

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:
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VOLUME THREE

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NUMBER FIFTEEN

(The Editor, Edna McG., is on vacation, but will be back to put out the August issue. Articles will be appreciated.)

" GOD AS WE UNDERSTOOD HIM "

A.A. is a spiritual program above all else. Our first purpose is to get sober and stay sober - This is what we are taught. I have found it is best accomplished by living one-day-at-a-time, staying sober each 24 hours.

The 2nd and 3rd Steps state we've come " to believe that a power greater than ourselves can restore us to sanity" and "we made a decision to turn our will and our lives over to the care of God , as we understood Him."

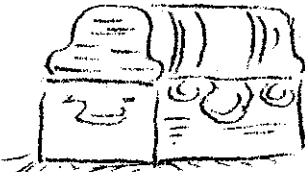
"God as we understood Him"- How do we individually understand Him ? To me, He is not a person or finite being. He is unseen spirit-merciful, loving, compassionate, and omnipotent (present at all places and at all times); He is the creator and caretaker of the Universe, unlimited by time or space. He is the Father of us all and He cares for us all, individually and collectively in an unexplainable way. Since He is our spiritual Father He cannot be compared to our earthly fathers. He is capable of working miracles in our lives but only if we have faith- faith in His infallibility, in His understanding, in His compassion and love for us and all others who place their faith in Him.

How do we communicate with Him ? I find that it is easier when I am alone, then I can feel His Presence. This can be in my bedroom, at night or early in the morning on the patio looking at the birds, the trees, the flowers; on a walk or drive in the country and even in the city with someone else who is also attuned to His Presence. What do I communicate with Him about - not about material things, worldly things, but things that will further my spiritual growth, such as becoming less and less selfish, being more tolerant and understanding of people. But, above all, loving my neighbors as myself. If I'm sincere and have faith in God, as I understand Him, I will make progress in these fields but never reach perfection; it is a progressive effort.

Robert E.L.

I met God in the morning
When my day was at its best,
And His presence came like sunrise,
Like a glory in my breast.
All day long the Presence lingered,
All day long He stayed with me

And we sailed in perfect calmness
O'er a very troubled sea.
So I think I know the secret,
Learned from many a troubled way;
You must seek Him in the morning
If you want Him through the day.



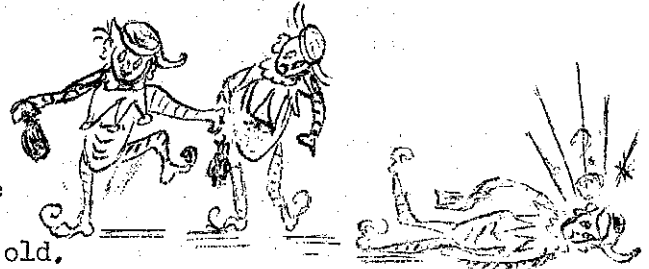
FROM OUR TREASURE CHEST OF MEETINGS

Newcomer: What's an old timer ?

Oldtimer: The guy or gal who got up the earliest today.

Someone likened alcoholism to a cucumber-- given enough vinegar and spice and pretty soon-- a pickel!! And once it's started the transformation process, there's no such thing as being returned to a whole fresh cucumber. In other words, baby, it's crossed the line (incipiency?) and there is no going back. It just hangs around soaking up the "juice" and - zingo- pickled (full blown alkie ?Could be). Oh, those drunk pickles, or is it pickled drunks ?


The other night a guy mentioned losing thirty pounds since he's been in A.A. Said he's a grandfather, but now thinks about looking young...Have you noticed how, automatically, with sobriety, everyone starts looking younger? Do you suppose attitude has something to do with it? I think it is "heart talk"-love never grows old.



Happy Harold often says, " I came to AA because my wife had a sincere desire that I stop drinking... that was thirteen years ago." He concedes that it was not until he wanted it for himself that it really 'took'. Then he says, "Isure don't want to forget my last drunk." Thank God for Happy Harold and his Alanon wife, Florence.

