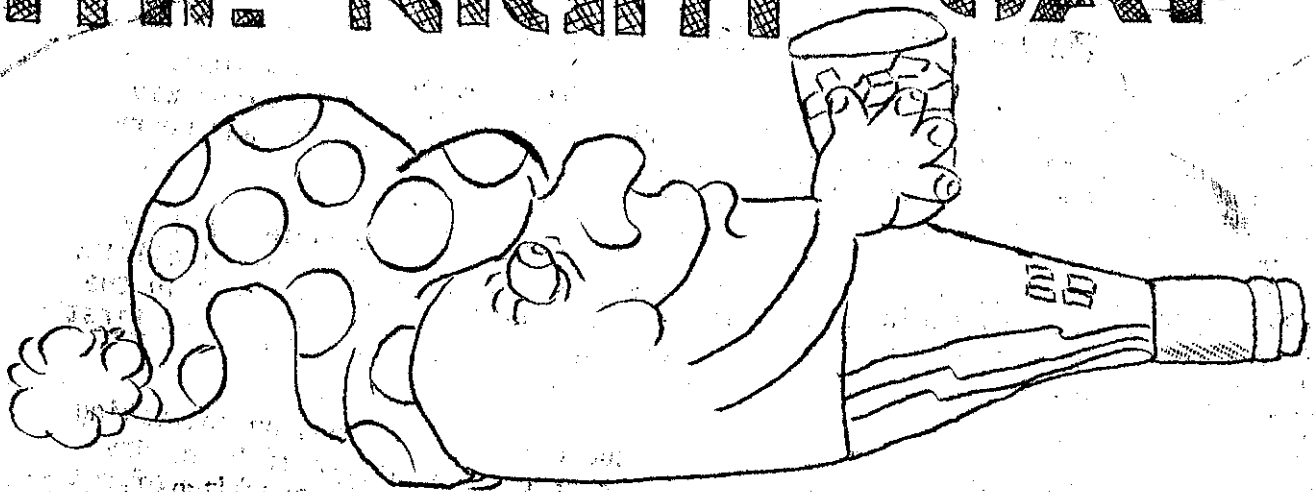


THE NIGHT CAP



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

OCTOBER 1978

NUMBER FIFTY-TWO

SOBRIETY YOURS FOREVER! (DON'T TAKE THAT FIRST DRINK)

My alcoholic history consists of an endless procession of binges, times on the wagon and off the wagon. I would pull myself out of a binge, walk dazedly for weeks, refresh myself with deep breaths of clean air, striding forward with vigorous resolve, only to trip over my own feet and land flat on my face.

By a certain grace of God, I kept getting up each time. Each time I got to my feet I was certain I would stay up. This certainty was belied sometimes within a matter of hours. I had all the grief, remorse, and mental torture that is a part of the disease of alcoholism. When I called for AA help, I was a very desperate woman. I was sick and tired of me. I had tried hospitals and doctors, but nothing seemed to help.

When I called the downtown office, I knew nothing about AA. I really thought it consisted of a bunch of Madison St. bums, but I had reached the point where I didn't care. I know now that I'm no different than the women on Skid Row. It really doesn't matter whether your gutter is in a street or sleeping between sheets because alcoholism is the great leveler.

I shall never forget the night my sponsor called on me. I was so goofy - full of whiskey and morphine. My sponsor asked me two questions: Could I stay sober for 24 hours (and I very cockily replied I'd stayed sober for six months once), and did I need any help?

That's the thing that got me. A perfect stranger calls on me and asks, "Do you need any help?"

What got me sober and kept me sober? Just three things - asking my Higher Power (whom I choose to call God) for help, living 24 hours at a time, and not taking that first drink.

(Continued on Page Two)

SOBRIETY YOURS FOREVER! (DON'T TAKE THAT FIRST DRINK)

I called on God many times during my drinking days, but I never got an answer. I know why. I didn't want to stop drinking. Today, I can't imagine any other way than 24 hours at a time. I never want to go back to living in the past and worrying about the future. Life is so easy a day at a time.

As I look back, it was the first drink that got me into all the trouble. All my drunks were prolonged first drinks. The foundation of sobriety in AA is simplicity itself. It is simply not taking the first drink and the people who succeed in the AA program base everything - and every good that follows - on not taking that first drink.

Whether I embrace just one or all 12 steps, my success still depends on not taking the first drink. No one has ever found lasting sobriety, no matter if he be dry one day or 10 years, unless above everything else he continues the practice of not taking the first drink.

What is a slip in AA? It is taking the first drink. Who has slips? Mainly those who say they live the program - but persist in taking the first drink.

Those who have slips have mental reservations. They think their own case is unique, that they are different from others. Personalities and circumstances may differ among AA members, but one thing is common to all - that is the inability of anyone in AA to succeed if he does not realize that the entire program is based on the premise of not taking the first drink. The whole of AA philosophy is made effective only by not taking that first drink.

