

NIGHT CAP

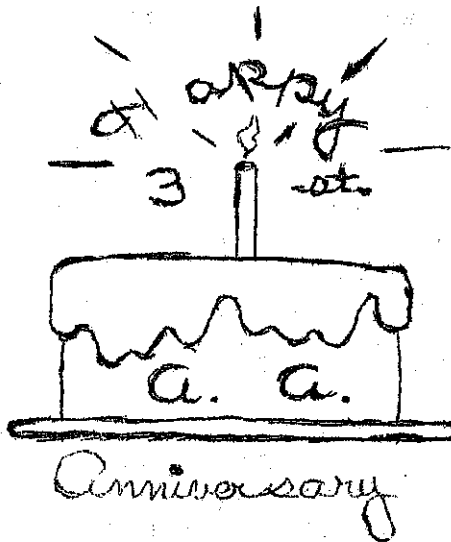
Published monthly by the San Antonio Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and South-west Texas Area groups.

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APRIL 1976

NUMBER TWENTY FOUR



AA COMES TO SAN ANTONIO

Early in April of 1945 Esther E. and a Bishop of the Episcopal Church in Houston contacted Dr. Everett H. Jones (now Bishop Jones) of St. Mark's Episcopal Church in San Antonio for the purpose of starting a group of Alcoholics Anonymous. At Dr. Jones' invitation they came to San Antonio and met in his office.

Four people joined AA as a result of this meeting. On April 11 they rented the lower floor of an old building, formerly a store, at the corner of Fourth and Taylor Streets. This was the first permanent meeting place for alcoholics in San Antonio.

By the time I joined on October 8, 1945, the original four had grown to seventeen members, a few of them "off and on." Of these seventeen, only one man, who asks to be anonymous, and I are living and dry, never having had a slip.

Our first meeting place had the bare essentials: A table for the speaker to stand or sit behind, facing the audience, and a number of chairs. There was a little gas plate for making coffee in a bucket which we drank from tin cups. There was a toilet off the kitchen for our use.

But I remember what a haven it seemed, as some of us would spend hours together staying sober and hoping for new "recruits." We had a telephone installed and put an ad in the paper giving our phone and Post Office Box numbers.

I was the third woman to join, but by the close of 1945 our group was increasing steadily as more men and women came in. By the end of 1946 it was apparent that we ought to branch out and form new groups.

How gratifying it is to have been able to participate in and watch the growth of our Fellowship for more than twenty-eight years. We must meet discouragements and disappointments, but we must continue to "carry the message" to those who still suffer. There will always be AA.

* Zoe C. *

(Reprinted from the April 1974 edition of The Night Cap)

HELLO WORLD ... HELLO FLOWERS ...
HELLO GREEN GRASS ... HELLO SUNSHINE
... HELLO SMILING FACES, GENTLE HANDS
AND LOVING PLACES ... HELLO RAINBOWS
AND RAINDROPS ... HELLO LIFE ...
I'M HERE ... I MADE IT ... !

31st ANNIVERSARY OF AA IN SAN ANTONIO

The 31st Anniversary of AA in San Antonio will be celebrated on April 2nd at the First Presbyterian Church Fourth and Alamo Sts., at 7:30 p.m.

Donations for this festive evening are \$1.25. Tickets are available from your Group secretary or at the door.

Charles M., Minnesota, will be the evening's speaker following a fine "old fashioned family" supper.

A wonderful way to share our sobriety and gratitude with family and friends - new, and old!

1st ANNIVERSARY CELEBRATION

The Marymont Group will celebrate its 1st Anniversary, Tuesday the 27th of April at 8:15 p.m. in the Church of the Reconciliation, 8900 Starcrest, (North of IH 410). Everyone is urged to join the members of this Group for an evening of fine food, fun and AA fellowship!

HUB OF THE PLAINS TO CONVEENE IN JUNE

The 2nd Annual "Hub of the Plains" Convention is scheduled for the 25th-27th of June. A complete program for the whole AA, Alanon, and Alateen family is planned, and you are invited to "Come Early - Stay Late - Eat - Relax."

