Father Dave Penicuff, active in A.A. work throughout San Antonio, and the then Rector of St. Andrews, recognized the need for an A.A. group in that area of the city. He turned to several of his parishioners who were members of A.A. for assistance. Helping him to organize the group were Margaret W., Jim P., and Joe F. There were 16 at the first meeting.

In September of 1972 Colette H. organized an Al-Anon Group with meetings held in another room at the Church with meetings on Monday Nights at 8:15 P.M.

To celebrate their anniversary this year, the Northwest A.A. Group and the new Northwest Al-Anon Group will hold an Open Discussion meeting together. Turner A., A.A. and Mark A., Al-Anon will chair the meeting.

NEW FROM G.S.O.

The following three pamphlets are available now for order from New York at a cost of 5¢ each or 3¢ in lots of 500 or more and will be available from the Central Service Office shortly.

1. Profile of an A.A. Meeting (the results of a 1971 A.A. membership survey)
2. If You Are a Professional (directed to Professionals to let them know who we are, what we are, and what we can and cannot do in the way of cooperation)
3. Understanding Anonymity (a helpful leaflet for those inside and outside our Fellowship)

GENERAL SERVICE REPRESENTATIVES

Meeting will be held Sunday, November 12,
7:00 P.M. at Club 12

MONTHLY INTERGROUP MEETING

Shelby P., Alcoholic Counselor at the Big Springs State Hospital will be here as Speaker for the meeting to be held at Club 12, Sunday November 12, 8:15 P.M. The San Antonio State Hospital will host the meeting, chaired by Bill S.

MOBILE BOOK STORE

Is now in operation with stocks of all hard cover literature available. It is manned by... who else! Big Book John H. He would like to let everyone know that he has this literature on consignment from the Central Service Office and that the proceeds from sale of the books will go toward support of the Central Service Office.

IN MEMORIAM

Barkley W. died September 29. She will be missed by her friends in the Fellowship.

FROM BOX 4-5-9

How do you define an A.A. group? Nowadays so many kinds of meetings are held for alcoholics (courtroom classes, therapy groups, retreats, encounters, insight groups, study meetings, etc.) that the question often arises: which of these, if any, is really an A.A. group?

Staff members here at G.S.O. have pooled their thoughts on this subject, and we have agreed on six points that describe what an A.A. group is. They are:

1. All members of a group are alcoholics
2. As a group they are fully self supporting
3. A group's primary purposes is to help alcoholics recover through the suggested 12 Steps.
4. As a group they have no outside affiliation.
5. As a group they have no opinion on outside issues.

(Continued on Page 5)

AL-ANON, ALATEEN

AL-ANON - HOW IT WORKS

In each of you I found a friend,
One whose friendship knows no end,
And so, just for today I'll try to be,
To others what you are to me.

You stopped and took me by the hand,
and steadied me till I could stand,
And then, when I could walk alone,
You let go my fingers, one by one.

You did not say, "Do this, be thus"
You said quite simply, "Walk with us"
I tried, and when I lifted up my eyes
I could see,
The vision which had made you free.

We walk together now, a fellowship band,
Waiting for one who wants a helping hand,
One whose spirit must also break or bend,
And teach him what it means to have and
Be a friend.

So, just for today, I'll let others see
What each of you has done for me.

CHRISTMAS DANCE

Dorothy C., Chairman of the Christmas Dance Committee announces that dance tickets are available. You may buy them from your Group G.S.R., one of the Clubs, Big Book John H., or the Central Service Office. The tickets are \$2.50 per person. Profit from the dance which is sponsored annually by the Central Service Office Committee will go toward maintenance of the Central Service Office. So come one, come all....get your tickets now!! Dance to the tune of 'support for the Central Service Office'!

- Place - The Turner Club, 120 9th St.
- Time - 8:00 to 12:00 P.M.
- Band - Ray Adams
- Tickets - \$2.50 per person
- Dress - It's Christmas time!

Working along with Dorothy are Little Bit Clare C. and Mary S. decorations, Alex M. refreshments and Raul M. tickets. The theme this year is 'Winter Wonderland'.

FROM BOX 4-5-9
(Continued from Page 4)

6. As a group their public relations policy is based on attraction rather than promotion and they need always maintain their personal anonymity at the level of press, radio, television and film.

Oct.-Nov. 1972

FOUNDERS DAY CELEBRATED

A celebration of the Anniversary of Group 12 was held Friday night, October 20th at Club 12. The Highland Group brought the meeting. Joe M. one of the founders gave a short history. Charter members attending were Joe and Ruth M., Jack and Gay C., Kate R., and Signa P. Other founders still active are: Earl and Lorena A., Roberta M., Emil and Mary O., Hal P., Harold P., and Bill Mc who now lives in Dallas. Following the meeting refreshments were served.

Group 12 evolved from the first A.A. Group in San Antonio which met on West Commerce. In August 1949 a building in Breckenridge Park on Isletta St. was rented. Group members donated money and time to redecorate and furnish the building. By 1961 the size of the group and the on coming expressway necessiated a move, so they relocated to 102 Thames where they meet today and still 'carry the message'.

AREA NEWS - - - - - DISTRICT 4

Received a letter from John C., a member of the Brownwood-Melwood Ave. Group, Brownwood, Texas. John writes in reply to a request for news from District 4; hope to be hearing from the other Districts in the Southwest Area Conference, so the NIGHTCAP can maintain an Area News Column. Thanks for leading off John.

".....There is a small group meeting on Thursday nights in the Coliseum, but I do not know their name. We meet every Tuesday night and hold a Family Night the fourth Saturday of each month. is a real family gathering, open to the public, and we usually have an out of town speaker. It has been most helpful. (Maybe the Al-Anon supper served at 7:30 is the real attraction.)

(Continued following column)

AREA NEWS- - - - - DISTRICT 4
(Continued from preceeding column)

We are proud of our Al-Anon Group. They are very active and have been of much help to us whenever a spasmodic lull pops up. Show me an active Al-Anon Group and I will show you an active A.A. Group. I often say, "Blessed be the Alcoholic who has a good Al-Anon mate to come home to".

Our Birthday nights are held on the 2nd Tuesday of every month. Last Tuesday John M., Lee E. and Pee Wee held forth. John and Lee three years old and Pee Wee one. We are blessed with many members from 1 to 6 and they do a bang up job. Ofcourse Charlie K. is our Dean with 24 years. I think yours truly is next with 21 (October 28), Charlie A. with 20 and from there on down. Our members visit a great deal especially Kenny L., O.V., Carl G., our Secretary Billie K., John M., and of course our Committeeman Felix T. Our newest pride and joy is Willie C. with about 3½ months. We have a hard time keeping his feet on the ground. His wife and youngsters enjoy what they have found also. So much for the Group. (Brownwood-Melwood Ave.Group).

Recently Ballinger has started a group and holds a study group on Wednesdays; their regular meeting night is Monday. San Angelo, Brady, Abilene and Brownwood have cooperated in excellent fashion.

Brady holds forth every Saturday and San Saba is usually represented. I wish I could give you more on Lano other than it is my understanding they meet on Wednesday....."