The repetition of this phrase should not be tiresome except to the man or woman who always fails because of just one drink. Spiritually, AA helps most those who are humble and desperate for help. We need help in walking this new road in life, but before we start let us fully realize that the foundation of sobriety in AA is simply not taking the first drink.

My drinking has been arrested. I have nearly five years of continuous sobriety, but I have not been cured of alcoholism. I am still an alcoholic and always will be. One moment of carelessness or over-confidence would start me back on the old cycle within an hour.

I am glad I became an alcoholic and thus found AA. That statement may sound silly to some people, but to me it is the truth. Life has dealt many a blow to us, such as loss of self respect, sickness, insanity, and, many times, death. But an alcoholic who has found a new way of life through AA is far richer than people who never had a drink problem. Sobriety is like gaining something you have wanted desperately all your life and then having it handed to you on a silver platter.

Life offers little that I take for granted now. After having lived in the depths of despair, full of disgust and hate and fear, I appreciate and hang on with all my strength to every moment of happiness. Each day is new and beautiful and given to me to do with as I see fit - to live better, to learn more, to help others.

Life is very meaningless and unhappy if we live on a shelf, never giving of ourselves. Through AA we learn the power of unselfish giving, the outcome of which is the ultimate happiness. I have had to work hard for my sobriety, but the rewards are great and many.

(Continued on Page Three)

SOBRIETY YOURS FOREVER! (DON'T TAKE THAT FIRST DRINK)

To say I am glad I'm alcoholic because I've learned a new way of living is untrue. I'm glad because of the many friends I have in AA. They are so honest and sincere.

Going through the agony of alcoholism and overcoming it seems to soften a person's heart and gives him a wonderful understanding. People who live in a world where nothing drastic happens and live an unconfused life miss something that we alcoholics experience and through which we gain a fuller value of life. Perhaps these people think we are unlucky creatures of fate, but to me we are the luckiest of them all. I'm glad I'm an alcoholic.

- Peg B. -

HOSPITAL ZONE:

Groups responsible for taking meetings to the Villa Rosa Groups Tuesday night Open Speakers' meeting during the month of October are: (See page 5 for new meeting place)

October 3 and 17 - Marymont

October 10 and 24 - Downtown

October 31 - Windcrest

The group for taking meetings to the Sally Group's Wednesday night Open Speakers' meeting during the month of October is Serenity.

* * *

V.A. Hospital Group

Pete G. (Group Secretary) issues a cordial invitation to you! You'll enjoy being in at the beginning of this new Open Beginners Discussion Meeting at 8:15 p.m. on Thursday evenings in Room E-136, Audie Murphy V. A. Hospital. For more information, call Pete at 342-9825.

* * *

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

LIFE IS LIKE A PIANO - WHAT YOU GET OUT OF IT DEPENDS ON HOW YOU PLAY IT!

REGULAR MONTHLY EVENTS:

The Administrative Board of the Central Service Office will meet on October 3, 7 p.m. in the Central Service Office.

* * *

The C.S.O.C. and District 1 meetings will be held at 7 p.m., Sunday, October 8 in Club 12.

* * *

The Goliad Group, 537 Avondale, will hold its monthly barbeque, Sunday, October 15, 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.

* * *

The 24 Hour Service Group will hold its monthly dinner on Sunday, October 29 at 1 p.m. This month they're having spaghetti! (Please note that new time! They have resumed serving at mid-day for the fall and winter).

* * *

Group 12 will hold its monthly dinner and games night on Saturday, October 28 at 7 p.m.

* * *

(Continued on Page Four)

REGULAR MONTHLY EVENTS:

The Frontier Group which meets at the ARC, Southton Road, is again sponsoring dances following the regular Open Speakers' meeting on the last Saturday of each month.

NOTHING IMPROVES A PERSON'S HEARING MORE THAN PRAISE!

STAT'S: 8/15/78 - 9/19/78

AA - 194 PIC - 2

Information - 139 Student - 1

Alanon - 30

PIC: 8/18/78 - 9/18/78

Norma W. and John H. were the guests of New Braunfels High School on August 29. The two spoke to faculty and staff members of the school concerning their illness and recovery using the program of Alcoholics Anonymous.

IN MEMORIAM:

Charlie McC., San Antonio - September, 1978

Scott Turner, San Antonio - September, 1978

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

+++++ SHARED +++++

BIRTHS:

Herbert and Hope P. welcomed a lovely little daughter who arrived on September 22. Congratulations!

+++ WELCOME TO THE WORLD!. +++

ANNIVERSARIES:

Two of the area's earliest groups will be celebrating their anniversaries this month. These "Golden Oldies" will be flinging wide their doors and inviting everyone in San Antonio Area to share their happiness and hospitality!

The Alamo Heights Group will round out 22 years of continuous service and fellowship on October 16 at 8:15 p.m. in St. Lukes Episcopal Church, 11 St. Lukes Lane.

Always a gala event, this year's party promises to be even more exciting than those of previous years.

The speakers for the meeting which opens the festivities will be Garnett I. and Bill McM.

