

# 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

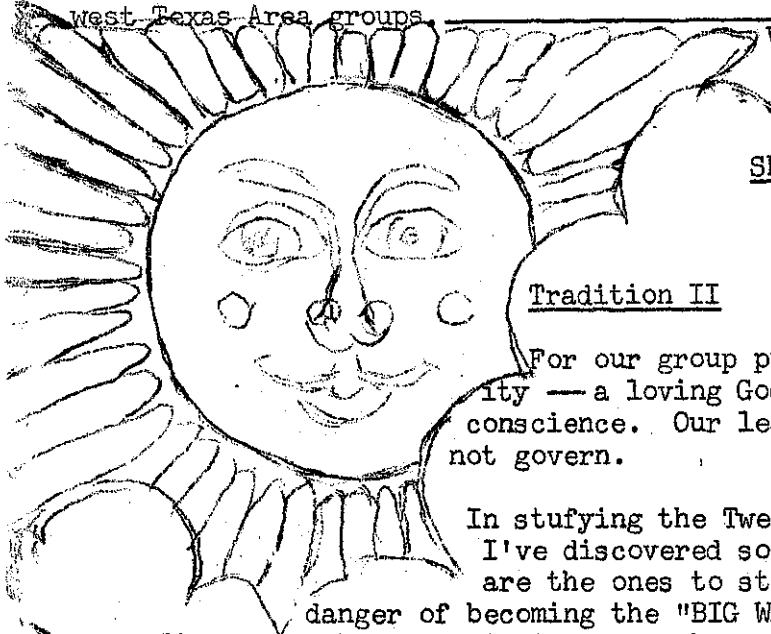
JUNE 1977

NUMBER THIRTY FOUR

SHARE

YOUR

SUNSHINE!



## Tradition II

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

In studying the Twelve Steps and Twelve Traditions again, I've discovered some wonderful truths' When we sometimes are the ones to start a new group we are spared the danger of becoming the "BIG WHEEL" by sharing our authority with our fellow alcoholics. This is where the group conscience begins. It's taken me a long time to fully appreciate this gift — the group conscience. Now I feel a measure of security.

Through out the days of my sobriety I am aware that the ultimate authority who guides each of us helps us through the difficult times of adjusting to the new role of "trusted servants."

In the second tradition if we'll try to listen to its message — these areas of growth are mentioned, "elder statesmen" and "bleeding deacons". Again I feel our loving God as He may express Himself in the group conscience — Don't you?

It was most assuring to me to find that these areas of service became the "true voice" of Alcoholics Anonymous . . . they lead by example!

In closing I quote, "This is the experience which has led us to the conclusion that our GROUP CONSCIENCE, well advised by its elders, will be in the long run wiser than a single leader." Yes, we do work better as a group sharing than singly running the show! Thank you Bill W. and those AAs who were with you to formulate this tradition!

- Jeanne W. -

\*\*\*\*\* WE ALL GROW BETTER IN SUNSHINE AND LOVE \*\*\*\*\*

ALCOHOLICS ANONYMOUS IN HOSPITALS

Today there is acceptance of the theory that alcoholism is an illness and that it can be arrested if the alcoholic accepts his alcoholism and stops drinking. With the help of Alcoholics Anonymous, this end can be attained with institutionalized patients. As this becomes more and more evident, the attitude of hospital authorities is changing, resulting in many new facilities for alcoholics.

Members of AA carry the message of recovery to hospital patients throughout the world. There are presently more than 1,300 AA groups in hospitals. Attendance at AA meetings is voluntary at most of them but open to patients who feel they they might have a problem with alcohol.

In addition to setting up meetings, AA members arrange to sponsor patients when they are discharged and to guide them through the first difficult weeks of sobriety in the outside world.

In some large cities, hospital authorities have set aside special wings or other facilities for the treatment of alcoholics who are visited and sometimes sponsored by individual AA members.

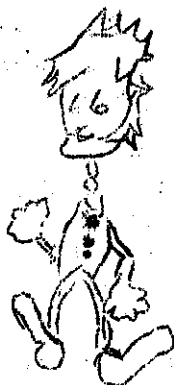
Because of its Traditions, Alcoholics Anonymous has never established its own hospital facilities, nor identified the Fellowship with any institution. Individual members have opened rehabilitation centers and halfway houses, but these facilities are in no way connected with AA as a whole.

