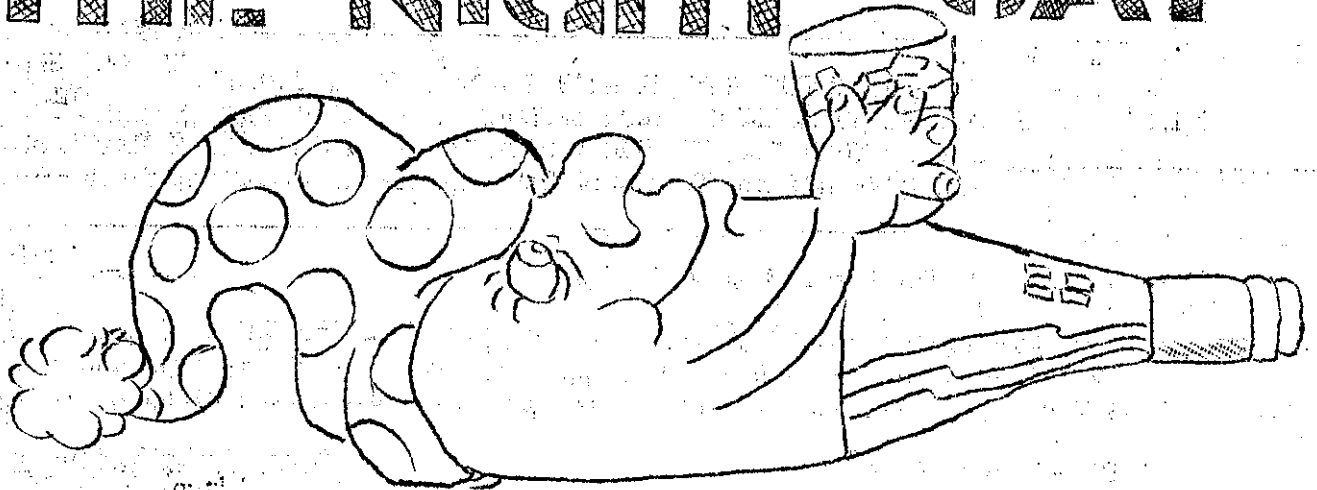


THE NIGHT CAP



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

Address all communications to ;
" THE NIGHT CAP" Lexington Bldg.
109 Lexington Ave., Suite 215
San Antonio, Texas 78205 226-2523

VOLUME THREE

JUNE 1978

NUMBER FORTY EIGHT

WHAT'S YOUR EXCUSE?

I OWE EVERYBODY

Perhaps you do. There's not a case on record of a man or woman who drunk his/her way out of debt. Figure out what and whom you owe, and make up your mind to pay it all off. Then start paying and watch your self-respect grow.

ITS THE ONLY WAY I CAN RELAX

You mean, of course, collapse. This is unavoidable in an alcoholic. No matter how long he/she has been sober, one drink is enough to start the cycle. Then he/she relaxes all right - in the streets, in doorways, in gutters. Just don't relax your resistance to suggestion.

I'M ALL RIGHT AS LONG AS I STICK TO BEER

Good for beer! The only trouble is that it gnaws at an alcoholic's weak spots until he/she switches to something stronger. Beer will see you out in due time; but that is not because of the beer - its because of you.

NOBODY UNDERSTANDS ME

The sorry part of this excuse is that you get to believe it yourself. It sounds so convincing. You don't need understanding - you need treatment. But calm down; most drunks end up talking to themselves.

ITS MY NERVES

You said it! There are no nerves so frayed as those of an alcoholic. No one wants to deny a man or woman a drink; but nerves are another matter all together. When alcohol is what you need to steady your ~~nerves~~ nerves - you're in sore need of a doctor.

(Continued on Page Two)

WHAT'S YOUR EXCUSE? (Continued from Page One)MY JOB GETS ME DOWN

What you mean is that you're letting your job down. When you start drinking heavily, you've changed jobs. The old man in the front office is not your boss any longer - alcohol is!