Hugh C. led a wonderful meeting at Northwood the other night. He used his sobriety date from the book "Twenty Four Hours a Day" as his subject matter. He carries a card with nuggets from that day's 'thoughts' so that every time he opens his wallet he sees it. I was so fascinated that I looked up the one for my sobriety date, the 'shoe fits to a tee! Try it, you'll like it.

Jack L. and wife Lola, left us to go to Kansas City. Kansas City's gain, our loss. He said that during the trip he went to a meeting and somebody said to him, "You were smiling when you came in, smiling while you were here, and still smiling as you leave... you might be just what we need around here."

see  *BE SEEING YOU!* *see*

Katherine Hepburn and Sir Lawrence received awards for their portrayal in a film called "Love Among the Ruins". I didn't see it, but the title grabs me. As a recovered alcoholic, it has occurred to me how appropriately these words might be applied to our fellowship. It has not been long since all alcoholics were looked upon as the ruins of society. Today increasing numbers of men and women, thousands upon thousands, walk in sobriety--- a whole new edifice of service, constructed from these so called 'ruins'. Their one instrument and cornerstone is LOVE.

The tide is beginning to turn as society, indeed as we, ourselves, become increasingly aware of "chaos turned to peace, hatred to love, injury to pardon, doubt to faith, despair to hope, darkness to light, sadness to joy". Surely this is "Love Among the Ruins". And to keep it, it must get even better. We must allow it to grow in the NOW of SOBRIETY. NOW, this first moment of the rest of our lives. Living gratitude, with LOVE, encompasses a whole new wonderful way of life. There are no Emmy's - nor would we want them- but we are given lives. We see them all the time, given back to us through the miraculous tools, freely offered in our beloved Alcoholics Anonymous--- Always Available.

Nancy McC.

NEWS - SOUTHWEST TEXAS AREA GROUPS

THESE GROUPS NEED HELP !

KING WILLIAM GROUP - St. Benedict Hospital Nursing Home - 323 E. Johnson
meets 8:15 P.M. on Tuesdays - closed discussion.

EL CARMEN - (Bilingual) El Carmen Catholic Church Recreation Building, 18487
Martinez-Losoya - 8:15 P.M. on Thursdays - open discussion.

THE NEWCOMERS GROUP- Has disbanded for lack of attendance.

24 -Hour Group voted recently to have a meeting on Sunday evenings from 6:30 P.M.
to 7:30 P.M. to be called the YOUNG PEOPLE'S GROUP- closed discussion. First meet-
ing will be held on July 6. This brings to a total of a meeting EVERY NIGHT at
24-HOUR SERVICE CENTER, 1203 Fredericksburg Rd.

Charlie B.

THE MONTANA GROUP, La Casita, 723 E. Mountain Street, Seguin will celebrate its first
anniversary on Sunday, August 3. Barbecue dinner at 2:00 P.M. Bring a covered dish
and celebrate with us.

Pete H.

AUDIE MURPHY VA HOSPITAL will open its Alcoholic Ward next week, after which all
alcoholic veterans will be required to attend our AA meetings held in Room E.#136
every Thursday night at 8:15 P.M. Let's have a good attendance now in order to show
these patients that we are interested in their welfare. See you there.

Charlie McC.

FRONTIER GROUP , the ARC, Southton Road, will have their annual 4th of July Barbecue
An AA meeting will be held from 2 - 3 P.M. with a good out-of-town guest speaker...
eating from 3:30 P.M. until ? Y'all come. Those of us who have tasted Tiny's good
cooking in previous 4th of July Barbecues know that it is well worth the price -
\$2.50 for adults, \$1.50 for children. Come join us in this eatin'-meetin'.

Elvis S.

SILVER ANNIVERSARY OF A.A. IN KERRVILLE- Banquet, August 2, 6:30 P.M. Holiday Inn
on Highway 16 - \$4.00 each. We need early reservations . Ray B., Kerrville, Chairman
Speaker: Val C., Midland. All day OPEN HOUSE at 720 Tivy Club - Phone Number 896-9983
(512)- Come share this wonderful event with us.

FIRST ANNIVERSARY coming up for Lytle A.A. Group-Wednesday, July 9 at 8:15 P.M. at a
NEW address 15120 Oak Street, Lytle. Make this a MUST on your calendar.

