

NIGHT CAP

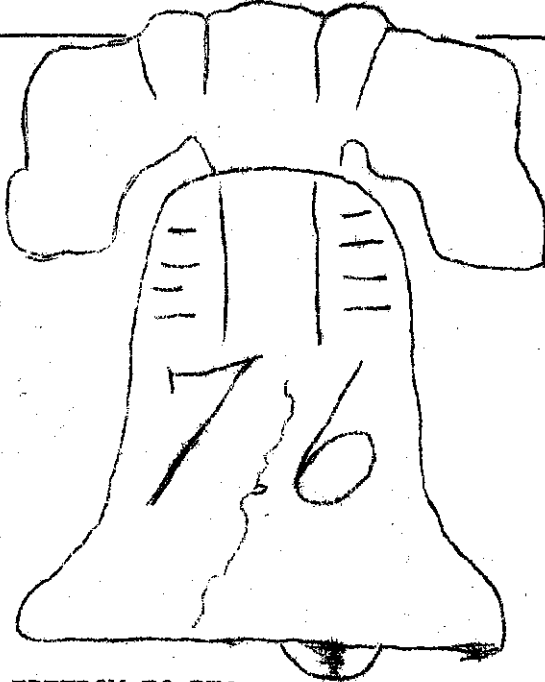
Published monthly by the San Antonio Central Service Office of Alcoholics Anonymous in the interest of greater unity of members in local and South-west Texas Area groups.

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THE FREEDOM TO BE!

As the result of using and abusing alcohol most of my adult life, I am an alcoholic. The last ten years, alcohol was present sparsely and only because it seemed like the thing to do while being with people who did it.

The last ten it was present as an everyday remedy for insomnia, colds, flu, sewing, reading, working in the yard, having fun, etc. You name it and I used it for it.

God in a bottle - that's what it was - it went every where I did. my dependence on alcohol was total. It was the only thing that wouldn't let me down. At least that's what I thought then.

However - something happened - the last real friend I had was beginning to let me down. I tried switching brands and from wine to gin and

then beer but nothing would work. I couldn't quit. Life without that liquid self-assurance was impossible. The time came when only death was the answer. Death seemed far better than exposing myself as one of those people who didn't have the guts or the will power to drink properly. My life time fear of being a failure happened. I had failed and was through. At that point, I gave up, called a friend who had suggested I might need help and asked her to help me get in at the Kerrville State Hospital. She did, and with the help of two drinks and two Librium's and her, I was admitted to Ward 603.

What seemed to be fate worse than death was a blessing. I don't know what I expected, but this wasn't it. Nobody treated me like a moral leper I thought I was. I was not looked upon as a poor, pitiful thing who could not take care of herself. These people, the personnel and the AA people, treated me like a human being who was expected to do her share. For the first time I can remember, I was not alone. We were people who had a common problem.

It took awhile for the alcoholic fog to lift and the mind to clear but the feeling you get with a bunch of drunks all relaxed and happy being themselves, free from self doubt and insecurity, here it was, without any chemical aid, free people expressing themselves - their experiences, their strengths and their hopes. They gave me the courage to express mine.

I was introduced to a group that met downtown while still at the Hospital.

THE FREEDOM TO BE (Continued from Page One)

These people were the same. It has been the same every where I have gone to an AA meeting. The love, the people giving me their names and phone numbers to call if I needed help.

Today, as a result of applying the 12 steps of AA to my life one day at a time, I'm sober. I attend meetings several times a week - including Ward 603. I try to give what was given and is being given to me for four years.

God bless non-alcoholics too. There are many people who are concerned with our illness and thanks to them along with alcoholics these treatment facilities for people like me who have no place to go because my illness was not treatable in the usual way.

- Joyce M. -

THE KEY TO FRIENDSHIP LIES IN FREEDOM - FREEDOM TO GIVE AND TAKE - FREEDOM TO COME AND GO - FREEDOM TO LIVE AND GROW - AND THE FREEDOM TO BE ALL WE CAN BE !

