



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

PRAYER

In the precious stream of newcomers to our fellowship one still finds many without any basic religious training or faith. Such people often have problems not experienced by those with the benefit of such an education and belief which is reborn to help them in our way of life. If you gain the intimate confidence of such a person they will frequently confess difficulty with prayer. Generally we think of prayer as talking to God, either aloud, before or with others, or silently, when alone. Many have trouble concentrating and feel guilty about what they feel is an inadequacy. We must always remember that God knows our thoughts and feelings even before we express them, perhaps better than we do.

Prayer is not just talking to God, it is talking with God, and that involves a lot of listening too. It may surprise most of us if we look back and count the number of times in our drinking days that we said, "Please God help me." Wasn't that prayer answered? Just compare yourself now with any person hunched over a bar stool with their entire world wrapped up in a little glass.

Being with God is also prayer, as is looking at God. The spirit of God is in each of us. When we give of ourselves to help another, we are giving expression to the spirit of God within us. Isn't that prayer?

Our basic foundation for prayer is Step Eleven. It is prayer when we meditate and try to improve our conscious contact with God. We close our eyes not so much in reverence as in an effort to shut out the earthly things which distract us. We attempt to move close to God as we pray.

How could anyone look at the starry heavens without a sense of communion with the Higher Power that keeps the vast mysterious universe in balance. Can we look at any wonder of nature without the sense of oneness with God as we understand Him? We are reminded of the last verse of a poem by an anonymous author:

"For I must look at God all day,
In truth it is the only way
I keep this sober life of grace
Amid the earthly ills I face."

Perhaps the most eloquent prayer for us is to simply pause, and shutting out all worldly things for a moment say, "God, here I am, do with me what you will."

Brownsville:

Brownsville Group
2555 Ex. 77 & Frontage Rd.
corner Bernard at Minimall Club
8 p.m. Mon., Tues., Thurs., Fri., & Sat.
1 p.m. Sun., plus Womans' Group at 1 p.m.
at 1115 Gamwood Dr.
Contact: Helen O. 542 - 3125

Gourthouse Group

Cam. City Court House 2nd Floor
1105 Madison
8 p.m. Wed.
Contact: Clark O. 542 - 0094

Harringen Group

922 1st St.
8 p.m. Tues., Fri., Sat. - 3:30 p.m. Sun.
Contact: Frank S. 425 - 4325
Joe Y. 423 - 1942

Magic Valley Group

Grace Lutheran Church
1101 E. Jackson
8 p.m. Mon.
Contact: Lou C. 423 - 7623
Herb H. 423 - 4709

Midway Group

1605 N. 7th
8 p.m. Mon., Wed., & Thurs.
8 p.m. also Spanish Speaking Group
2 p.m. Sat.
Contact: Dora C. 425 - 7457
Al R. 423 - 9984

OUR REAL HOME IS LOVE - WE'RE
ALWAYS HOMEWARD BOUND

MARRIAGE:

Libby V. to John S., August 1977

AND THIS IS LOVE. TWO SEETS THAT
FREELY MEET AND HAVE NO NEED OF
PROVING ANYTHING

INFORMATION 61

STAT'S: 7/15/77 - 8/15/77

Calls: 17 (JULY)
16 (August)

AA 97

Alanon 26

Westaco:

Westaco Group
Seville Apts. Community Room
600 Airport Dr.
8 p.m. Wed.
Contact: Bob W. 968 - 9811
Fred M. 968 - 2845

Guadalupe Church

Contact: Willie G. c/o Our Lady of

8 p.m. Thurs.

693 N. 3rd St.

Our Lady of Guadalupe Church Annex

Raymondville Group

Raymondville:

Contact: Tim H. 947 - 2230

8 p.m. Wed.

End of Rt. 186

Port Mansfield Station

El Toro Group

Port Mansfield:

Contact: Helene W. 943 - 2125

8 p.m. Thurs.

Corner Yturria St. & N. Shore Dr.

St. Andrews Epls. Church

Port Isabel Group

Port Isabel:

Contact: Herb H. 423 - 4709

7 p.m. Sun, (Speakers' Meeting)

10:30 a.m. Fri.

