

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 area groups.

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VOLUME TWO

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THINK ON THESE THINGS

IN THIS YEAR, 1974---

Mend a quarrel. Search out a forgotten friend. Dismiss suspicion, and replace it with trust. Write a love letter. Share some treasure. Give a soft answer. Encourage youth. Manifest loyalty in a word or deed.

IN THIS YEAR--

Keep a promise. Find the time. Forgive a grudge. Forgive an enemy. LISTEN. Apologize if you were wrong. Try to understand. Flout envy. Examine your demands on others. Think first of someone else. APPRECIATE, be kind, be gentle. LAUGH a little more!

IN THIS YEAR, 1974--

DESERVE confidence. Take up arms against malice. Decoy complacency. EXPRESS your gratitude. WORSHIP YOUR GOD. Gladden the heart of a child. Take pleasure in the beauty and wonder of the Earth. SPEAK your love. Speak it again. SPEAK it still again, speak it still once more.

-ANONYMOUS



THINK and PLAN for the Future:

The 29TH ANNIVERSARY OF AA IN SAN ANTONIO is just a month away! Circle Friday, April 5, on your calendar and head to the First Presbyterian Church, 4th and Alamo Streets, at 6:30 PM for a Pitch-In Dinner, and a talk by Jack B., Miriam, Kansas, who spoke at the State Convention in San Antonio in June, 1972. Donation \$1.25. Your Group GSR or Secretary can give you any further details. See you there!

The 20TH COASTAL BEND ALCOHOLICS ANONYMOUS JAMBOREE will be held March 15, 16 and 17 at the Holiday Inn of Emerald Beach, 1102 S. Shoreline Blvd., Corpus Christi, TX, 78401. For AAs, Alanons & Alateens. Registration \$4.00, Banquet \$6.00. Alateens: No Registration fee. Spend the weekend on the "waterfront" enjoying AA fellowship! Write JAMBOREE Committee, P. O. Box 3201, Corpus Christi, TX, 78404.

VISITING AA IN OTHER CITIES, TOWNS & COUNTRIES!

One of the best friends I ever met, and we became good friends just about the minute we met, sends me postcards from a world-cruise right now. Her latest is a picture of the Motor Vessel KUNGSBOLM with a hasty note scribbled to tell me that Alfred Lunt and Lynn Fontanne are both aboard. Also, Merle Oberon with her young and handsome boyfriend. The cruise lasts 96 days, so I anticipate more news flashes. The best-friend knows I am a theater-lover. So, she wanted to share the stars on the Passenger List with me.

I'll call her B.F. Do you wonder where I met her? At a Sunday afternoon meeting in Santa Fe, New Mexico. When she asked my husband and me over to her 18th century Spanish casa we had coffee and cake; my spouse had attended a boarding school with B.F.'s two brothers. Coincidence? If you want to say my Higher Power guided me toward that AA Group in Santa Fe, feel free. In strange cities one can feel too free!

Last month we went to Guadalajara, Jalisco, Mexico. On a Friday night, with the city jumping all around us with shoppers and automobiles honking, and the usual big-city buzz... we found an hour's friendly conversation over coffee with a group of gringos in an office building there on Calle Colón near where it intersects the Main Drag of Juárez Avenue. About a dozen of us AA's together shared our strength and hope.

"You won't ever see those people again," might be the reaction of some to our adventure outward with strangers.

In the Air Force we learned to love travel, but also to "strike root" as quickly as possible in whatever new soil our feet landed on. Therefore, when I am lucky enough to be "on the road" somewhere, it never occurs to me NOT to seek out and find a couple of AA's, or a whole Group. I have made a practice of this since March of 1949.

When we lived in Bangkok, THAILAND, back in '63 for a year and a little, I forget now how I found Dan M., but he and I were the Bangkok Group of Alcoholics Anonymous for many months before we were joined by a sprinkling of fresh, new-hatched AA babies-- clear 'round this big world.

The Central Office at New York became our Hometown Buddy... A Rumanian doctor there, I recall, needed a bunch of AA literature for his large practice of affluent Chinese patients. When I go back to Bangkok, some day, I can hardly wait to see if the seedling we planted in the rich land of Thailand is still growing-- ???