P.I.C. REPORT

I know that everyone in AA appreciates the time, effort and expense that people spend in carrying the message to non-AA folk who have requested our resources. When these people call for us they expect to see and hear from members of AA; and look forward to the day they will be there with a message of recovery. (If for some reason you can not appear for a scheduled appointment, please let me know in time to make other arrangements.)

Fort Sam Houston Officers's Club requested speakers for April 13th. Thank's to Charlie for arranging to have Ann O'B. and George L. talk to the 2nd Time Around Group.

DuWayne F. spoke to three 7th grade classes at Anson Jones Middle School. Bob Spurlock carried the message to a Sociology Class at the New Braunfels High School on April 28th.

Katie J., John A., and Dean E. spoke at Churchill High School in the month of March. I'm sorry that we took so long to thank you all for a job well done. If I ever miss anyone please call and we will get you in the next time.

Nancy W. spoke to combined health classes - there were 2 groups - at Roosevelt High School.

We had a good month for television; on May 13th a tape was made at KLRN -TV, Channel 9, and was shown on May 17th.

Station KEDA has been running five minute spot announcements during the months of April and May. Tapes played are by three AA speakers: Ignacis H., Sylvano B. and Dave H., The Alanon speakers are Pauline G. and Christine F.

FRIEND, YOU HAVE SOWN FLOWERS ALONG THE SIDE ROADS OF MY LIFE.

P.I.C. REPORT(Cont'd)

Channel 41 - KWEX TV aired a 15 minute segment on the program "En San Antonio" May 19th at 3:00 p.m.

On May 9th Ben A. and Roy H. had 30 minutes on KUKA Radio Station with Frank Alvarez. It was a beautiful "Mother's Day" message, and Roy H. added a message of recovery for the still suffering Alcoholic.

On May 19th Frost U. was taped on Channel 4, KMOL - TV; this film was shown on May 23rd at 8:30 a. m. Frost was interviewed by Ray Laube, Community Service Director of the Station.

Roy H. had 15 minutes on the 17th of May on KWEX with Miss Martha Gutierrez, "En San Antonio" program. On June 22nd Ignacio H. and another member were invited to be guests on the program to speak about the 31st State Convention held here in San Antonio, and of their own recoveries.

On June 10th Frost U. was asked to return for another taping by Channel 4. We all know that it takes more than 5 minutes to tell of your recovery, but it takes only a moment to plant the seed. This tape was aired on June 13th on the program "At Your Service" with Ray Laube at 8:30 p.m.

Maria Elena Torralba, from KMOL - TV requested two members of AA for a bilingual program on Alcoholicos Anonimos. Roland R. and Dave H. responded and were taped for airing the week of June 21st.

AS FOR RADIO: KEDA's Miss Carlina Vollaleongin requested four or five members to tape five minutes on June 11th to be aired once or twice a week for six weeks.

Ben A. was given thirty minutes of air time on radio station KUKA, June 13th to speak on the recovery program of AA, as well as the State Convention.

I would like to thank all of you who have worked so hard to make these television and radio programs possible. I know that this is one of the most effective ways to carry the message to hundreds of homes and the still suffering alcoholic - and their families. Thank's again.

- Ben A. -

NEW GROUPS

Grupo Victoria, 723 Castoll St., New Braunfels, Texas - 78130 - is now holding Open Speaker's meetings each Friday night at 8:15 p.m.

Spanish Speaking Workshop: Held the last Sunday of each month at the Unity Club 3210 W. Commerce. The purpose of this workshop is to provide better understanding of the Traditions of Alcoholics Anonymous and promote greater unity among the Spanish Speaking groups.

Regular Monthly EventsC.S.O.C.

The Central Service Committee will meet July 11th at Club 12, 102 Thames Dr. at 7:30 p.m.

STARR

The STARR (Intergroup) meeting will be held on the 11th of July, also, at Club 12 at 8:15 p.m. Area G groups participating in the coming months are:

July	- Kerrville
August	- Uvalde
September	- Laredo

The Goliad Group, 1004 Avondale will hold their monthly barbeque July 18th at 6 p.m. followed by an Open Speaker's meeting at 7:30 p.m.

Club 12: Party night will be held Saturday, 24th. Serving time for the dinner will begin at 7:00 p.m. \$ 2.00 for adults and \$1.25 for children.

