

THE NIGHT CAP

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Central Service Office of Alcoholics
Anonymous in the interest of greater
unity of members in local and South-
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GRATITUDE...The Path to Happy Sobriety

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

When we talk about counting our blessing 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 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.

THE NIGHT CAP, November 1972

GOD said "Your task is to build a better world."
I answered "How? the world is such a large place--
so complicated now;
And I so small and useless am, there's nothing I can do."
But GOD in all His wisdom said... "Just build a better you."
-Author unknown

A THANKSGIVING MEDITATION

Thank you, A.A., that I have come to this place in awareness.

Thank you for the ways that brought me here.

Thank you for the highs, and the lows-- which, after all, are part of any journey.

Thank you for the times when I have had to strive to move uphill.

Thank you for the strength of your sober supporting hands.

Thank you, too, that, when I have made a hasty descent, you have been there to gather me up and set me on my feet again.

Right now, I thank you for where I am.

Here-- with my friends to talk with and opportunities to become more adult.

I no longer strive to be in my alcoholic forgetfulness.

I know that I am in my right place at my right time.

And that You, and A.A. are here with me.

Thank you, A.A., that I have come to this place in awareness--

But that even now I am moving onward and upward led by a serene Power within.

"We are wondrously and gloriously made."

- "Doc" P.

WHEN AN ALCOHOLIC IS IN THE HOUSE...

Before I met all the nice people at Club Twelve, my life was full of worries and doubts. I never knew when a bill collector would call and ask, "Is your mother or father at home?" or if my father would come at all from Houston, from one weekend to the next.

Then, one Saturday night my father pushed me to the ground because I wouldn't allow him into our house, which was locked and barricaded and where he wasn't wanted. Our problem was that we didn't know that my father was drinking because he stayed at Houston during the week.

After that incident I didn't trust my father. Not until he started getting help at a half-way house and began to change his way of thinking could I start trusting him again.

When my mother told me about Al-Ateen I thought, "Why do I need to go there? My father's sick, not me." After she attended Al-Anon a few times, my mother told me that when an alcoholic is in the house the whole house is sick.

I attended an Al-Ateen session and realized I liked it there because the people were nice and I could relate to them through my problems. By applying the Serenity Prayer to my problems I can cope from day to day. Now I can't wait for Al-Ateen sessions to see my friends and meet new ones.

we wondrously and gloriously made." -An Al-Ateen

AL-ATEEN BAKE SALE

The Northgate Believers Al-Ateen Group wish to express their thanks to everyone who contributed to their October Bake Sale, which was held at Club 12. It was a great success and there will be more sales to come!!!

VICTORIA HOSTS SW TEXAS 28th AREA CONFERENCE

Approximately 300 Alcoholics Anonymous members registered and participated in the Southwest Texas 28th Area Conference in Victoria at the Holiday Inn on October 13, 14, and 15, 1978. Hosts for the Conference were the Groups from Beeville, Cuero, Edna, El Campo, Gonzales, Port Lavaca, Yorktown, Yoakum, and Victoria.

There were three AA meetings Friday plus a Nite Owl Session lasting until 11:30 PM, a Business Meeting and an AA meeting Saturday morning, the Texas Department of Corrections Meeting Saturday afternoon, and the closing AA Meeting on Sunday morning. Speakers for these meetings were Loren B. of Longview, Ruth S. of Houston, Dick S. of Alvin, Martha W. of Houston, and Andy W. of Dallas. Each one had an excellent message.

The Business Meeting Saturday was attended by the Area Officers, Area Delegate, District Committee Members, and General Service Representatives or their Alternates. In all, there were 125 present with 51 eligible voters. Clyde M., Area Chairman, conducted the meeting and called for District Committee Member reports and other Area business pending. Jimmy T., Area Secretary, reminded the DCMs and GSRs of the need for Group contributions to the Area Fund. Out of this fund the Area expenses are paid, primarily mailing and postage (no small item), and the Area Delegate expenses to the General Service Conference in New York. It would seem merely a small proportion of the Area Groups are contributing anything to this fund which can only be self supporting through this medium.

