

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.

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

VOLUME ONE

SEPTEMBER 1972

NUMBER FIVE

G.S.O. NEWSLETTER

G.S.O. has advised that a Newsletter for professionals and semi-professionals was recently mailed to approximately 1,100 agencies, facilities, organizations and professional people in the alcoholism field. They said the Newsletter was a project of the Committee on Professional Relations of the General Service Board of A.A. and that it would be distributed whenever sufficient information of interest to those outside the Fellowship made its preparation worthwhile. A new pamphlet prepared by the Professional Relations Committee, "If You Are A Professional A.A. Wants To Work With You" was sent as an enclosure to the Newsletter along with excerpts from a Grapevine article by A.A.'s co-founder Bill, "A.A....and Problems Other Than Alcohol" and the A.A. Guideline "For Members Employed in The Alcoholism Field (those who wear "two hats"). This Guideline is available in the Central Service Office at a cost of 21¢. Bill's complete article is also available in pamphlet form at a cost of 6¢.

USEFUL READING MATTER

Listed in July-August 1972 Public Information Bulletin #31 from G.S.O., as follows:

Dun's (Dun & Bradstreet magazine), June issue: "Confessions of an Alcoholic Executive, "clear and forceful first-person story of an A.A. member (using the pseudonym "Robert Smith", perhaps as a tribute), who gives the Fellowship credit for his sobriety.

(Continued on Page 4)

AUGUST HIGHLIGHTS

by Beth J.

Bill S., Chairman of the Central Service Office Finance Committee, reports that all Groups are doing a great job of contributing their share for the funding of the Central Service Office. He thanks the G.S.R.'s and the Groups for their cooperation and urges that they keep up the good work!!!

Frost U., Co-Chairman of the Education Subcommittee of the Public Information Committee reports the activities during July: On July 17th Jane W. and Ted V. talked to a group of Rookie Police, July 19th Marilyn H., Jack A. and Bob P. answered a call from Lee High School and on July 28th Abel G. met with the Mexican American Unity Council. Frost says more speakers are needed; contact him at 822-7062. More members are needed to work on one or all Public Information Committees!!!!

Joe W. was appointed Chairman of an Institutional/Rehabilitation Central Service Office Committee. Joe has contacted the G.S.R.'s to ask for help from the Groups in obtaining speakers for the Saturday and Sunday meetings at the San Antonio State Hospital. Members interested in serving on this committee can contact him in the mornings at the Sahara Club, 223-8018 or after 1:30 P.M. at work, 227-6592. Lots of chances for involvement!!!!!!!!!!!!

The Delegate, Elves S., has asked that members having a subject they would like considered for use on the April '73 agenda of the General Service Conference held in New York mail them to him at 923 Schley Ave., San Antonio, Texas, 78210.

AL-ANON, ALATEENTO LIVE AND LET LIVE

by Lola L.

We hear much in A.A. about "hitting bottom". When most, perhaps even all, of us come to Al-Anon it is because we, too, have hit bottom. Sometimes we and our alcoholic hit bottom together and we come in together but often the Al-Anon hits bottom before the alcoholic.

But whenever we hit our bottom and finally find Al-Anon it is often with a sense of relief. At last, someone to talk to, someone who's been there and understands the problem. This is true when we first come in. Talking about a problem is good therapy but it isn't good therapy to harp on it over and over.

We soon learn that we aren't in Al-Anon to play 'can you top this' and to talk about or roast our alcoholic. That may be the reason we came but that isn't the reason we stay. We stay to learn to live and let live.

It has often been said that alcoholism is a three-pronged disease -- physical, emotional, spiritual. Perhaps we aren't as sick physically, except that doctors and psychiatrists agree that emotions can and do make a person physically ill. So many of us are physically ill, too. But all of us are emotionally and spiritually ill. And possibly even more so than our alcoholic. We've lived with an abnormal situation for a good number of years and you can't really be a normal human being under those conditions. So we have some mending and patching to do in our own lives, and we very soon learn that this is more than a full time job.

