

NIGHT CAP

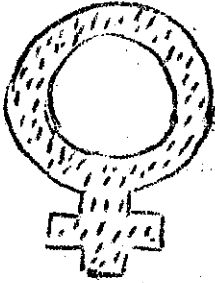
Published monthly by the San Antonio Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and South-west Texas Area groups.

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VOLUME THREE

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PLEASE BE PATIENT - GOD ISN'T THROUGH WITH ME ...

This is the theme of the 12th National Alcoholics Anonymous Women's Conference to be held in San Antonio February 20th-22nd at the El Tropicano Motor Hotel.

The Women's Conference was originally formed to meet the special interests of women, and area women will not want to miss the opportunity to take part in the unique gathering.

Kate R., this year's Conference Chairman was elected to the Advisory Board in 1972 after having attended four previous conferences. She travelled to Wichita, Kansas, Oklahoma City, Little Rock, Arkansas and Des Moines, Iowa; often a single representative of Texas. Each conference impressed her as a greater venture in sharing, and she felt the close bond between A.A. women at these conferences. cannot be described, it can only be experienced, felt and benefitted by.

After discussing her plans with local A.A. women she took her campaign literature to the 1975 Conference in Minneapolis, Minnesota and made a successful bid for this year's Conference. She and many other women in the area have been working hard to make this the finest Conference of all.

Tours of the city and the Alcoholic Rehabilitation Centers have been planned; as well as entertainment to augment a fine agenda of speaker's meetings, Ask-It-Basket sessions, Night Owl Gatherings and plenty of time for sharing and caring with new and old friends.

The Registration fee of \$17.50 includes all sessions plus a Mexican dinner Saturday evening and breakfast Sunday morning. Pre-registrations are now being accepted. Registrations and tickets sales will begin at 6 p.m. February 19th in the Llani Room at the El Tropicano.

Checks should be made payable to:

National Women's Conference
P.O. Box 6454
San Antonio, Texas 78209

Out of town conferees should make reservations directly to:

El Tropicano Motor Hotel
110 Lexington
San Antonio, Texas 78205

WOMEN'S CONFERENCE DECOR

Our theme will be Mexican not only typifying our heritage but also we wish it to be a brilliant splash of color reflecting our warmth and hospitality. Anyone wishing to lend articles that blend with the theme contact the editor. We must have everything ready to use by the end of the 2nd week in February.

MUCHAS GRACIAS !

THAT IS THE MIRACLE OF IT

During my last drinking bout I would wake up in the morning wondering if the obsession to drink was still there, or if by chance this day would be different. Usually it was a day filled with my fighting the compulsion, mostly unsuccessfully. I couldn't seem to avail myself of the simplest A.A. tools.

One morning I awoke and knew that I had lost the battle. I was whipped. I said to my Higher Power, " You take this alcoholism and do what you want with it. Do it on your own terms and in your own time. I can't fight it anymore."

During the next few weeks I sort of dangled like a puppet from a string. I had neither the strength nor the inclination to manage my own life. God was doing for me what I could not do for myself.

One day I allowed myself to stop a bit and look back. I saw the miracle was happening that I had suspected, I hadn't had a drink in two or three months. I don't know my exact sobriety date and it doesn't matter. But I had discovered the meaning of Bill W's words: "We have ceased fighting anything or anyone - even alcohol."

What is the miracle of it. We are not fighting it...we have not even sworn off. Instead, the problem has been removed. We are neither cocky nor are we afraid. That is how we react- so long as we keep in fit spiritual condition." The A.A. Way of Life, a reader by Bill, p.121

-Jan G.

DISTRICT 1 MEETING

District 1 Committeepersons meeting was held at Club 12 on January 11, 1976. Attending were Gene D., Southwest Texas Area Delegate, Elves S., Ex-Delegate, Raul M., Area Chairman, Lee Ray C., former Committeewoman and newly-elected Committeepersons Charlene D., her Alternate, Julien F., and Frost U. Points stressed were that in order for Committee members and the GSR's to acquaint themselves with their duties, they should buy a copy of the A.A. Service Manual and study it.

