

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.

Address all communications to:
" THE NIGHT CAP "
Lexington Building
109 Lexington Ave., Suite 215
San Antonio, Texas 78205 226-2523

VOLUME THREE

FEBRUARY 1975

NUMBER TEN



MORE WOMEN IN AA, LATEST FIGURES REVEAL

According to a news release dated December 18, 1974, Dr. John L. Norris, Chairman of the Board of Trustees of Alcoholics Anonymous, states that in the largest survey of "recovered" alcoholics in AA that has ever been made, women account for 28% of AA's total membership. One out of three newcomers to AA, or 31%, is a woman. Breaking down the AA membership by occupation, men and women, the 1974 survey shows that 38% are in executive/professional/technical categories. Blue collar and office personnel - 32%. About 11% said they were housewives...including two males! There is now a 91% continuance of sobriety among veteran AAs.

MEMO: TO ALCOHOLIC WOMEN

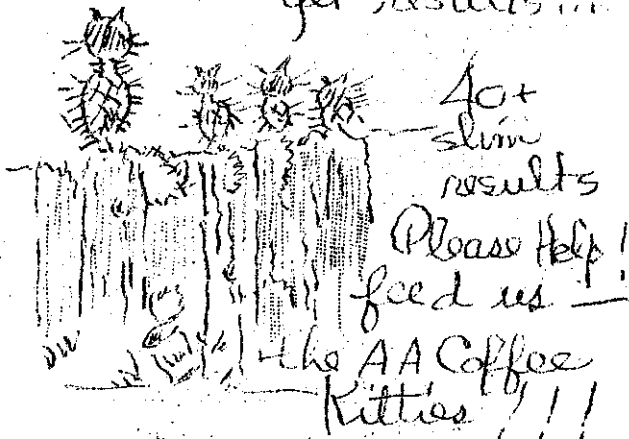
A bid will be made to bring the National Alcoholics Anonymous Women's Conference to San Antonio for 1976. The Conference will be held in February. All AA women who are interested in participating in this unique Conference should contact Kate R., 826-6615; Sandy L., 341-2925; Gerry O., 826-4638, or Beth J., 828-5062.

This will be an opportunity for alcoholic women throughout the U.S. to share their hopes, experiences and strengths with each other.

Kate R.

CENTRAL SERVICE OFFICE NEWS

You gotta make calls to get results...



Every so often we hear this remark : " A.A. has changed, it just isn't like it used to be ", I always wonder how and why ? There are more groups than ever before, chairs arranged for a meeting, the same coffee pots and Coffee Kitties are ready for us to put to use, and AA Conference literature is on display. So, how come A.A. isn't the same as it used to be ? Could it be we who have changed?

Anon.

\$\$\$ ARE YOU A BUCK-A-MONTH? \$\$\$

1974 is a cancelled past _ 1976 only a promisory future, but 1975 is NOW !!!!! Has your Buck-a-Month membership expired If so, and you want us to continue mailing THE NIGHT CAP to you the time to re-new it is NOW_ TODAY !

REFERRALS - Dec.1,1974 ~ Jan.17,1975

Table with 2 columns: Referral type and count. Includes Alcoholics Anonymous (152), Al-Anon (43), P.I.C. (13), and Students (19).

VOLUNTEER CORNER

' True ambition is the deep desire to live usefully and walk humbly under the grace of God.' (12 Steps and 12 Traditions, page 129)

So many ways to keep Alcoholics Anony - mous alive... stamping literature, counting literature for yearly inventory, running errands, answering that other phone, putting the Night Cap together, in envelopes and sealed ready for mailing.

Many thanks to Albert S., Gerry O., Hank I., Hazel and Charlie B., Marilyn J., Imogene U., and her Night Cap crew.

ELEVATE YOUR SOBRIETY 5,280' HIGH

at the INTERNATIONAL A.A. CONVENTION in Denver, Colorado, 4-5-6 of July. Drive, jog, hitch-hike or fly, there's an A.A. gold mine up there near the sky. Lois W. will be present to represent the AL-ANON name, and only \$15 stakes your claim. For more information call Jeanne CSO- 226-2164.

GROUP NEWS

The Audubon Group's average attendance during 1974 was 17 persons per week at its Saturday night closed meetings. New officers installed effective Jan.1,1975 are: GSR- Art R., Asst.GSR- Sam G., Sec. Randy C., Asst.Sec. Doris C. Outgoing officers: Sam G., GSR; Doris L.Sec.; Gladys J. Asst.Sec.