An "Open AA Ice Breaker" will be held at 9 p.m. on the 24th at the Hub of the Plains Club, 3808 34th St. Alateens will be provided with their own Hospitality room and facilities for swimming. Nite Owl Sessions for AA's and Alanons will augment the full program of fine Speaker's meetings.

Registration Fees are : \$9.00
Banquet and Dance: \$7.50
Alateen Registration: \$2.00

Pre-registrations are now being accepted. Checks should be made payable to: "Hub of the Plains Convention" and mailed to : Hub of the Plains Convention
P.O. Box 6511
Lubbock, Texas 79413.

L * O * V * E * T A C * L * O * V * E

The 8th Texas Alateen Conference will be held at the Highland Lakes Baptist Encampment on the shores of beautiful Lake Travis (Near Austin), April 23 - 25 th.

All Texas Alateens are invited to join in this Sharing-Weekend, where spontaneity and enthusiasm are emphasized at "traveling - mike" meetings. Alateens who have attended previous TAC Conferences have found the atmosphere of love and caring unique. TRY IT - YOU'LL LIKE IT!

Registration fee is \$22.00 per person which includes all meals and sleeping accomodations. All checks should be made payable to: Texas Alateen Conference and turned in to your Group secretary or sponsor.

IN MEMORIAM

Michael Paul J., March 5th - son of Robert and Doris J.

Carolyn H. G., March 7th - wife of Henry J. G.

Raymond J. - husband of Nora C. J.

SORROW IS BUT THE GUEST OF A NIGHT;
JOY COMES IN THE MORNING.

REFERRALS: 2/15/76 - 3/15/76

AA	107
ALANON	17
P.I.C.	7
STUDENTS	6

LET GEORGE DO IT

Several years ago I felt a need to be needed in AA, so I accepted the responsibility of the service of G.S.R., little realizing where it would lead me! I am an alcoholic, whatever the personality of an alcoholic is - I am; non-conformist, rebellious, ego-inflated and slow to accept change. One night I didn't attend a Central Service Office Committee meeting just because of the aforementioned "sterling" characteristics, with the attitude "they won't miss me; let George do it." You know what happened? I was elected to the Board! I should have been there to decline; for I knew I was not ready yet for this very responsible service, and I wasn't, BUT my ole buddy EGO let me take it. From this experience I learned about ole George. I sat back and let others carry the load for me; I took the attitude that I was being a trusted servant to AA but I did very little else in helping carry the load. I let George do it.

Since that time I've learned something about "George." Just WHO is George? Is it you, my fellow AA's? No, I believe "George" is an attitude; a character defect that can greatly demoralize my sobriety. It's rebellion against responsibility, it's apathy, it's lack of enthusiasm, it's disappointment, it's death to contented sobriety, serenity, peace of mind, to service in AA, to carrying the message of life to the guy or gal "out there" who wants help to arrest his drinking. George never shows up to do the job for me. George is in me.

Where I am today in service to AA, I've discovered the Third Step: Made a decision to turn my life and will over to God as I understand Him; and the Eleventh Step are the only sources of help for me to overcome this very negative attitude.

- Jeanne W. -

SOUTHWEST TEXAS AREA NEWS

Mary G., Weslaco, is the new Committee Member from District Nino; "Doc" O. is her Alternate. Edna McG. has resigned as Alternate Area Chairwoman. She has personal commitments which she must satisfy, and feel that she could not do justice to them and to the demands of the Alternate's job at the same time. Beth J., San Antonio, has been appointed to the position.

Our Delegate, Gene D., will be going to the General Service Conference in New York in April. If you have not sent your group contributions to the DELEGATE'S FUND, please do so NOW. Make your check payable to: Southwest Texas AA Area Fund and send it to Merle Daniel, P.O. Box 6454, San Antonio, Texas 78209.

Remember the Southwest Texas Area Pre-Conference Workshop to be held April 10th - 11th at the Ramada Inn (333 North Loop 410 at San Pedro), San Antonio, Texas. The motel can hold our block of rooms only until the 5th of April, so make your reservations today. The Workshop's theme is "Sponsorship - Our Privilege and Responsibility." While of particular importance to all District Officers the Workshop is open to all members of AA, and you are urged to attend. SEE YOU THERE!

