



# The Nightcap

THE NIGHTCAP IS PUBLISHED MONTHLY AT THE CENTRAL SERVICE OFFICE  
103 RENNEN, SAN ANTONIO, TX 78201 PHONE NUMBER 512-733-7562/6876  
OFFICE HOURS: 9:00 AM - 7:00 PM MON-FRI 24 HOUR ANSWERING SERVICE

VOL. 15

NOVEMBER 1985

NO. 11

## CONVENTION CLIPBOARD

- NOV 14-17: Roundup, Las Vegas, Nevada.
- NOV 15-17: Spirit of Houston AA Conference, Houston, Texas.
- DEC 6-8: Border Conference, Del Rio, TX.
- DEC 6-8: Southwest Regional Forum, Dallas.
- JAN 3-5: Lower Rio Grande Valley AA Jamboree, South Padre Island, Texas.
- JAN 10-12: 24th Annual Southeast Texas Area Conference, Beaumont, Texas.
- JUN 26-29, 1986: State Convention, San Antonio, Texas.

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## CONVENTION THEME CONTEST WINNER

The 1986 Convention Contest for a theme is now closed and the winner is Denny K. Denny submitted the theme "Happy, Joyous, and Free" and this was considered the best by the judges.

As the winner, Denny will receive a free registration, which includes the banquet and dance. The State Convention will be held in San Antonio on June 26-29, 1986.

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## PARTY TIME!

## PARTY TIME!

The San Antonio State Hospital will have its annual Christmas Party on Monday, December 9, from 7 to 10 p.m. Music will be furnished by the SASH Band, "The Mellari Six." Ann K. from Beeville, Texas is going to be the speaker. There will be lots of good food--so, come one, come all!

Donations are greatly needed. Please mail your donation to Jerry McC., 227 Antrim, San Antonio, TX 78218, or Clara P., 4622 Clark, #240, San Antonio, TX 78223.

## IS IT TIME TO CHANGE?

For many years, most of our night AA meetings have started at 8:15 p.m. When we surveyed the members last year for the reason that time was chosen, we heard several different reasons.

Many oldtimers said the liquor stores used to stay open until 9 p.m. so if newcomers were in a meeting until 9:15, there was no easy way to buy a bottle. Others said that 8:15 was chosen because people who worked late did not have time to eat before meeting time. There probably were other reasons but nobody really seems to know for sure.

Most other cities in the country start their night meetings at 8 p.m. Visitors are often puzzled by our choice of an odd hour like 8:15.

Is it worth the effort to change? Since groups are autonomous, they can do whatever they want, but it would probably be reasonable to think about this situation.

What would be the advantages? Other than convenience for out-of-town visitors?

Let us hear from you on this. What do you think? Call us at 733-6876 or write us your opinion at Central Service Office, 103 Renner, San Antonio, Texas 78201.

Your response will be greatly appreciated.

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## HELP WANTED. . .

Volunteers needed to answer phones at Central Office. Call 733-6876.

\* \* \* \* \*

# New Groups

A new closed-discussion group is getting started at the Resurrection of Our Lord Catholic Church, 7990 Military Drive West. This meeting is held on Sundays at 7 p.m. Entrance to building is on the side at door marked "Office." No group name has been selected, nor a steering committee elected. An Alanon meeting is held at the same address at the same time. Come and help us to get this group growing!

Roger W.

The Colonial Hills Group is holding two meetings. On Monday there is an open discussion beginning at 8:15 p.m. This is called the "Over 5" meeting which means that the chairperson must have at least 5 years of sobriety and have a prepared topic for discussion. On Thursday there is also an open discussion meeting but it begins at 8 p.m. This is called the Stepping Stones meeting (formerly the old Stepping Stones Group). Both meetings are held at the Colonial Hills Methodist Church at 5247 Vance Jackson.

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## NEW MEETINGS

Effective November 1, the Sunset Group will have a Friday Night Owl Meeting. This meeting will begin at 10 p.m. and will be held at the Christian Church, 350 Primrose at N. New Braunfels.

The Lambda Group has a new meeting at 5:30 p.m. on Friday. It is an open-discussion meeting.

