

THE NIGHT CAP

Published monthly by the San Antonio 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 Bldg.,
109 Lexington Avenue, Suite 215,
San Antonio, Texas 78205. Tele-
phone: 226-2523

VOLUME SEVEN

NOVEMBER 1979

NUMBER 19

MY BALANCE SHEET

I am a human being. I have a name that was given to me to distinguish me from other human beings. I have a brain that enables me to function physically and mentally. I am made up of many "parts." Some of which are good, some are bad, by my standards. I can decide at any moment whether I want to be stupid, sad, hateful, tacky, lazy, dirty, or a liar. On the other hand, I can make the decision to be pleasant, happy, independent, responsible, clean, or useful. I don't have to be any of these things all of the time.

When I first came into AA I was told to take a written inventory of myself--my character. This inventory should have two columns, one listing my character defects, the other listing my character assets. After about 3 months of sobriety, I did this and came up with far more defects than assets. Later on, I did another written inventory. This time I found a few more assets and a few less defects. As time went on, I continued to take inventories of my character and finally got the defects and assets to balance. (Bookkeepers call this a "balance sheet.") I felt good that I was "balanced" just like I do when I reconcile my bank statement to my check book and it comes out the same--the first try! Years later, after I had learned to pray and to ask my "Higher Power" to remove my defects of character, I found that some of these I was not ready to have removed! One that I wanted to keep was a four letter word in my vocabulary that helped me to emphasize a point or to help relieve tension. Another that I kept, but was not aware of, was of being emotionally dependent on another human being.

Yesterday, I spent $2\frac{1}{2}$ hours with a friend and "counselor" and listened. I interpreted him to say that it is OK to keep my four letter word to use when I want to, but not to use it all the time. It is OK for me to be stupid when I want to, but not to be all the time; it is OK for me to be a liar when I want to, but not all the time. Also, that I should not be a liar and stupid at the same time; nor to use my four letter word and be hateful at the same time--in other words, don't combine the defects. It is OK to use my assets, which, by-the-way, I can combine and use as many as I want at the same time and, if I so desire, I can throw in a defect of character now and then, this is OK, and it breaks up the monotony of always being good.

The human being that I was emotionally dependent upon died. I was very frustrated, resentful, and just plain mad as hell! After visiting with my friend, I became aware of where I had placed my emotional dependence; in another human being, just like me. (I am continually amazed at how little I have learned about the AA program in over 20 years; some of it never penetrates my brain, even though I hear it over and over again.) I know this character defect will be removed because I am now ready to transfer my emotional dependence to its proper place--my Higher Power, whom I choose to call God.

Dee S., Editor

SPECIAL NOTICES

The 29th Southwest Texas Area Conference was held October 11-14 at the Alamo Area Holiday Inn. Registration was in excess of 400. Each speaker had a very stimulating message, judging from the enthusiastic reaction of the audience. The combination of cooperation, dedication, and service by all involved resulted in an outstanding conference.

Area Officers elected at the General Assembly Meeting to serve from 1980-82 were: Raul M., Delegate, Hod C., Alternate Delegate, Hal F., Area Chairman, Skeeter S., Alternate Area Chairman, and Mary Lou C., Area Secretary-Treasurer.

Congratulations to the new officers! We know you have a lot of hard work ahead!

+++++

RESCHEDULED: The Texas State Convention which was to have been held in San Antonio in July 1980 has been postponed until 1981, so as not to compete with the International Convention to be held in New Orleans, Louisiana, in July 1980.

+++++

In the October issue, we announced that we need to double the amount of the Buck-A-Month Club; also, that we need a NEW NAME for the Buck-A-Month Club. PLEASE send your new name suggestion, along with your name, address, and phone number, to CSO, 109 Lexington Ave., Suite 215, San Antonio 78205, to reach us before December 19. The lucky winner will receive a copy of the book ALCOHOLICS ANONYMOUS. We SINCERELY NEED YOUR HELP.

Dee S., Editor

* * * * *

The concept of AA with its aspect of humility makes it necessary that people recognize that they are not as good as they should be or even as good as they could be BUT--thru the Grace of a Greater Power--today they can be better than they were.

Homer R.

"All the world is a stage and men and women merely players. Each have their exits and entrances, and each in their life, plays many parts."

Wm. Shakespeare

P. S. What part are you playing?

Submitted by Homer R.

* * * * *

The 1980 Grapevine Calendar is now on sale. It is wise to get your order in early as they usually run out. To order yours, make out your check or money order for \$2.50 to The Grapevine, Inc., and mail to PO Box 1980, Grand Central Station, New York, NY 10017. For orders of 25 or more pay only \$2.00 each. Your Group GSR will have order blanks.

NEW MEETINGS

COLONIES NORTH BIG BOOK STEP STUDY GROUP meets every Wednesday at 8:15 p.m. at the House of Prayer Lutheran Church, 10226 Ironside, across from Colonies North Mall.

