



The Nightcap

THE NIGHTCAP IS PUBLISHED MONTHLY AT THE CENTRAL SERVICE OFFICE
8804 TRADEWAY, SAN ANTONIO, TX 78217 PHONE NUMBERS 512-828-6235 AND 821-6325
OFFICE HOURS: 9:00 AM - 6:00 PM MON-FRI 24 HOUR ANSWERING SERVICE

VOL. 17

OCTOBER 1987

NO. 10

Convention Clipboard

- OCT 9-11: Petit Jean, AR: ARKYPAA; Camp Mitchell. Write Ch., Box 7718 "S" St., #1-A., Little Rock, AR 72207.
- OCT 16-18: Southwest Texas Area Conference, Ft. Brown Motor Hotel, Brownsville, Texas. Write Chairman, Box 397, Santa Rosa, TX 78593. 1-800-528-1234 for room reservations; registration & dance \$12.50. This is election year--so attend the Sat. a.m. Area Assembly. Call 512-636-1190 for more information.
- NOV 12-15: Mid-America Big Book Seminar, Camelot Inn, Tulsa, OK 74105. In depth Study of Big Book & 12 Steps. Write BB Seminar, 18102 S. 158th E. Ave, Bixby, OK 74008.
- NOV 13-15: Spirit of Houston AA Conference. Will be held at Sheraton Crown Hotel & Conference Center, 15700 Drummet Blvd., Houston, TX 77032; phone 713-442-5100.
- NOV 20-22: Fourth Annual Red River Valley Rally, Lake Murray Lodge & Resort, Ardmore, OK. Housing reservations by Oct. 20 for group rate: Lake Murray Lodge, Box 1329, Ardmore, OK 73402.
- NOV 26-29: Las Vegas Roundup of AA. Held at Riviera Hotel. Write Round-Up Committee, Box 43177, Las Vegas, NV 89116. Hotel Reservations: 1-800-634-6753.
- DEC 4-6: Sixth Southwest Regional Forum, Little Rock, Arkansas. Anyone interested in service work should attend. Write Regional Forum Secretary, Box 459, Grand Central Station, New York, NY 10164.
- JAN 8-10, 1988: 26th Annual Southeast Texas Conference, Galveston Island.
(For more information on the above, please call your Central Service Office, 828-6235.)

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HALLOWE'EN HAPPENINGS!

CLUB 12 will have a masquerade party on Saturday, October 31, beginning at 9 p.m. Come and dance to the music of the Cherokee Band! Be sure and wear a costume so you will be eligible for a prize!

Tickets are \$3.00 per person.

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WINNERS CLUB will celebrate with music from THE ROARING TWENTIES to the RIGHT NOW EIGHTIES!!!

on Saturday, October 24, from 9 to 12 midnight. Come in costume and receive \$1 in raffle tickets. \$3.00 advance tickets; \$3.50 at door per person.

(NOTE: For this night only, the Saturday Night Live Speaker's meeting will be held from 7 p.m. to 8 p.m. The Night Owls 10 p.m. meeting will be cancelled.)

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ANNIVERSARIES

WINNERS CLUB--FOURTH ANNIVERSARY--Mark your calendar for Sunday, October 11, beginning at 10:30 a.m. with goodies and snacks at noon. Plan to stay for the 1:30 p.m. speaker, then finish up with cake and punch. Will be looking for old friends and hope to meet new ones! (PLEASE--parents are responsible for children under 12!!)

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GOLIAD GROUP--TWENTY-THIRD ANNIVERSARY--Mark your calendar for Sunday, October 18, beginning at 10 a.m. Group Founders will be honored. Come celebrate with us!! Call 532-0371 for more information!



NEW GROUPS++NEW MEETINGS
CHANGES

THE RUSH HOUR GROUP is new and meets at 7342 Oak Manor, Suite 114C, at 5:30 p.m. Monday through Friday. For more information, call Carl, 341-3573.

MEDINA VALLEY GROUP HAS NOT FOLDED!
Last month this newsletter reported that the Group had folded--this was told to us in error. Please accept our amends!

THE HILL TOP SURVIVORS GROUP HAS FOLDED as reported to us by Mike W. We are always sorry to hear of an AA Group not getting off to a good start.