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## MEETINGS DISCONTINUED

The Sunset Group announces that they have discontinued the Friday, 8:15 p.m., meeting.

The Audubon Group announces that they have discontinued the Tuesday, 8:15 p.m., meeting.

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## MEETING TIME CHANGE

The Siesta Ladies Group announces its meeting time has been changed from 2 p.m. to 1 p.m. This group meets on Thursdays at the Winner's Club.

# Notices

**HELP NEEDED!!** THE VA HOSPITAL GROUP at the Audie Murphy VA Hospital needs your support. This is a Thursday, 8:15 p.m., open discussion meeting and you are needed to share your experience, strength, and hope. Please help this group get rejuvenated!

Alberto M. has donated his large mural depicting Bill W. and Dr. Bob to AA of San Antonio. Any group wishing to display the mural, which has been displayed at a couple of conferences in San Antonio, should contact the Central Service Office.

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## In Memoriam

Gadskon Lamar G. died October 13, 1985. He was a longtime member of the Valley Hi Group. We shall miss him.

John C., with over 22 years of sobriety, a longtime member of Group 12, and founder of the Cuero Group, died October 16, 1985, at the VA Hospital in Kerrville. He will be missed.

Ora R. died on August 31, 1985 in San Antonio. She gave much of herself working with others and with the old Honor Court. She was a longtime member of AA in this area and will certainly be missed.

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

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## MEMORIAL CONTRIBUTIONS

(September and October 1985)

- The Highlands Group for Carl H.
- George C. for Carl H.
- Amelia P. for Carl H. and Hal P.
- John C. for Carl H.
- Anonymous for Carl H., Ora R., Emil O.
- Mary F. for Carl H. and Hal P.
- M. G. J. for AA members who died in 1985
- Karen B. for Warren L.
- Dée & Jack S. for John C.

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## FEELING BETTER OR GETTING BETTER?

Ted B. (La Marque, TX), in his talk told us that he was a 2-stepper the first 5 years of his sobriety--Step One and Step Twelve. Working these two steps really made him feel good, he said. But at the end of 5 years, something told him that he wasn't changing much--he was the same old Ted B. who was now dry but not sober.

He started asking himself: "I'm really feeling better, but am I getting better?" His answer had to be "not much."

Rechecking the Big Book, he became convinced that he needed to work the rest of the steps, especially Four and Five, for starters. Since then, he has.

He really got me to thinking. Just because I am feeling better, am I really getting better? I know I have a triple illness, so just feeling better is only the first stage of recovery. I, personally, believe this stage is caused just by not drinking. The rest of my illness, I think, requires a great deal of action on my part over a fairly long period of time. This action--the Big Book says--must be painstaking if I expect to have the promises fulfilled in my life--serenity, peace of mind, freedom, and happiness.

Who could ask for anything more?

G. L.

### THE NONALCOHOLIC ADDICT

(Excerpted from the AA World Services, Inc., Information on AA.)

Many treatment centers today combine alcohol and other drug addiction under "substance abuse" or "chemical dependence." Patients (both alcoholic and nonalcoholic) are introduced to AA and encouraged to attend AA on the "outside" when they leave. As stated earlier, anyone may attend open AA meetings. But only persons with a drinking problem may attend closed meetings or become AA members. Dually or multiply addicted people are eligible for AA membership only if one of their addictions is to alcohol.

Dr. Vincent Dole, a pioneer in methadone treatment for heroin addicts and for several years a trustee on the General Service Board of AA, made the following statement: "The source of strength in AA is its single-mindedness. The mission of AA is to help alcoholics. AA limits what it is demanding of itself and its associates, and its success lies in its limited target. To believe that the process that is successful in one line guarantees success for another would be a very serious mistake."

## WHAT IS MY HOME GROUP?

Most people agree that my home group is the group I choose for my home group. But, how do I choose a home group? What are the reasons I pick one group to be my home group?

Each person probably has different reasons for selecting a home group. One reason might be that I like the way the members respond at the meetings. Are they really helpful to newcomers? Are they enthusiastic and friendly? Do they follow the Traditions? Do they have regular business meetings?