John G.

HAPPY HOUR GROUP, Universal City, recently celebrated its 1 year anniversary. About
20 AAs, Alanons, Alateens and Alatots celebrated the occasion with a family get - to-
gether at Landa Park in New Braunfels. There was a lot of (co-ed) fellowship, swimming
romping on the playground and also some just plain 'playing around '. And naturally
food-food-food ! HAPPY HOUR GROUP meets 5:30 P.M. every Friday at St. Andrews Episco-
pal Church. Alanons at the same time in the Choir Loft. We's like to see YOU at our
meetings.

Bob S.

NEW - SOUTHWEST TEXAS AREA GROUPS

IDEAL A.A.GROUP- San Marcos, Texas .Meets Tuesdays, 8:15 P.M. in the Allenwood Apartments Library

AMISTAD A.A.GROUP - Luling, Texas. Meets Mondays, 8:15 P.M. at the Methodist Church at Bowie and Magnolia Streets.

YOAKUM A.A.GROUP- Yoakum, Texas. Meets Tuesdays, 8:00 P.M. at the Methodist Church Hwy 111- Edna Hwy.

CUERO A.A.GROUP - Cuero, Texas. Meets Fridays, 8:00 P.M. in Proctor Hall, Episcopal Church on Liveoak.

28th ANNUAL TOP OF TEXAS ROUND UP - October 3,4,5,1975 -Hilton Inn-1-40 east - Amarillo, Texas. Contact: Round-Up Committee, P.O.Box 412, Amarillo, Texas, 79105. Top speakers of the nation- Fellowship unequalled anywhere !

25th SOUTHWEST TEXAS AREA CONFERENCE - October 10,11,12,1975 at Quality Inn South 2200 South I H 35- Austin, Texas. Registration \$5.00, Buffet Lunch \$4.00, Banquet and Dance \$6.00. Total \$15.00. Please note on the Registration form mailed out, the above announcements for the Luncheon and Dance are not tickets. All tickets will be in your envelope upon registration.

LaRoye G.

REGULAR MONTHLY EVENTS

Please notice a change in time for the dinners at the DOWNTOWN GROUP, Sahara Club 809 E. Euclid. The first Sunday of the month the dinners will change to 6:30 P.M. to 7:30 P.M. Open speakers meeting at 7:45 P.M. July 6th will be a Mexican Dinner.

Sunday, July 20, GOLIAD GROUP, 1004 Avondale, BAR-BE-CUE- 6:00 P.M. -Open speakers meeting - 7:30 P.M. Regular Sundays 8:15 P.M.

Sunday, July 27, 24-HOUR GROUP, Dinner 1:00 P.M. 1203 Fredericksburg Rd. Games party afterwards.

DOWNTOWN GROUP, Sahara Club, 809 E. Euclid- beginning June 16th the Sahara Club will be open 1:00 to 10:00 P.M. every day. Come by for coffee and Fellowship and meetings

Saturday, July 26, Group 12, 102 Thames, Dinner 7:00 P.M., adults \$2.00, children \$1.25 followed by games. Regular games party 2nd Monday of each month at 7:30 P.M. Group 12 and Club 12 would like to inform all groups and surrounding areas that we have a list of 12 Step workers and we are available for 12 Step work- 344-8981 ; 344-5493. We are going to have OPEN HOUSE at CLUB 12 on JULY 4th from 12 to 6:00 P.M. Come and join us in Fellowship and Love.

Our new open ALKA-NON meeting on Wednesday night at 8:15 P.M. has been very successful. We wish to thank all those who helped make our OLD TIMERS DAY so successful. It was great to see these who helped guide us along our path represented here. Thanks again OLD TIMERS.

NEW ALANON FAMILY GROUP at Calvary Missionary Church, 1518 Steves- meets at 8:15pm on Wednesday nights.

CENTRAL SERVICE OFFICE NEWSREFERRALS

A.A.	103
Alanon	22
P.I.C.	5
Students	8

As you know the DIRECTORY is printed in four separate booklets this year. The International A.A. Directory; Canadian A.A. Directory; Western U.S. A.A. Directory Eastern U.S. A.A. Directory. The Central Service Office has received an order of the International A.A. Directory.