Gene D. said that he has been advised by the General Service Office that he will be allotted a minimal sum of money by the GSO for the week's expenses when he attends the New York Conference. All other money must come from the Southwest Texas Area groups. Gene will write letters to all group notifying them of this, and if the Area groups cooperate there should be no money problems for the Delegate's trip to New York. He also stated that he should be advised of all activities going on in the Southwest Texas Area.

Alex A. was elected District 1 Committee Chairman by the group.

In A.A. : the great thing about learning and then giving - by sharing - is that after you learn and then give generously - you are giving others little pieces of time that they may never forget.

- Signa P.

WE CAN ONLY APPRECIATE THE MIRACLE OF A SUNRISE IF WE HAVE WAITED IN DARKNESS.

CENTRAL SERVICE OFFICE NEWSIN MEMORIAM

Victor E. died December 20th, 1975. Sympathy is offered to his family and many friends.

P.I.C. REPORT

For the period of 1/1/76 - 1/15/76

A radio station gave A.A. members twelve ten second announcements the last two weeks in December 1975. Participants were: Ben A., Ignacia H., Candy R., and Juan R.

Alanons Maria R. and Bertha S. were interviewed on station KUKA January 4th from 11 - 12 p.m.

Eloise C., Katie J., Bill M. and Joe G. took a program to two classes at Alamo Heights High School on January 13th.

DuWayne F., Bill M., and Elizabeth K., Dean E., and John A. spoke to six classes at Churchill High School.

DuWayne F. addressed a Y.P.F. group at St. David's Episcopal Church on the evening of January 18th.

John A. is the new P.I.C. Chairman succeeding Frost U. Please offer him the same enthusiastic support and cooperation of informing the public about the illness of Alcoholism that you have given Frost. Congratulations to both gentlemen and a warm fuzzy for all of you who gave time to make these programs successful.

REFERRALS

A.A.	109
Alanon	22
P.I.C.	6
Students	12

LITERATURE

A.A. Quarterly Report from G.S.O.

Status Report on Literature projects:

" So You Think You're Different"
1st draft completed.

"Questions and Answers on Sponsorship" a draft of the 1st revision has been prepared.

"Do You Live With an Alcoholic?" combined pamphlet to replace "The Alcoholic Wife" and "The Alcoholic Husband"- writer assigned.

"Alcoholics Anonymous" third edition is processed.

"Institutions" the committee discussed the possibility of revising the pamphlet "Memo to an Inmate". They felt a shorter, simpler version would be more helpful.

"SPONSORSHIP * OUR PRIVILEGE AND RESPONSIBILITY"

will be the theme of the 1976 Area Delegate's Conference to be held in New York City, April 19th - 24th. The Southwest Texas Area Delegate is Gene D.

Agenda Topics:

Sponsorship:

A.A.W.S. Presentation on Literature feasibility of the Big Book in paper back form.

Distribution of the "Bill W." biography

Public Information

Workshops:

Sponsorships

A.A. in Hospitals

Public Information

Unstructured Workshop

(no prepared questions)

Discussion Topics:

* The Twelve Concepts--can they help us solve our area problems? Do they help us in communication between A.A. groups and trusted servants.

* Back to Basics - Are we, in the content of our A.A. meetings, getting

(continued on page 4)

Discussion Topics(continued)

away from the basics ? Are we talking about our own recovery from Alcoholism, the Big Book, "Twelve Steps and Twelve Traditions"? Are we telling our selves and newcomers exactly what A.A. is? Are we keeping A.A. alive and well ?

- * The Role of the General Service Conference Delegate and how to get the service message to his or her area

- * A special note of appreciation from Jeanne W. to the steady volunteers in the C.S.O. Maye A., in the Literature department; Gladys H. and DuWayne F. who are keeping the mailing list of The Night Cap in order and the Busk-a-Month cards current; Bob J. who takes care of weekend calls and Imogene U. who also wishes to thank her crew; Mary Lyle B., Bill B., and Warren E. who mail your Night Cap to you each month.

GROUP NEWS

New Groups:

New Closed Discussion Group for Women has been formed at the Goliad Group, 1004 Avondale. They meet at 11 a.m. Saturdays.

"Friendship Group", P.O. Box 886, Palestine Texas 73801. This group was formed in April 1975 and meets on Saturday at 8:00 p.m. in the American Legion Hall on Link Street.

