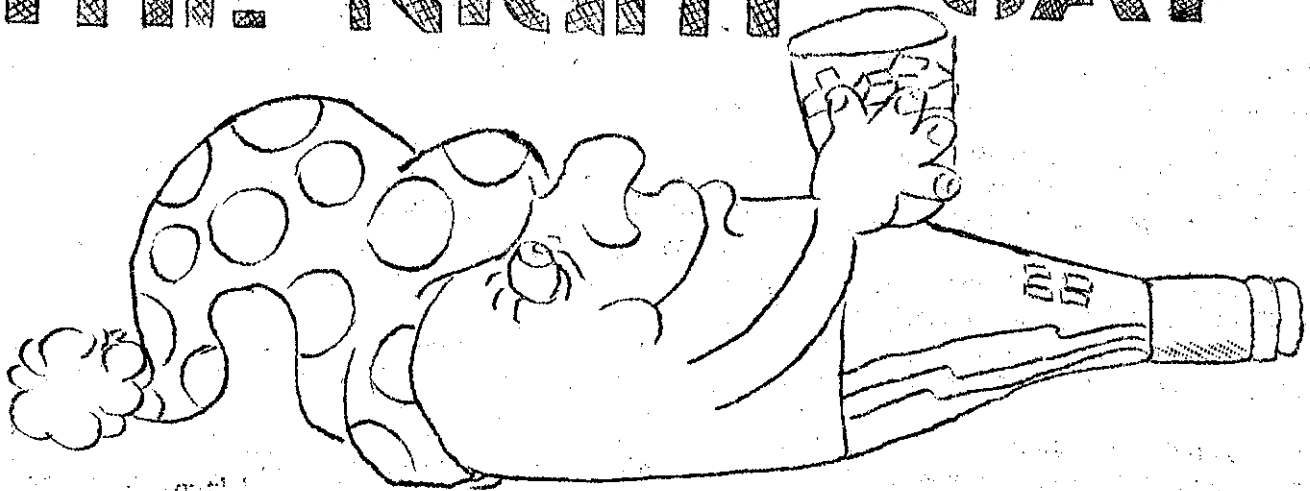


THE NIGHT CAP



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.

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VOLUME THREE

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WOMEN AND ALCOHOLISM

Alcoholism, somewhat like ulcers and heart disease, has traditionally been considered a "man's disease." As a result, the drinking problems of women have been neglected, ridiculed, denied, or at best, lumped together with those of men. Yet recent evidence indicates that alcohol among women is a serious and widespread problem affecting three to five million women in the United States.

Alcoholism among women has largely been a "hidden illness" because of the harsh stigma attached to the woman with an alcohol problem. If an alcoholic man is considered weak-willed, the double standard makes the alcoholic woman immoral, even promiscuous. In many instances, the family of the woman alcoholic perpetuates the problem by weaving a "protective" circle of silence around her, rather than urging her to seek treatment. And in many, too many cases, her family physician simply prescribes her a bottle of tranquilizers, thus exposing her to the risk of cross-addiction, rather than diagnosing her alcohol problem.

Fortunately, changing attitudes toward women in our society, coupled with a greater acceptance of alcoholism as an illness, have made some impact on efforts to recognize and help the alcoholic woman. More research on alcoholic women is being conducted, * treatment services are slowly expanding to meet women's needs, and gradually, myths and stereotypes about alcoholic women are falling by the wayside.

Stepped-up research on women's alcohol problems has illuminated some important differences in the alcohol problems of women versus men. Among them are:

* Women, far more frequently than men, point to a specific life crises as a precipitator of heavy drinking. The problems most frequently cited are those which threaten their role as wife and mother, including divorce, desertion, death of a family member, children leaving home, and obstetrical and gynecological problems.

(Continued on Page Two)

* Women alcoholics, far more than men, report a history of depression associated with their alcoholism. And because of the greater number of psychoactive drugs prescribed to women than men, more women alcoholics than men are cross-addicted.

* Divorce rates for alcoholic women are much higher than for alcoholic men. Non-alcoholic wives are far more likely to remain with their alcoholic husbands, than are the non-alcoholic husbands with their alcoholic wives.