10 a.m. Mon., Tues., Wed.

Harringen Industrial Airpark

Rio Grande State Center

Hope & Help Group

REGULAR MONTHLY EVENTS:

The Administrative Board of the Central Service Office will meet on Tuesday, September 6th at 7 p.m. in the Central Service Office.

* * * * *

The Goliad Group, 1004 Avondale, will hold its regular monthly barbeque Sunday, September 18th at 6 p.m., followed by an "Open Speakers' Meeting" at 7:30 p.m. All other Sunday meetings are held at the usual time of 8:15 p.m.

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Group 12 will hold its regular monthly dinner and games night on Saturday, September 24th at 7 p.m. in Club 12.

* * * * *

The Frontier Group will sponsor its regular monthly dance Saturday, September 24th following the "Open Speakers' Meeting", 8:15 p.m.

* * * * *

The 24 Hour Service Group, 1203 Fredricksburg will hold its monthly dinner on Sunday September 25th at 1 p.m.

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

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

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

"BOOZE VS. SEX"

New research indicates that heavy drinking, which can reduce male sexual capacity, accomplishes this by stimulating the liver to step up its destruction of the male sex hormone. According to the study conducted in New York and reported in the journal Science, the toxic effects of booze consumed in substantial quantities, cause the liver to produce up to five times the normal amount of the liver enzyme that breaks down the body's testosterone. The study involved a group of men, who, under controlled conditions, drank the equivalent of a pint of 86-proof whiskey a day for four weeks." (Excerpted from the " Forum News-front, PLAYBOY Magazine - June, 1976)

FEEL DEEPLY * ENJOY SIMPLY * THINK FREELY * TAKE RISHS * WELCOME LOVE *
* BE WHO YOU REALLY ARE *

THE LOCAL SCENE:

* * Labor Day Barbeque * *

Ah, you'll hate yourself in the morning if you miss this! The Frontier Group will sponsor a wonderful fun-filled Labor Day for everyone in the San Antonio (and surrounding) area.

Fellowship begins at 2 p.m. Bring the kids and let them swim, throw a Frisbee or play baseball while you're mingling over coffee.

"Carrie Mary" of Houston is the featured speaker for the meeting which begins at 3 p.m. The meeting will be followed by the traditional barbeque, and for the first time - the Hula Nani Polynesian Dancers will entertain at 6 p.m.

Don't forget! Labor Day - the Alcoholic Rehabilitation Center (A.R.C.), Rt. 12, Box 279, Southton Rd., San Antonio, 78221. !September 5th!

* * * * *

SPEAK RIGHT UP! We want news about your group. Send bulletins, announcements or friendly little notes letting us in on all the "inside info" - mail to: "The Night Cap", 215 Abiso Ave., San Antonio, 78209 - or c/o The Central Service Office. Please be sure all copy reaches us by the 19th of each month.

Frank M., secretary of The Reality Group says they'd be delighted to have you drop in. The group meets in the Gollad Group meeting room each Wednesday night at 8:15 p.m. For a "discussion meeting" - and they'd like to hear your point of view? Join them for an evening.

The Downtown Group is all settled into their new location - The Sahara Club, 414 W. Laurel. Ramble on over for a view of their new digs and stay on for a meeting.

Monday evening they hold an "Open Discussion" meeting by candlelight.

Tuesday evening another "Open Discussion" meeting is held, and on Wednesday evening the group holds an alternative meeting in conjunction with a "Closed Discussion" meeting.

On Friday evening an "Open Speakers' meeting" is held. All these meetings are at the usual time of 8:15 p.m. Sunday afternoon at 3-5 p.m. a "Step" meeting is held.

Want a late meeting? The 24 Hour Service Group holds a 10:15 p.m. "Speakers' Meeting" on Saturday evening. You can just make it after dinner and the movies - wrap up the weekend for yourself!