REGULAR MONTHLY EVENTS

Goliad Group - 1004 Avondale, Barbeque, Sunday, April 11th, 6 p.m. Open Speaker's meeting 7:30 p.m. Regular Sunday meetings, 8:15 p.m.

C.S.O.C. Meeting April 11th at 7p.m. at Club 12.

South Texas Area Round Robin (STARR) at 8:15 p.m. on April 11th at Club 12.

Club 12 - Dinner and Games Party, 7p.m. Saturday, April 24th at 102 Thames Dr.

24 Hour Service Group - 1203 Fredericksburg Road, Dinner, Sunday April 25th at 1 p.m. Adults \$1.75; Children \$1.50. Games party immediately following.

The Community meeting at the Main Post Office will be held in room 641, April 15th. The Chairman will be N.O. and George L. (AA) and Caroline H. (Alanon) will be the speakers. The participants are all from Club 12.

LORD, HELP ME TO REACH OUT TO OTHERS - WHO MAY BE JUST AS SCARED AS I AM.

Woodlawn Heights Group

Kathy S., secretary of this group which meets each Wednesday at the Residential Treatment Unit, 3551 Culebra, 8:15 p.m.-reports that the group is in real need of the support of the other San Antonio groups to carry the AA message to the clients there. Bring yourself and a SMILE. The meetings are open discussions.

Windcrest Group

The Windcrest Group which meets at St. Pius X Church, Harry Wurzbach and Urban Crest on each Tuesday at 8:15 p.m. now has a Closed Speaker's Meeting on the last Tuesday of the month, (Birthday Night).

Broadway Group

The Broadway Group, which meets each Saturday evening at 8:15 p.m. in Christ Lutheran Church, 6720 Broadway has changed the length of its meetings to 1 hour. Meetings are closed discussions except for the last Saturday of each month which are open discussion meetings.

NEW GROUPS

Unity Club, 3210 W. Commerce - A new Women's Group was formed on March 17th. The meetings are closed discussions on each Wednesday evening at 8:15 p.m., and all women are invited to come and share. For further information you may contact Romy R. 924-1543.

Grupo Victoria, 273 Castell St. New Braunfels, Texas 78130 - is now holding Open Speaker's meetings each Friday night at 8:15 p.m. Bob S. who reported this says the meetings are not only bilingual but multi-racial (or perhaps multi-ethnic ? ed.) - they serve GERMAN CHOCOLATE CAKE !

P.I.C. REPORT: 3/5/76 - 3/26/76

Dr. Jorge Valles, author of ALCOHOLISMO and EL ALCOHOLICO Y SU FAMILIA was interviewed on Channel 41 on March 5th.

Dave H. was also on Channel 41 on March 17th.

Radio Station KEDA began taping spot announcements on the 26th of March.

We apologize to all those who helped with Public Information last month and were not mentioned. Our information is incomplete and we hope to get all caught up in the next NIGHT CAP.

From : BEATING THE DRINKING HABIT

"Ninety-three percent of male high school seniors have experimented with alcohol," says Dr. Morris Chafetz, former director of the National Institute of Alcohol Abuse and Alcoholism. "One in three teenagers drinks with some regularity, and almost nine percent of kids between the ages of twelve and seventeen overdose with alcohol at least once a week.

In addition, 450,000 to 500,000 teenagers have serious (or potentially serious) problems with alcohol."

DO I HAVE A DRINKING PROBLEM ?

Most experts agree that there is no such thing as an alcoholic personality. Anyone, at any time, in any number of circumstances can have an alcoholic problem ... if he or she drinks. Alan Herzlin, director of special projects at Freeport Hospital's Alcoholic Treatment Center in Long Island, says a positive response to the following questions may signal the start of an alcoholic problem:

1. Do I drink one or more times a week?
2. Do I drink at lunchtime? Before breakfast?
3. Do I have problems with school because of alcohol?
4. When I come home from a drinking party, do I find myself making up stories about where I've been?
5. Do my friends comment about my drinking, either as something amusing or as something distasteful?
6. Do I hang around with people who drink a lot? People who think it's cool to get drunk?