* Preliminary studies on the "fetal alcohol syndrome" point to the probable danger of birth defects in the children of alcoholic mothers. Links between alcohol and child abuse and neglect have also been made.

In the area of treatment, a small number of programs have been set up aimed specifically at the needs of alcoholic women. Within these programs, women are being urged to question the assumptions underlying their societal roles, and to develop the skills they well need to build a sober lifestyle.

But these programs are still few and far between. Most women alcoholics still find themselves in treatment programs primarily designed for and run by men.

! ! ! ! ! ANONYMOUS WAS A SOMAN ? ? ? ? ! ! ! ! !

FOCUS

Women's Groups

24 Hour Group: "Closed Discussion Meetings" are held at 10 a.m. on Saturday Morning. Women may "brown bag" it and remain for lunch following the meeting.

The Esperanza Group is a bilingual/bicultural group for women which holds "Closed Discussion Meetings" every Sunday morning at 10 a.m.

Group 12: The grandmother of Women's Groups in the San Antonio Area is the Thursday Morning Women's Group which meets at 11 a.m. for a "Closed Discussion Meeting". Members often adjourn to one of the several restaurants convenient and continue sharing during lunch.

We'd love news from other women's groups in the area. If you have formed one, or are forming one please let us know. Drop a noteto: THE NIGHT CAP, c/o The Central Service Office.

and groups who have already contributed special gifts aiding in the expansion

A round of applause for: Signa P., Art C., and The Park North Group.

A WOMAN'S PLACE IS IN THE HOUSE ... AND IN THE OFFICE!

The staff of the Central Service Office has been expanded.

Mary Lou Chilcott, editor of THE NIGHT CAP, joined Beth Jones, executive secretary of the Central Service Office in April. Mary Lou will be in charge of the Literature Department.

Twice the person-power! The expansion of the Central Service Office means the expanded ability to serve you and the "still suffering alcoholic."

Drop in for coffee, and a chat - take the time become acquainted with your Central Service Office and the staff.

AND THANK YOU ?

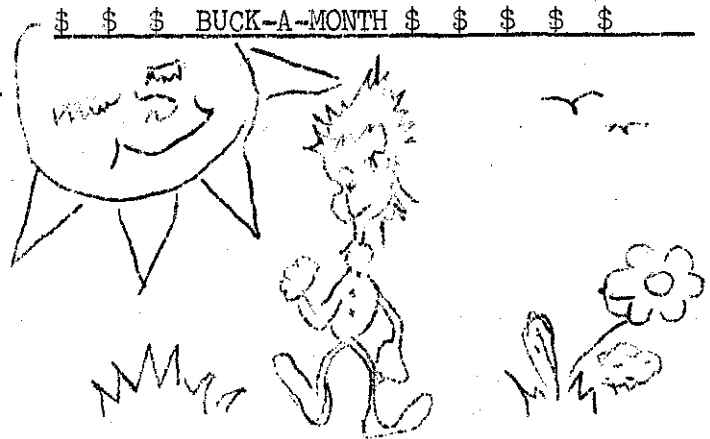
A WOMEN'S PLACE IS EVERYWHERE!

The Central Service Office wishes to express grateful "Thank You's" to members

BLESS THIS MS. !

The Central Service Office is grateful indeed to all those volunteers who have so willingly given their time on a regular basis. Particularly: Jeanne W., Imogene U. Callista H., Signa P., and Carolyn B.

These women typify the love, service and responsibility that characterizes Alcoholics Anonymous as a Fellowship. The Program in Action!



BE AN ELF TO YOURSELF . . .
SUBSCRIBE TO THE NIGHT CAP!!!

REGULAR MONTHLY EVENTS:

There will be no meeting of The Administrative Board of the Central Service Office during the month of May.

* * * * *

The C.S.O.C. and District 1 meetings will be held on Sunday, May 7th at 7 p.m. in Club 12, 102 Thames Blvd

* * * * *

The Goliad Group, 537 Avondale, will hold its regular monthly barbeque Sunday, May 21st at 6 p.m. followed by an "Open Speakers" Meeting at 7:30p.m.

All other Sunday meetings are held at the usual time of 8:15 p.m.

* * * * *

Group 12 will hold its monthly dinner and games night on Saturday, May 27th at 7 p.m.