AA groups in hospitals are usually sponsored by "outside" groups or by institutions committees representing a number of such groups. These sponsors work with hospital personnel in getting new groups underway, in providing speakers, and in making AA literature available.

The General Service Office of AA corresponds with secretaries of these AA hospital groups on matters of traditional AA procedure, issues an annual directory of hospital units, and has special discount packages of literature available.

\*\*\*\*\* LET NO FLOWER GO UNSUNNED OR UNLOVED \*\*\*\*\*

BE  
AN  
ELF  
TO  
YOURSELF!



SUBSCRIBE  
TO  
THE  
NIGHT CAP!

SHARING

A surge of Spring cleaning may have unearthed stacks of "Grapevines" and "Night Caps" stashed in corners and under the beds. You hate to part with them - each one had an article that you meant to read, or re-read when you had the time!

You could take them out to the garage and enshrine them along with last year's license plates - or - bundle them up and donate them to the hospital group nearest you. Isn't that a "neat" way to share the word - and the wealth?

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

THE SCENEConvention News

" Whatever It Takes " is the motto of the Third Annual Hub of the Plains Convention to be held June 9th-12th at the South Park Inn in Lubbock, Texas.

Alanons and Alateens will hold separate " sharing sessions " in their own Hospitality rooms and join their families for the Friday " Fun Day " which features Golf and Bridge tournaments as well as plenty of time for sunbathing or swimming.

A banquet and dance will be held Saturday evening and a special AA Service Sharing breakfast will give everyone an opportunity to meet John G, Area Delegate (Northwest Texas Conference ) and Mary H., West Texas Alanon Delegate.

For information concerning registration fees contact Shirley Ward Greene, Convention Chairwoman, P. O. Box 6511, Lubbock, Texas 79413

Room reservations may be made direct to: South Park Inn, 3201 S. Loop 289, Lubbock, Texas 79413, on telephone: 806 - 797 - 3241.

\* \* \* \* \*

" There is a Solution . . ." and you might just find it at the 21st Annual Florida State Convention, July 6th-10th to be held in the beautiful Breakers Hotel, Palm Beach, Florida.

Seven outstanding speakers from all over the country will share" their experience, strength, and hope" with conventioners, and you may enjoy workshops - and the beautiful panaroma of the Atlantic Ocean.

Non-smokers will be grateful to have special areas set apart just for them, and the rest of us will appreciate "unlimited coffee" (!) - as well as tennis, golf and the chance to meet new friends.

Registration fee of \$10.00 should be mailed to: 21st Florida State Convention, P. O. Box 10495, Riviera Beach, Florida 33404.

For room reservations mail direct to: The Breakers, P. O. Box 831, Palm Beach, Florida 33486.

\* \* \* \* \*

The "Great Outdoor Beaver Meeting" says its all about the 2nd Annual Western Alcoholics Anonymous Labor Day Weekend, September 2nd-4th held in Beaver, Utah.

All "eager Beaver" campers will want to take advantage of this all-outdoor's weekend - and there are even near-by motels for the tender-footed. The whole family will enjoy "fishing, swimming, dancing and games" as well as a taste tempting beef barbeque. Just \$6.00 for AAs, Alanons, and guests entitles the camper to all meetings, and the barbeque. Alateen registration is \$1.50.

A fee of \$5.50 will be charged for each motor home site, \$ 5.00 per camper, and \$4.00 per tent site. Mail total amount to: Beaver Convention, c/o Registration Chairman, 4801 Eldorado, Laverne, Ca. 91750.

\* \* \* \* \*

Biking, hiking, hitching or skateboarding everybody in the frayed jeans and Dylan set will be heading to Houston's Shamrock Hilton Hotel, September 2nd-4th for the 20th International Conference of Young People in AA!

Help yourself to a special sharing weekend with the really " in" crowd! Registration for AAs and Alanons is \$5.00. Alateen registration is \$1.00, and the banquet fee is \$8.00. Mail to: 20th I.C. Y.P.A.A., P. O. Box 55788, Houston, Texas 77055.