We learn to release our alcoholic with love and to quit trying to manage and manipulate his life. It is only in this way, by concentrating on our own lives, that we can ever cease concentrating on another's life. One life to lead per person would seem to be more than enough -- except with the help of a Higher Power.

(Continued on Page 3)

HAPPENINGS HERE

by Beth J.

GOLIAD IS EIGHT!!!!!!!

The Goliads are eight years old this month! From their beginning, they have been an active and participating group, and have added much to A.A. in San Antonio.

YESTERDAY

The Goliad Group held its first meeting on Sunday, September 13, 1964 at 1004 Avondale with nineteen members attending. It was registered with G.S.O. in New York three days later. William McC. was elected G.S.R., 'Smitty' S., Secretary and Myrl H., Treasurer. The Goliad Group is an off-shoot of the Downtown Group which met at the Sahara Club when it was located on King William St. With the rapid growth of A.A. in San Antonio, by '63 there were enough A.A. members living in the area to suggest the formation of a new and closer group. The new group stayed in the 'talk stage' for about a year, but when the decision to go ahead came in '64, the charter members lost no time attending the necessities for its beginnings. Once a house was found to rent, 'project rejuvenation' was accomplished by many willing hands in record time!

The big problem in the formation of the Group was talking the landlord of the house into renting to a bunch of ex-drunks. You can imagine his imaginings of what would happen to his property, if he were paid at all!! After much ado, he finally agreed to lease the house to the Group for a trial period of thirty days. It took a number of thirty day trial leases to convince him that doing business with A.A.'s was good business!!!!

TODAY

Goliad meetings are held every Thursday and Sunday nights at 8:15 (open), and on Sunday morning at 10:00 (closed). There is a barbecue every third Sunday before the night

(Continued on Page 3)

AL-ANON, ALATEENTO LIVE AND LET LIVE

by Lola L.

(Continued from Page 2)

So when we come into Al-Anon it is a brand new ball game. If our alcoholic is in A.A. we could very well strike out if we don't do some growing and maturing of our own. And if our alcoholic is or is not in A.A. we can help him more by doing our own battling practice than by concentrating on how he's doing his. Either way we'll have fewer errors by playing the game the Al-Anon way of live and let live.

HOSTS FOR FRONTIER GROUP MEETINGS

The newly established Institutional/Rehabilitation Committee, Joe W., Chairman will assign groups to host the Saturday night Open Speakers Meeting of the Frontier Group. The Ft. Sam Houston Group is scheduled to host for the month of September.

MEETING CHANGE SCHEDULE

Revised Meeting Directory dated May 1972 is available from Groups or the Central Service Office and is changed as follows:

Ft. Sam Houston Group. Meetings are held at 8:15 P.M. Both A.A. and Al-Anon.

Welcome Group. Open Discussion type meetings. Friday, 8:15 P.M. Birthday Night last Friday in the month, Open Meeting.

Unidad Grupo. New Group holding Open Speaker (Spanish speaking) type meeting, 8:15 P.M., Saturday, at 311 N.W. 24th Street.

HAPPENINGS HERE

by Beth J.

(Continued from Page 2)

meeting. They meet in the same house, 1004 Avondale! So if you have a chance, attend a meeting there this month and help them celebrate Birthday 8!!!

UNIDAD GRUPO NEW A.A. GROUP

Meetings of the Unidad Grupo are held every Saturday night at 8:15 at 311 N.W. 24th St. Since its primary purpose is to help the Spanish speaking alcoholic achieve sobriety, Spanish is spoken at the meetings. The Group officers are: Herbert P., G.S.R. and Pasqual M., Secretary-Treasurer.

An open house, to celebrate its beginning, was held August 26th. There was a delicious supper of tamales, beans, rice, potato and macaroni salad, sweet breads, punch and coffee. A meeting followed with Richard S., Program Chairman for the group, chairing and translating! About 45 attended. Off to a fine start!!!!!!