THE NEW ACCEPTANCE GROUP announces that they now have Birthday Night on the last Thursday of each month and also an open house. Everyone is welcome. They hold their meetings at 963 S. W. 40th Street in the Macedonia Baptist Church.

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In Memoriam

BETTY M., with over 11 years of AA sobriety, passed away on August 25. She will be missed by all of us.

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

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NOTICE--ALL GROUPS

If you, or any members of your group have after-hours telephone folders, please return them to the Central Service Office to be updated.

A new answering service goes into effect October 1, 1987 and we also have new area maps.

We are in the process of updating the 12-Step List and need your help. If you wish to be on the list, let us know! If you wish to get off the list, please let us know!!

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HOW TO KILL A CENTRAL OFFICE (Or Group, or Alcoholics Anonymous)

1. Don't participate beyond your contributions--let THEM handle things. Then complain that members have no voice in the decisions.
2. Decline all offices and committee appointments--you are too busy. Then offer vociferous advice on how they should do things.
3. If appointed to a committee, don't work--it's a courtesy appointment. Then complain, because the office has stagnated.
4. If you do attend CSOC meetings, don't initiate new ideas. Then you can play devil's advocate to those submitted by others.
5. Don't rush to contribute--they are too high, anyway. Then complain about poor financial management.
6. Don't encourage others to become members--that's selling. Then complain that membership is not growing.
7. Don't read the mail from GSO--it's not important. Then complain that you are not kept informed. (THIS APPLIES TO THE NIGHTCAP, TOO.)
8. Don't volunteer your talents--that's ego fulfillment. Then complain that you are never asked and never appreciated.
9. If the office grows in spite of your contributions, grasp every opportunity to tell youngsters how tough it was, how hard you worked in the old days to bring the office to its present level of success.

(Reprinted from Coastal Bender)

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PRICE CHANGES--EFFECTIVE OCTOBER 1, 1987

The following AA Books Price Changes are for Members of AA Only:

Effective October 1, 1987

	<u>NEW</u>	<u>OLD</u>
B-01 Big Book	\$4.65	\$5.00
B-30 Big Book (Soft)	4.25	4.50
B-02 12 & 12 (Reg.)	3.50	4.00
B-04 12 & 12 (Gift)	3.75	4.50
B-03 AA Comes of Age	5.05	5.75
B-05 As Bill Sees It	4.40	5.00
B-08 Dr. Bob & Oldtimers	4.85	5.50
B-09 Pass It On	5.70	6.50
B-06 Came to Believe	1.55	2.00
B-07 Living Sober	1.55	2.00
M-31 Service Manual	1.75	2.25

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GSR Meeting Minutes

CENTRAL SERVICE OFFICE COMMITTEE MEETING
CLUB 12, SEPTEMBER 20, 1987

The meeting was opened at 7 p.m. by Gary L., Chairman, with the Serenity Prayer. The CSO Guidelines were followed by the reading of the Twelve Traditions. New GSR's and Alternate GSR's were recognized. There were 42 members present. The Chairman pointed out materials on the table and said anyone that wanted some to please take them. The minutes from the August 16 meeting were approved as printed in the September NIGHTCAP. The meeting was then turned over to Fred D., Administrative Board Chairman, who asked for reports from the various committee chairpersons.

Wayne B., Finance Chairman, presented the financial statement for August. James H., H&I Chairman, announced new locations for H&I then asked for volunteers to carry meetings to multiple locations (see end of minutes for list). CPC Chairman is still needed. Fred D. gave the report for the Mailing Chairman reporting 1073 NIGHTCAPs mailed in August. There was no Editorial report. John R., Penal Chairman, thanked groups for contributions. He reported one motel bill for \$25 which he authorized payment from the Penal Fund and wanted approval for. Motion was made and carried that this be paid. He announced that as soon as he could he wanted to have a barbecue for all the penal volunteers. He will announce this later. He needs individuals to participate in writing to inmates; more to be announced. He is looking for a new person to carry meetings to Women's prison since Donna T. resigned. Requirements are about 4 years sobriety and no felonies. Tom B., Jail Chairman, said Melissa G. is the only woman going to the jail so he is looking for more women to carry the message to jails. Anyone interested should call Tom at 525-1932; requirements are 1 year sobriety and no felonies. PI Chairman, absent.