The 24 Hour Service Group, 1203 Fredricksburg, will hold its regular monthly dinner on Sunday May 28th at 1 p.m.

* * * * *

STAT's

AA 94

ALANON 10

PIC 6

STUDENTS 4

INFORMATION 71

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

HOSPITAL ZONE:

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

- May 2nd, 16th - The Open Door
- May 9th, 23rd, and 30th - Group 12

The Group responsible for taking meetings to the Sally Groups "Wednesday night "Open Speakers' Meeting" (8 p.m.) during the month of May is the Downtown Group.

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

ITS EASY TO BE A FEMALE
A LITTLE HARDER TO BE FEMININE
BUT VERY HARD TO BE A WOMAN

ADDITIONS:

R.L.D. was elected to the Administrative Board of the Central Service Office at the April 9th meeting of the C.S.O.C.

R.L. will serve out the unexpired term of Jan G.

! * ! * ! PARTY ! * ! ! * ! * !
THE WESLEY GROUP, Christ the King Church, 2610 Perez, Room 13, will celebrate their 21st anniversary on May 21st!!! The meeting will start at 6:00 p.m. Refreshments and entertainment will follow. Juan R., Chairman, and Charlie R., and Raul M. will be their speakers.

* * * * * ALCOHOLISM IS A WOMEN'S ISSUE * * * * *

PIC: 3/15/78 - 4/15/78

% % % % 60-30-10 % % % %

Bill M. spoke to a law enforcement Class at San Antonio College.

We are often met with questions concerning those figures. Just what does it mean? Who contributes: What percentage goes where . . . for what? And how can my group contribute and still pay our own bills?

John H. was the guest of the Chapel Hill Methodist Church where he spoke to a group of young people. John also spoke to Health classes at Clemen's High School.

Recently it was suggested by the General Service Office that a reasonable apportionment of all group monies - after all group responsibilities have been met (rent, coffee, group literature stocks) would be contributions in the amount of 60% to the local intergroup or Central Service Office - 30% to the Area Fund- and 10% to the General Service Office.

Sean O'M. and Orville H. addressed a group of Medical Explorer Scouts on the subject of Alcoholism.

Anyone interested in participating in the work of the Public Information Committee may contact John H. at 828-3742.

CHANGES:

The Sahara Group, 214 W. Laurel is holding "Open Meetings" every Tuesday and Friday evening at 8 p.m.

The stipulation was also made that the Group keep a "prudent reserve" on hand. Quite simply this means that the group should try to maintain a small balance perhaps in the amount of an additional months expenses before contributing. This assures the group continuity even though contributions may lag during these months of rising prices and additional costs.

A new group, The Sahara is much in need of Area support. Round up all your friends for some of the best AA in town

For more information call 223-8018 at 10 a.m.-noon.

* * * * *

Once the groups well-being has been established than it will surely wish to participate in this plan assuring the smooth function of the larger AA community.

The Lambda Group (jay) is now holding "Closed Discussion Meetings" at 8:15 p.m. on Friday, 120 W. Ashby.

* * * * *

60% is contributed to the Intergroup or Central Service Office - which means that 60% of your groups funds remain in the immediate area.

The Northern Hills Tape Group holds "Closed Meetings" each Thursday evening at 8:15 p.m. The Group meets at 8543 Braewick, Unit #2.

* * * * *

Your contribution aids in the operation of your own Intergroup Office allowing for rapid and effective dissemination of information on a group to group level, community out-reach to the "still suffering alcoholic, readily available literature, accessible resource information and of course the most visible contact for members of the San Antonio Area who are seeking help for themselves or members of their families who suffer from the disease of Alcoholism.

The Harmony Group is now meeting at the Woodlawn Episcopal Church at the corner of West Gramercy and Elmendorf for a Thursday evening "Closed Discussion Meeting is held at the same time 8:15 p.m.

(Continued on Page Five)

60- 30- 10 (Cont'd from Page Four)

60% of your contribution remains in and working for the immediate vicinity of your home group!