Following the meeting, the traditionally lovely party will afford a splendid opportunity for members "new and not-so-new" to enjoy one another's company - come alone - leave with friends!

* * *

Group 12 will celebrate their 29th Anniversary on Friday, October 20 at 8:15 p.m. in Club 12.

Father Flanagan of New Orleans will speak at the meeting and the Planning Committee hopes to make this the most spectacular party ever.

Two great ways to usher in the Fall Season!

AA - TREE OF LIFE

THE STEPS ARE THE ROOTS ...

THE TRADITIONS ARE THE TRUNK.

THE GROUPS ARE THE BRANCHES;

THE MEMBERS ARE THE LEAVES,

AND THE MESSAGES WE CARRY ARE THE SEEDS.

- Helen M. -

(Continued on Page Five)

WHAT'S NEW(S):

The Serenity Group has moved from its former meeting place at 3823 Gevers to the San Antonio State Hospital Administration Building on Military Drive across from Brooks AFB.

The Group will continue to meet every Friday at 8:15 p.m. for an Open Speakers' meeting.

* * *

Young People in AA hold meetings on Sunday evenings at the Downtown Group, 110 McCullough. The Closed Discussion meetings begin at 8 p.m. and last until 9:30 p.m.

Another Closed Discussion meeting of Young People in AA is held on Wednesday evenings at 8 p.m. at 143 W. Sunset. For more information, call Cliff, 822-6360.

* * *

More from 24 Hour Service Group: A new midnight, candlelight, Open Discussion Meeting every Friday!!!

* * *

New Meeting Place, Villa Rosa Group
The Villa Rosa Group has moved from their former meeting place in the snack bar of Villa Rosa Hospital to the Main Dining Room which is located on the other side of the Snack Bar, across from the pool.

The group continues to hold Open Speakers' meetings on Tuesday evenings at 8:15 p.m.

* * *

Group 12 will hold another of its famous plant and White Elephant Sales on Sunday, October 15 immediately following the 11 a.m. meeting.

The Sale will last the rest of the day - or until all items are sold, but it's strictly "first come-first served" ... so be an early bird!

SPECIAL:

The Central Service Office is offering "AA Comes of Age" at the special reduced price of \$5.50 per copy through December.

This is a good opportunity to stock up on Christmas gifts for all your AA friends!

Come in and browse through our selection of books and jewelry - you're bound to find something to please everyone on your list.

JOIN THE BUCK-A-MONTH CLUB!
IT MAKES GOOD \$&c!

FINANCIAL CENTER
SAN ANTONIO
CENTRAL SERVICE OFFICE
RECEIVED SEPT. 19, 1978

<u>GROUP</u>	<u>SEPT.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>SEPT.</u>	<u>TO DATE</u>
Alamo Heights	15.00	135.00	Open Door	30.00	155.00
Audubon	0	70.00	Park North	20.00	150.00
Broadway	0	160.00	Reality	0	35.00
Callaghan	0	10.00	Reliance	0	60.00
Downtown	30.00	140.00	SASH	5.00	45.00
First Step	0	0	Santa Fe	0	60.00
Ft. San Houston	20.00	200.00	Sahara	0	10.00
Frontier	10.00	80.00	Serenity	30.00	100.00
Goliad	40.00	90.00	St. Agnes	0	10.00
Group 12	75.00	550.00	Sharing	0	0
Grupo Del Sol	0	20.00	Spiritual Life	0	0
Grupo Unidad	10.00	110.00	Stepping Stones	75.00	240.00
Highlands	20.00	180.00	Sunset	15.00	175.00
Hope	0	14.00	The Haven	0	55.00
Kelly AFB	20.00	90.00	Triangle	0	0
Kingsboro	0	15.00	24 Hour	10.00	80.00
Laurel Heights	15.00	135.00	Universal	25.00	50.00
Marymont	25.00	75.00	VA Hospital	5.00	10.00
Northeast	30.00	90.00	Valley Hi	0	110.00
N. San Pedro	0	100.00	Villa Rosa	25.00	225.00
Northwest	20.00	180.00	Wesley	0	30.00
Northwood	50.00	230.00	Windcrest	0	105.00
			Young People	0	0

26 GROUPS \$625.00

AREA

Bandera	0	0	Women's Serenity	0	60.00
Bridge (N.B.)	10.00	80.00	Lytle	0	8.00
Canyon Lake	0	5.00	New Braunfels	0	10.00
Floresville	10.00	50.00	Pearsall	0	70.00
Hill Country Grp.	0	20.00	Pleasanton	0	30.00
Kerrville	0	72.00	Seguin	0	0

MEMORIAL CONTRIBUTIONS

Harold S for Vera K
Hod C for L. A. D.
Liz S for Beth Anne S
Dorothy H for Scot T

INDIVIDUAL CONTRIBUTIONS

Bill H.

BUCK-A-MONTH CONTRIBUTION FORM
DETACH AND MAIL

Central Service Office - 109 Lexington Ave., Suite 215, San Antonio, Tex., 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 _____