SPANISH SPEAKING CLUB CREATED

A new Foundation (The Unity Club) for Spanish speaking people living on the west side has been established. It is located at 311 N.W. 24th St., and it will be open 24 hours a day for those who might need help, or who just want a cup of coffee and A.A. talk. Dues are five dollars per month to cover the cost of rent and upkeep. Support from A.A.'s throughout the city is asked; the Club's membership is small, and although they are willing to give to their limit, more will be needed! There is also a need for furniture for the Club House. Those willing to help, contact Pete H., 534-8326 or Rudy F., 923-0229.

SANTA FE FIESTA

The Santa Fe Group will hold its traditional "Mexican Fiesta" on September 15th, 7:00 P.M., 1108 Brunswick. Tamales! Mariachis! Fliers will be sent out, but make plans now to come!!!
(Continued on Page 4)

USEFUL READING MATTER
(Continued from Page 1)

Better Homes and Gardens, August issue: "Old Myths and New Facts About Alcoholism", good roundup feature, with facts that may be "new" to many readers, though hardly to most A.A.'s. A.A. is mentioned favorably at the end, but the figure of "nearly half a million" given for membership is a bit under our own current estimate of 575,000.

Grapevine, August issue: "Growing Pains" examines "cooperation without affiliation" in the present-day A.A. scene; "Anonymity" is an amusing and meaningful reprint from Newsletter (England's A.A. Magazine), with a final word on the subject by Bill W.; the letter headed "Strictly Volunteer" in "Carrying the Message" considers the two-hat question again.

September issue: "A.A. at Attica" and "Survival", paired articles, will be of interest to P.I.C's involved in institutional work; "Concept XI, Part 1" includes Bill W.'s summary of the functions of the Board's P.I.C.

NORTHEAST TEXAS AREA FALL CONFERENCE

Will be held October 13,14,15 at the Sheraton Inn, Nacogdoches, Texas. Banquet & Dance. Flier says, "The Oldest Town in Texas -- Historical Plus The Friendliest People." Write Chairman, P.O. Box 961, Nacogdoches, Texas, 75961 for further information.

MEETING DIRECTORIES

A supply is still available in the Central Service Office for Groups needing them.

HAPPENINGS HERE
by Beth J.
(Continued from Page 3)

SOUTHWEST TEXAS FALL CONFERENCE

Remember to make plans to attend the Fall Southwest Area Conference in Brownsville, October 27,28, and 29 at the Fort Brown Motel. The meetings will be furnished by various towns and cities within the Area Conference, except for the meeting Friday morning which will come from across the border. The Monterrey Groups will furnish the Chairman and Speakers.

GENERAL SERVICE REPRESENTATIVES

Meeting is to be held Sunday, September 10, at Club 12, 7:00 P.M.

MONTHLY INTERGROUP MEETING

Neva G. from Alvin, Texas will be here as speaker for the meeting to be held at Club 12, September 10, at 8:15 P.M.

HELP - HELP - HELP

Is needed in the Central Service Office the last of the month in preparation of the Night Cap for mailing. The mailing list is growing and if you can help a few hours each month in stapling and stuffing envelopes, call the Secretary at 226-2164. Thanks to John A., Elizabeth R., Joe W., Marjorie S., and Louise B. for their help in recent months.

P.S. The Secretary thanks the Fellowship for the week's vacation in August, it was appreciated very much and from all accounts Jane W. did a bang-up job which isn't a surprise - 's a great and capable gal.

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.

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

VOLUME ONE

OCTOBER

1972

NUMBER SIX

THE NIGHT CAP - RIGHT ON!

In past months and years your Central Service Office Secretary has published a monthly newsletter in an attempt to keep the Fellowship informed of current events. In May of this year the Central Service Office again started publication of The Night Cap which was published during the years 1950 through 1955. The Night Cap, second time around, is the media now for sharing current news. The mailing list has doubled in the past year, new groups have been started, new committees have been organized and A.A. activity in the main is on the move. The Night Cap has become a part of the main stream due to the interest and participation of groups and members.