Only two Past Delegates were present at the Business meeting and were eligible for nomination from this Southwest Texas Area for Southwest Regional Trustee, to be elected at the General Service Conference in April 1979. Gene D. of San Antonio and Doris C. of Georgetown were voted upon with Gene D. winning out. His name will be submitted in nomination at that General Service Conference by Skeeter S., the current Area Delegate.

The Al-Anon Luncheon was attended by 160 participants who heard an excellent talk made by Celia H. of Texas City. Saturday night a fine banquet and dance were held in the Victoria Community Center with approximately 225 attending. Jimmy T. of Victoria chaired; his speaker was Gene G. of Dallas. Excellent music was furnished by the Continental Combo.

The Host Groups and the Area Officers are to be complimented for a well run and interesting Conference. One note of interest- Anonymity was certainly practiced. It became customary for most participants to introduce themselves as Joe B. from Dallas T. or Jane W. from C.C.T. It became quite a joke, but was fun and added humor to the meetings.

San Antonio will be host for the 1979 Southwest Texas Area Conference; preparations are in process for this meeting to be held in October 1979.

-Hod C.
DCM District 1-A

CENTRAL SERVICE OFFICE NEWSSTAT'S 9/19/78 - 10/15/78

AA - 171 PIC - 4 Student - 7
Information - 109 Al-Anon - 30
Total - 321

PIC: 9/15/78 - 10/15/78

2 hours at Group 12 - John H.; Beta Sigma Phi - Fred T., MacArthur Health Class request for speaker thru Al-Anon - John A.; SAC Health Class - Ken K.; Film to Northeast AA Group - John H.

HOSPITAL ZONE

Groups taking meetings to Villa Rosa Group, Main Dining Rm., Villa Rosa Hosp., 5115 Medical Dr., Tues. 8:15 PM Open Speakers' meetings for Nov. are:
November 7 and 21: Santa Fe
November 14 and 28: Alamo Heights
Groups taking meetings to Sally Group, Salvation Army, 1324 S. Flores, Wed. 7:30 P.M. Open Speakers' meetings in Nov. are:
November 1, 8, and 15: Northwood
November 22 and 29: Marymont

CENTRAL SERVICE OFFICE NEWS

(cont'd. from page 3)

NOTICE OF AMENDMENTS TO ADMINISTRATIVE BOARD PROCEDURES OF THE CENTRAL SERVICE OFFICE

Under the present Administrative Board Procedures, Sections 1 and 5 of Election Procedure strictly limit eligibility to hold office to the present General Service Representatives. The proposed amendments to these Sections would give the Board a broader base from which to elect AA members who are also experienced in AA Service matters. Amendments to the Election Section of Administrative Board Procedures, which will be voted on at the December 10 Central Service Office Committee Meeting, are as follows:

ELECTIONS

1. Except as is provided for ex-officio members, the Administrative Board shall be selected from the membership of the Central Service Office Committee.

PROPOSED AMENDMENT to read:

1. Except as is provided for ex-officio members, the Administrative Board shall be selected from the membership of the Central Service Office Committee and from past General Service Representatives who have served a full two year term or past or present District Committee Members, provided that at least four members of such Board always shall be selected from the membership of the Central Service Office Committee.

ELECTIONS

5. A vacancy occurring on the Board for any reason other than expiration of term of office shall be filled by selection of one of its members by the Central Service Office Committee.

PROPOSED AMENDMENT to read:

5. A vacancy occurring on the Board for any reason other than expiration of term of office shall be filled by selection of one of its members by the Central Service Office Committee or shall be filled by selection of a member described in paragraph one of this section.

REGULAR EVENTS

Administrative Board of the Central Service Office will meet at 7 PM November 7 in the Central Service Office.

Central Service Office Committee and District 1 Meetings will be at 7 PM Sunday, November 12, at Club 12, 102 Thames.

Goliad Group, 537 Avondale, will have its monthly Bar-B-Q Sun., Nov. 19 at 6 PM followed by an Open Speakers' meeting at 7:30 PM. All other Sunday meetings are at 8:15 PM.