I have belonged to groups of AA's in Balboa, Canal Zone-- Boston and Chestnut Hill, Mass., Norfolk, Va., Montgomery, Ala., Hollywood, Cal. I have visited in London, New York, Cuernavaca, Mexico, and lots of others.

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The World Directory of AA is kept up-to-date. I call it my "Conscious Contact with the World" Directory! Next summer we want to visit Scandinavia, which has the highest alcoholism rate in the world. So you can bet your money on the fact that I will visit an AA Group in each port. I may not meet Theater Greats like Alfred Lunt, but just think of all those charming men who look like Eric Sevareid or our own Happy Harold of Minnesota!!!

Travel does broaden (The good food is surely one reason we all love to get out of the USA-?). But for a sober alcoholic, one of life's joys is finding another Best Friend- in Copenhagen?- Or Oslo?- Skol!

-Kay N.

"I AM A PART OF ALL THAT I HAVE MET."
-Alfred, Lord Tennyson

GROUP NEWS



THE HAVEN, 1640 W. Woodlawn, will celebrate its 2ND ANNIVERSARY on Sunday, March 3, with an Open House from 1 to 5 PM. The regular 5 PM Open Speakers Meeting will be chaired by Betty Z. Come to our Anniversary Party on March 3 for fellowship, fun and food!

The regular Bar-B-Que dinner, with all the trimmings, held the second Sunday of each month, will resume on Sunday, March 10, at 1 PM. The Open Speakers Meeting will follow at 3 PM on the second Sunday only. It will be held at 5 PM on all other Sundays.

The Haven also holds Open Discussions on Tuesdays at 8:15 PM and Open Speakers Meetings on Fridays at 10:15 PM.

FT. SAM HOUSTON GROUP, Main Chapel, Bldg. 2200, Wilson Rd., Ft. Sam Houston, will celebrate its 2ND ANNIVERSARY on Monday, March 18, at 6:30 PM with a Buffet followed by an Open Speakers Meeting. All AAs and Alanons in and around San Antonio are welcome. Come one, Come all for AA fun and fellowship!

Regular meetings of this Group are Open Speakers at 8:15 PM on Mondays and Closed Discussion at 8:15 PM Thursdays. Alanon meets Thursdays at 8:15 PM.

24 HOUR GROUP, 24 Hour Club, 1203 Fredericksburg Rd., will hold its monthly dinner and Bingo on Sunday, March 31 at 1 PM.

FIFTH CHAPTER, Club 12, 102 Thames: H E L P ! Please come and support the Tuesday night 8:15 PM Closed Discussion meeting at Club 12. This is the only meeting at the club on Tuesday. I think we owe it to the newcomers to keep this meeting going.

-Doris L., Secretary

DOWNTOWN GROUP, Sahara Club, 809 E. Euclid, will have its monthly dinner on Sunday, March 3, at 1 PM. Poor Boy Bingo is played each Saturday at 8 PM.

GOLIAD GROUP, 1004 Avondale, will have its monthly Bar-B-Que Sunday, March 17 at 6 PM.

GROUP 12, Club 12, 102 Thames, will hold its monthly Dinner and Bingo at 7 PM Saturday, Mar. 30. The 90-Day or Less Beginners Meeting will be on Sundays at 3 PM (formerly 4 PM). Alanon Beginners meet at 3 PM Sundays. A General AA Beginners Meeting is held every Sunday at 4:30.

BROADWAY GROUP, Christ Lutheran Church, 6720 Broadway, holds Open Discussions each Saturday at 8:15 PM. Join them for basic AA, fun and Fellowship!

FRONTIER GROUP, Alcoholic Rehabilitation Center, Southton Rd., holds Open Speakers Meetings on Tuesdays and Saturdays at 8:15 PM. An ALATEEN GROUP has been added and meets on Saturdays at 8:15 PM.

NEW GROUP

THE STEPPING STONES, First Presbyterian Church, 4th at Alamo, will meet every Thursday at 8:15 PM for Open Discussions beginning on March 7. Meetings will be held in the Corral Room; enter on 4th St. This central location should be convenient for people from all parts of town. Everyone is invited to come to our first meeting and get us off to a good start.

Gladys H. is the Nightcap Group News Reporter. Call her at 822-1958 with news of Anniversaries, special events and other items of interest by the 20th of the month prior to event.