In recent months Beth J. has taken the initiative for getting it together and has some good idea's for expansion of this beautiful little paper. She is presently working on getting a nucleus of people to write, edit, assemble and prepare the publication for mailing. Anyone wishing to help may do so by contacting Beth at 733-9576 or the Central Service Office.

THE SERENITY PRAYER

John H. has submitted the enclosed article taken from a past issue of the Salvation Army War Cry publication as additional information on the prayer. Permission was granted by the local Salvation Army Officials to reprint article. Its origin and inception in A.A. was printed in the August 1972 issue of The Night Cap.

... this is how it reads in A.A.

God grant me the serenity to accept
the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.

BIRTHDAYS

SERENITY GROUP: "OPEN HOUSE, PLEASE COME"

On October 27, 1966 seventeen members of A.A. living in the south and southeast area of San Antonio met at the home of Dee W. and Jimmie H. for the purpose of organizing an A.A. discussion group. This was to be a neighborhood group with meetings held weekly in various member's homes. The members present voted to name the group Serenity Group and then elected the following Officers: Tom M., G.S.R., Cotton D., Alternate G.S.R., D.W.H., Secretary and Myrl H., Treasurer.

The group soon grew too large to meet in homes, so a building was rented on Hot Wells Blvd. The meetings were changed from discussion to speaker type meetings. The first speaker's meeting was held on Christmas Day, 1966.

In a few months the group outgrew this building and moved to 1700 Roosevelt Ave. in May 1967. The group is still located there and meets on Friday nights at 8:15 P.M.

The Serenity Group will celebrate its sixth birthday on Friday, October 13th this year with an open house from 6:00 to 8:00 P.M. followed by a meeting at 8:15 P.M. This will be an open meeting and everyone is invited to attend. Please come.

ALAMO HEIGHTS GROUP: "MARK YOUR CALENDAR"

On October 16 (Monday Night) the Alamo Heights Group celebrates the sixteenth anniversary of its first meeting in the same month of 1956. Its members issue to all an invitation to attend its meeting that night to help celebrate this milestone. One of the speakers will be Bishop Everett H. Jones who played such a vital role in bringing A.A. to San Antonio over 25 years ago.

(Continued on Page 2)

MEETING CHANGE SCHEDULE

Ft. Sam Houston Group: Alternating Open Speaker, Open Discussion type meetings are held Monday, 8:15 P.M.

Closed Discussion type meetings are held Thursday, 8:15 P.M.

Al-Anon meetings are held Thursday, 8:15 P.M.

Welcome Group: Open Discussion type meetings are held 8:15 P.M. Birthday last Friday in the month, Open Meeting.

Unidad Grupo: New Group holding Open Speaker type meetings, 8:15 P.M., Saturday, 311 N.W. 24th St.

Pilgrim Group: Wednesday night meetings discontinued. Holding Open Discussion type meetings, Sunday, 8:15 P.M.

GENERAL SERVICE REPRESENTATIVES

Will meet Sunday, October 8 at Club 12. This is a special meeting to begin at 6:30 P.M.

MONTHLY INTERGROUP MEETING

Jack and Dee S., local residents and a lovely couple with an inspiring message will be the speakers for meeting to be held October 8, 8:15 P.M. at Club 12. Imogene U. from the Pilgrim Group will chair the meeting.

CHRISTMAS DANCE

The annual Christmas dance sponsored by the Central Service Office Committee will be held this year at the Turner Club, 120 9th on Saturday, December 23. Ray Adams and his band will play. Dorothy C. is Chairman and Clare 'Little Bit' C. is Co-Chairman for the event. More details later.

G.S.O. GROUP INFORMATION CARDS

A reminder to Group Officers to fill out your G.S.O. Information card and return to New York. For your Group to be listed in 1973 Directory, your card must be in by November 1.