OLD BUSINESS: The SW Texas Area Penal Chairman has responded to inquiry and asked us to write to Bob G. Have only received two names as nominees for the Board election to be held at the November meeting.

NEW BUSINESS: Gary L. explained how to perform phone duty and the responsibility involved; asked for volunteers (see list below). Announced that as of October 1, 1987, we will have a new answering service. Also asked that groups with old after-hours folders to please turn them in to the Central Office as these need to be updated. Some discussion regarding setting up a Speaker's Bureau so groups can get a speaker for an AA meeting. Need volunteers for this--call CSO if you wish to volunteer. It was announced that an Open House will be held at the new CSO on Saturday, September 26, from 2 to 5. Prices on AA Books will be reduced as of October 1 (see price list elsewhere in this publication). A new meeting directory will be published next month and any changes should be sent to the Central Office as soon as possible. Because of the Southwest Texas Area Conference being held on October 16 through 18 (which is the third Sunday of the month), the October CSOC meeting will be held on Sunday, the 25th, which is the fourth Sunday.

DCM REPORTS: No reports made.

ANNOUNCEMENTS: The Goliad Group will be celebrating its 23rd Anniversary on October 18; oldtimers who were instrumental in forming the group will be honored. Call 532-0371 for more information.

HOSPITALS & INSTITUTIONS--OCTOBER

Monday Detox.....	Group 12, 11 a.m.	SASH.....	Group 12, 5:30 p.m.
Afton Oaks.....	Oak Hills Noon Group	Salvation Army.....	Reliance Group
Casa del Sol.....	District 1-D Groups	Charter Real.....	Villa Rosa Group
ARC.....	Southside Group	Our Lady of the Spirit...	Goliad Group
Parkside Lodge.....	Group 12, 7 a.m.	Thursday Detox.....	Abundance Happy Hour
Humana Metro Hosp.....	Group 12, Happy Hour		

AFTER HOURS TELEPHONE DUTY--OCTOBER: Oct 5 thru 11, Kelly Special Group. Oct 12 thru 18, winners Night Owls. Oct 19 thru 25, Oblate Group. Oct 26 thru Nov 1, Coker Group.



Respectfully submitted,
Dawn F., Secretary

October Birthdays

(These are the ones reported to CSO by various AA Groups--if yours isn't here, complain to your Group Secretary!)

1 Year

Louis T.
Linda W.
Randy S.
Terry H.
Sam T.
Jackie S.
Barbara L.
Doug H.
Pat M.
Judy U.

2 Years

Leah D.
Glenn N.
Kathleen C.
Roy S.
John W.
Peter P.
Pat Q.
Gary M.
Joyce D.
Molly L.

3 Years

Michael M.
Alan A.
Helen I.
John M.
Gary M.
Jane L.
Bill St. J.

4 Years

Slim R.
John D.
Shirley K.

5 Years

Joe L.
Ollie S.
Brad S.
Ann D.

6 Years

Jim A.
James F.
Maxine E.
Michael K.
Mona M.

7 Years

Fred D.
John DeJ.
Glenn P.

8 Years

Leslie T.
Park L.

10 Years

June S.
Carl C.
Jennie B.
Merle E.

11 Years

Janis H.

12 Years

Bill F.
Daniel A.
Gordon M.

13 Years

Sam M.

14 Years

Cal W.
Jean S.

16 Years

Charlie McM.
Irma K.

18 Years

Thelma S.
Pat R.

21 Years

Thala C.
Everett C.

22 Years

Bud W.
Lela W.
Carolyn B.

23 Years

Scotty A.

24 Years

Ben M.

31 Years

Betty Z.

32 Years

Ted W.
Fritz B.

September Belated

Charles R.--11 Years
Louise M.--12 Years
Ellen L.--1 year
Richard P.--21 Years



CONGRATULATIONS TO ALL OF YOU!!!

Thanks for letting us share your SPECIAL DAY!

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Thanks to all of those Birthday Contributors!! Names are listed on Page 9 for August Birthday Plan Contributors.

Your Central Service Office has lots of items for Birthday Gifts-- Come in and do your shopping with us. We do have some new pens, necklaces, and cards, etc.!

