

# 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 JULY 1977

NUMBER THIRTY FIVE

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## KEEP ON GROWING! HUMILITY

The root of our character is our personality and the purposive personality is humility. Humility is a check against egotism, pretense and false pride. It is an essential of good moral conduct so necessary to our recovery.

Yet humility is one of the most neglected and least understood principles of our AA program. I think the most logical reason for this attitude is a tendency to confuse humiliation with humility. These two words are as different as drunkenness and sobriety. In drunkenness, we reap humiliation. We are degraded, shamed and reduced in stature morally, mentally and socially. But in sobriety we may acquire humility. If we do, we find our common level; we learn the true value of our worth; we shed pride, arrogance and self-concentration. Our whole stature increases through modesty, honesty and tolerance. In AA we frequently hear the expression "We do not look down upon anyone and neither do we look up to anyone." That is, to me, a sample of applied humility, because we are accepting our fellowmen and women as they are without any strings attached. We are meeting them as part of the fellowship without regard to their past, their race, their religion, their social position or the circumstances under which we meet.

Exterior life can mean little without a satisfactory interior life. I think a calm peaceful interior life is unattainable if we permit egotism, pride and intolerance to dominate our personalities. Interior life is that communion between mental and spiritual man and woman which begins the moment he or she is able to think and lasts until they fall asleep forever. Thus, if we permit our old ideas to remain in the present we can expect little peace of mind in the future.

As sobriety is attained and ability develops, if we fail to give as we have received, something within us will dim and life will pass us by - we will have again turned from humility to futility.

There is grace in humility, the small satisfaction of being content to be what we are and in permitting others the latitude of their egos without envy or intolerance. After all it is God's prerogative to mold each of us after His own fashion. We must be content and to maintain that fundamental dignity because it is essential to happiness; it is a physiological standard, a natural law.

Without humility, how can we possibly practice the Golden Rule, and how can we apply the Twelve Steps in all our affairs?

A good summation of humility lies in this adage: "Any person can do a great deal of good, if that person does not care who gets the credit."

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PLAN AHEAD - IT WASN'T RAINING WHEN NOAH BUILT THE ARK!

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OOPS! We Goofed! Past editorial policy establishes that activities not directly part of the program of AA are not customarily announced in "The Night Cap."

Guess our nurturing natures made us myopic and we failed to "hold" the plea for linens made from one of the local foundations which treats alcoholics.

In actuality all alcoholic treatment centers have their own particular needs and in fairness we would have to print all pleas which might make us a five page "want ad."

We will continue to print all group activities, and we urge you to adopt at least one group meeting in a hospital, treatment facility, half-way house or other shelter. In this way you may become more fully acquainted with all the needs of the clients who may be members of the group and make this an area of meaningful personal service.

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TO ERR IS HUMAN: TO REALLY FOUL  
THINGS UP REQUIRES A COMPUTER.

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STAT'S 5/15/77 - 6/15/77

|        |    |             |    |
|--------|----|-------------|----|
| AA     | 81 | INFORMATION | 38 |
| ALANON | 22 | STUDENTS    | 5  |

PUBLIC INFORMATION

Regular Monthly Events:

The Central Service Office Administrative Board will meet at 7:00 P. M., July 5th, at the Central Service Office.

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The C.S.O.C. will meet on Sunday, July 10th at 7:00 P. M., Club 12, 102 Thames.

The Goliad Group, 1004 Avondale, will hold its regular monthly barbeque Sunday, July 17th, at 6:00 P. M., followed by an "Open Speaker's Meeting" at 7:30 P. M. All other Sunday meetings are held at the usual time of 8:15 P. M.

The 24-Hour Service Club, 1203 Fredricksburg will hold its regular monthly dinner on Sunday, July 31st at 1:00 P. M.

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ALCOHOLISM DEBATED AT MEETING: A New York physician who has been a recovered alcoholic for 24 years told a conference of Episcopal clergy and lay persons in May that "alcoholics are just as disappointed in the help they are not getting from clergy as the help they are not getting from doctors."