RAMBLING 'ROUND THE AREA

THE VICTORIA GROUP, 1003 E. Hiller, Victoria, TX, held what we hope is the first of a new bilingual meeting on January 25. Meetings will be held each Friday at 8 PM. Attending the January meeting were Pete H., Area Committee Member; Sylvano G., Herbert P., Rudy F. and Manuel B., all Spanish-speaking AAs, who came from San Antonio to help get it started- for which we are very grateful.

-Marilyn F.

WHO ARE YOU...AND WHO CARES?

We do-- that's who! But-- what you do outside of AA is your business. What you do inside AA is our business.

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Scene I

"Hey, Bill, how ya doin' on your speakers for March?"

"Just great, Jim. I've got the best personalities around AA lined up. It ought to be a terrific show!"

"Really? Who've you got?"

"Well, you know Jack, that announcer on KUKU.. I've got him. And Whats-her-name, that gorgeous model.. And John, the president of Belch-Fire Corporation. And, of course, no program would be complete without humble Harry, the retired military type. How's that for personalities?"

"That sounds great, but didn't they talk last month?"

"Sure, but they are so good and I was lucky to get them again... "

"Well, yes, they are excellent speakers, but--"

"It's this way, Jim. I like to hear good talks by people with lots of sobriety. That's what the new members need to hear. They get more from the old timers who have the personality to put it over in an entertaining way. It's hard to tolerate some speakers who aren't funny or who have a dull drunk-a-logue. And I don't want to take a chance on someone I haven't heard before."

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Scene II

"Hey, George, how ya doin' on your speakers for April?"

"Just great, Jim. I've got one old timer- you know ol' Crazy Herb-- and three fairly new members, two who've never talked before. I've always enjoyed hearing someone for the first time- they're just beginning to spread their wings... "

"Who are they?"

"Well, I don't know much about them except that they are willing to talk. And I like to give new people a chance as soon as they are willing."

"I agree with you 100%. The new members are the life blood of this group. The sooner we get them involved, the better."

"Right. That's one of our most important principles-- action is the magic word. This is a program of action. It's nice to hear a personality give a thrilling, entertaining talk, but the greatest thrill for me is to hear someone give his first talk because I know then he has started getting involved."

"True. It doesn't matter who you are in this program. It's what you do that counts."

"Sounds like you're giving me a lecture on the 12th Tradition."

"Could be. Could be.. "

"Adios, Jim."

"See you, George."

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Chairmen: When you're going to make the Scene, how about giving the new ones a break?

-G. L.

* * * * *

"Life takes on new meaning in A.A. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--- this is an experience not to be missed."

-The Big Book

CENTRAL SERVICE OFFICE NEWS (Continued)

problems and opportunities created by the increasing number of alcoholics referred to AA by outside agencies, starting with "Here We Come, Ready or Not!"; "An AA Doctor Responds"- of interest in approaching members of the medical profession; in About Alcoholism, the item "Help for Senior Alcoholics".

NEW LITERATURE FROM THE GENERAL SERVICE OFFICE

Bill on Alcoholism (formerly titled Alcoholism the Illness), available in the Central Service Office at a cost of 21¢, contains "Three Talks to Medical Societies by Bill W., Co-Founder of AA". The text remains unchanged.

A simplified version of Is AA for You? -Short and Simple- is available in the CSO for 6¢.

Problems Other Than Alcohol (Excerpts) will be available shortly for 6¢. The entire article by Bill W. may be obtained from the CSO for 6¢.

Your BUCK-A-MONTH helps keep the Central Service Office open; pays for phone service; pays for literature to inform others about the A.A. Recovery Program; for printing and mailing The Nightcap and much, much more. Your voluntary contributions are needed. Join the BUCK-A-MONTH!

NEWS FROM AL-ANON

5TH EAST TEXAS AL-ANON CONVENTION

will be May 10, 11 and 12 at the Gunter Hotel, San Antonio, TX, for Al-Anons, Alateens and AAs. Registration \$6.00, includes dance with "The Continentals" on Saturday night. Alateens: No registration fee. Write: Convention Committee, 866 Craven St., San Antonio, TX, 78223. -Mayme H.