BIRTHDAYSALAMO HEIGHTS GROUP: "MARK YOUR CALENDAR"
(Continued from Page 1)

Meeting place is St. Luke's Episcopal Church located at Devine Road and Corona (just north of Olmos Park) where the first meeting was held. This first meeting resulted from planning on the part of Betty L., a parishioner of St. Luke's and its then Rector who were assisted by Doc B. of the Central Office. Although an open discussion group was planned and has been the format ever since, the first meeting in October 1956 was a speaker's meeting and was attended by approximately thirty members from Group Twelve, Olmos and other groups. Two of the speakers were John C. and John O. During the first two years the attendance at Alamo Heights varied from seven to twelve and then began to grow. Present meetings average close to the fifty mark!

The first big celebration of its founding was held in 1959 and was a public meeting with well over 200 present. Every year since then the anniversary meeting has been a speaker's meeting with lots of refreshments and fellowship.

Several of the original group are now deceased, among them Joe and Harriet C. and Clyde W., but the present G.S.R., Mary Lou G. is one of the original members. Some of the past Secretaries and/or G.S.R.'s are Gene and Merle D., Mary F., Fred H., Amelia P., Harold S., Gayle M., Kate R., Carl and Christi H., Margaret L. and Mary Lou G., among many others, most of whom remain active in the group.

Another speaker will be Ransom P. of Fayetteville, N.C. with 23 years sobriety. He is the brother of Adele M. and is coming here just for this celebration.

Remember the date - October 16

Remember the time - 8:15 P.M.

Remember the place - St. Luke's Church

Remember the reason - Sixteen years of carrying the message!

HOSTS FOR FRONTIER GROUP MEETINGS

Goliad Group will host October Saturday night open speaker meetings of the Frontier Group, held at 8:15 P.M. at the Alcoholic Rehabilitation Center on Southton Rd.

PUBLIC INFORMATION COMMITTEE ACTIVITIES

Frost U., Co-Chairman of the Education Subcommittee of the Public Information Committee, reports continuing calls from civic, religious and educational organizations for speakers to talk to them about A.A. and the recovery program. During September Ed M. spoke to the Northwest Rotary Club; Mary Lou G., Lee Ray C. and Ray E. talked to three classes at Kennedy High; Jane W. spoke at the First Baptist Church in Schertz. Speakers to answer these calls are needed. Won't you help? Call Frost at 822-7062. More members are needed to work on one or all of the PI Committees!!!! Volunteers?????

Come to the Southwest Area Conference in Brownsville, October 27-29 at the Fort Brown Motel! Here is a sneak preview of hosting groups and some of the events you will enjoy while there!

Friday - October 27

- 2:00 P.M. -- McAllen Group
- 3:30 P.M. -- Monterrey Groups
- 8:00 P.M. -- Harlingen Group
- Night Owl Meeting

Sunday - October 29

- 10:00 A.M. -- Corpus Christi

SWINGING DOOR GROUP

From the Swinging Door Group in Luling, Joe W., G.S.R., writes that their meetings (closed) are now held in the recreation room of the Christian Church, Luling. He says visitors are welcome, and invites A.A.'s in the area to pay them a visit.

FOR TRAVELING A.A.'S

25th Anniversary Top O'Texas Roundup Will be held October 6,7,8 at the Holiday Inn West, 601 Amarillo Blvd.W., Amarillo, Texas

Annual Dinner Meeting and Dance Honoring our Co-Founder Bill W. will be held October 7, 7:00 P.M. at the New York Hilton Hotel, N.Y. City

Northeast Texas Area Fall Conference Will be held October 13,14, 15 at the Sheraton Inn, Nacogdoches, Texas

Saturday - October 28

- 8:30 A.M. -- Business Meeting
- 10:00 A.M. -- San Antonio (Raul M. & Jeanne W.)
- Al-Anon Luncheon & Speaker (at Fort Brown Motel)
- Afternoon free for shopping
- Banquet & Dance (Tony F., Chairman & Big John from Brownwood Speaker)