WHY INTERGROUP MEETINGS ??????

Quote from an early A.A. announcement for an Intergroup Meeting in San Antonio.... August 25, 1958.

" Our San Antonio A.A. Intergroup Association will hold monthly 8:15 P.M. Intergroup Meetings at Club "12" until further notice. Our Central AA Committee has planned meetings for the purpose of bringing together all of our affiliated groups into one monthly meeting to held the second Sunday of each month beginning October 12th at Club "12" where ample facilities are available." (end of quote)

Intergroup Meetings are still being held the second Sunday of the month at Club "12" at 8:15 P.M. In 1974 the name was changed to STARR- Southwest Texas Area Round Robin.

If you haven't been to a STARR meeting lately or if you're finding your enthusiasm for A.A. Fellowship lagging, why don't you come to the July STARR meeting? YOU are needed!

The A.A. Group from PORT LAVACA will bring July STARR Meeting. All groups of the Southwest Texas Area have been contributing their experience, strength, and hope with us fulfilling the original purpose OF BRINGING TOGETHER ALL OF OUR AFFILIATED GROUPS in order to BRING ABOUT A CLOSER RELATIONSHIP WITH ALL CONCERNED.

See you there! jw

C.S.O.C. will meet at Club 12, 102 Thames July 13 at 7 P.M. GSR's and Committee persons please note.

* S * T * A * R * R *

Immediately following the C.S.O.C. meeting July 13th, the Southwest Texas Area Round Robin will be held at 8:15 P.M. A.A. members from Posrt Lavaca will bring the meeting and their chairman will be "Skeeter" S.

Jim B.

The General Service Office filmstrip suggested in the GSR pamphlet is now available in you Central Service Office. It runs for 40 minutes; a projector and record player is needed whenever the filmstrip is to be used. These can be borrowed if needed.

P.I.C. REPORT

LaRee M. spoke to a group of 35 at the S.A. Skills Center on June 12th. News releases of the 40th Anniversary International A.A. Convention in Denver, Colorado have been mailed to our 3 daily papers as well as to 5 weeklies. George B. and Paul P. spoke to the entire graduating class of 300 students on May 28 at Connell High School. An information tape has been released by P.I.C. to Channel 5 TV. Any A.A. members seeing this spot announcement are asked to contact Frost U. at 822-7062.

All " Flying AA Fellowship " members headed for Denver are asked to PLEASE check at Braniff Counter, International Airport by 7:30 A.M. Thursday, July 3rd.

Joe R.

" IN MEMORIAM "

Mary C. - June 7, 1975 - mother of Rick C.

Alice Waite - June 5, 1975 - wife of the late Matt A. Our sympathy is extended to the family.

Sandy L., Chairman of the Institutions Hospital Committee is greatly in need of volunteers to help carry the message to the hospitals. We have no report as yet on THOSE programs in need, because her son was seriously injured in an accident in Ohio. Report is that she will return to San Antonio soon.

Her son is off the critical list and is improving daily.

THE HANGUP OF SEX

Of all the hangups associated with guilt and remorse none were so vitally active in my alcoholic mind as sex. As I recall I was able to attribute every one of my severe depressive reactions to some sexual experience (or lack of one) that happened somewhere in my vague alcoholic past. I discovered in the A.A. program that I had magnified those experiences all out of proportion to what had really happened; that surely they weren't acts that should have been accepted as the "the right thing to do", but by the same token each of those social errors were human.

In the A.A. program, the folks there helped me to realize that sex was a hell of a lot more than just a fleshy shortcoming. They showed me that the shortcomings of sex are twofold, the Body and the Spirit. Although the former shortcomings are the most obvious, the latter are more deadly. It is not difficult to recognize the man that overindulges himself with food, alcohol or sex; the behavior and symptoms soon become obvious. However, seldom do we discern, within the hearts of other human beings all the anger, jealousy and pride that may lodge there, even for ourselves we are more aware of our shortcomings of the flesh than we are defects of the spirit embedded deeply within us.