THANKS TO ALL THE GROUPS AND INDIVIDUALS WHO CONTRIBUTED SO GENEROUSLY IN AUGUST!

CELEBRATE YOU!

YOU are worth celebrating. YOU are worth everything! YOU are unique. In the whole world, there is only one YOU. There is only one person with YOUR talents, YOUR gifts, YOUR experiences. No one can take YOUR place.

God created only one YOU, precious in His sight. YOU have immense potential to love, to care, to create, to grow, to sacrifice, if you believe in YOURSELF.

It doesn't matter your age, or your color, or whether your parents loved you or not--(maybe they wanted to but couldn't)--let that go, it belongs to the past. YOU

belong to the now.

It doesn't matter what you have been, the wrongs you have done, or the mistakes you've made and the people you have hurt. You are forgiven--you are accepted--you are loved--in spite of everything. So love YOURSELF and celebrate YOU!

MY EMOTIONS ARE MY TEACHERS!!!

I had read somewhere that it is normal to feel anger, frustration, resentment, depression, joy and love. Some are negative, some are positive. I asked my sponson about "emotions" and he said my emotions are my teachers.

"How can that be?" I asked. "My emotions usually get me into trouble." He explained that emotions are not bad; they are normal. And they can be very helpful if I will just learn from them. "But, how do I learn from them?" was my next question. My sponson went on to say that when I am feeling some emotion such as anger or resentment, I need to stop and do a quick 4th Step (or 10th Step). He said I should ask myself who is causing me to feel angry, what are they doing to upset me, and why am I letting them upset me. Am I afraid, am I jealous, am I guilty? What's "bugging" me?

Then, he said to consider what I can do to get rid of the anger. He said that action is the magic word--action to work the steps, especially Step 4 and 7. By focusing my attention on helping someone else, I get the spotlight off of me. I can go to one of our clubs or groups and seek out a new-comer, or I can go to Detox or SASH and be available to talk to a still-suffering alcoholic. Or, I can volunteer to lead a meeting at Sally or SASH or Detox.

As a last resort, I can take out my 12-Step list on my group member list and call a few people just to say hello and have a good day!

Yes, my emotions are my teachers. They teach me to stop being so self-centered, to change my focus to others; to change my activities from seething inside to helping others outside.

My sponson was right. ACTION is the Magic Word!

Anonymous

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REACHING OUT FOR HELP!

The Fresh Start Group needs your support & "old" sobriety! Visit them on Tuesday, 8:15 p.m. for Open Discussion in the Cafeteria at 7400 Barlite

CONTRIBUTING ACCORDING TO TRADITIONS

In accordance with the Seventh Tradition... A.A. accepts no outside contributions at any level, and...

In accordance with the Sixth Tradition... A.A. makes no contributions to any outside organization or cause, no matter how worthy.

To support A.A.'s essential services, the General Service Conference suggests individual groups follow the 60-30-10 Plan where applicable and practicable.

It works like this:

First take care of basic group expenses (rent, refreshments, A.A. literature and a prudent reserve "emergency" fund).

Divide the remaining funds as follows, or whatever division suits your local needs:

How your group can use the Regular Contribution Plan to support G.S.O.:

Using the *suggested* 60-30-10 Plan as a guide, the group contributes on a monthly, bimonthly, or quarterly basis, whichever suits best.

How you as an individual member can contribute to G.S.O.:

On you A.A. birthday: Contribute \$1.00 for each year of sobriety--or as much as you wish to give (up to \$1,000). Send your individual contributions directly to G.S.O. at any time. You may request that your group be credited. The limit is \$1,000 a year.

60%

TO:

MAKE CHECKS PAYABLE TO: **CENTRAL SERVICE OFFICE**
CENTRAL SERVICE OFFICE
8804 Tradeway
San Antonio, TX 78217

30%

TO:

MAKE CHECKS PAYABLE TO: **GENERAL FUND**
(Please identify your GROUP by NAME & ID #... if you don't know your group's ID#, look in WESTERN DIRECTORY or ask your DCM)
A.A. WORLD SERVICES, INC.
P.O. Box 459, Grand Central Station
New York, NY 10163

10%

TO:

MAKE CHECKS PAYABLE TO: **SW TEXAS AREA FUND**
SW TEXAS AREA FUND
P.O. Box 1783
Rockport, TX 78382

THIS & THAT FROM HERE & THERE

Think about this..."Tact is the ability to describe others as they see themselves."