Convention Registration Chairman

WORKSHOP FOR COMMITTEE MEMBERS OF DISTRICTS OF SOUTHWEST TEXAS AREA

--was held February 23 and 24 at The Inn of the Hills, Kerrville, TX. Five of the eight Districts in the Area were represented. Eve S., Corpus Christi, Area Chairman, presided. Alt. Area Chairman Nolte S., Seguin, Area Conference Delegate Tony F., Victoria, Alt. Area Delegate John C., Brownwood and Area Sectry/Treas. W. Clyde M., Victoria were there.

Agenda of the Pre-Conference Workshop to be held April 6 and 7 at the Ramada Inn, Victoria, TX, was discussed as well as the activities and responsibilities of the committeemen. Those at the Workshop attended an AA meeting at Starlite on Saturday evening.

All GSRs are urged to attend and participate in the Pre-Conference Workshop. Group Secretaries and AA members are also invited to attend. Flyers will be sent to Group GSRs.

LETTERS

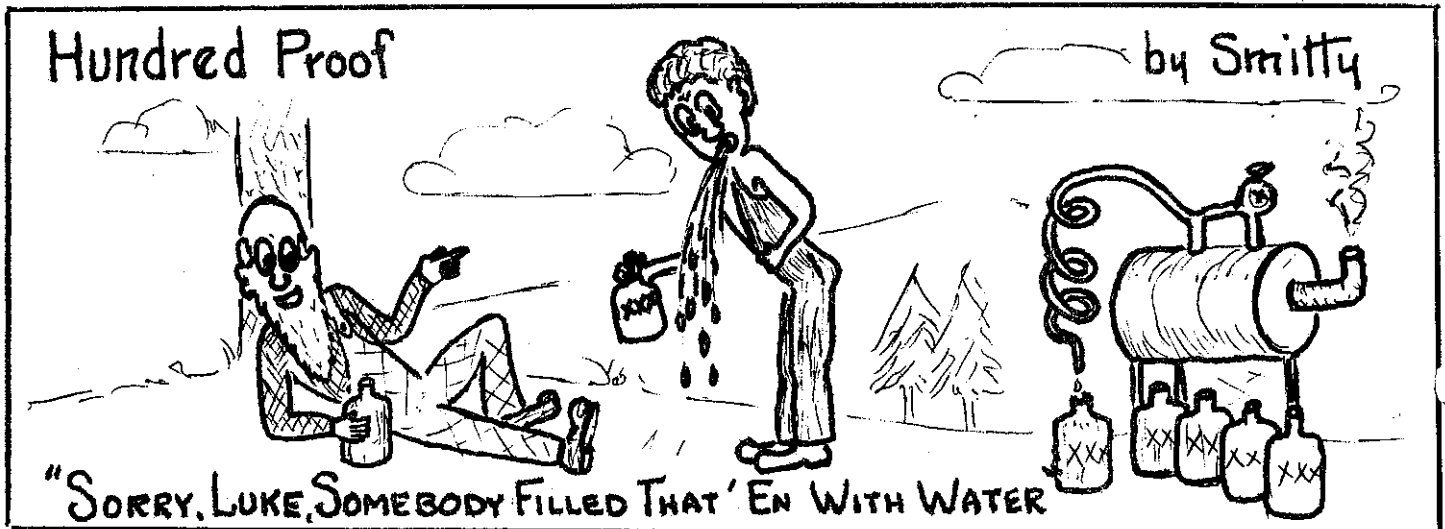
-Just want the Staff and Contributors of The Nightcap to know I enjoy the publication. The articles are well-chosen and interesting, especially Resolutions and Emotional Maturity in the January paper.

-Thanks for your concerted efforts.

J. P.

--And thanks to you, J. P.! The Nightcap appreciates comments of all kinds from our readers. Let us know what you do and don't like- better yet, send an article, joke or other material!