So, there develops a popular misconception that the root of character defects is Man's body and the passions of the body; nothing could be further from the truth. This I also learned from my A.A. friends. Man's body is good! It was made by God. How is he going to use his body? That is the real question. If he uses it for self indulgence that is the moral problem. If he uses it as a means to best express his love and concern for another, then immorality - is not - an issue. The heart of the matter is his choice - whether for love of himself or love for another.

I need to constantly remind myself of the distinctions between shortcomings of the flesh and defects of the spirit. This is because that in my attempts to overcome the former I can easily succumb to the latter. On the deeper level, there is an even more basic separation which colors all my thoughts and actions. I inevitably look at life from my own point of view. I see what is good for me. I naturally try to make the good for me the good for everyone. In one way or another I believe this is true of all of us. It is this that keeps us from getting closer to God and to one another. It is this defect of mine that for many, many years put the wrongful slant on sex in my life and maintained deadly anguish in my soul.

Whitey M.

PSYCHIATRIST ALCOHOLICS' CREED:

We the willing, led by the unknowing
Are doing the impossible for the ungrateful,
We have done so much for so long, with so little
We are now qualified to do anything
with nothing.

ALKASCOPE TIPS (from Barney B., Tuscon, Ariz.)

Aquarius - The 3rd Step is the 1st step
to freedom.
Pisces - The message is LOVE, carry it.
Aries - Count yourself-you're not so
many.
Taurus - Frowns fray fringe benefits.
Gemini - Walk in a rut and you leave no
footprints in the sands of time.

Cancer- Emotional chasms soon
close but Vat 69 is a
bottomless pit.
Leo- Sober lions are the true
lionhearted.
Virgo- Love's labor never lost.
Libra - Short ego trips are harm-
less if you're on the AA
train.
Scorpio- The only boundaries of
growth are self imposed
Sagittarius - The joy of the day
is sufficient.
Capricorn - Don't let windfalls
become pitfalls.

FINANCIAL CORNER

GROUP CONTRIBUTIONS THROUGH MAY 31, 1975

<u>GROUP</u>	<u>MAY</u> <u>AMOUNT</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>MAY</u> <u>AMOUNT</u>	<u>TO DATE</u>
Alamo Heights	\$ 15.00	\$ 75.00	Northwood	-0-	\$ 45.00
Audubon	10.00	50.00	Open Door	-0-	30.00
*Amistad	4.00	4.00	Pilgrim	-0-	50.00
Brees	20.00	50.00	Portland	\$ 15.00	15.00
Bridge	10.00	50.00	Reality	10.00	50.00
Broadway	20.00	50.00	Reliance	-0-	-0-
Downtown	-0-	20.00	Robstown	-0-	15.00
Eastside	-0-	-0-	St. Agnes	-0-	10.00
El Carmen	-0-	-0-	SASH	-0-	-0-
**Ft SamHouston	-0-	55.00	Santa Fe	-0-	30.00
Frontier	20.00	100.00	Seguine	5.00	25.00
**Goliad	15.00	85.00	Serenity	5.00	25.00
Group 12	50.00	250.00	Sharing	-0-	-0-
Guidance	-0-	-0-	STARR(intergroup)	28.86	159.51
Happy Hour	-0-	40.00	Stepping Staones	37.50	75.00
Harmony	-0-	-0-	Sunset	15.00	75.00
Highlands	20.00	100.00	The Haven	-0-	20.00
*Hill Country	12.00	12.00	**Traditions	10.50	58.35
Hope	-0-	10.00	Trinity	10.00	20.00
Kerrville	12.00	60.00	Twentyfour Hour	-0-	22.50
Women's Serenity	6.00	30.00	Unidad Grupo	-0-	7.00
Killeen	-0-	12.00	Unity(Monterrey)	-0-	20.00
** King William	-0-	20.00	Universal City	5.00	25.00
Laurel Heights	5.00	55.00	Valley High	15.00	75.00
Lytle	-0-	-0-	**Villa Rosa	75.00	175.00
Montana Grupo	5.00	25.00	Wesley	-0-	10.00
*Luling	6.00	6.00	Windcrest	30.00	130.00
New Braunfels	12.00	12.00	Woodlawn Heights	-0-	-0-
Northeast	-0-	40.00	VA Hospital	-0-	10.00
Northwest	25.00	125.00			

* Welcome to these new groups to our AA community

**Contributions to the Mimeograph machine are not included in the above:

Ft Sam Houston-\$25.00; Goliad- \$ 25.00; King William- \$ 25.00; Traditions-\$ 5.00;

Villa Rosa- \$ 25.00

THANK YOU FOR YOUR CONTINUING SUPPORT - New secretaries should check to see if their groups are up to date with the monthly contributions. GSR help in this matter is also requested.

