

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.

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COURAGE

This word and the beautiful human function it identifies is hard to handle for many alcoholics. Defining courage is hard to handle for lots of people who don't have a drinking problem. A quick analysis of this attitude usually leads to false modesty or unawareness as common causes. Regardless of explanations, it is important to recognize the presence of our courage, its essential function in maintaining sobriety and having a comfortable relationship with it. It takes courage to be truly humble, so relax and enjoy one of your very own truly great qualities.

The courage that alcoholics display in achieving sobriety, making strenuous adjustments necessary to a new life and accepting these challenges head on is the enduring, quiet, steady courage that is the most difficult to achieve. Desperate circumstances often make headline heroes and Madison Avenue can create heroic figures overnight, but these instances of courage are often very temporary or very unreal. Truly courageous people, like truly charitable people, are rarely noticeable, infrequently discussed, and therefore, little understood. But, we are here and our courage is very real.

To underestimate our courage denies us our self-respect. To overestimate our courage is self-defeating. So, an accurate appraisal of our own fortitude is necessary and reachable with some time and thought. Once we remove the glamour and mystery from this very natural part of our being we are on our way to having a happy, unawkward feeling about it. It may be temporarily ignored, partially unused or misunderstood by us, but the capacity has always been there. This capacity must be utilized, stimulated, and nurtured like any other capability we have. To be ashamed of being brave is wasted emotion. To recognize the real courage in ourselves provides us with positive, warm, and self-sustaining energy. It needs no advertising; it shines through our actions and is inspiring to those near us who are learning about it.

Be very proud that you are a recovered alcoholic. It took all the guts you had to get here.

Lee F.

(Editor's note: Thanks Lee F. Maybe some others will have the "guts" to submit their thoughts for publication!)

The following two articles are excerpts from BOX 4-5-9, August-September 1979. It is felt that they are important enough to merit republication in the NIGHT CAP--Editor.

CLUB GUIDELINES REVISION:

"After months of study and extensive discussion, our Guidelines on Clubs for AA members are being revised, though much of the original material will be retained.

Properly speaking, of course, there is no such thing as an "AA club," since AA neither owns nor manages real property.

From AA's earliest days, however, there have been clubs for AA members, "day-care centers" where alcoholics can get together, drink coffee, eat, and talk. The best of these, incorporated as separate entities outside AA, are very useful, and make space available to groups for AA meetings.

Some such operations have raised problems, however, with membership rules, dues, gambling, and other aspects UNrelated to AA.

This reminds all of us to avoid the misleading phrase "AA CLUB," just as we avoid "AA retreat" or "AA cruise." AA does not have such activities, but members as private citizens are naturally free to do so as long as they do not harm AA NOR USE ITS NAME."

DELEGATE CORNER (NAME BADGES WITH RIBBONS):

This brief excerpt may indicate why a presentation on the Third Legacy by delegate Bill G. (Del.) drew attention at the 1979 General Service Conference. "I think one of the most important tools we have at large AA gatherings is name badges. I remember faces, but not names. I never heard of Dr. Bob's or Bill's appearing with the title 'co-founder' on their badges. But at many conventions, I see badges with ribbons attached saying 'delegate,' 'past delegate,' 'trustee,' 'area chairperson,' etc. Ribbons designating hospitality or convention committee are helpful. But, when we in service wear these ribbons, aren't we saying that we are just a little bit above those not involved in general service work? Does this sound like the action of a humble servant? Are we straying away from 'principles before personalities'?"

If AA should ever be destroyed, that destruction will come from within. One of the ways this could start is for us to develop a class system. Whether serving as trustee, delegate, or GSR, answering the telephone, carrying the message into institutions, working on a convention committee, serving a group as program chairperson, or making the coffee, each is fulfilling our primary purpose--to carry the message to the alcoholic who still suffers. There is no such thing as 'the most important job in AA.'"

* * * * *

Some thoughts submitted by Tony B.:

"We can only change things about ourself."

"Submission or surrender?"

"Don't try to be responsible for the whole world."

NEW MEETINGS

MEET & EAT--A "brown bag" meeting will begin September 6 and meet every Tuesday thereafter at Club 12, 102 Thames, San Antonio. The meeting begins at 12 noon and lasts till 1 p.m. This is an Open Discussion meeting.

TEJAS AA GROUP--has added an Alanon meeting on Monday at 8:15 p.m. This is a Closed Discussion meeting. AA meetings are held on Tuesday and Thursday at 8:15 p.m. and are Open Discussion meetings. CORRECTION IN ADDRESS OF MEETING PLACE: 8301 Speedway NOT 3801 Speedway, as published in the August issue.