24 Hour Service Group: 1203 Fredericksburg Road, Dinner - Sunday, July 25th at 1 p.m. Adults \$1.75; Children \$ 1.50.

Changes and Additions

Grupo Del Sol, 321 Frier City Road now holds an Open Speaker's meeting every Wednesday Night.

The Pride Group: 1639 Mistletoe which formerly met on Tuesday nights has been disbanded.

Not exactly new, but previously unreported is a "Stag" Alanon Group which has been perking along for some months now. These gentlemen meet every Monday evening at Club 12, 8:15 p.m. for a closed discussion meeting. I'm told it's "loose as a goose" (organizationally, I trust they mean!), and they hope to keep it that way - sooo, when he suggests a "night out with the boys" - and everyone will be the happier for it!

Incidentally, there are now 44 AA groups in the Metropolitan Area, and 3 in Universal City - ONE, at least - or more is just for YOU!

YOU CAN FLY! BUT THAT COCOON HAS TO GO.

GRAB IT BEFORE IT'S GONE!

Jeanne W., our out-going Central Service Office Secretary reports that Gene D., our Area Delegate brought back the information that no more of the biographies of "Bill W." will be available through

AA world Services, Inc. Nor will they be sold at future conferences and conventions. If you would like to have one, order the book from the C.S.O. or G.S. O. as long as the supply lasts. (Really, this is a must - and though I'm not going to give you a mini-review of the book --I believe you'll find it a treasure to read now, and re-read again and again. ed.)

The Central Service Office Wishes to thank especially all the AA members taking part in the Standing Committees and Area Committees. Without the wonderful support of these committees it would be impossible for your Central Service Office to function. Quoting from the AAGUIDE--LINES for the Central or Intergroup Offices, "it exists to aid the groups in their common purpose of carrying the AA message to the Alcoholic who still Suffers."

- Jeanne W. -

Referrals: June, 1976

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IN MEMORIAM

Fred S., Secretary of the TRADITIONS Group - June 11th.

Sam S., Laredo, Texas - April

Joe M. - June 22nd

Pat O'F. - June 29th, while visiting his home in Ireland. A Memorial Service was held at 3 p.m. on July 6th at the San Antonio State Hospital.

THOSE WE LOVE LIVE FOREVER IN OUR HEARTS

SEVEN MYTHS ABOUT ALCOHOL

- 1) YOU CAN ALWAYS SPOT ALCOHOLICS BY THE WAY THEY LOOK AND ACT. "Definitely not." say the experts. Some of the most ambitious, competent executives are problem drinkers. They just confine their excessive drinking to nonbusiness hours. Women who stay at home often manage to hide their alcoholism for a decade or more even from husbands and children. The Bowery bum image that most of us have of alcoholics represents only one percent of problem drinkers.
- 2) MIXING DIFFERENT KINDS OF ALCOHOL BEVERAGES WILL MAKE YOU DRUNK OR SICK FASTER. Not so. It's the amount of alcohol you consume and the time span over which you consume it that makes the difference. Your body can metabolize about three-quarters of an ounce of whiskey per hour. The equivalent would be about one can of beer or two small glasses of wine. If you drink more than that, you'll feel it...unless, of course, you have already developed a tolerance. In that case you have a drinking problem.
- 3) PUTTING ICE OR SODA IN YOUR DRINK WILL LESSEN OR COUNTERACT IT'S IMMEDIATE OR HANGOVER EFFECT. No, not in itself. The only way that consuming a long drink, rather than a shot, will effect you is that ice, soda, lemonade, tomatoe juice or any other nonalcoholic liquid will probably force you to drink the alcohol more slowly. So you'll be inclined to drink less alcohol per hour.
- 4) VITAMIN C, RAW EGGS, COFFEE OR TOMATOE JUICE WILL CURE A HANGOVER. The only helps for the morning-after are certain tranquilizers. But physicians warn that a combination of these drugs and alcohol is bad news. You can mitigate the effects of a hangover with aspirin and/or antacids. But most hangovers just have to run their course. The worst "cure" is a dose of the "hair of the dog that bit you." Along that road lies alcoholism.
- 5) IF YOU CAN STOP DRINKING FOR WEEKS OR MONTHS, YOU CAN'T POSSIBLY HAVE A DRINKING PROBLEM. Some of the world's most confirmed alcoholics drink in binges. They are cold sober for months at a time ... and then drink themselves into insensibility, for a week or so. They repeat their episodic drinking bouts on a fairly regular basis.
- 6) ALCOHOLICS ARE THIN AND EMACIATED. ALCOHOL CALORIES DON'T COUNT. Deteriorated alcoholics on the Bowery are indeed often human skeletons. They may spend all their money on liquer, leaving nothing for food, or their livers may already have been damaged so that they don't feel like eating. However, many problem drinkers (especially female ones) also acquire a weight problem. not only are all alcoholic beverages high in calories (which definitely count), but it's easy to forget good intentions about staying on a diet when you have had a drink or two before eating.
- 7) IF YOU ARE IN AN UP - TIGHT BUSINESS OR SOCIAL SITUATION, OR IF YOU EXPERIENCE A BLOCK IN CREATIVE WORK, A DRINK WILL HELP YOU PERFORM MORE EFFECTIVELY. Scientific experiments have shown that this is definitely not so. You may feel that you are doing better because your inhibitions and your self-critical faculties are dulled. But your performance almost always suffers when your senses are even slightly sluggish.

