

# 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.

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

VOLUME THREE

MAY 1976

NUMBER TWENTY FIVE



## 31 ST ANNUAL TEXAS STATE CONVENTION

Beginning in 1945 at Austin, there has been a succession of AA State Conventions - each excellent and some excellent. The excellentest through this year, however, promises to be during June 24 - 27, 1976, in San Antonio.

We believe, with what we hope is pardonable pride, that San Antonio always has hosted extremely fine conventions. We think, though, this year's event will top all of them. A real top flight committee has arranged a program such as you have not seen - a balanced schedule of old fashioned AA, rollicking entertainment and relaxing atmosphere.

The caliber of speakers could not be surpassed. It would be unfair to single out any one of them; each could highlight an AA convention and will this one.

Have you ever seen a real Mexican rodeo? If you haven't, you can't imagine how exciting a rodeo can be, the hair-raising events that aren't seen in American rodeos. There'll be one at this convention, preceeded by a delicious authentic Mexican supper, all staged for our exclusive entertainment.

Probably you have heard the recording of the Happy Jazz Band, but did you ever hear it in person? ( The founder of this outstanding and unique group was one of us as was one of his original side men. ) Well, you can have the time of your life reveling in the artistry of this great band.

Headquarters for the convention is the beautiful Palacio Del Rio, hard by the lazy San Antonio River and right across the street from the Convention Center where all the meetings will be held. Additionally, rooms are set aside for us at the Menger - across the street from the Alamo and Joske's - La Mansion, on the river and La Quinta, two blocks from the Convention Center.

Now - this is important; it isn't crying wolf. It is very important that registrations and reservations be sent in as soon as possible. We have a substantial but limited number of rooms at the four convention hotels. Hotels requested will be assigned by the San Antonio Convention and Visitor's Bureau on a first come, first served basis, and we are assured rooms only for those reservations received by the Convention Bureau prior to June 3, 1976. Seats at the Mexican Rodeo and supper are absolutely limited and when that space is sold, no one else will be able to get in.

It's going to be just great - and very sobering.

- Gene D. -



P.I.C. REPORT 4/2/76 - 4/14/76

I would like to take this opportunity to thank all of you for allowing me to serve as your P.I.C. Chairman. By the grace of God and the help of my friends I know that we can do it. If you would like to speak at non-Alcoholics Anonymous meetings - Churches, Schools, Colleges and Universities - or anywhere else - that anyone may reach out for help and find the hand of Alcoholics Anonymous - contact the Public Information Chairman.

I know that you will offer the same enthusiastic support and cooperation in informing the public about the illness of Alcoholism that you have given in the past.

Billie W. took a program to a Health Occupation class at John F. Kennedy High School on April 6. I would like to thank her for a job well done.

Radio Station KEDA had three members of AA and two Alanons make five minute tapes on April 2nd to be played in the weeks to come. The speakers were Ignacis H., Sylvano G. and Dave H (AA); Pauline G and Christine F. (Alanon)

On KUKA, Sunday morning, April 4th, 11:00 - 12:00 noon, four members of Alcoholics Anonymous spoke about AA and their recovery. They were: Heriberto, "Salvador" E., Rodolfo, and another member who prefers to remain truly anonymous.

Juan R. and Victor C participated in a 15 minute segment of the program "En San Antonio", on KWEX Channel 41 TV on April 14th.

Thanks to all members who helped carry the Message!

We do have other radio and television programs coming up, and if you would like to participate in this way let me know.

Call the Central Office: 226-2523 or Ben A. at 226-0321, or 342-8627.

\* \* \* \* \*

ALCOHOLICS ANONYMOUS PUBLIC INFORMATION MEETING! You are cordially invited, along with your family and friends, to a "Community Meeting" on Alcoholics Anonymous. The chairman will be Hal F (AA) from Kerrville. Fran F (Alanon) also from Kerrville will be the speaker. The meeting will be held at the Main Post Office Bldg. (Room # 641), May 20 at 8:00 p.m.