Dr. LeClaire Bissell, chief of the Smithers Alcohol Treatment and Training program at New York City's Roosevelt Hospital, was the principal speaker at a Kansas City conference sponsored by the Recovered Alcoholic Clergy Association (RACA), a group of Episcopal priests who are recovered alcoholics and who have banded together to aid clergy suffering from alcoholism and to promote treatment programs.

Bissell told the conference most persons still do not look upon alcoholism as a disease "Alcoholism is a progressive disease," she said. "You don't have to wait until it is in an advanced state to make a diagnosis." She said a good prevention program would be for persons to "look in a mirror" and confront alcohol's effects in their own lives. She also decried the lack of education about alcoholism in medical schools and seminaries.

The Rev. James Golder of San Francisco, RACA president, said he hoped that "through this conference and subsequent conferences will do more than have discussions about how the Church can confront alcohol problems."

The conference, held at Grace and Holy Trinity Cathedral, included discussions on diocesan policy statements on alcoholism, parish and vestry education and involvements, the use of alcohol at diocesan functions, and several role plays to illustrate actual case situations.

Richard J. Anderson

(Excerpted from the June 1977 issue of "The Episcopalian")

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GOD SO LIVED THE WORLD THAT HE DIDN'T SEND A COMMITTEE \* \* \* \* \*

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WHY SUPPORT CENTRAL SERVICE OFFICE? It appears from a check of the Financial Statements for the past five months of 1977 - January through May - that not only are the Group Contributions falling off, but the support of the Buck-a-month and the Night Cap are very far behind last year. It would seem maybe a little education on the function of the Central Service Office and the cost of operation is in order.

What is the CSO? According to the "AA Guidelines" - a CSO or Intergroup Office, as it is sometimes called, is a Service of AA that involves a partnership among groups - just as an AA Group is a partnership of individuals. They are established normally to carry out certain functions common to all the groups - functions that can best be handled by a Central Office.

Some of the functions include:

|                           |                              |
|---------------------------|------------------------------|
| AA Inquiries              | Hospitalization              |
| Information Exchange      | AA in Institutions           |
| Local Public Information  | Group Meeting List           |
| Professional Relations    | Local AA Events              |
| AA Bulletin or Newsletter | Depository for AA Literature |

The San Antonio Office was founded in 1949, has been in operation continuously, performing various functions as needed by the dependent groups and has undergone many changes as the AA Groups grew in size and number. Five years after the CSO was opened there were ten groups in San Antonio and 36 in the SW Texas Area. Today there are 43 local groups and the Area has grown to 182.

This office has no authority on its own account. It is derived solely from the participating groups and the control is maintained over the CSO operation by the GSR's, who reflect the will and conscience of the groups in this operation. As a result the Maintenance, Supervision and Support of the CSO comes from the GSR's of the participating groups.

These GSR's make up the Central Service Office Committee and from this is elected the Administrative Board and ultimately the appointment and supervision of the following Committee Chairmen:

|         |           |              |                    |
|---------|-----------|--------------|--------------------|
| Finance | Editorial | Institutions | Public Information |
|---------|-----------|--------------|--------------------|

The function of these committees is obvious. There is only one paid employee- the Executive Secretary - selected from the general AA membership and normally serves for two years. The function of the Secretary is the physical operation of the CSO, with the aid and assistance of the Committee chairman and volunteers from the general membership.

The prime service function of this office is to assure AA unity and to fulfill AA's primary purpose - "To carry the message." The benefit and value of CSO to local San Antonio AA groups should be apparent and it is available to any AA group in the Area.

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Some of the work carried out by this office, in addition to being a central information center for the local AA groups and publication of the monthly "Night Cap", were 1,750 referral calls handled in 1976 and the sale of some \$7,637. of AA literature at little or no profit, exclusive of considerable material given free to worthy recipients.