SPANISH SPEAKING A. A. GROUPS IN THE AREA

GRUPO ESPANOL LOCKHART across the street from the courthouse- Wednesday- 8:15 P.M. open speakers.

GRUPO MONTANA, Seguin - meets Thursday at 8:00 P.M. in "La Casita" Halfway House- 728 E. Mountain, Seguin, Texas- open Speakers.

GRUPO AMISTAD, Luling - meets Mondays at 8:15 P.M.- First Methodist Church (basement) Bowie & Magnolia, Luling, Texas. - open disc.

GRUPO IDEAL, San Marcos- meets Tuesdays at Allenwood Apts. Library- 8:15 P.M. Bilingual - San Marcos, Texas.

GRUPO SERENIDAD, Austin - meets Sundays at 8:00 P.M.- St. Cecilias Catholic Church- Lyons & Tillerie- open speakers - Austin, Texas.

GRUPO FLORESVILLE -(Bilingual), Floresville- meets Wednesday at 8:15 P.M.- Memorial Hospital (basement)- 1301 Hospital Blvd.- open speakers - Floresville, Texas.

GRUPO DEL SOL-(Bilingual), San Antonio - meets Wednesday 8:15 P.M. at "La Casa del Sol" Halfway House- 321 Frio City Rd.- open speakers- San Antonio, Texas.

NAVARRO GROUP, Corpus Christi - meets 8:00 P.M. Wednesdays- at Our Lady of Guada - lupe Church Social Center - Lockheed & Virginia - Corpus Christi, Texas.

SAN ANTONIO SPANISH SPEAKING GROUPS *

WESLEY GROUP: Christ the King Church, 2610 Perez-Thurs. 8:15 P.M. & Sun. 5:00 P.M.

SANTA FE: Santa Fe Episcopal Church, 1108 Brunswick- Tues. & Fri. at 8:15 P.M.

ST. AGNES: St. Agnes Catholic Church, 804 Ruiz - Wednesday at 8:15 P.M.

GRUPO UNIDAD: 3210 W. Commerce Street, Monday & Saturday at 8:15 P.M.

EL CARMEN: El Carmen Catholic Church, 18487 Martinez-Losoya - Tuesday at 8:15 P.M.

GRUPO DEL SOL: Mexican-American Unity Council, 321 Frio City Rd.- Weds. at 8:15 P.M.

Hay más grupos de habla Hispana en nuestra area, pero desgraciadamente no tenemos suficiente información de ellos. Sabemos que hay en Harlingen y en Laredo, y posiblemente en Brownsville. Le suplicamos a los manden todas las datos a Raul M. a cargo de la Oficina Central.

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There are more Spanish speaking groups in the area but unfortunately we do not have any information of them. We know there are some in Harlingen and in Laredo, and maybe even in Brownsville. Please send information to Raul M. c/o the Central Office so that your group will appear in the NIGHT CAP.

KERRVILLE VA HOSPITAL meeting has been changed from Friday to TUESDAY- 6:30 P.M. to 7:30 P.M.- combination speaker & discussion meeting.

KERRVILLE A. A. GROUP- 720 Tivy, Kerrville, Tx.- will have Waterfront Joe of Houston for their July 12th meeting at 8:00 P.M. Everybody's invited.

Hal F.

A " Community Meeting " in Alcoholic Anonymous will be held July 17th in the Main Post Office, Room 641 at 8:00 P.M. Chairman: John A., A.A. speakers, Emily H. & John A.; Alanon speaker, Buddy H. "Free Movie ". Come and bring your friends.

Ben A.