THE WINDCREST AA AND ALANON GROUPS NOW INCLUDE AN ALATEEN GROUP. Alateen meetings are held at 8:15 p.m. on Tuesday (same as AA and Alanon) at the St. Pius X Catholic Church. Those interested may call Ben A. at 828-4183.

* * * * *

AROUND THE AREA

THE 24-HOUR GROUP will hold THANKSGIVING and CHRISTMAS dinners at 1 p.m. on those days. Donations of food are welcomed and everyone is invited to attend these FREE dinners. Because of these special dinners, the regular monthly dinners for November and December WILL NOT BE HELD.

THE NORTHWEST AA GROUP IS 10 YEARS OLD! AA's, Alanons, and Friends COME SHARE OUR JOY! Monday, November 5th at St. Andrews Episcopal Church, Loop 410 at Ingram Exit, at 8 p.m. This will be an Open Speaker's Meeting chaired by our group secretary, John S., Invocation by Father Phil Stevenson, and the Speaker will be Harold "Dutch" D. AFTERWARDS WE WILL HAVE A FUN CELEBRATION WITH ALL KINDS OF PARTY REFRESHMENTS.

THE HAVEN GROUP still is in need of your physical support. Call 734-8604 for meeting times and days.

THE GOLIAD GROUP still is in need of your physical support with their Beginner's Meeting on Tuesdays at 8:15 p.m., 537 Avondale; phone 532-0371.

* * * * *

Have you ever been to an out of town AA meeting, held at a Club House, that was supposed to be a speaker's meeting, but had been changed just for THAT NIGHT to a discussion meeting? Have you ever been to an AA meeting and no one spoke to you? Have you ever been to an AA discussion meeting and everyone was asked to talk except you? Did you feel you were intruding on that group's privacy? Did you feel you never wanted to go back to that meeting? I did, until after the meeting was over and a young person in AA introduced himself to me and wanted to know where other meetings were held.

Dee S., Editor

The fork in the trail was there; the path you chose with care. It may be the right one; it may be the wrong one.
Accept it and go without fear.

Anonymous

A typical Texan consumed 1.8 gallons of "hard" liquor, 31.7 gallons of beer and a gallon of wine in 1978! Just think of all the money we saved by being sober last year! Ain't AA wonderful?

* * * * *

CONVENTIONS/CONFERENCES

LAS VEGAS ROUNDUP OF AA: The 13th Annual Roundup of AA in Las Vegas will be held November 2, 3, 4, 1979, at the Aladdin Hotel. (This notice may be too late--but if you are going that way, you might check on it.)

BORDER CONFERENCE: Del Rio, Texas, December 7, 8, 9, 1979. The Biggest Little AA Conference in Texas. Write to Chairman, PO Box 1442, Del Rio, TX 78840, or call 512-775-2880 for more information.

BROWNSVILLE'S 6TH ANNUAL LOWER RIO GRANDE VALLEY JAMBOREE: January 4, 5, 6, 1980. For information write to PO Box 3383, Brownsville, Texas 78520.

10TH APACHE AREA CONFERENCE: February 22, 23, 24, 1980. For more information write Conference Secretary, PO Box 708, Apache, Oklahoma 73006. Room reservations: Sandpiper Inn Best Western, 2202 Highway 277 North, Lawton, OK 73501.

ALANON AND ALATEEN will be celebrating AA's 45th Anniversary at the International Convention in New Orleans, Louisiana, July 4, 5, 6, 1980. Big Meetings, Workshops, Breakfast with Lois, Other Language Meetings, and Fun Events. More information will be published later, but it might be a good idea to start your planning now.

* * * * *

HOSPITAL ZONE

SALLY GROUP--holds its Open Speakers meeting on Wednesdays at 8:15 p.m., at 1324 S. Flores. AA groups responsible for furnishing speakers for the month of NOVEMBER are:

Broadway Group	November 7, 14
Ft. Sam Houston Group	November 21
Windcrest Group	November 28

VILLA ROSA AA GROUP--holds its Open Speakers meeting on Tuesdays at 8:15 p.m. The AA groups responsible for furnishing speakers for the month of November are:

Santa Fe Group	November 6, 20
24-Hour Group	November 13, 27

VA HOSPITAL GROUP--holds Beginners Discussion meetings every Thursday at 8:15 p.m. in Room E-136, Audie Murphy VA Hospital.

PARK NORTH GROUP--holds Open Discussion meetings at 8:15 p.m. on Wednesday and Friday in the Park North General Hospital Cafeteria, 4330 Vance Jackson.

GRUPO DEL SOL--holds a Friday night Open Speaker's meeting at 8:15 p.m., at 321 Frio City Road. Bi-lingual Volunteers needed.

* * * * *

DATES TO REMEMBER

THE ADMINISTRATIVE BOARD of The Central Service Office will hold a regularly scheduled meeting on Tuesday, November 6, at 7 p.m., Suite 215, 109 Lexington.

THE CENTRAL SERVICE OFFICE COMMITTEE AND GENERAL SERVICE REPRESENTATIVES monthly meeting will be held at Club 12 on Sunday, November 11, at 7 p.m. GSR'S--this is YOUR meeting.