Tony W., who used to live in San Antonio and found his A.A. here has been elected secretary and G.S.R. of the group. They hope that anyone from this area who is visiting or passing through will drop in.

A new group is being formed Thursday, January 29th at the Salvation Army, 7:30 p.m. at 1324 S. Flores, San Antonio.

Regular Monthly Events:

GOLIAD GROUP - Barbecue, Sunday, February 8th; 6 p.m. Open speaker's meeting, 7:30 p.m. Regular Sunday meetings, 8:15 p.m.

CLUB 12 - Dinner and games party, 7:00 pm Saturday, February 28th at 302 Thames.

24 HOUR SERVICE GROUP, 1203 Fredericks - burg Rd. Dinner, Sunday, February 29th at 1 p.m. Adults \$1.75; Children \$1.50. Games party immediately following.

ANNIVERSARY OF A.A. IN SAN ANTONIO

Hod C. has been named coordinator for the 31st Anniversary of A.A. in San Antonio. To keep costs DOWN and enjoyment UP, this early April event will be celebrated "family style". Hod will be contacting each group to assign food contributions.

HELLO, OUT THERE TO ALL THE FRIENDS I'VE YET TO MEET !

If news about your group was missing from this issue of the NIGHT CAP, it was probably because we didn't get it !

We care about what YOU'RE doing and want to print all the "happenings" in the area.

We're in need of articles, news items, poems, cartoons and fillers from all groups ... A.A., Alanon, and Alateen.

Articles should be typed, double-spaced or written in longhand and sent to the editor:

Mary Lou Chilcott
215 Abiso Ave.
San Antonio, Texas 78209
(826-4839)... or:

Mailed to the Central Service Office, or dropped into the Night Cap box behind the coffee bar at Club 12.

HAPPINESS IS NOT PERFECTED UNTIL IT IS SHARED ! ! ! ! !

" EARTH PEOPLE" ATTITUDES ?

UNPOPULARITY CONTEST (Reprinted from NEWS-LINE, Psychology Today, November 1975)

How would you rank people with these 21 disabilities in order of their acceptability to you ? No cop-outs allowed. Saying you would react to all persons equally is not an acceptable answer unless you've been canonized by one of the more reputable religions.

Alcoholism	Epilepsy
Amputee	Ex-Convict
Arthritis	Heart Disease
Asthma	Hunchback
Blindness	Mental Illness
Cancer	Mental Retardation
Cerebral Palsy	Old Age
Deafness	Paraplegic
Diabetes	Stroke
Dwarf	Tuberculosis
	Ulcer

University of Kentucky psychologist John Tringo asked 455 students and rehabilitation workers to rank these disabilities as part of a study of the social distance they felt toward handicapped people. He found that hidden handicaps - arthritis, asthma, diabetes- were generally most acceptable. Yet cancer, equally hidden ranked further down the scale. Mental retardation, alcoholism and mental illness were the least accepted.

Here are the results of Tringo's study starting with the most tolerable:

Ulcer	Paraplegics
Arthritis	Epilepsy
Asthma	Dwarf
Diabetes	Cerebral Palsy
Heart Disease	Hunchback
Amputee	Tuberculosis
Blindness	Ex-Convict
Deafness	Mental Retardation
Stroke	Alcoholism
Cancer	Mental Illness
Old Age	-Hack Horn-

(John A., are you taking notes ? ed.)

HERE COME 'DE BROADS

At a meeting the other evening one of the men noted that the women outnumbered the men. I couldn't be sure whether that delighted or distressed him. (Between 25-40% of the members of A.A. are women.)

But here she is. The woman alcoholic, no longer hidden behind drawn curtains in her futile bedroom - "protected" - sometimes literally to death by her family....lured from her bar stool, kitchen stool, secretarial pool, blackboard, office, street- drawn by the promise of sobriety, sanity, a new way of life - liberation, true liberation - the ability to arrest her illness. The knowledge that the disease of alcoholism is a no less "acceptable" illness for her than it is for him .

She brings with her the same courage she has always shown, and she brings new hope because she is no longer alone. Singular-unique-set apart before, she is no longer trapped in the void of complete aloneness that has held her for so long.