\* \* \* \* \*

NEW MEXICO "FAROLITO": One of the best AA newsletters we have seen is EL FAROLITO published by the New Mexico Area Assembly. It is an eight page mimeographed paper, supported entirely by group contributions, with a wide variety of newsy, informative and entertaining entries.

Assembly meetings (and agenda) are described. Some drawings are funny; some inspirational. Anniversaries are listed, as are new groups. Group events are announced, plus weddings, new group servants, and other happenings of interest to AA's. Traditions are also discussed.

One recent issue had a four page section on AA's World Services- well written, brief, and highly instructive.

If other assemblies, or other G.S. committees put out such fine material, it is no wonder so many AA members are intelligently informed about our Fellowship.

If G.S.O. is not on your area's mailing list, please add us. We want to keep up with all Third Legacy activities so we can share them.

We have a monthly newsletter just as good if not better than EL FAROLITO. The NIGHT CAP will come to you every  
(Continued Page Three)

month if you just join the "Buck-a-Month". The cost is one dollar per month. See your group's G.S.R., or Secretary for subscription blanks. Be sure your mailing address is correct.

- Ben A. -

### 31st ANNIVERSARY OF AA IN S.A.

The 31st Anniversary of AA in San Antonio Celebration party at the 1st Presbyterian Church has come and gone. From the numerous comments from those who attended, it appears to have been a huge success.

As the Food Coordinator I wish to thank the local AA groups who so generously arose to the occasion and complied with my requests for sandwiches, cookies and cakes. We had an abundance of food - in fact large quantities of sandwiches and cookies were left after the meeting. The cooperation of AA never fails to amaze me.

The surplus was distributed to the State Hospital, The Haven, 24 Hour Club, R.T.U., The Mirale House and many people took home a "tote bag" of goodies. I know the food was enjoyed by these in attendance and feel sure the recipients of the surplus were more than happy with what they received.

I also wish to thank all those good people who delivered the food to the church and especially those who assisted me with the chores in the kitchen. It was a job well done.

-Hod C. -

LOVE IS A BASKET WITH FIVE LOAVES  
AND TWO FISHES ... IT'S NEVER  
ENOUGH UNTIL YOU START TO GIVE  
IT AWAY.

### IMPORTANT NOTICE !!!

Jeanne W., Central Service Office executive Secretary has announced her resignation from the position effective as of June 30, 1976. Anyone interested in applying for the job please submit written application addressed to AA Central Service Office Committee and mail to Carolyn Brennan, 140 Terrell Road, Apt. 4, San Antonio, Texas 78209. If you have any questions, call 824-6691 - preferably mornings until 9:30 and after 9:30 in the evenings. The applications will be collected, reviewed, and presented to the C.S.O. Committee.

Please state years of sobriety, experience in AA, and any additional pertinent information. The salary is \$300.00 a month; the hours are from 9:00 a.m. to 4:00 p.m. Monday through Friday. The DEADLINE for receiving applications is May 20th.

### REFERRALS: APRIL 1976

AA	104
Alanorr	18
P.I.C.	8
Students	24

### TWELVE STEP CALLS

If you are interested in taking 12 Step Calls, please call the C.S.O., 24 Hour Service Group, Club 12, Goliad Group, Sahara Club, Grupo Unidad and give the following information: Name - Address - Phone Number - Time you are available (Day, Night or Weekends).

These groups are always in need of 12 Steppers.

WE NEED TO HAVE PEOPLE WHO MEAN  
SOMETHING TO US, PEOPLE TO WHOM WE  
CAN TURN KNOWING THAT BEING WITH  
THEM IS COMING HOME.