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AROUND THE AREA

GROUP 12 is sponsoring an all day "White Elephant Sale" on October 21. All donations will be appreciated, so take this opportunity to clean out your closet, garage, etc. Bring your junk to Club 12, 102 Thames.

MEETING TIME CHANGE--The Step Meeting formerly held on Sunday at 4 p.m. at Club 12, has been changed to begin at 3 p.m. so that it coincides with other Sunday afternoon meetings.

PAST DELEGATES' MEETING--Past Delegates to AA General Service Conferences will be honored by Group 12 at the 11 a.m. Sunday meeting on September 9.

THE FRONTIER GROUP will hold its annual Labor Day Barbeque on September 3. The Open Speaker meeting will begin at 2:30 p.m., featuring Jim W. The barbeque dinner will be served at 4:30 p.m., \$3.00 for adults and \$2.00 for children.

MEETING TIME CHANGE--The two Park North Group meetings, held on Wednesday and Friday has changed their meeting time from 8 p.m. to 8:15 p.m. in order to coincide with other meetings in the area.

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CONVENTIONS/CONFERENCES

32ND ANNUAL TOP O' TEXAS ROUNDUP--October 5, 6, 7, 1979, at the Hilton Inn, Amarillo, Texas. Write to Round Up Committee, PO Box 412, Amarillo, TX 79105.

29TH SOUTHWEST TEXAS AREA CONFERENCE--October 11, 12, 13, 14, 1979, at the Holiday Inn, 318 W. Durango, San Antonio. For room reservations write to the Holiday Inn, Box 9237, San Antonio 78207, or call toll free 1-800-238-8000; local call 225-3211. For more information, call the Central Service Office, 226-2523, or write to CSO, Suite 215, 109 Lexington Ave, San Antonio 78205.

ARIZONA STATE AA CONVENTION--October 26, 27, 28, 1979, Ramada Inn, Tucson, 404 North Freeway. For information write to: 29th Arizona State Convention, Tucson Intergroup Association, 840 South Campbell Ave, Tucson 85719, or call 602-624-4183.

ANNUAL HAWAII AA CONFERENCE--November 1, 2, 3, 4, 1979, in Waikiki at the Ilikai Hotel. Write to Hawaii Conference, 1561 B Mokulua Dr., Kailua, HI 96734, or call Barbara H., 808-261-7097. \$40 conference fee includes all meetings, reception, entertainment, dinner and dance, and brunch on Sunday.

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HOSPITAL ZONE

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

Serenity Group	September 4, 18
Northeast Group	September 11, 25

SALLY GROUP (Salvation Army) holds its Open Speakers' meeting on Wednesday at 8:15 p.m., 1324 S. Flores. Volunteers needed.

GRUPO DEL SOL holds a Friday night Open Speakers' meeting at 8:15, at 321 Frio City Road. Bi-lingual volunteers needed.

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.

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

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DATES TO REMEMBER

THE GSR AND CSOC Meeting will be held on Sunday, September 9, at 7 p.m., at 102 Thames Blvd, Club 12.

GRUPO UNIDAD AA meeting at 7 p.m. on Saturday, September 8, 3210 W. Commerce, followed by games. Everyone is welcome.

24-HOUR AA Group, 1203 Fredericksburg Road, holds its regular monthly dinner on Sunday, September 30, at 1 p.m.

GOLIAD AA GROUP, 537 Avondale, holds its monthly dinner on Sunday, September 16, at 6 p.m. and meeting at 7:30 p.m. All other Sunday meetings are at 8:15.

GROUP 12 will hold its monthly dinner and games at 7 p.m. on Saturday, September 29, at 102 Thames Blvd.

THE ADMINISTRATIVE BOARD OF THE CENTRAL SERVICE OFFICE will hold a regular meeting on Tuesday, September 4, at 7 p.m., Suite 215, 109 Lexington Avenue.

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G I V E A S P E C I A L C O N T R I B U T I O N T O Y O U R C E N T R A L S E R V I C E
OFFICE! A WRITTEN DONATION (ABOUT SOME OF YOUR OWN FEELINGS OR EXPERIENCES)
TO BE PUBLISHED IN THE NIGHT CAP, OR A CASH DONATION. PLEASE SEND EITHER OR
BOTH TO CENTRAL SERVICE OFFICE, SUITE 215, 109 LEXINGTON AVE., SAN ANTONIO,
TEXAS 78205!