24 Hour Service Group, 1203 Fredericksburg Rd., will hold its monthly dinner Sun., Nov. 26 at 1 PM.

Frontier Group, Alcoholic Rehab. Center, Southton Rd., sponsors dances after the regular Open Speakers' meeting the last Saturday of each month.

Group 12, 102 Thames: The monthly dinner and games night the last Saturday of the month is cancelled during November and December.

GONG AND ACADEMY AWARDS SHOW

The 2nd Annual Gong and Academy Awards Show, sponsored by Group 12 at Club 12, 102 Thames, will be held Saturday, Nov. 18 at 7 PM. Door Admission: Adults \$3.00, Children \$1.50. Awards to the Best of the Worst! The Buffet Dinner will be donated by members. Dancing to the music of the Walker Colt Band will follow the show. Any money over and above cost of the party will go to the Christmas fund. This event was a howling success last year and promises to be bigger and funnier this year. Everybody come! Tickets can be bought at the door.

IN MEMORIAM

Georgia W., Houston, mother of Jim W., Oct. '78

THANKSGIVING WEEKEND ACTIVITIES

24 Hour Service Group, 1203 Fredericksburg Rd., will hold Open House on Thanksgiving Day, Thurs., Nov. 23. Everyone is invited!

Group 12, 102 Thames, will hold its annual Thanksgiving Dinner at 5 PM Thurs., Nov. 23. Turkey will be provided; trimmings and other goodies by donation of the membership. Everybody welcome!

The Haven Group, 1640 W. Woodlawn, is sponsoring a Post-Thanksgiving Bar-B-Q on Sat., Nov. 25. Serving time will be from 1 PM to 5:30 PM. They are also holding a Garage Sale from 9 AM to 5 PM on the same day. We need your help!!!

-Jack L.

! JAMBOREE TIME NEXT MARCH !

It's not too soon to plan for this event! The Jamboree gets bigger and better each year and is now one of the best attended conferences in the southwest. This is one you won't want to miss!

25th Annual Coastal Bend AA Jamboree

March 23, 24, 25, 1979- La Quinta Royale, 601 N. Water St., Corpus Christi, TX 78401
Write: Reg. Chairman, P.O. Box 3201, Corpus Christi, TX 78404 for further information.

-Jenell R.

WHAT'S NEW(S):

Oops-- we goofed! New meeting place of the Serenity Group is the San Antonio Chest Hospital in the Administration Building on Military Drive across from Brooks AFB. Open Speakers' meetings are held on Fridays at 8:15 PM. They would appreciate more attendance from AAs in this area.

Southwest Loop Group, Room 5, Parish Hall St. Vencent De Paul Church, 422 SW Loop (near HiWay 90 W), holds Open meetings for AAs and Al-Anons each Friday at 8PM. They are planning to have Closed AA and Al-Anon meetings simultaneously in the near future.

Highland Group, Aldersgate Methodist Church, 504 Kayton, has been holding Open Speakers' meetings on Wednesdays at 8:15 PM for more than 27 years. Your participation keeps this Group going and growing!

The Haven Group, 1640 W. Woodlawn, has Open Discussion meetings Tuesdays at 8:15 PM; Open Speakers' meetings Fridays at 10:15 PM and Open Speakers' meetings at 5 PM each Sunday. Join them for good basic AA fellowship.

THINK IT OVER

- Putting alcohol in the brain is like putting sand in the bearings of an engine.
- Men do not stumble over mountains, but over mole-hills.
- It is better to learn beforehand than to be taught by experience.
- We didn't find our friends; God gave them to us.
- Plan ahead..... it wasn't raining when Noah built the Ark.
- Friends are made by many acts..... and lost by only one.
- To be closer to God, get closer to people.
- Do not judge your friend until you stand in his place.
- A friend is one who knows all about you and still likes you.
- Keep your fears to yourself, but share your courage with others.