IF YOU WANT TO BE SUCCESSFUL YOU HAVE TO ENTERTAIN

So look at the most entertaining guy or gal at the party. What entertainment he/she supplies will come after the party. People will talk about him/her for months to come. An alcoholic is a big success all right, but not the way he/she thinks.

I'M A VERY SICK MAN/WOMAN

The common cold is the alcoholic's best friend. Yes, he or she is a sick man/woman, but the problem is not a cold. No germ could last in a system so saturated with alcohol. When you sober up you'll feel so healthy that your friends may avoid you. If it comes to that, maybe you need new friends.

I CAN TAKE IT OR LEAVE IT ALONE

If you were clear-headed enough to have any choice in the matter, you would have no need to make such a statement. Have you ever asked yourself why you always decide to take it? An alcoholic must say, "I can't leave it alone!"

ITS MY MOTHER-IN-LAW

What a ferocious, meddling, insufferable fiend she is. (Really the pits!) She's also been your best excuse for years. But give her a chance and don't blame her for sniping. After all - she is somebody's mother.

ITS HEREDITARY WITH ME

Go ahead, blame it on great-grandpa. He can't talk back. He's remembered for the mighty way he held his liquor - but you're the guy (or gal) who's drunk. Alcoholism isn't hereditary, you won't pass it on - except possibly by your example.

IT HELPS ME TO THINK

Great thinkers have been great drinkers -- but not for long. Alcohol is a stimulant, yes, but only in appearance. Its effect is to depress the higher centers of the brain and to keep you from acting. You only think you think when you take that drink.

(Tatted from The TWELFTH STEP)

YOU ARE RICHER TODAY THAN YOU WERE YESTERDAY IF YOU HAVE LAUGHED OFTEN, GIVEN SOMETHING, FORGIVEN EVEN MORE, MADE A NEW FRIEND, MADE STEPPING STONES OUT OF STUMBLING BLOCKS: IF YOU HAVE THOUGHT MORE IN TERMS OF THYSELF THAN MYSELF, OR IF YOU HAVE MANAGED TO BE CHEERFUL EVEN IF YOU WERE WEARY.

CORRECTIONS:

The Sally Group which meets at the Salvation Army holds their Wednesday night "Open Speakers' Meeting" at 7:30 p.m.

* * * * *

The Thursday Morning Women's Group meets at 1030 a.m. in Club 12.

* * * * *

The 24 Hour Service Group has changed the time of their monthly dinner to 4 p.m. and remember their Friday evening 10:15 p.m. → "Speakers' meeting"

The Unity Group wishes to express their Thanks to the members of the Harmony Group for the donation of furniture.

The Central Service Office wishes to thank Jim A. and Glenn F. for their help in refinishing furniture for the office.

\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢

YOU CAN SUPPORT YOUR CENTRAL SERVICE OFFICE

- 1. With regular Group Contributions
- 2. By purchasing Literature
- 3. With Individual Contributions
- 4. By making Memorial Donations
- 5. With a gift on your Birthday or during GRATITUDE Month
- 6. By purchasing Group or individual members gifts - Lighters, jewelry, plaques or books

AND WITH YOUR SUPPORT WE ARE BETTER ABLE TO SERVE YOU?

\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢-\$-&-¢

THANK YOU FOR SHARING YOUR SUNSHINE

P.I.C.: 4/15/78 -5/15/78

Tommie D. and Nancy W. spoke to 4 sociology classes at SAC.

Tommie also spoke to a Sociology class at Holmes High School, where she was joined by Cal A., who had earlier addressed a Health class at Leall Middle School.

John A. Spoke to the students of Our Lady of Perpetual Help and later to a speech class at Memorial High School.

DuWayne F. was the guest of a group of Alanons and John H. made a presentation to members of CARP.

REGULAR MONTHLY EVENTS:

The Administrative Board of the Central Service Office will meet on Tuesday the 6th of June at 7 p.m. in the Central Service Office.

* * * * *

The C.S.O.C. and District 1 Meetings will be held at 7 p.m. on Sunday the 11th of June in Club 12. (The Delegate's Report will be heard at 8:15 p.m.)