She has come to A.A. to share- and be shared with. She has come to hear and see herself reflected in a hundred others. No where else does the word "sister" have such validity. She does indeed have a special bond with her sisters who have suffered so similarly - no matter how different the specifics may be.

She stands solidly - equally - with the men of the Fellowship of A.A. And she will carry that message of hope to others. She empties ashtrays, makes coffee, chairs meetings, leads discussions and goes on 12th Step calls.-she is a group secretary, a G.S.R. She knows the real meaning of "willing to go to any lengths". She is moving, stirring, reaching, seeking and finding: sobriety, serenity, a measure of peace - and PLACE!

Mary Lou C.

FRIENDSHIP IS THE POETRY OF LIFE.

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE
COURAGE TO CHANGE THE THINGS I CAN
AND WISDOM TO KNOW THE DIFFERENCE.

+++++

CENTRAL SERVICE OFFICE

FINANCIAL CORNER

GROUP	January	1976	GROUP	January	1976
Alamo Heights	\$ 15.00	\$ 15.00	Northeast	-0-	-0-
Amistead (Luling)	-0-	-0-	Northwest	\$ 25.00	\$ 25.00
Audubon	10.00	10.00	Northwood	-0-	-0-
Bethany (Killeen)	3.00	3.00	Pilgrim	-0-	-0-
Boerne, Tx.	-0-	-0-	Portland, Tx.	-0-	-0-
Brees	10.00	10.00	Pride	-0-	-0-
Bridge(New Braunfels)	10.00	10.00	Reality	10.00	10.00
Broadway	10.00	10.00	Reliance	-0-	-0-
Cal-Allen(C. Christi)	-0-	-0-	Robstown, Tx.	-0-	-0-
Casa del Sol	-0-	-0-	San Pedro	10.00	10.00
Downtown	25.00	25.00	SASH	-0-	-0-
El Carmen	-0-	-0-	Santa Fe	-0-	-0-
Floresville, Tx.	-0-	-0-	St. Agnes	-0-	-0-
Ft. Sam Houston	20.00	20.00	Seguin, Tx.	5.00	5.00
Frontier	20.00	20.00	Serenity	10.00	10.00
Goliad	-0-	-0-	Sharing	-0-	-0-
Group 12	-0-	-0-	STARR (Intergroup)	14.44	14.44
Guidance	-0-	-0-	Stepping Stones	-0-	-0-
Happy Hour	-0-	-0-	Sunset	-0-	-0-
Harmony	-0-	-0-	The Haven	5.00	5.00
Highland	20.00	20.00	Traditions	-0-	-0-
Hill Country	-0-	-0-	Trinity	10.00	10.00
Hope	-0-	-0-	Twenty-Four Hour	10.00	10.00
Kerrville, Tx.	-0-	-0-	Grupo Unidad	-0-	-0-
Women's Serenity (Kerrville)	6.00	6.00	Unity (Monterrey, Mex.)	-0-	-0-
Killeen, Tx.	3.00	3.00	Universal City	-0-	-0-
Laurel Heights	10.00	10.00	Valley Hi	-0-	-0-
Lytte, Tx.	-0-	-0-	VA Hospital	10.00	10.00
Luling, Tx.	-0-	-0-	Villa Rosa	25.00	25.00
Marymont	-0-	-0-	Wesley	-0-	-0-
Grupo Montana(Seguin)	16.00	16.00	Windcrest	60.00	60.00
New Braunfels, Tx.	-0-	-0-	Woodlawn Heights	-0-	-0-

BUCK-O-THE-MONTH: The 1976 participation in the "Buck-o-the-Month Club" has now begun. See your secretary or your group "Buck-o-the-Month" representative. Help our Central Service Office by becoming a member for only \$1.00 per month. Your help will provide the Central Service Office with the means to further carry the message to the suffering alcoholic. BUCK-O-THE-MONTH PROVIDES A BUNCH.

GROUP CONTRIBUTIONS: Now is the time for all A.A. members, group secretaries, and GSR's to review individual group contributions to the national General Service Office and your Central Service Office. Funds are not solicited. The amount is determined by the group conscience.