-From The Twelfth Step, Bombay, India

FINANCIAL CENTER
SAN ANTONIO
CENTRAL SERVICE OFFICE
RECEIVED OCT. 16, 1973

<u>GROUP</u>	<u>OCT.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>OCT.</u>	<u>TO DATE</u>
Alamo Heights	15.00	150.00	Open Door	0	155.00
Audubon	0	70.00	Park North	0	150.00
Broadway	60.00	220.00	Reality	0	35.00
Callaghan	10.00	20.00	Relaince	0	60.00
Downtown	30.00	170.00	SASH	0	45.00
First Step	0	0	Santa Fe	0	60.00
Ft. Sam Houston	20.00	220.00	Sahara	0	10.00
Frontier	0	80.00	Serenity	15.00	115.00
Goliad	0	90.00	St. Agnes	5.00	15.00
Group 12	75.00	625.00	Sharing	0	0
Grupo Del Sol	0	20.00	Spiritual Life	0	0
Grupo Unidad	0	110.00	Stepping Stones	0	240.00
Highlands	20.00	200.00	Sunset	15.00	190.00
Hope	0	14.00	The Haven	30.00	85.00
Kelly AFB	0	90.00	Triangle	0	0
Kingsboro	0	15.00	24 Hour	0	80.00
Laurel Heights	15.00	150.00	Universal	0	50.00
Marymont	0	75.00	VA Hospital	0	10.00
Northeast	0	90.00	Valley Hi	30.00	140.00
N. San Pedro	0	100.00	Villa Rosa	25.00	250.00
Northwest	20.00	200.00	Wesley	5.00	35.00
Northwood	0	230.00	Windcrest	0	105.00
			Young People	0	0

19 GROUPS \$460.00
BUCK-A-MONTH \$159.00

AREA

Bandera	0	0	Women's Serenity	0	60.00
Bridge (N.B.)	20.00	100.00	Lytle	0	8.00
Canyon Lake	0	5.00	New Braunfels	0	10.00
Floresville	0	50.00	Pearsall	30.00	100.00
Hill Country Grp.	0	20.00	Pleasanton	0	30.00
Kerrville	20.00	92.00	Seguin	0	0