30% may be contributed to the Area Fund — in this instance the Southwest Texas Area. A small part of this amount will defray the cost of the delegates trip to New York for the General Service Conference held in the Spring of each year - but - and this cannot be emphasized too strongly - this is only a small part of the funds in the Southwest Texas Area must be spent for travel to districts within the area so that the delegate is well aware of the consensus of the "group Conscience" located within each district of his Area. As part of that willingness to be well informed a large correspondence is also carried on throughout the delegates' tenure, and the cost of postage takes a healthy bite out of the Area budget.

10% is asked for by the General Service Office which operates much like your own Central Service Office on a scale magnified many times. It is the hub of a giant wheel with spokes radiating out to all Areas, Districts, Intergroup Offices and Groups. It also maintains close contact with "loners" who are isolated from the warmth and friendliness of nearby groups and must go it alone with the aid of letters from others in similar situations and steady contact with the General Service Office which maintains materials especially geared to this problem.

Too, the General Service Office is always in the process of up-dating new material, reviewing new literature and assuring that the needs of all alcoholics are taken into account in current publication.

The work of the General Service Office, again helps us re-focus on our own locale and individual circumstances by

sharing the experiences of other groups of individuals who have successfully surmounted predicaments with which we may be faced.

Once again we are reminded that we are not unique!

60-30-20 adds up to 100% health! Not only for your Central Service Office - but for your group, for you - the individual member and for the alcoholic who is still ill, still suffering, and still searching for the way that you and I have already found!

Profile: MAN ON THE MOVE

The woman alcoholic received a strong advocate on her behalf when Jack Skipper was appointed to the Texas Commission on Alcoholism early this year.

11 Years ago Jack received his first introduction to AA while a patient at the San Antonio State Hospital and a client of the ARC. He embraced the program whole-heartedly and as his recovery progressed his gratitude for this new way of life increased leading him to a fierce desire to share with others that which he had found.

Throughout the 11 years of his sobriety Jack has worked tirelessly to aid the sick alcoholic and to bring the message of hope via the program of Alcoholics Anonymous to all those who desire it.

Always eager to do his share - and more - Jack has not only fulfilled the Commitments of sharing in Area AA, but has been ready to aid in community programs that seek to aid the alcoholic.

Jack is fond of saying that, "AA is my crutch", and for Jack this "Crutch" has proved a strong and reliable one - strengthening him so that he may reach out to others.

Particularly sensitive to the needs of women alcoholics, Jack is dedicated to assuring them the opportunity of treatment and understanding of their special needs.

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

<u>GROUP</u>	<u>APR.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>APR.</u>	<u>TO DATE</u>
Alamo Heights	15.00	60.00	Open Door	35.00	65.00
Audubon	50.00	50.00	Park North	35.00	65.00
Brees	0	0	Reality	5.00	20.00
Broadway	30.00	65.00	Reliance	0	60.00
Downtown	20.00	40.00	Sally	0	0
First Step	0	0	SASH	5.00	15.00
Ft. Sam Houston	20.00	100.00	Santa Fe	0	30.00
Frontier	20.00	60.00	Sahara	0	10.00
Goliad	15.00	30.00	St. Agnes	0	10.00
Group 12	50.00	200.00	Serenity	10.00	40.00
Grupo el Sol	10.00	10.00	Sharing	0	0
Grupo Esperanza	0	0	Spiritual Life	0	0
Grupo Unidad	30.00	60.00	Stepping Stones	0	75.00
Harmony	0	0	Sunset	15.00	100.00
Highlands	0	80.00	The Haven	0	15.00
Hope	0	14.00	24 Hour	30.00	50.00
Kelly AFB	0	35.00	Universal	0	0
Laurel Heights	15.00	60.00	Valley Hi	0	0
Marymont	0	25.00	Villa Rosa	50.00	100.00
Northeast	0	20.00	Wesley	0	15.00
N. San Pedro	10.00	50.00	Windcrest	30.00	30.00
Northwest	20.00	80.00			
Northwood	0	90.00			

AREA

Bandera	0	0	Women's Serenity	10.00	30.00
Bridge (N.B.)	20.00	40.00	Lytle	0	8.00
Canyon Lake	0	0	New Braunfels	0	10.00
Floresville	5.00	20.00	Pearsall	10.00	35.00
Hill Country Group	0	0	Seguin	0	0
Kerrville	20.00	40.00			

Memorials

Harold S.
Merle, Gene D.

Contributions

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 _____