* * * * *

The Goliad Group, 537 Avondale, will hold its regular monthly barbeque Sunday, June 18th at 6 p.m. followed by an "Open Speakers' Meeting" at 7:30 p.m. All other Sunday meetings are held at the regular time of 8:15 p.m.

* * * * *

Group 12 will hold its monthly dinner and games night on Saturday, June 24th at 7pm.

* * * * *

The 24 Hour Service Group will hold its monthly dinner on Sunday, June 25th at 4 p.m. (Please remember that new time)???

DELEGATE TO SPEAK IN SAN ANTONIO

"Skeeter" S., Southwest Texas Area Delegate to the 28th Annual Meeting of the General Service Conference of AA will visit San Antonio to make a brief report of that conference.

The delegate will address DCM's, GSR'S, their Alternates, Group Secretaries and interested members of AA at 8:15 p.m., June 11th in Club 12. (Immediately following the C.S.O.C. and District 1 Meetings)

Everyone in the area is urged to take this opportunity to meet the delegate!

!!!! IT DOESN'T MATTER WHERE YOU GO OR WHAT YOU DO OR HOW MUCH YOU HAVE !!!!
!!! WHAT MATTERS IS WHO YOU HAVE BESIDE YOU !!!

HOSPITAL ZONE:

Groups responsible for taking meetings to the Villa Rosa Groups' Tuesday night "Open Speakers' Meeting during the month of June are:

June 6th and 20th - The Highlands Group

June 13th and 27th - The Sunset Group

Groups responsible for taking meetings to the Sally Groups' Wednesday night "Open Speakers' Meeting" (7:30 p.m.) during the month of June are:

June 7th and 14th - The Stepping Stones

June 21st and 28th - The North San Pedro Group

The Park North Group holds "Open Discussion Meetings" every Friday evening in the basement cafeteria of Park North General Hospital, 4330 Vance Jackson Road at 8 p.m.

! PUTTING YOUR BEST FACE FORWARD !

The Central Service Office has a bright new look - thanks to a coat of fresh paint.

Shelves and carpeting are being discussed.

Thanks to everyone who braved the chaos while the painting went on.

With your cooperation business went on . . . not quite as usual to be sure, but bravely . . . and with a lot of laughter.

Special praise to Richard J. and Tony C. who loaned "muscle" where and when it was needed!

You are cordially invited to play "sidewalk super"! Drop in for a cup of coffee and a look around. You're always welcome.

- Beth J. and Mary Lou C. -

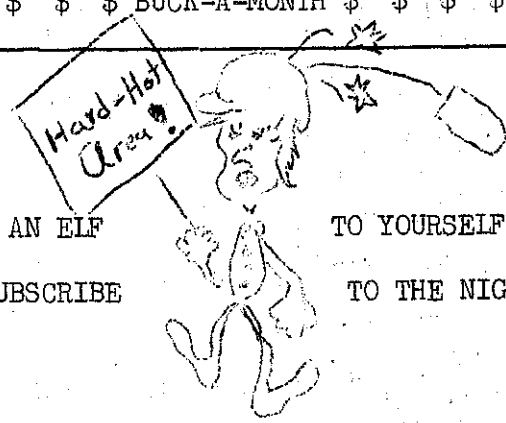
\$ \$ \$ \$ BUCK-A-MONTH \$ \$ \$ \$

BE AN ELF

TO YOURSELF -

SUBSCRIBE

TO THE NIGHT CAP!



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

STAT'S:

AA	89	Information	69
Alanon	21	Students	5

CHANGE OF ADDRESS:

Has the location of your group changed? The name? The type of meeting? The time?

You can help prevent a lot of confusion by notifying the Central Service Office of any change taking place within your group.

And don't forget to let us know when you elect new secretaries or GSR's, also.

GROUP NEWS:

The Sahara Group needs the support of Area AA's who like to get in on the "ground floor" and help new groups "take off"!

The group holds "Open Meetings" every Tuesday and Friday at 8 p.m.

For more information call the Sahara Club from 10 a.m. 'til noon. 223-8018.