The pamphlet called "The A. A. Group" on page 27, says: "How do you become a Group Member?...most members feel more at home in one particular group than in others, and consider it their home group where they accept responsibilities and try to sustain friendships." The pamphlet adds that joining a group is just a matter of attending meetings regularly.

What are your reasons for picking a Home Group?

We'd like to know. Please call or write the Central Service Office, 103 Renner, or phone 733-6876. Tell us how you picked your Home Group.

\* \* \* \* \*

Consequently, we welcome the opportunity to share AA experience with those who would like to develop self-help programs for the nonalcoholic addict using AA methods perhaps, but using the experience of the nonalcoholic addict during drug addiction and recovery.

\* \* \* \* \*

## Our Ailing Friends

Jeanne W., recuperating from surgery.

Mary S., recuperating from surgery.

Gene D. (in Weslaco) convalescing at home.

Prayers are needed for speedy recoveries.

# GSR Meeting Minutes

## CENTRAL SERVICE OFFICE COMMITTEE MEETING

The monthly GSR meeting at Club 12 on Sunday, October 20, was called to order at 7 p.m. by Donna T., chairman.

New GSRs were introduced: M. G. J., Acceptance Group; Newell M., Marymont Group; Don M., Schertz Group; Alec G., Turning Point Group; Cleo T., Fort Sam Houston Group.

Administrative Board reports were conducted by Jim D. Sylvia O. thanked the GSRs for the tremendous support of AA members in taking meetings to hospitals and institutions. The Penal report was made in absentia for Don S. by Jim D. Public Information: Absent, no report. Ray A., from the Medical Professions Group, reported the group is alive and well, and that the group's meeting is now a closed meeting. Editorial: Absent, no report. Mailing: Al M. reported that mailing costs have gone up 25 per cent since October 1.

OLD BUSINESS: Four nominees are on the slate for three Central Service Office Administrative Board. They are Bob B., West D., M. G. J., and Fred D. Since 45 current GSRs are needed to vote on this, the GSRs approved a separate mailing to notify the GSRs of this important election. GSRs unable to attend will be asked to designate proxies to vote for them.

Fred D. suggested that in the same mailing GSRs be asked to contact their home groups for dates for the San Antonio Roundup. February 1986 had been designated as the date, but that date was tabled due to such short notice.

Sales tax: The GSRs voted to adopt guidelines similar to those adopted by the Dallas Inter-group.

The Central Service Office lease expires in August of 1986 and cannot be renewed; rent was raised \$35 a month for remainder of lease.

### DCM REPORTS:

1A: No DCM at present.

1B: Absent.

1C: Fred D. reported that the next meeting of the GSRs in 1C will be at 6 p.m. at Club 12 prior to the GSR meeting on November 17.

1D: Fred D. present, no report.

1E: Jim B. reported that a church at Pearsall and Loop 1604 would like to have an AA Group meeting there. Any AA members interested, please contact him.

1F: Lalo A. present, no report.

ANNOUNCEMENTS: Lambda Group has a new 5:30 p.m. Friday meeting; the 10 a.m. Sunday Winners meeting is now a speaker meeting on the last Sunday of the month. The Kelly AFB AA Group has a new meeting at 5:15 p.m. on Tuesday in Chapel 2.

### NOVEMBER AFTER-HOURS TELEPHONE ANSWERING SERVICE:

Nov 04-11: Downtown Group  
Nov 11-18: Universal City-Schertz

Nov 18-25: Tejas Group  
Nov 25-Dec 01: Brookhollow Group

### HOSPITALS AND INSTITUTIONS NOVEMBER MEETINGS:

State Chest Hospital--District 1A  
The Haven--Alamo Heights/Lytle Groups  
House of Yuki--Stahl Road Group  
ASH--Lytle Group/Group 12  
Monday Detox--Marymont  
The ARC--Lambda Group/District 1D

Thursday Detox--Goliad  
Saturday Detox--Abundance Group  
Casa del Sol--District 1F  
Salvation Army--Audubon/Alamo Heights Groups  
Brookwood--Freedom Group

Respectfully submitted,

Denny K.

A VISIT TO HOUSTON

Recently I visited my son in Houston to help celebrate his first AA birthday. It was a great event.