FAITH and INNER PEACE

1. You have stated the basis of your trouble when you say, "I am an alcoholic," for that means that you have made it a habit. And you can change any habit.
2. You became an alcoholic by practising the misuse of alcohol. You can become free of alcoholism by practicing the opposite and stronger habit of faith. With all the strength and perseverance you can command, start practicing faith.
3. How do you practice faith? First thing every morning, before you arise, say out loud three times, "I believe, I believe, I believe."
4. Pray, using this formula, "I place this day, my sobriety, my life, my loved ones, my work, in the hands of the Greater Power. There is no harm in the hands of the Greater Power, only Good. Whatever happens, whatever results, if I am in the hands of the Greater Power it is the will of the Greater Power and it is good."
5. Practice saying something positive concerning everything about which you have been talking negatively. Talk positively. For example, don't say, "This is going to be a terrible day." Instead affirm, "This is going to be a glorious day." Don't say, "I'll never be able to do that." Instead affirm, "With the help of the Greater Power I will do that."
6. Shoot an injection of faith into all your conversations. A group of people talking pessimistically can infect every person in the group with negativism. But by talking things up rather than down you can drive off that atmosphere and make everyone feel hopeful and happy.
7. One reason that you are an alcoholic is that your mind is literally saturated with alcoholic thoughts, apprehensive thoughts, defeated thoughts, gloomy thoughts. To counteract, mark every passage in the book "As Bill Sees It" that speaks of faith, serenity, happiness, open-mindedness, love. Read them over and over again until these creative thoughts saturate your subconscious mind. Then the subconscious will return to you what you have given it, namely optimism, not alcoholism.
8. Cultivate friendships with hopeful people, attend AA group meetings. Surround yourself with friends who think positive, faith producing thoughts and who send out that atmosphere. This will keep you restimulated with attitudes of faith.
9. See how many people you can help arrest their own alcohol habit. In helping another to overcome alcoholism you get greater power over it within yourself. The twelfth step.
10. Every day of your life conceive of yourself as living in partnership and companionship with the Greater Power. If He actually walked by your side, would you be worried or afraid? Well, then say to yourself, "he is with me." Affirm aloud, "I am with you always." Then change it to say, "He is with me now." Repeat this affirmation three times every day and inner peace will develop within you.

SOUTHWEST AREA PRE-CONFERENCE WORKSHOP

The 1976 Southwest Area Workshop was held in San Antonio, April 10th - 11th at the Ramada Inn, with approximately 100 representatives registered.

The first day served as a pre-conference workshop with its primary purpose to give our delegate, Gene D., the AA Area conscience on topics to be discussed at the General Service Conference in New York ( April 19th - 24th ). The workshop's agenda included presentations and discussions on Public Information Committees, Sponsorship, AA in Hospitals, AAWS Literature, and " Are Groups Getting Away From AA Basics." The following is the concensus of opinion offered at the workshop.

1. ON PUBLIC INFORMATION COMMITTEES: The experience of the P.I. Committee in San Antonio established that there is a need for its service in the city and that P.I. Committee service contributed greatly to community education on alcoholism. The Committee felt that the P.I. Guidelines put out by New York were necessary for the establishment and continuation of any P.I. Committee.
2. ON GROUP SPONSORSHIP: There was agreement that there is a need for some sort of planned group sponsorship, as many newcomers attend only one or two meetings and then lapse. It was suggested that the group appoint a 30 day sponsor whose responsibility it would be to follow up on the fledgeling AA and guide him through his first days.
3. ON AA IN HOSPITALS: It was emphasized that after hospitalization for alcoholism, continued sobriety seems to depend largely on AA affiliation. It was suggested that AA members visit the patients while they were still hospitalized and establish an identity and friendship with them before their release.
4. ON THE "BIG BOOK" IN PAPERBACK: Most agreed that a paperback edition of "Alcoholics Anonymous" would be a good idea as it would lower the cost per volume, becoming more accessible to large numbers of alcoholics.
5. ON BASICS IN GROUP MEETINGS: It was suggested that a group inventory be taken to discover and solve any group problems, using suggestions from the New York office. "Big Book" Study Sessions were also suggested as a meeting format.