For room reservations mail direct to: The Shamrock Hilton Hotel.

\* \* \* \* \*

Wherever you are this summer - something GREAT is happening in AA!

STAT'S - 4/15/77 - 5/15/77

AA . . . . . 84

Alanon . . . . . 14

Information -45

Students . . . . . 7

Public Info. . . . . . 3

IN MEMORIUM

Bill McAmneny, San Antonio - May, 1977  
Mary Kay Mings, San Antonio - May, 1977

TO THE FAMILIES AND FRIENDS WE EXTEND SINCERE SYMPATHY AND OUR PRAYERS THAT THEIR BEREAVEMENT MAY BE TEMPERED BY REFLECTIVE THOUGHTS UPON THE HAPPINESS SHARED.

The AA Central Service Office has received memorials in the names of EARL JEANS and MARY KAY MINGS. These gifts are deeply appreciated and will enable AA to further carry the message.

THE LOCAL FOCUS

The HOW Foundation located at 815 East Grayson Street is in need of towels and wash cloths -- not necessarily new but clean and in usable condition.

Check HOW'S schedule of meetings; as well, there must be one that you can attend and they'd be delighted with your support!

\* \* \* \* \*

The Park North Group would be happy to have you join them in unwinding after a frantic week.

The group holds "open discussion" meetings every Friday at 8 p.m. in the basement cafeteria of Park North Hospital, 4330 Vance Jackson Road.

\* \* \* \* \*

Tape Group -- Dan and Midge, 8543 Breawick, would love to hear from anyone interested in hearing and sharing taped AA messages. Even though you can't attend every convention, anniversary, or speaker's meeting, you can share many of these great moments through this medium. Interested? Give'em a call at: 653-8794.

\* \* \* \* \*

Nudge ole' Dad out of the hammock to spend Father's Day in Floresville! The Floresville Group will celebrate their 2nd Anniversary on Sunday, June 19th, from 4 - 8 p.m. in the American Legion Hall at 1412 4th Street.

Following the meeting, featuring Ray V. of Beeville as the speaker, the group will host a fine old fashioned barbeque-- and music for your listening pleasure! (and aid to your digestion) . . .!

There couldn't be a nicer way to celebrate Father's Day/Floresville's Anniversary. Have a Happy . . .!

\* \* \* \* \*

Tim H. of Port Mansfield writes that he's noticed many San Antonions arriving for "fishing, boating and all the other summer fun", and he'd like to increase the pleasure by letting us know that there are two AA meetings a week there..

The Monday night meeting is held at Tim's house, and on Thursday evening a meeting is held in Rodney's home. Tim says they are easy to find -- "ask any cop."

He also says that the fishing and sailing are exceptional all summer long -- which should lure a lot of our enthusiasts!

\* \* \* \* \*

When you're in downtown S.S. be sure to stop into the Central Service Office, and have a cup of coffee with Beth J.

Take time to browse through "the Stacks"; you're sure to find a book to intrigue you -- or that hard-to-please friend. Remember -- you'll want to take something new and stimulating along to read on vacation. And secretaries will want to stock their group's literature racks before taking off for one of those summer conventions!

\* \* \* \* \*

WHAT'S ON YOUR MIND? Group news, an up-coming party, special speaker, letter to the editor, article, clipping, poem, question, or quotation - we'd love to share it! Just remember that all news must be received by the 19th of each month

Mail to: 215 Abiso Ave, San Antonio, Texas 78209 or c/o The Central Service Office.

## THE LOCAL FOCUS (Cont'd from Page 4):

And to all of you who have contributed — THANKS! You're wonderful! Give yourselves a great big hand — and another for Callista H. and the "mail Crew", and Carolyn B. who types our stencils!  
(P.S. Thanks from CB)

THOSE WHO BRING SUNSHINE TO THE LIVES  
OF OTHERS CANNOT HELP BUT BRING IT TO  
THEMSELVES

REGULAR MONTHLY EVENTS:

DISTRICT 1 MEMBERS: Please Note!!!