GRUPO UNIDAD AA Meeting at 7 p.m., on Saturday, November 10, 3210 W. Commerce, is followed by games. Everyone is welcome.

GOLIAD AA GROUP, 537 Avondale, holds its monthly dinner on Sunday, November 18, at 6 p.m. and meeting at 7:30. All other Sunday meetings are at 8:15 p.m.

GROUP 12 will hold its monthly dinner and games at 7 p.m., Saturday, November 24, at 102 Thames, Club 12.

THE 24-HOUR GROUP WILL NOT hold its monthly dinners in November and December (See "Around the Area").

* * * * *

FIG: 9-16-79 - 10-15-79

Sep 25: Tommie D. and Dorothy C. appeared on Liary Denman's Morning Magazine.

Sep 27: Tony N. and Vangie H. spoke to over a thousand students at Leal Middle School Health Classes.

Oct 1: Bernie F. showed a film and spoke to students attending Home Ec. Classes at John Jay High School

Oct 5: Bob J. spoke and showed a film to students at Samuel Clemens High School Health Classes.

* * * * *

STATS: 9-16-79 - 10-15-79

AA	308
Alanon	53
Information	272
Students	11
PI	<u>6</u>
Total Inquiries	650

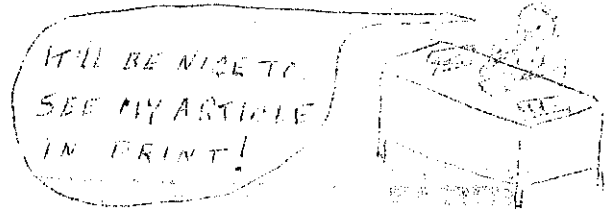
* * * * *

IN MEMORIAM

George O'Brien (September)
 Joe F., husband of Sue F.
 Tom W. Nichols, father of Dee S.,
 Nick H., and John C.

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

* * * * *



THE NIGHT CAP STILL NEEDS YOUR WRITTEN CONTRIBUTIONS! THIS IS YOUR PUBLICATION-- IF YOU DON'T WANT TO CONTINUE READING THE EDITOR'S EXPERIENCES OR SOMETHING EXCERPTED FROM ANOTHER PUBLICATION, PLEASE SIT DOWN AND WRITE US SOME OF YOUR "TRIALS AND TRIBULATIONS." AA IS A PROGRAM IN WHICH WE SHARE OUR EXPERIENCES, STRENGTH, AND HOPE WITH EACH OTHER.

CENTRAL SERVICE OFFICE - SAN ANTONIO
RECEIVED OCT. 18, 1979

<u>GROUP</u>	<u>OCT.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>OCT.</u>	<u>TO DATE</u>
Alamo Heights	30.00	165.00	Park North (W)	15.00	125.00
Audubon	10.00	80.00	Park North (F)	0	220.00
Broadway	70.00	335.00	Randolph Fellowship	0	10.00
Callaghan	25.00	265.00	Reality	0	0
Colonies North	60.00	90.00	Reliance	0	6.00
Downtown	0	240.00	Sahara	0	20.00
Fellowship	0	0	SASH	0	35.00
First Step	0	0	Santa Fe	0	20.00
Ft. Sam Houston	25.00	225.00	Serenity	15.00	150.00
Frontier	0	40.00	Southwest Loop	0	60.00
Goliad	15.00	260.00	Spiritual Life	0	0
Group 12	100.00	850.00	Stepping Stones	0	366.00
Grupo Del Sol	0	41.40	Sunrise	0	5.00
Grupo Unidad	10.00	60.00	Sunset	15.00	150.00
Highlands	20.00	200.00	The Haven	0	130.00
Hope	0	0	Triangle	0	0
Kingsboro	0	15.00	24 Hour	0	75.00
Laurel Heights	15.00	160.00	Universal City	100.00	400.00
Marymont	50.00	105.00	VA Hospital	5.00	65.00
Northeast	0	90.00	Valley Hi	40.00	190.00
N. San Pedro	20.00	320.00	Villa Rosa	50.00	250.00
Northwest	20.00	180.00	Wesley	0	22.00
Northwood	0	250.00	Windcrest	15.00	150.00
Open Door	0	105.00	Young People	0	75.00

23 Groups \$745.00
Buck-A-Month \$ 99.00

AREA

Bandera	0	0	Lytle	0	0
Bridge (N.B.)	20.00	80.00	New Braunfels	0	0
Canyon Lake	0	70.00	Pearsall	0	60.00
Floresville	0	60.00	Pleasanton	0	30.00
Fredericksburg	0	12.00	Seguin	0	0
Hill Country Grp.	0	0	Women's Serenity (Kerrville)	0	20.00
Kerrville	0	30.00			

MEMORIAL CONTRIBUTIONS

Van for George O'B.
Sue F. for Joe F.

INDIVIDUAL CONTRIBUTIONS

None

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.
Donation is enclosed on the basis of \$1.00 per month.

NAME _____ STREET _____
CITY _____ STATE _____ ZIP _____