This Office, through the Public Information Committee, arranged speakers for 72 talks on AA and Alcoholism at local high schools, grade schools, and many civic organizations in 1976. With the cooperation of the various groups, the Hospital and Institution Committee conducted weekly meetings in Veterans Hospital, Villa Rose, and State Hospital, as well as several trips to the penal institutions.

The minimum operation expense for the Office is \$700. per month, so financial assistance from the groups is a necessity. The only source of income is from the participating group contributions, personal donations and the Buck-a-Month.

Is your group and are you personally doing your part to keep this valuable office capable and operating? We hope so, but if not, please take another look.

Hod C. - Financial Chairman

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WHEN YOU'RE READY TO GO OFF THE EDGE - REMEMBER THAT THE LORD IN HIS INFINITE MERCY - MADE THE WORLD ROUND.

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AROUND THE AREA:

A new Alateen Group has been formed by Jane J. and Julia R. The group meets on Monday night at 8:15 P. M. in Club 12. All teenagers in the Area are cordially invited to attend. For more information call Jane at: 824-9237.

Club 12 has resumed their dinner and games night! All who have enjoyed these evenings before will want to return - and those of you who haven't had the opportunity of attending will certainly want to do so!! "Party Night" is held on the last Saturday of each month. Dinner is served at 7:00 P. M. for just \$2.25 per person. Mark your calendar, call your friends and make a night of it!!

District 11 will hold their Round Robin meeting on Sunday, July 31st, at 1:00 P. M. at La Hacienda, Hunt, Texas. The Hill Country Group will provide some fine speakers.

These summer weekends are a great time for visiting other groups in the area surrounding San Antonio.

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The 720 Club, Kerrville, holds a covered dish supper in conjunction with "birthday night" on the last Saturday of the month. Drop in - we're told there's always a bit to spare . . . both good food and good fellowship!!

Liz K. and Tommy spoke to a group of 20 Lee High School students in June.

P. I. work goes on even during the summer months. If you feel you would like to aid in this work give Beth J. a call at the Central Service Office

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Mary Ficarratto is ailing this month - . . . bet she would appreciate a card or note from you! Her address is: 1114 Garrity Rd., San Antonio, Texas 78209.

The Baby of the Family!! The Park North Group is the youngest member of our growing AA Clan. The group meets at 8:00 P. M. in the basement cafeteria of Park North Hospital, 4330 Vance Jackson - and they'd love to have the pleasure of your company - Friday Nights!!

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BE AN ELF TO YOURSELF - SUBSCRIBE TO "THE NIGHT CAP"

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\$ \$ \$ BUCK - A - MONTH \$ \$ \$

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JUST A REMINDER - to locate the cots and coleman for the Fifth Chisholm Trail Round-UP to be held in August on beautiful Lake Travis in LCRA Park just outside of Austin.

This will be the last chance for a family fling before the kids go back to school! You'll all enjoy the swimming, water-skiing, boating and fishing - along with the open air cooking - and eating! Lot's of Fun for Everyone!! (more news in July)

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IN MEMORIUM:

Grace Struman, San Antonio, June, 1977  
 Marge Levenson, San Antonio, June, 1977  
 Lucius Hemmey, Father of Carl H., June, 1977  
 Mary G. Shoufe, Mother of Garrett T., June, 1977  
 Father Raymond, Friend of AA ("He loved alcoholics") - The Central Office deeply appreciates the memorial in his name.