The Area Delegate Gene D. will make a report on his trip made in April to the General Service Conference, New York City, at Club 12, 102 Thames, on Friday, June 3rd. This is a report for District 1 Members — PLEASE TRY TO ATTEND!  
\*\*\*\*\*

There will be NO meeting of the Central Service Office Administrative Board in JUNE  
\*\*\*\*\*

The C.S.O.C. will meet on Sunday, June 12th at 7 p.m., Club 12, 102 Thames.  
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The Goliad Group, 1004 Avondale, will hold its regular monthly barbeque Sunday, June 19th at 6 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.  
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The 24 Hour Service Club, 1203 Fredricksburg will hold its regular monthly dinner on Sunday, June 26th at 1:00 p.m.  
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ALCOHOLISM AND BRAIN

Is alcoholism caused by purely social or psychological factors, or does it have its origins in some quirk of body chemistry? Last week to Purdue University

scientists published the results of an intriguing experiment that may help clarify the issue.

Neurobiologists Robert Meyers and Christine Melchoir injected directly into the brains of laboratory rats a compound called tetrahydropapaveroline (THP) which is present in opium poppies and is used by the plant to manufacture morphine. Given a choice of drinking water or ethyl alcohol during the early stages of the experiment, the rats, which normally shun alcohol, always opted for the water. But Meyers and Melchoir write in SCIENCE, after only three days of the THP treatment the teetotaling rats began switching to the sauce. Indeed, after awhile the rodents became so addicted that they exhibited all the symptoms of alcoholism, including a rodent version of delirium tremens (DTs) characterized by whistertwitching, jerking movements and "wet dog" shakes.

These findings, says Myers, contradict a recent Rand Corporation study that suggested some alcoholics could safely return to moderate drinking. He points out that alcoholism is due not to social conditioning — as the Rand study implied, but to lasting chemical changes in the brain.

(Excerpted from "Medicine", the May 9th, 1977 issue of TIME MAGAZINE)

MAY YOUR LIFE RADIATE WARMTH TO EVERYONE  
AS THE SUN RADIATES WARMTH TO EARTH

Try following this simple guide and you will automatically RADIATE SUNSHINE!

"Easy Does It"

"First Things First"

"Live and Let Live"

"Let Go— Let God" (Your Higher Power)

"Keep On— Keeping On"

"Handle the Situation—Don't Let It Handle Me."

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

<u>GROUP</u>	<u>MAY</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>MAY</u>	<u>TO DATE</u>
Alamo Heights	15.00	75.00	Northwood	0	45.00
Audubon	0	30.00	Reality	5.00	10.00
Brees	20.00	50.00	Reliance	0	40.00
Broadway	10.00	50.00	Sally	0	0
Downtown	0	10.00	SASH	10.00	15.00
First Step	0	0	Santa Fe	0	0
Ft. Sam Houston	20.00	80.00	St. Agnes	0	0
Frontier	20.00	80.00	Serenity	10.00	40.00
Goliad	0	41.00	Sharing	0	0
Group 12	50.00	250.00	Stepping Stones	0	75.00
Grupo Del Sol	0	0	Sunset	15.00	75.00
Grupo Esperanza	3.00	9.00	Trinity	0	10.00
Grupo Harmonia	0	10.00	The Haven	0	20.00
Grupo Unidat	0	22.50	24 Hour	10.00	50.00
Harmony	5.00	5.00	Universal City	10.00	10.00
Highlands	20.00	100.00	Valley Hi	0	60.00
Hope	0	0	VA Hospital	10.00	40.00
Laurel Heights	15.00	75.00	Villa Rosa	25.00	125.00
Marymount	25.00	50.00	Wesley	0	15.00
Northeast	0	40.00	Windcrest	0	60.00
N. San Pedro	10.00	40.00	Woodlawn Heights	0	0
Northwest	25.00	125.00			

AREA

Boerne	0	0	Men's Stag (Kerr)	0	10.00
Bridge ( N. Braunfels)	10.00	50.00	Women's Serv. (Kerr)	20.00	50.00
El Toro (Port Mansf'ld)	8.00	8.00	Luling	0	15.00
Floresville	5.00	25.00	Seguin	5.00	25.00
Kerrville	0	20.00			

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Central Service Office - 109 Lexington Ave. Suite 215 - San Antonio, Texas  
 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 \_\_\_\_\_

BUCK-A-MONTH CONTRIBUTION FORM

DETACH AND MAIL