PIC: 7-20-79 8-16-79

July 24: John H. showed a film to a psychology class at St. Phillips.

July 30: John H. showed "Guidelines" to the Alanon Group at Club 12.

July 31: Eldie B. and Geri McC. spoke to patients at SASH.

Aug 2: John H. and Norma W. spoke to patients at SASH.

Aug 6: John A. spoke to students at Holmes High School in the Advanced Social Studies Class.

Aug 7: The Dinah Shore and Henry Fonda Film was shown to the Tejas Group.

Aug 11: "Chalk Talk" was shown to the Broadway Group by John H.

Aug 13: Mary Jane McD. (Alanon) spoke to a Contemporary Problems Class at SAC on "Alcoholism & the Family."

Aug 14: Dick S. spoke to the Contemporary Problems Class at SAC.

Aug 16: John H. and Orville M. Spoke to the Bell Telephone Company Employees meeting.

STATS: 7-20-79 8-16-79

AA	250
Alanon	51
Information	131
Students	4
PIC	<u>1</u>
Total Inquiries	437

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Am I doing something about getting well?

Things happen; I cry and get mad, but

I don't drink. I want serenity in my

life all the time. What it used to be

like was rotten; what it is like now

is beautiful. Show emotion; cry a

little; it helps. Admit it when you

are tired. Learn to accept other

peoples love, understanding, and trust.

Surrender and it will work.

Tony B.

* * * * *

Last month my Alanon sister-in-law, Arlene G., and I visited my brother and his wife (who are both old-timers in AA) in Prince Frederick, MD. While there, we were blessed by being asked to lead and speak at some AA and Alanon meetings. Leading a meeting and speaking at a meeting, all in one week, really gave me a spiritual and mental lift--which proved to me AGAIN that the more I do for and in AA, the more I get out of it. I have thought much about this and have come to the conclusion that AA doesn't need me nearly as much as I need it! In fact, it functions very well without me--but I don't function very well at all without it!

By the way, at these two meetings that I participated in, the "basket" was passed immediately after the preamble was read!!

Dee S., Editor

"If God had meant for you to talk more than listen, He would have given you two mouths instead of two ears!"

Anonymous

CENTRAL SERVICE OFFICE - SAN ANTONIO
RECEIVED AUG. 21, 1979

<u>GROUP</u>	<u>AUG.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>AUG.</u>	<u>TO DATE</u>
Alamo Heights	45.00	135.00	Park North (M)	50.00	95.00
Audubon	0	50.00	Park North (F)	45.00	165.00
Broadway	45.00	255.00	Randolph Fellowship	0	10.00
Callaghan	10.00	230.00	Reality	0	0
Downtown	30.00	240.00	Reliance	0	6.00
Fellowship	0	0	Sahara	0	20.00
First Step	0	0	SASH	0	35.00
Ft. Sam Houston	25.00	175.00	Santa Fe	0	0
Frontier	10.00	40.00	Serenity	15.00	120.00
Goliad	0	175.00	Southwest Loop	0	60.00
Group 12	100.00	650.00	Spiritual Life	0	0
Grupo Del Sol	9.00	41.40	Stepping Stones	50.00	330.00
Grupo Unidad	0	50.00	Sunrise	0	5.00
Highlands	20.00	160.00	Sunset	15.00	120.00
Hope	0	0	The Haven	0	90.00
Kingsboro	0	15.00	Triangle	0	0
Laurel Heights	10.00	130.00	24 Hour	15.00	75.00
Marymont	0	55.00	Universal City	100.00	300.00
Northeast	20.00	90.00	VA Hospital	0	60.00
N. San Pedro	0	280.00	Valley Hi	20.00	150.00
Northwest	20.00	140.00	Villa Rosa	0	200.00
Northwood	150.00	250.00	Wesley	10.00	22.00
Open Door	0	105.00	Windcrest	15.00	120.00
			Young People	0	75.00

27 Groups \$924.00
Buck-A-Month \$ 97.00

AREA

Bandera	0	0	Lytle	0	0
Bridge (N.B.)	20.00	60.00	New Braunfels	0	0
Canyon Lake	0	40.00	Pearsall	35.00	60.00
Floresville	10.00	40.00	Pleasanton	30.00	30.00
Fredericksburg	0	12.00	Seguin	0	0
Hill Country Grp.	0	0	Women's Serenity (Kerrville)	0	20.00
Kerrville	0	0			

MEMORIAL CONTRIBUTIONS

None

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.

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