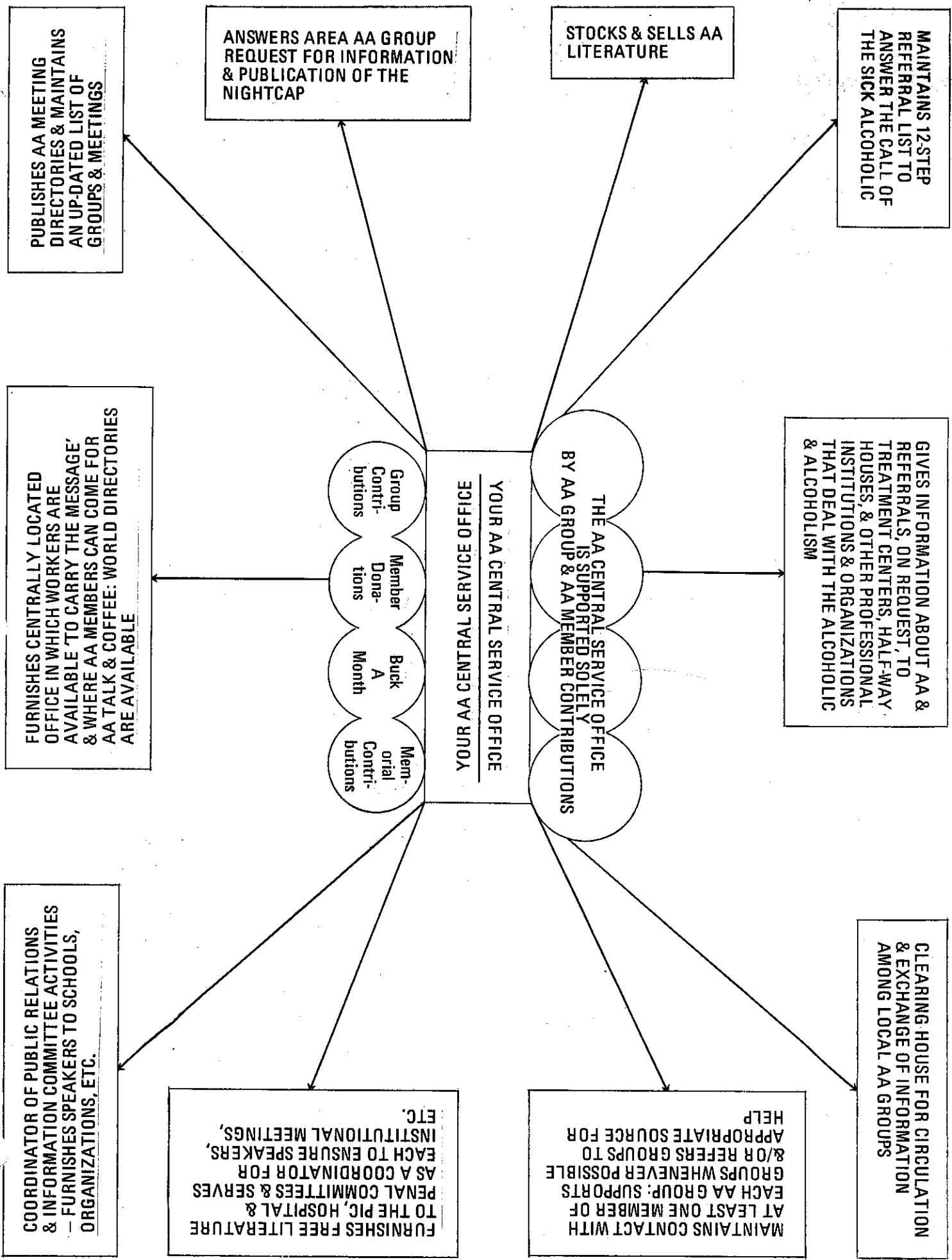
MEMORIAL CONTRIBUTIONS

Hod C. for Scott
Trish F. for Scott

BUCK-A-MONTH CONTRIBUTION FORM
DETACH AND MAIL

Central Service Office - 109 Lexington Ave., Suite 215, San Antonio, Tex., 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 _____



MAINTAINS 12-STEP REFERRAL LIST TO ANSWER THE CALL OF THE SICK ALCOHOLIC

STOCKS & SELLS AA LITERATURE

GIVES INFORMATION ABOUT AA & REFERRALS, ON REQUEST, TO TREATMENT CENTERS, HALF-WAY HOUSES, & OTHER PROFESSIONAL INSTITUTIONS & ORGANIZATIONS THAT DEAL WITH THE ALCOHOLIC & ALCOHOLISM

THE AA CENTRAL SERVICE OFFICE IS SUPPORTED SOLELY BY AA GROUP & AA MEMBER CONTRIBUTIONS

YOUR AA CENTRAL SERVICE OFFICE
YOUR AA CENTRAL SERVICE OFFICE

Group Contributions
Member Donations
Buck A Month
Memorial Contributions

ANSWERS AREA AA GROUP REQUEST FOR INFORMATION & PUBLICATION OF THE NIGHTCAP

PUBLISHES AA MEETING DIRECTORIES & MAINTAINS AN UP-DATED LIST OF GROUPS & MEETINGS

FURNISHES CENTRALLY LOCATED OFFICE IN WHICH WORKERS ARE AVAILABLE TO CARRY THE MESSAGE & WHERE AA MEMBERS CAN COME FOR AA TALK & COFFEE: WORLD DIRECTORIES ARE AVAILABLE

CLEARING HOUSE FOR CIRCULATION & EXCHANGE OF INFORMATION AMONG LOCAL AA GROUPS

MAINTAINS CONTACT WITH AT LEAST ONE MEMBER OF EACH AA GROUP; SUPPORTS GROUPS WHENEVER POSSIBLE &/OR REFERS GROUPS TO APPROPRIATE SOURCE FOR HELP

FURNISHES FREE LITERATURE TO THE PIC, HOSPITAL & PENAL COMMITTEES & SERVES AS A COORDINATOR FOR EACH TO ENSURE SPEAKERS, INSTITUTIONAL MEETINGS, ETC.

COORDINATOR OF PUBLIC RELATIONS & INFORMATION COMMITTEE ACTIVITIES - FURNISHES SPEAKERS TO SCHOOLS, ORGANIZATIONS, ETC.