7. Must I have a drink to go on a date or to a party? ... or do anything else?
8. Do I drink to make myself more outgoing and charming?
9. Do I find that I cannot have fun without a drink?
10. Even though I've become sick after drinking a six-pack, do I drink one again the next time?
11. Do I need more and more alcohol to get the same "high"?
12. Do I undergo a marked personality change after I've had a couple?
13. Do I have memory problems when I'm "under the influence?"
14. Has drinking become more important than eating?
15. Am I thinking about alcohol much of the time?
16. Can I hold it better than anyone else?

(Reprinted from the March 1976 issue of SEVENTEEN Magazine)

Many thanks to all those who have contributed articles, clippings, and news items. Keep 'em coming - can't do without 'em - but remember that the deadline for local news is the 15th of each month.

Special kudos to Imogene U. and the "Mail Crew": Mary Lyle B., Warren E., and Charlcie E.

TRoubles ARE OFTEN THE TOOLS BY WHICH GOD FASHIONS US FOR BETTER THINGS.

IT'S NOT THAT YOU DO SOMETHING FOR SOMEONE-IT'S THAT YOU BE SOMETHING FOR SOMEONE.

FINANCIAL CORNER

CENTRAL SERVICE OFFICE

<u>GROUP</u>	<u>MARCH</u>	<u>1976</u>	<u>GROUP</u>	<u>MARCH</u>	<u>1976</u>
Alamo Heights	\$ 15.00	\$ 45.00	Northeast	\$ 10.00	\$ 30.00
Audubon	10.00	30.00	Northwest	25.00	50.00
Bethany(Killeen)	-0-	3.00	Northwood	-0-	45.00
Boerne	-0-	-0-	Pilgrim	9.00	9.00
Brees	10.00	30.00	Portland	-0-	-0-
Bridge(New Braunfels)	10.00	30.00	Pride	-0-	-0-
Broadway	10.00	30.00	Reality	10.00	30.00
Cal-Allen(Corpus C.)	-0-	-0-	Reliance	-0-	10.00
Casa del Sol	-0-	-0-	Robstown	-0-	-0-
Court House(Brownsvle)	-0-	11.00	San Pedro	10.00	20.00
Downtown	-0-	25.00	San Marcos	10.00	10.00
El Carmen	-0-	-0-	SASH	-0-	-0-
Floresville	-0-	-0-	Santa Fe	5.00	5.00
Ft.Sam Houston	20.00	60.00	St.Agnes	5.00	5.00
Frontier	20.00	60.00	Seguin	5.00	15.00
Goliad	15.00	30.00	Serenity	10.00	30.00
Group 12	50.00	100.00	Sharing	-0-	-0-
Guidance	10.00	10.00	STARR(Intergroup)	20.01	62.12
Happy Hour	-0-	-0-	Stepping Stones	40.00	40.00
Harmony	-0-	-0-	Sunset	-0-	15.00
Highlands	20.00	60.00	The Haven	-0-	10.00
Hill Country	-0-	20.00	Traditions	-0-	-0-
Hope	10.00	10.00	Trinity	-0-	10.00
Kerrville	-0-	-0-	Twenty Four Hour	15.00	40.00
Women's Serenity(Kerrvl)	6.00	18.00	Grupo Unidad	15.00	15.00
Killeen	-0-	3.00	Unity(Monterrey)	-0-	-0-
Laurel Heights	10.00	30.00	Universal City	-0-	-0-
Lytle	-0-	-0-	Valley Hi	15.00	45.00
Luling	-0-	-0-	VA Hospital	10.00	25.00
Marymont	-0-	20.00	Villa Rosa	25.00	75.00
Grupo Montana(Seguin)	-0-	-0-	Wesley	-0-	10.00
New Braunfels	-0-	-0-	Windcrest	15.00	105.00
			Woodlawn Heights	15.00	15.00

\$

!!!! KEEP THIS DATE OPEN !!!!

31st ANNUAL TEXAS STATE A A CONVENTION in S A N A N T O N I O

J U N E 24 - 27, 1976

* Convention Center *

TEXAS STATE CONVENTION COMMITTEE

P.O.BOX 32902

San Antonio, Texas 78216