What really impressed me was the genuine enthusiasm I saw and felt at the Houston-Westerner Club. Those folks are really serious about carrying the message!

The Club itself is an "Alano" type club, one that allows no card playing, no dominoes, no gambling, no TV, no magazines or non-AA materials. It is AA all the way!

Newcomers are given lots of attention and someone follows up on each one. A personal interest is taken in helping the newcomer get off to a good start.

At the monthly birthday meeting, instead of having the birthday celebrants give a talk, other members of the group who desire, say a few words to each birthday celebrant. These remarks are usually a mixture of serious and humorous comments ending in a congratulatory tone or an expression of affection and friendship.

After the members have made their remarks, the birthday person is given a chance to respond. These responses are often charged with emotion and good humor.

It was a terrific birthday meeting!

G. L.

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NIGHTCAP SUBSCRIBERS: Please hand this coupon to someone who you think would enjoy receiving the NIGHTCAP.

GET ACQUAINTED OFFER

This coupon is good for a FREE 6-MONTH SUBSCRIPTION TO THE NIGHTCAP, San Antonio's AA newsletter. Offer applies to new subscribers only, and is good only when presented in person at Central Service Office by the new subscriber. Value: \$6.

AA Central Service Office HOURS: 9 a.m. to 7 p.m. Monday thru Friday--Thursday 9 a.m. to 9 p.m.  
103 Renner  
San Antonio, TX 78201  
(2 blocks west of I-10 on Vance Jackson at corner of Renner and Vance Jackson.)

WHICH WAY?

"Rarely have we seen a person fail who has thoroughly followed our path. ...we thought we could find an easier, softer way, but we could not...We beg of you to be fearless and thorough from the very start." The book ALCOHOLICS ANONYMOUS, p. 58.

We checked around and found out what some others thought about the meaning of the word "thoroughly," and what they thought was an "easier, softer way." Here's what they said:

"Thorough" AA Program

Work all the 12 Steps as explained in the Big Book and the 12 and 12.

Attend meetings regularly. (Have a home group.)

Study the Big Book and 12 and 12 (or attend meetings on these books).

Get a sponsor and keep in touch. (Better to get two or three.)

Make daily morning and evening contact with Higher Power.

Do service work such as making coffee, setting up chairs, clean up after meetings, working with newcomers, and accepting duties of GSR or secretary.

"Easier, Softer Way"

Work only those steps that I feel comfortable with. Postpone the inventory and amend until I am ready.

Go to meetings when I am not busy or too tired. (Speaker meetings only.)

Keep the Big Book handy in case I might need it. (It's somewhere around here.)

Get a sponsor when I find just the "right" person. Meanwhile, use the group as my sponsor.

When I am depressed or upset, I sleep a lot. I do not bother others with my problems--I hide out.

As long as I am grateful, I know I'll stay sober.

All I need to do is go to meetings and not take that first drink.

The best part of AA for me is the socializing. I like to match drunk-a-logs with other guys and gals.

I work too many hours to do any 12th step work.

One of our slogans is "Easy Does It." I like this because I need an easier, softer way.

Whichever way you choose, GOOD LUCK!

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# November Birthdays

(These are the ones reported to CSO by various AA Groups)

## 33 Years

Helen M.

## 31 Years

Gene J.

## 25 Years

Sibyl R.

## 24 Years

George R.

## 21 Years

Amelia P.

## 19 Years

Dina d. M.  
Al D.

## 18 Years

Gladys H.

## 17 Years

Bill B.

## 13 Years

Sam G.  
Whitey M.

## 11 Years

Roland R.  
John W.

## 10 Years

Heather A.  
Joe G.  
Larry K.  
Bob R.  
Bob J. R.

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NOVEMBER IS TRADITIONS MONTH!

HAVE YOU READ THE TRADITIONS LATELY?  
DOES YOUR GROUP PRACTICE THEM?

## 9 Years

Dorothy T.

## 8 Years

Larry S.  
Joan M. W.

## 7 Years

John N. M.  
Susan R.  
Rita S.  
Nelda T.

## 6 Years

Marshall B.  
Danna G.  
William C. G.  
Reed H.  
Henry R.  
Jose E. R.  
Joe R.  
Thorneton S.