"To say the right thing at the right time, keep still most of the time."

"Discussion is an exchange of knowledge--argument is an exchange of ignorance."

"A loser is someone who, when lost in the woods, follows some tracks and gets hit by a train."

"Age is a matter of mind. If you don't mind, it don't matter."

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R E M I N D E R

We will be printing a new San Antonio meeting directory this month--please get your new meetings, new addresses, new groups, deletions, additions, etc., to us as soon as possible.

CSO Staff

Reprinted with permission of AAWS.

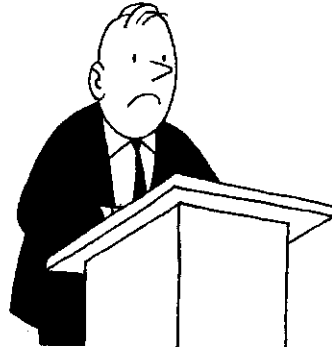
The Tenth Tradition

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

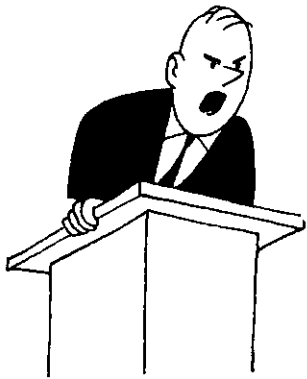
And so, thanks to A.A., I have maintained a happy sobriety for ten years. I thank you.



But before I leave...



...I know I speak for all of A.A. when I protest the current legislation before the Congress! I refer to that infamous piece of rubbish known as House Bill No. X7-11-12!



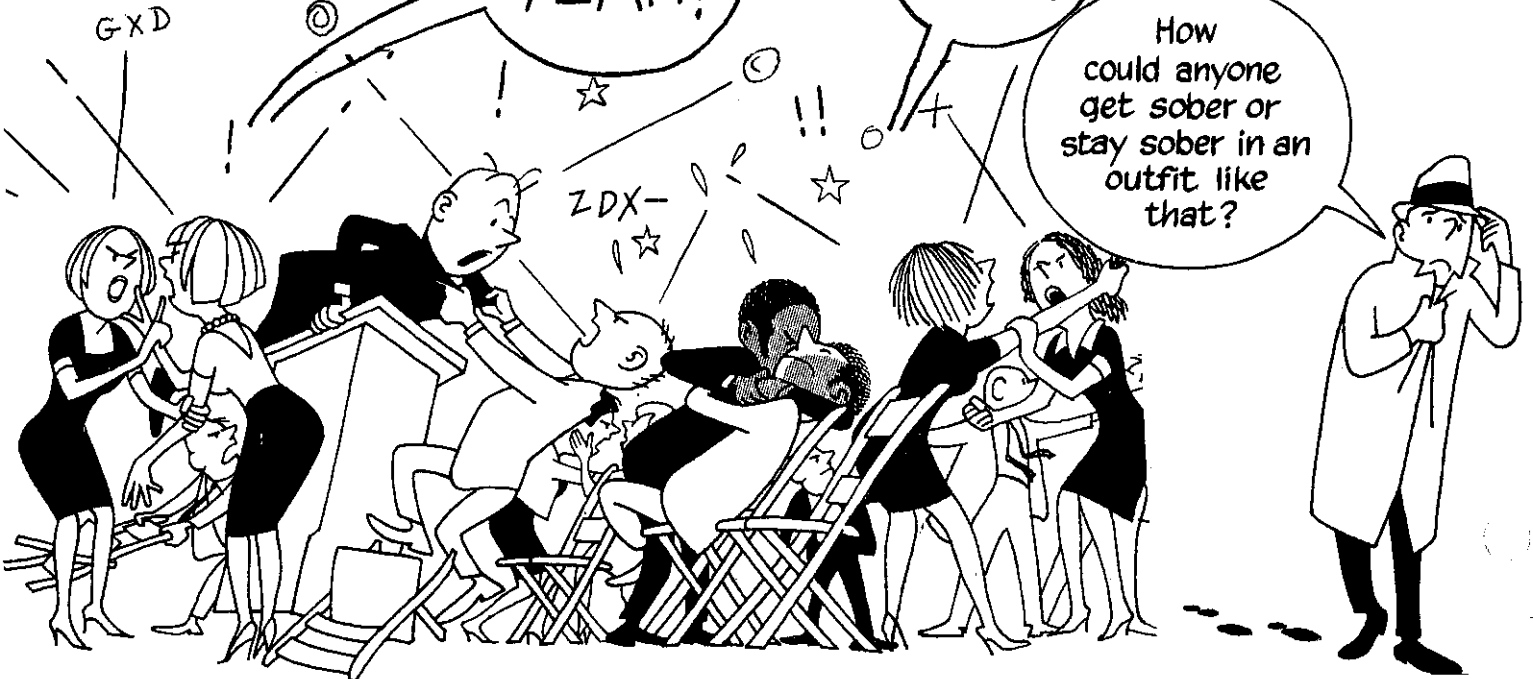
...It must not pass! And to that end I am sending a telegram in the name of A.A. and our group...