FINANCIAL CORNER  
 SAN ANTONIO  
 CENTRAL SERVICE OFFICE  
 RECEIVED JUNE 16, 1977

| <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          | Northwood        | 0           | 45.00          |
| Audubon            | 20.00       | 50.00          | Park North       | 25.00       | 25.00          |
| Brees              | 10.00       | 60.00          | Reality          | 5.00        | 15.00          |
| Broadway           | 10.00       | 60.00          | Reliance         | 0           | 40.00          |
| Downtown           | 0           | 10.00          | Sally            | 0           | 0              |
| First Step         | 0           | 0              | SASH             | 5.00        | 20.00          |
| Ft. Sam Houston    | 20.00       | 100.00         | Santa Fe         | 0           | 0              |
| Frontier           | 20.00       | 100.00         | St. Agnes        | 0           | 0              |
| Goliad             | 0           | 41.00          | Serenity         | 10.00       | 50.00          |
| Group 12           | 50.00       | 300.00         | Sharing          | 0           | 0              |
| Grupo Del Sol      | 0           | 0              | Stepping Stones  | 0           | 75.00          |
| Grupo Esperanza    | 6.00        | 15.00          | Sunset           | 15.00       | 90.00          |
| Grupo Unidad       | 15.00       | 37.50          | Trinity          | 0           | 10.00          |
| Harmony & Harmonia | 10.00       | 25.00          | The Haven        | 20.00       | 40.00          |
| Highlands          | 20.00       | 120.00         | 24 Hour          | 10.00       | 60.00          |
| Hope               | 0           | 0              | Universal City   | 0           | 10.00          |
| Laurel Heights     | 0           | 75.00          | Valley Hi        | 0           | 60.00'         |
| Marymount          | 0           | 50.00          | VA Hospital      | 20.00       | 60.00          |
| Northeast          | 30.00       | 70.00          | Villa Rosa       | 25.00       | 150.00         |
| N. San Pedro       | 0           | 40.00          | Wesley           | 0           | 15.00          |
| Northwest          | 0           | 125.00         | Windcrest        | 0           | 60.00          |
|                    |             |                | Woodlawn Heights | 0           | 0              |

AREA

|                         |       |       |                     |      |       |
|-------------------------|-------|-------|---------------------|------|-------|
| Boerne                  | 0     | 0     | Kerrville           | 0    | 20.00 |
| Bridge (N. Braunfels)   | 0     | 50.00 | Men's Stag (Kerr)   | 0    | 10.00 |
| El Toro (Port Mansf'ld) | 0     | 8.00  | Women's Serv (Kerr) | 0    | 50.00 |
| Floresville             | 5.00  | 30.00 | Luling              | 4.00 | 19.00 |
| Hill Country Group      | 15.00 | 15.00 | Seguin              | 5.00 | 30.00 |

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BUCK-A-MONTH CONTRIBUTION FORM

DETACH AND MAIL

Central Service Office - 109 Lexington Ave., Suite 215 - San Antonio, Texas 78205  
 Please enter my contribution to the BUCK-A-MONTH for \_\_\_\_\_ months.  
 Donation is enclosed on the basis of \$1.00 per month.

NAME \_\_\_\_\_ STREET \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

1945

1. The first part of the report deals with the general situation of the country and the progress of the war. It is a very interesting and informative account of the events of the year.

2. The second part of the report deals with the economic situation of the country. It is a very detailed and thorough analysis of the economic conditions and the measures taken to improve them.

3. The third part of the report deals with the social situation of the country. It is a very comprehensive and up-to-date survey of the social conditions and the efforts to improve them.

4. The fourth part of the report deals with the political situation of the country. It is a very clear and concise summary of the political events and the policies of the government.

5. The fifth part of the report deals with the cultural situation of the country. It is a very interesting and enlightening study of the cultural life and the efforts to promote it.

6. The sixth part of the report deals with the military situation of the country. It is a very detailed and accurate account of the military operations and the progress of the war.

7. The seventh part of the report deals with the international situation of the country. It is a very comprehensive and up-to-date survey of the international relations and the efforts to improve them.

8. The eighth part of the report deals with the future of the country. It is a very clear and concise summary of the plans and policies for the future.

9. The ninth part of the report deals with the conclusion of the report. It is a very brief and concise summary of the main points of the report.

10. The tenth part of the report deals with the appendix. It is a very detailed and thorough list of the sources and references used in the report.