IN MEMORIAM

Tom K. December 10, 1974

Kathleen W. December 21, 1974

(Sister of Bryce R.)

SOUTHEAST TEXAS AREA CONFERENCE will be held on February 7,8,9 at the RICE HOTEL in Houston, Texas. Activities for A.A., Alanon and Alateen. For further information contact Conference Chair- man, 6306 Neff, Houston 77036.

EL CARMEN (Bi-lingual) is sending out a call for HELP ! Carolyn B., GSR says their attendance really needs to be in- creased. Meetings are on Thursday nights 8:15 PM, at El Carmen Catholic Church, 18487 Martinez-Losoya. Let's give a helping hand !

30TH ANNIVERSARY OF AA IN SAN ANTONIO

1945 - a year of great significance and meaning for our City and our Country. That year marked the end of World War II; millions of Americans were removed from danger, reunited with their families and given unlimited opportunity, with the world again at peace.

That also described what happened to many suffering alcoholics in our Community when, through the efforts of the old 4th Street Group, the first established AA Group, and by the Grace of God, the message, the promise, the hope - the program of AA was brought to San Antonio in that same year - 1945.

Because of that, I am able to write to you today with clear head, steady hand and a heart full of confidence and love. I am Marilyn, an alcoholic, and a grateful alcoholic, grateful to be a part of that AA miracle that continues to live and grow today.

To mark this 30th Anniversary of AA in San Antonio, we are going to have a celebration! What better way than by sharing what we have found and joining in the fellowship at a buffet dinner on Friday, April 18th, at the First Presbyterian Church? Tickets will soon be available from your GSRs and the price is only \$1.50 per person. So let's all plan to be there to make this celebration the best and biggest ever!

Each group has been asked to donate \$5.00 toward the purchase of the meat, to be mailed to me: Marilyn Harvey, 317 El Portal, San Antonio, 78232. Further donations of time and muscle will also be welcome - volunteers may call me at 494-6312. I'd appreciate hearing from you. With love in AA - Marilyn.

C S O

The Central Service Office Committee will meet on February 9th at 7:00 PM at Club 12.

S*T*A*R*R*

The Kerrville Group will conduct our next monthly Southwest Texas Area Round Robin, which will be held on February 9th, 1975, at Club 12, 102 Thames, at 8:15 PM. If you were fortunate enough to have attended last September's STAFF meeting and heard the great program these fine Kerrville folks brought to us, you'll know we're in for a real treat of good AA. Refreshments will be served. Don't miss this Round Robin! Jim B. of STARR.

PRISON REPORT

Pete H., Co-chairman of Penal Institutions Committee, reports that he and six other men carried the message to two Huntsville Prison units on Jan 19th: Cy G., Dorman K., Marion B., and Art C., conducted the meeting at Central Unit at 1:00 PM. The men then drove to the Ramsey Prison Farm where Pete, Herb P., and Juan R., conducted a meeting at 3:00 PM. The inmates were very enthusiastic, thought both meetings "just great." Pete says that the Ramsey AA Group seemed somewhat discouraged in that more meetings from outside the Walls are not coming to them, that AA's from the "Free World" might be shying away from Ramsey because their security is very strict. Security at Ramsey has been tightened recently because of some trouble between inmates, but AA can't let them down. So, please help. More AA members are needed to go to these units.

PRISONS (Con'd) Fingerprints for ID cards may be obtained by calling Pete H. at 532-0211, dropping him a note at 2613 S. Presa, City, 78210, or by dropping by his place of business - The Mission Hut, at the same address. You'll be glad you did.

PUBLIC INFORMATION COMMITTEE (PIC)

The PIC thanks Rick C. for the real good work he is doing in Community Education. He received and filled three requests for speakers from AA to give talks on alcoholism at schools in December and so far, four in January. Also, News Releases from GSO were sent to six local newspapers. To date, one has been printed by the San Antonio Light. Five second spot tapes were supplied to three local radio stations and monitorings indicate all are being used.