"AA IS EDUCATION WITHOUT GRADUATION"



CENTRAL SERVICE OFFICE NEWS

CHANGES TO ALCOHOLICS ANONYMOUS SAN ANTONIO MEETING DIRECTORY DATED AUGUST 1973

AA GROUPS

ADDITIONS: EL CARMEN (Bilingual) meets in recreation bldg. behind El Carmen Catholic Mission, 18487 Martinez-Losoya Rd -Open Discussions on Thursdays, 8:15 PM. GRUPO MONTANA (Bilingual), Seguin, TX, meets at 728 E. Mountain for Open Speaker meetings on Thursdays, 8 PM. 24 HOUR GROUP, 1203 Fredericksburg Rd., has added a Closed Discussion meeting on Mondays at 8:15 PM. Open Speaker meetings are held Wednesdays at 8:15PM and Saturdays, 10:15 PM. ALAMO GROUP 2011 N. Alamo, is a new Group holding Closed Discussion Fifth Step Meetings on Mondays, 8:15 PM. PILGRIM GROUP also meets at 2011 N. Alamo on Sundays, 8:15 PM for Open Discussions.

CORRECTIONS: GRUPO UNIDAD (Spanish Speaking) meets at Unity Club, 311 NW 24th St., for Open Speaker meetings on Saturdays at 8:15 PM. WESLEY (Bilingual) has moved to 2025 Monterrey and holds Open Speaker meetings on Thursdays & Fridays at 8:15 PM.

CHANGES: 90-DAY OR LESS BEGINNERS Meeting, Club 12, 102 Thames, has been changed from 4 PM to 3 PM. A GENERAL BEGINNERS Meeting is held at 4:30 PM at Club 12.

DISCONTINUED: GROUP 12 YOUNG PEOPLE'S Meeting, Mondays at Club 12.

ALANON/ALATEEN GROUPS

ADDITIONS: EL CARMEN (Bilingual) meets in recreation bldg. behind El Carmen Catholic Mission, 18487 Martinez-Losoya Rd -Thursdays 8:15 PM FRONTIER ALATEEN meets at Alcoholic Rehabilitation Center, Southton Rd., Saturdays at 8:15 PM

DISBANDED: NORTHWOOD ALATEEN

* IN MEMORIAM *

Jim F., Mission, TX, February 16. The McAllen Group said to tell everyone Jim celebrated his 28th year this month and will be missed by all members of AA in the Valley and elsewhere.

Jerry M., San Antonio, February 21. He will be missed by all his AA friends.

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CENTRAL SERVICE OFFICE COMMITTEE MEETING

-Will be held Sunday, March 10 at 7 PM at Club 12. All GSRs are reminded to plan to attend, or make sure that their Group is represented.

AREA MONTHLY INTERGROUP SPEAKERS MEETING

-Will be held Sunday, March 10 at 8:15 PM at Club 12. The NEW BRAUNFELS GROUP will bring the program which will be chaired by Bob S. of New Braunfels. The monthly Intergroup Meeting is an opportunity for all of us to share in fellowship and friendship with members from other Groups. Let's show our unity and loyalty by attending.

PUBLIC INFORMATION COMMITTEE

Frost U., PIC Chairman, has appointed Sub-Committee Chairmen, as follows: COMMUNITY EDUCATION SUB-COMMITTEE: La Ree M.; PRESS & NEWS RELEASES SUB-COMMITTEE: Charlie B.

COMMUNITY EDUCATION ACTIVITIES: The following gave talks on the AA Recovery Program: Pat F. at Canyon High School, New Braunfels; Hal S., John H. and Grice C. at SAC; La Ree M. and Rick C. at Winston Churchill High School; Karen C. and Marilyn J. at MacArthur High School.

More speakers are needed to answer the many calls received from schools, civic, military and church organizations. All AAs willing to "carry the message" in this way are asked to call La Ree M. at 826-8526 or the Central Office, 226-2164.

Public Information Bulletin #40 from GSO, Jan-Feb '74, lists the following USEFUL READING MATTER: Reader's Digest, Jan.: "Alcoholism, The Horror and the Pity" (reprinted from Apr. '73 Good Housekeeping) relates a woman's progressive illness and final recovery through hospitalization, a rehabilitation program and AA; puts more emphasis on the drunk-o-logue than the satisfactions of sober living. Grapevine, Feb., "Alcoholism and Alcoholics Anonymous" by Marvin M. Block, MD, noted authority in the field; five articles on "Prison AA"; "How Then Could We Carry Our Message?"- thoughts on development and meaning of AA, the Traditions and GSO; in Carrying the Message a Progress Report on the Air Force Alcohol Rehabilitation Program. Grapevine, Mar.: Three articles on