## 5 Years

Jan G.  
Tony G., Jr.  
George L. R.  
Roland L. W.

## 4 Years

Pat J.  
Jayne M. L.

## 3 Years

Rebecca D.  
Rudy G.  
Jesus (Jesse) G.  
Murray K.  
Maxine M.  
Paul K. P.  
J. D. R.  
Lynn S.  
Del W.  
Judy W.

## 2 Years

W. W. A., Jr.  
Clayton C.  
Curtis K.  
Robin R.  
William R.  
Alfred A. S., Jr.  
Jerry B.

## 1 Year

James M. L.  
Marguerite O.  
Brad I. R.  
Sam L. R.  
Lila I. S.  
Carol W.

PLEASE  
REPORT  
DECEMBER  
BIRTHDAYS  
TO CSO  
BY  
NOVEMBER 21--  
THANKS!

## C O N G R A T U L A T I O N S

T O Y O U A L L !

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## THIS IS THANKSGIVING MONTH

Have Thanksgiving dinner with your AA family! The Downtown Group and Club 12 will again be hosting Thanksgiving Dinners this month.

Downtown Group: 2 p.m. Thanksgiving Day, November 28. The main course is provided but side dishes are needed. This dinner is free and open to all AA members and their families.

Club 12: 1 p.m. Thanksgiving Day, November 28. Volunteers are needed to bring side dishes and to help with the meal. This dinner is free and open to all AA members and their families.

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## CLUB 12 ACTIVITIES

NOV. 16, Saturday--"Turkey Trot" Dance;  
Texas Blackjack Band; 8-12 p.m.; \$3.00.  
NOV. 22, Friday--BIRTHDAY NIGHT  
NOV. 23, Saturday--Games Night  
NOV. 3, Speaker: Scott A.  
NOV. 15, Speakers: Vangle H. & Helen M.  
DEC. 1, Speaker: Dr. Jack H.

# NOVEMBER 1985

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 1985 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 1985 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					
3	4	5	6	7	8	9
		ELECTION DAY				Unity Club Games Night
10	11	12	13	14	15	16
	VETERANS DAY	CSO Administrative Board Meeting.				District 1C Breakfast Meeting. Club 12 Dance.
17	18	19	20	21	22	23
GSR Meeting at Club 12					Group 12 Birthdays	Club 12 Games Night
24	25	26	27	28	29	30
24-Hour Club Dinner	Alamo Group and Alamo Heights Grp Birthdays	Marymont, Valley-Hi, Windcrest Groups' Birthdays Marymont Potluck	Park North, Northwood, 24-Hour Groups' Birthdays	North San Pedro Group Birthdays THANKSGIVING DAY Downtown Group & Group 12 Dinners	Southwest Loop, Freedom, Colonies North Groups' Birthdays	Winners' Birthdays; Lambda Potluck.

# Jokes \* \* Jokes \* \* Jokes

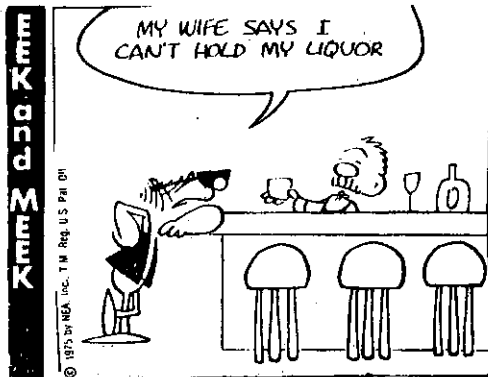
## THE LOCKHORNS



There's the one about the drunk who put a nickel in the parking meter. When the lever flipped over to 60 he said "My Gawd! I've lost 100 lbs!"



"THE VERY FIRST DAY WE MOVED HERE LEROY WAS RUN OVER BY THE WELCOME WAGON."