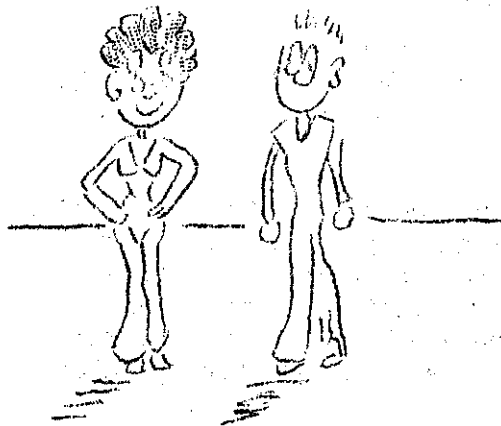
Gene A., who is connected with the "Bass Clubbers" publication, has been instrumental in their carrying the announcement "If you want to drink, that's your business, if you want to stop," etc. A real fine first in San Antonio.

On New Year's Eve, Sandy L. was interviewed about her drinking experiences and AA by a member of the Channel 5 TV news team on the midday news. Many thanks to the many people who made these services possible. There is still a great need for AA members to volunteer for speaking engagements at schools and among civic groups.

Please, please! Will each group try to furnish the GSO with two names and phone numbers of those who will volunteer to help us with this rewarding our-reaching program? You may also call Rick C - 653-3830, or PIC chairman Frost U. - 822-7062. Many thanks.

GROUP CONTRIBUTIONS

| <u>GROUP</u> | <u>DEC 1974</u> | <u>TO DATE</u> | <u>GROUP</u> | <u>DEC 1974</u> | <u>TO DATE</u> |
|-------------------------|-----------------|----------------|-------------------|-----------------|----------------|
| Alamo Heights | \$15.00 | \$260.00 | Northwood | \$45.00 | \$205.00 |
| Audubon | 10.00 | 120.00 | Open Door | 0 | 118.05 |
| Brees | 10.00 | 120.00 | Pilgrim | 0 | 50.00 |
| Bridge | 10.00 | 105.00 | Reality | 10.00 | 120.00 |
| Broadway | 10.00 | 133.00 | Reliance | 0 | 0 |
| Downtown | 0 | 100.00 | Robstown | 0 | 15.00 |
| Eastside (new gp) | 0 | 0 | St Agnes | 10.00 | 20.00 |
| El Carmen | 0 | 20.00 | Sash | 0 | 100.00 |
| Fort Sam Houston | 15.00 | 197.50 | Santa Fe | 30.00 | 120.00 |
| Frontier | 20.00 | 175.00 | Seguin | 5.00 | 60.00 |
| Goliad | 15.00 | 105.00 | Serenity | 5.00 | 60.00 |
| Group 12 | 50.00 | 600.00 | STARR (Inter Gp) | 43.40 | 433.80 |
| Happy Hour | 10.00 | 10.00 | Stepping Stones | 37.50 | 112.50 |
| Harmony | 0 | 10.00 | Sunset | 15.00 | 160.00 |
| Highland | 20.00 | 240.00 | The Haven | 0 | 60.00 |
| Kerrville | 12.00 | 60.00 | Traditions | 0 | 15.40 |
| Women's Serenity (Kerr) | 6.00 | 30.00 | Trinity | 10.00 | 60.00 |
| Killeen | 0 | 24.00 | Twenty Four Hour | 16.00 | 38.00 |
| King William | 25.00 | 40.00 | Unidad Grupo | 5.00 | 25.00 |
| Laurel Heights | 30.00 | 270.00 | Unity (Monterrey) | 20.00 | 40.00 |
| Lytic | 0 | 10.00 | Universal City | 10.00 | 68.00 |
| Grupo Montana | 4.50 | 43.50 | Valley Hi | 15.00 | 180.00 |
| New Braunfels | 0 | 10.00 | Villa Rosa | 50.00 | 325.00 |
| Newcomers | 0 | 0 | Wesley | 0 | 15.00 |
| Northeast | 0 | 80.00 | Windcrest | 0 | 120.00 |
| Northwest | 25.00 | 190.00 | Woodlawn Heights | 15.00 | 15.00 |



REGULAR MONTHLY EVENTS

Sunday, Feb. 2, DOWNTOWN GROUP, Sahara Club
809 E. Euclid. Monthly dinner, 1 PM,
Open speakers meeting 2:15 PM, Betty Z.
Chairman and speaker, Carl W. Houston.

Sun. Feb. 16, GOLIAD GROUP, 1004 Avondale
Barbeque, 6 PM, Speakers meeting 7:30 PM.
Other Sundays the meetings are held at
8:15 PM.

Sun. Feb. 22, GROUP 12, 102 Thames, Monthly
dinner 7:00 PM.

Sun. Feb. 23, 24-Hour Service, 1203 Fred-
ericksburg Rd., monthly dinner, 1:00 PM.