OH YEAH?

SEZ WHO?

How could anyone get sober or stay sober in an outfit like that?



OCTOBER 1987

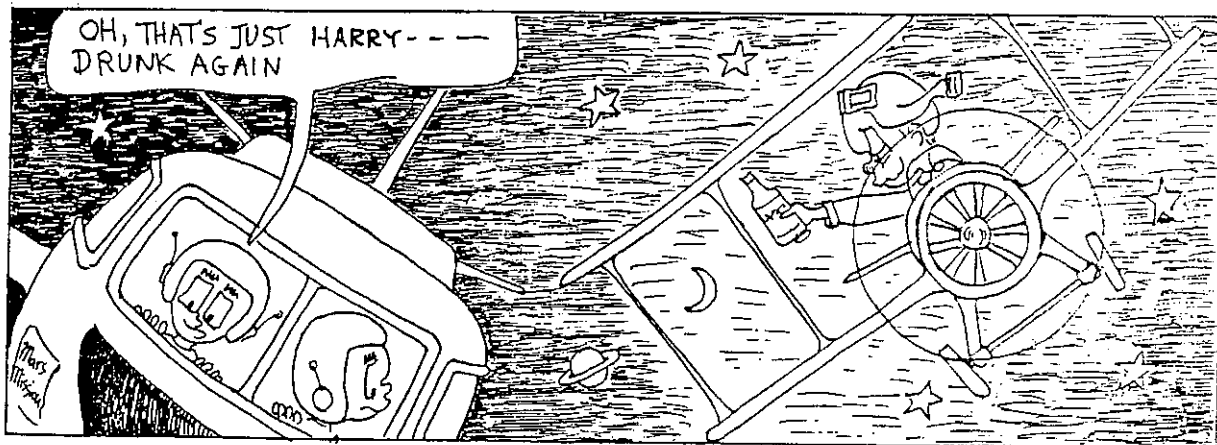
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Starlite Birthdays
4	5	6	7	8 Medina Valley Birthdays	9	10
11 WINNER'S CLUB 4TH ANNIVERSARY!	12	13	14	15	16 SWTX AREA CONFERENCE BROWNSVILLE, TX	17 Club 12 Games Night. SWTX AREA CONFERENCE BROWNSVILLE, TX
18 ALAMO HEIGHTS BIRTHDAY GROUP 23RD ANNIVERSARY!	19	20 CSO ADMIN BD MEETING 7 p.m. <u>DEADLINE DATE FOR NOVEMBER NIGHTCAP.</u>	21	22 North San Pedro Group Birthday Night.	23	24 Winners Club Party-- 9 to 12 Midnight.
25 SWTX AREA CONFERENCE BROWNSVILLE, TX	26 Alamo Heights Birthday Night.	27 Birthday Night at Valley Hi, Windcrest, and Fresh Start Groups.	28 Birthdays at Park North and Northwood Groups.	29 Southside Group and New Acceptance Group Birthdays.	30 BIRTHDAYS AT: Southwest Loop, Club 12, El Libro Grande, Downtown, Freedom, Colonies North, Schertz, Brookwood & Marymont; Potluck at Marymont and DOWNTOWN-ALAMO CLUB.	31 Birthdays at: Winners Club, Lambda Group, & Audubon Grp. Lambda Potluck. Halloween Party at Club 12.