"ALCOHOL IS A DRUG THAT MAKES MANY PEOPLE FEEL BETTER SOME OF THE TIME, BUT ADDICTS 10% OF IT'S USERS" (Reprinted from "Alcohol and the working Woman". The November 1975 issue of HARPER'S BAZAAR)

FINANCIAL CORNER
CENTRAL SERVICE OFFICE

<u>GROUP</u>	<u>JUNE</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>JUNE</u>	<u>TO DATE</u>
Alamo Heights	\$ 15.00	90.00	Northeast	\$ 10.00	60.00
Audubon	10.00	60.00	Northwest	25.00	150.00
Bethany(Killeen)	-0-	3.00	Northwood	-0-	90.00
Boerne	-0-	15.00	Pilgrim	-0-	9.00
Brees	10.00	60.00	Portland	-0-	- 0 -
Bridge-New Branfels	10.00	60.00	Reality	10.00	60.00
Broadway	20.00	60.00	Reliance	-0-	20.00
Court House-Erns'ville	-0-	11.00	San Pedro	10.00	50.00
Downtown	-0-	25.00	San Marcus	-0-	10.00
El Carmen	-0-	-0-	SASH	5.00	5.00
Feel Free-Lockhart	-0-	-0-	Santa Fe	-0-	5.00
Floresville	-0-	-0-	St. Agnes	-0-	5.00
Ft. Sam Houston	-0-	180.00	Seguin	5.00	30.00
Frontier	20.00	120.00	Serenity	10.00	60.00
Goliad	15.00	60.00	Sharing	-0-	-0-
Group 12	50.00	250.00	STARR	42.09	139.51
Guidance	10.00	40.00	Stepping Stones	60.00	120.00
Grupo Esperanza	3.00	3.00	Sunset	-0-	75.00
Happy Hour	-0-	-0-	The Haven	-0-	25.00
Harmony	-0-	-0-	Traditions	-0-	-0-
Highlands	20.00	120.00	Trinity	-0-	20.00
Hill Country	-0-	20.00	Twenty Four Hour	10.00	80.00
Hope	-0-	10.00	Grupo Unidad	-0-	15.00
Kerrville	50.00	50.00	Universal City	-0-	-0-
Women's Semty-Kerrville	12.00	36.00	Unity Group-Monterrey	40.00	40.00
Killeen	-0-	3.00	Valley Hi	15.00	90.00
Laurel Heights	10.00	60.00	VA Hospital	10.00	55.00
Lytle	-0-	10.00	Villa Rosa	25.00	150.00
Luling	10.00	20.00	Wesley	-0-	10.00
Marymont	-0-	40.00	Windcrest	15.00	90.00
Grupo Montana-Seguin	-0-	16.00	Woodlawn Heights	15.00	30.00
New Braunfels	-0-	-0-			
NAS Hosp. Group- Corpus	15.00	15.00			