A new AL-ANON GROUP has been formed at
St. Matthew's Episcopal Church, 810 Kitty
Hawk Dr., Universal City. Meets Fridays
at 5:30 PM.

The HOPE GROUP, 111 Queen's Crescent,
Alpha Home, also needs more Thursday
night at 8:15 PM attendance.

And the NEW EASTSIDE GROUP, meeting at
Antioch Baptist Church, Educational Bldg.
2156 Nolan St. would like to see you on
Thursdays at 8:15 PM.

A million thanks to all persons who have cooperated so fully in providing news items for this edition of THE NIGHT CAP. We ask for your continued cooperation. Local news items may be phoned to Gladys H., 822-1958 or Gerry O., -826-4638 or mailed to Edna McGee, 315 Vance Jackson, Apt. #A-8, San Antonio, Tex. 78201.

Absolute news deadline is the 22nd day of each month.

The 21st COASTAL BEND JAMBOREE is coming up on March 14-15-16, 1975 at Holiday Inn, 1102 S. Shoreline Blvd., Corpus Christi, Tex., 78401. A.A. and AL-anon registration \$ 4.00, Alateens-no fee. Make room registrations direct or contact Jamboree Committee, P.O. Box 3201, Corpus Christi, Tex., 78404. Registration forms may also be picked up at our CSO for the Jamboree and Houston Conference.

AUDUBON CHRISTMAS/ANNIVERSARY PARTY

The annual Audubon Christmas/Anniversary party was held on Dec. 21st. About 85 persons attended and enjoyed the festivities- turkeys, baked ham with all the trimmings. An open speakers meeting followed with a dance. Our thanks to John D. (speaker); Dorisl. and Paul C. (food and refreshments); Ed R. (music) and all the Alanons who did their usual good job of filling all the other services needed. We are extremely grateful to those who donated to the Christmas Hat. The money collected (\$44.00) was turned over to a local service group that night. It will go for a necessary and worthy cause- to help get other alcoholics on the road to recovery. THAT'S WHAT IT'S ALL ABOUT!

LA CASITA ON THE GROW

Reports are that Seguin's La Casita may soon become a Casa Grande. This half way house for men and women has things really rolling along. Through the effort of Adrian H. and Doyle S., La Casita now has a State Charter. Plans are underway to secure Food Stamps and there's a possibility for some agency funding. Present funding, \$5.00 from A.A. members only.

SECURITY IN SOBRIETY

Strictly my opinion and experience. After I had returned to AA after a prolonged slip, wherein I had succeeded in reaching a bottom I never thought possible, I was at last ready to follow the suggested instructions and get what the winners in AA had.

This isn't an easy task for me. After about four months working the steps, reading the Big Book, haunting meetings, pestering my sponsor, picking up coffee cups, emptying ash trays, chairing meetings and telling my story, I just couldn't get it. When I told my sponsor how I felt, he simply said "you haven't taken Step 4 and if you want anymore you have to find out who and what you are." So I did step 4 and step 4 and step 4 and step 4, until I felt I had it right. Still didn't have it.

I had a new batch of shortcomings and character defects to work on - and what a task. My home life was rotten because of my selfishness. Although my AA appearance to others was all smiles, I still wasn't ready to "go to any length" where my loved ones were concerned. I wasn't willing to assume the responsibility of meeting them half way. In short, I was a phony.

After about eight months of sobriety I talked with my sponsor in a more serious, honest way. Together we decided that there were several products of AA other than dryness: Sobriety, Serenity, Self Respect, Service and one thing I really didn't have - Security. I was still fighting the bottle eventhough I had not had an urge to drink in months. It was then that I could really accept the one day at a time theory and get on with living. In the year and a half that followed I became more involved in AA and other people, played secretary of a group, served as GSR, helped on committees, learned to bend without breaking in matters where others were concerned, made Twelve Step Calls, attended many meetings, chaired and spoke at meetings whenever asked and at all possible.

I say all that to say this. Through this I have learned to love and be loved, give and receive, ask and have faith, serve and be served; and finally what I consider security in my sobriety - one day at a time.

God forbid that I ever feel that I have done my part and forget that I'll have to empty ash trays forever.

Sam G.

Thought for All Seasons

Each of us is placed here on earth and given life for some grand purpose. Each of us has been given a talent. It was in us to develop and through its development, to bless humanity. That is the ordained purpose behind each of our lives. And that purpose can be accomplished only by that individual.

-- Alden Palmer