FLORESVILLE ANNIVERSARY:

"One Day At A Time" the Floresville Group has made it through 3 happy years and they'd like to invite everyone to share in the celebration!

The group will hold their Anniversary party on Saturday the 10th of June in the Floresville American Legion Hall on 4th Street (Across from Courthouse Square).

A fellowship coffee hour will precede the "Open Speakers' Meeting" which begins at 6:00 p.m. Adrian H. and Jim R., Seguin will be the evening' speakers, and the meeting will be followed by an excellent barbecue beef dinner.

Can't think of a better way to spend a soft, summer Saturday Eve!

LAUGH, LIVE, LOVE AND BE Happy!

CONVENTION NEWS:33rd Texas State AA, Alanon and Alateen Convention

"We came . . . We came to . . . We came to believe" is the theme of the 33rd Texas State Convention to be held at the Shamrock Hilton Hotel in Houston, July 6th - 10th.

Speakers from all over the United States and Canada have been invited to make this a truly memorable event. Of particular interest will be Dr. John L. Norris, Speaker at the Thursday night "Early Bird" Meeting. Dr. Norris worked with Bill W. and Dr. Bob in the early days of AA.

Tickets are limited to the seating capacity of the meeting rooms so you must register early to insure your attendance.

Registration fees for AA and Alanon are: \$31.25 (which includes the Delegates Breakfast). Alateen registration is \$1.50.

Make checks payable to: Texas State AA Convention, and Mail to: P.O. Box 276 Friendswood, Texas 77546.

For room reservations contact: The Shamrock Hilton (Reservations Dept.) P.O. Box 2848, Houston, Texas 77001.

* * * * *

1st Annual AA Hill Country Roundup

"The Eyes of Texas" will be focused on the Inn of the Hills in Kerrville, July 28th - 30th as everybody gets together to "romp and stomp" in celebration of 29 years of AA in Kerrville.

Meetings and events have been planned with the whole family in mind . . . so don't forget to bring along your Alateens, too!

You won't want to miss a moment of that famous Hill Country hospitality - So mark your calender right now!

* *SAVE A SPACE FOR SUNSHINE * *

FINANCIAL CENTER
SAN ANTONIO
CENTRAL SERVICE OFFICE
RECEIVED MAY 17, 1978

<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	Open Door	30.00	95.00
Audubon	10.00	60.00	Park North	15.00	80.00
Brees	0	0	Reality	5.00	25.00
Broadway	0	65.00	Reliance	0	60.00
Downtown	0	40.00	Sally	0	0
First Step	0	0	SASH	10.00	25.00
Ft. Sam Houston	20.00	120.00	Santa Fe	0	30.00
Frontier	0	60.00	Sahara	0	10.00
Goliad	20.00	50.00	St. Agnes	0	10.00
Group 12	50.00	250.00	Serenity	10.00	50.00
Grupo el Sol	0	10.00	Sharing	0	0
Grupo Esperanza	0	0	Spiritual Life	0	0
Grupo Unidad	10.00	70.00	Stepping Stones	0	75.00
Highlands	20.00	100.00	Sunset	15.00	115.00
Hope	0	14.00	The Haven	0	15.00
Kelly AFB	0	35.00	24 Hour	10.00	60.00
Laurel Heights	15.00	75.00	Universal	0	0
Marymont	0	25.00	Valley Hi	0	0
Northeast	0	20.00	Villa Rosa	25.00	125.00
N. San Pedro	10.00	60.00	Wesley	0	15.00
Northwest	20.00	100.00	Windcrest	0	30.00
Northwood	0	90.00			

AREA

Bandera	0	0	Women's Serenity	0	30.00
Bridge (N.B.)	0	40.00	Lytle	0	8.00
Canyon Lake	0	0	New Braunfels	0	10.00
Floresville	5.00	25.00	Pearsall	10.00	45.00
Hill Country Group	0	0	Seguin	0	0
Kerrville	12.00	52.00			

Total group contributions, 21 groups ----- \$332.00

Memorials

Contributions

Bill H.

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 _____