GROUP CONTRIBUTIONS RECEIVED SEP 25-OCT 22, 1985

<u>GROUP</u>	<u>DISTRICT 1A</u>	<u>OCT</u>	<u>YTD</u>	<u>GROUP</u>	<u>DISTRICT 1D</u>	<u>OCT</u>	<u>YTD</u>
NORTHWEST		60.00	\$120.00	ALAMO			\$210.00
VA HOSPITAL			0.00	*DOWNTOWN			70.00
VILLA ROSA			297.00	EISENHAUER			72.00
*W ABUNDANCE HAPPY HR			445.35	*FT SAM HOUSTON			200.00
W FRI-SAT NIGHT OWLS			54.09	KIRBY-CONVERSE			0.00
W GENERIC			0.00	*NEW LIFE		20.00	75.00
W HALF-YEAR BUNCH			9.20	NORTHEAST			162.00
W MOBUD BIG BOOK			121.15	*SCHERTZ		60.00	270.00
W MOBUD ROUND TABLE			48.70	*UNIVERSAL CITY			276.00
W MONDAY NIGHT MEN'S		24.75	144.45	*UNIVERSAL CITY, SUNDAY			33.00
W MONDAY NIGHT WOMEN'S			4.30	<u>DISTRICT 1E</u>			
W MORNING AFTER		85.43	660.08	CASTROVILLE			0.00
W SIESTA LADIES		22.05	77.50	DAKOTA			0.00
*W SUMMIT		15.02	157.92	FLORESVILLE			25.00
*W SUN DISC 10AM			70.50	FRONTIER			10.00
*W TURNING POINT			128.49	*GOLIAD			175.75
W WEEKEND WINNERS			306.70	HAVEN			200.00
W YOUNG PEOPLE			30.00	*HIGHLANDS		20.00	200.00
<u>DISTRICT 1B</u>				HOUSE OF YUKI			0.00
AUDUBON			75.00	*KELLY'S SPECIAL			0.00
BLUEMEL OAKS			66.95	*LAMBDA (GAY)		30.00	300.00
BOERNE			191.75	*LYTLE			60.00
*CALLAGHAN ROAD			214.97	PLEASANTON			0.00
COLONIAL HILLS		50.00	50.00	SASH			100.00
*COLONIES NORTH			74.50	SERENITY			40.00
GRATITUDE			0.00	*SOUTHWEST LOOP			75.00
LAUREL HEIGHTS		32.00	404.00	*VALLEY HI		25.00	221.00
MEDICAL PROFESSIONS			320.00	WILFORD HALL			80.00
OBLATE			140.00	<u>DISTRICT 1F</u>			
PARK NORTH			200.00	EL LIBRO GRANDE			0.00
SINGLES IN SOBRIETY			0.00	GRUPO EL SOL			5.00
*TWELVE		120.00	1,520.00	*GRUPO UNIDAD			45.40
*TWENTY-FOUR HOUR			0.00	KINGSBORO			65.00
WEST ASHBY		69.35	264.35	SANTA FE			20.00
<u>DISTRICT 1C</u>				WESLEY			29.00
*ALAMO HEIGHTS		126.00	470.00	<u>AREA</u>			
ALPHA HOUSE			125.00	CALDWELL TRI-CITY			5.00
*BROADWAY			219.00	KINGSLAND			25.00
BROOKHOLLOW			0.00				
COKER			76.20				
*FREEDOM		53.19	538.19				
*MARYMONT			390.00				
NORTH SAN PEDRO			225.00				
*NORTHWOOD		60.00	220.00	<u>SUMMARY OF CONTRIBUTIONS</u>			
RELIANCE			0.00	DISTRICT 1			637.39
SAHARA			0.00	BUCK-A-MONTH			344.00
ST PAULS			0.00	INDIVIDUAL CONTRIBUTIONS			0.00
*STAHL ROAD			61.00	MEMORIALS			147.00
SUNSET			0.00				1,178.39
*TEJAS			180.00				
*WINDCREST			45.00	DISTRICT 1 ACTIVE GROUPS		82	

W = Groups meeting in Winners Club

\*Groups represented at GSR Meeting

SUBSCRIBE TO THE NIGHTCAP, AA Central Service Office, 103 Renner, San Antonio, TX 78201.  
 Donation is \$12 per year; make check payable to CSO and mail to the above address.

Name \_\_\_\_\_  
 Address (Street, City, State, Zip Code) \_\_\_\_\_ 9

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