The day following the pre-conference workshop, a workshop for Committee members was held. The session opened with a presentation on the role and responsibility of the Committee Member. It was pointed out that previously, the role of the Committee Person was vague and ill defined, but that the New Service Manual redefines the Committee Members' job, giving guidelines within which to work. It was suggested that the District Committee Members might want to work with the District's G.S.R.'s in forming needed Service Committees. Comments from those participating indicated that some Districts were already holding District Meetings and forming Service Committees. The Area re-districting was also discussed, and most Committee people feel that they are able to function more smoothly as a result of the redistricting.

FINANCIAL CORNER

CENTRAL SERVICE OFFICE

<u>GROUP</u>	<u>APRIL</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>APRIL</u>	<u>TO DATE</u>
Alamo Heights	\$ 15.00	60.00	Northeast	\$ 10.00	40.00
Audubon	10.00	40.00	Northwest	25.00	75.00
Bethany (Killeen)	-0-	3.00	Northwood	-0-	45.00
Boerne	-0-	-0-	Pilgrim	-0-	9.00
Brees	10.00	40.00	Portland	-0-	-0-
Bridge(New Braunfels)	10.00	40.00	Pride	-0-	-0-
Broadway	10.00	40.00	Reality	10.00	40.00
CalAllen(Corpus Christi)	-0-	-0-	Reliance	-0-	10.00
Court House(Brownsville)	-0-	11.00	San Pedro	-0-	30.00
Downtown	-0-	25.00	San Marcos	-0-	10.00
El Carmen	-0-	-0-	SASH	-0-	-0-
Floresville	-0-	-0-	Santa Fe	-0-	5.00
Ft.Sam Houston	20.00	80.00	St.Agnes	-0-	5.00
Frontier	20.00	80.00	Seguin	5.00	20.00
Goliad	15.00	45.00	Serenity	10.00	40.00
Group 12	50.00	150.00	Sharing	-0-	-0-
Guidance	10.00	20.00	STARR(Intergroup)	11.14	73.26
Happy Hour	-0-	-0-	Stepping Stones	-0-	40.00
Harmony	-0-	60-	Sunset	-0-	15.00
Highlands	20.00	80.00	The Haven	10.00	20.00
Hill Country	-0-	20.00	Traditions	-0-	-0-
Hope	-0-	10.00	Trinity	-0-	10.00
Kerrville	-0-	-0-	Twenty Four Hour	10.00	70.00
Women's Serenity(Kerrvl)	6.00	24.00	Grupo Unidad	-0-	15.00
Killeen	-0-	3.00	Unity(Monterrey)	-0-	-0-
Laurel Heights	10.00	40.00	Universal City	-0-	-0-
Lytle	10.00	10.00	Valley Hi	15.00	60.00
Luling	10.00	10.00	VA Hospital	10.00	35.00
Marymont	20.00	40.00	Villa Rosa	25.00	100.00
Grupo Montana(Seguin)	-0-	16.00	Wesley	-0-	10.00
New Braunfels	-0-	-0-	Windcrest	45.00	150.00
			Woodlawn Heights	-0-	15.00

KEEP ON ... KEEPING ON you WONDERFUL G.S.R.'s informing all your former members and newcomers of the other ways of carrying the A.A.message through their contributions to the Central Service Office through BUCK -a- MONTH membership !!!

Here are some of the ways BUCK-a-MONTH helps:

KEEPS THE DOORS OF THE CENTRAL SERVICE OFFICE OPEN

On the spot 12 Step referrals to group volunteers in the vicinity of the caller

Birthday cards for the A.A.groups

Literature to students, medical and professional people

Defrays the costs of printing and mailing of the Southwest Texas Area newsletter THE NIGHT CAP