SMIDGENS



And then there was the guy who "... once had a serious drinking problem-- it was late and he couldn't get a drink!" (Dan Cook's column, SA Express-News.)



Thanx Hank!

CONTRIBUTIONS RECEIVED IN AUGUST 1987

<u>GROUP</u>	<u>DISTRICT 1-A</u>	<u>MO</u>	<u>YTD</u>	<u>GROUP</u>	<u>DISTRICT 1-E</u>	<u>MO</u>	<u>YTD</u>
W Abundance	63.35		395.80	Fresh Start			97.31
Bandera			75.37	Frontier			145.55
W Mobud Big Book			23.56	Goliad	60.00		660.00
W Mobud Roundtable			111.28	Highland	25.00		200.00
W Morning After			105.00	Kelly Special			45.00
W Night Owls	16.86		71.08	Medina Valley			54.80
Northwest			60.00	New Acceptance			75.00
Reality			2.00	SASH			150.00
W Sat Night Live			157.94	Serenity			121.36
W Siesta Ladies			22.00	Southside	10.00		40.00
W Summit Step Study			24.47	Southwest Loop	60.00		194.00
W Turning Point			88.42	Valley Hi			270.00
Villa Rosa			150.00	Wilford Hall	30.00		140.00
W Young People's	48.23		48.23				
	<u>DISTRICT 1-B</u>			<u>DISTRICT 1-F</u>			
Bluemel Oaks			129.00	Grupo del Sol			5.00
Boerne			96.99	Grupo Unidad			47.76
Callaghan Road			80.00	Kingsboro			42.20
Colonial Hills			16.36	Santa Fe			40.00
Colonies North			20.00	Wesley			10.00
Creekview Young People	14.00		16.00				
Dietz-Elkhorn			120.00	TOTALS	1,195.84		11,312.42
Family Afterwards			60.60				
Lambda			60.00	<u>AREA</u>			
Laurel Heights	100.00		489.50	Hondo			125.00
Medical Professional	83.40		155.40	Marble Falls			60.00
Oak Hills			804.00	Kingsland			60.00
Oblate	100.00		200.00	TOTAL			245.00
Park North			265.00	<u>INDIVIDUAL</u>			
Ranger Creek			30.00	Garnett I.			
Twelve			840.00	Pat M.			
	<u>DISTRICT 1-C</u>			Jack S.			
Alamo Heights			288.00	Gene L.			
Broadway	120.00		220.00	Anonymous			
Brookhollow			163.00	TOTAL			1,873.91
Brookwood			90.00	<u>BIRTHDAYS</u>			
Bulverde			30.00	Hod C. (14 Years)			14.00
Coker			50.00	Andy D. (9 Years)			9.00
Easy Does It			74.50	Irish F. (15 Years)			15.00
Freedom	180.00		768.94	Geno H. (1 Year)			3.65
Marymont	60.00		420.00	TOTAL			41.65
North San Pedro			75.00	<u>PENAL FUND</u>			
Northwood			210.00	Bluemel Oaks			5.00
Reliance			125.00	Fresh Start			12.23
Stahl Road			96.00	Medical Professional			31.99
St. Paul's			38.00	W Night Owls			25.50
Tejas			25.00	TOTAL			74.72
Windcrest			70.00				
	<u>DISTRICT 1-D</u>						
Downtown			40.00				
Eisenhauer			30.00				
Ft Sam Houston	120.00		600.00				
New Life	25.00		50.00				
*Northeast			223.00				
Palisades	20.00		30.00				
Schertz			240.00				
Universal City	60.00		300.00				

W Meets at Winners Club.
 * Last month, the Northwood AA Group was given credit for contributing \$25 to the Penal Fund. This should have been credited to the NORTHEAST AA GROUP--we extend our apologies to them.

CENTRAL SERVICE OFFICE
8804 TRADEWAY
SAN ANTONIO, TX 78217

(Address Correction Requested)

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