Dee S. and Mary Lou C. say The Park North Group has the best coffee in town - could be the girls can get away with that without putting a crimp in their humility because they don't make it! Check it out - the group meets every Friday evening at 8 p.m. in the basement cafeteria of Park North Hospital, 4330 Vance Jackson. See ya 'round!

The Serenity Group, 3823 S. Gervers, has changed their format from a "Discussion Group". They are now holding "Open Sepakers' Meetings" every Friday at 8:15 p.m. Help yourself to a double dip ... of serenity, that is ... by visiting.

The old girl has a brand new look! Did-ja notice - our front page has a face-lift. Thanks to Ephram W. for designing our great new mast-head! It does grab the old eyeballs, doesn't it?

Margaret H. was recently hospitalized, but is recovering nicely - bet you'd like to speed that recovery even more with a card or note. Mail to: 107 A Brightwood, San Antonio, 78209.

PUT LOTS OF LOVE IN EVEN THE SMALLEST THINGS YOU DO EACH DAY

New Cartoon Pamphlet for Teenagers

The General Service Office has a new cartoon pamphlet for teenagers called "Too Young?" The widely varied stories of six young people, 12 to 18, and their welcome to AA is presented in words and lively pictures in this new pamphlet.

An illustrated quiz inviting readers to "Check Up on Your Own Drinking" is included along with a page titled "You'd Better Believe It" pointing out striking facts about young people and AA.

(Continued on Page Five)

NEW CARTOON PAMPHLET (Cont'd from Page 4) Wednesday and Thursday from 3:30 - 5:30 p.m. "Step Meetings" are held.

"Too Young" carries the AA message of hope and recovery to teenagers in their own language. The pamphlet is 25¢ and may be ordered from AA World Services, Inc.

Saturday at 10 a.m. another "Open Discussion" meeting is held, and the usual Sunday morning meeting is at 11 a.m.

THIS IS THE DAY TO BEGIN TO BE THE ONE
* * * YOU DREAM TO BE! * * *

Alanons are especially invited to attend The Butterfly Group.

AROUND THE AREA:

The Pearsall Group meets every Wednesday evening at 8:15 p.m. Their new Alanon Group meets at the same time.

The Hill Country Group is also sponsoring a Labor Day Weekend on September 3rd - 4th. Come for plenty of good food, good meetings and good fellowship in the relaxing hill country air.

The Group meets in the home of Yance Bernheart, which is located on Highway 140 (leaving Pearsall - toward Charlot) about a mile from the town. Look for the large white house!

Clancy I. from Los Angeles will be the featured speaker. For more information call George K., 344 - 4007, and have a Happy Day!

* * * * *

Another TAPE Group. Vesta S., McAllen, writes that her small AA group enjoys meeting on Sunday morning for breakfast & listening to recorded AA messages.

WORK FOR THE LORD: THE PAY ISN'T MUCH, BUT THE RETIREMENT PLAN IS OUT OF THIS
* * * * * WORLD * * * * *

She says that they have heard many of their tapes several times and would like to contact others in AA who might swap tapes with them.

CONVENTION SEWS:

Last Call - for all you "kiddies" to make it to the 20th International Conference of Young People in AA to be held in Houston, September 2nd - 4th at the Shamrock Hilton Hotel.

Space limitations preclude listing all the tapes already owned by the group, but if you're interested give her a call (826 -4839) and she'll be glad to give you the listing over the phone - or write Vesta at: 707 Esperanza, McAllen, Texas 78501.

If you haven't already made your reservation - make tracks! Write: I.C.Y.P.A.A., P.O. Box 55788, Houston, Texas 77055.

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The Hill Country Group which meets at La Hacienda, Hunt, Texas has an expanded schedule of meetings.

The 30th Annual Top O'Texas Round - Up will be held September 30th - October 2nd at the Hilton Inn (I-40 East & Lakeside) in Amarillo, Texas. Top speakers from all over the nation will make this a truly memorable convention.

An "Open Discussion" meeting is held at 7 p.m. on Monday and Tuesday evenings.

A registration fee of \$20.50 covers all meetings, banquet, dance and AA breakfast. Mail to: Round-Up Committee, P. O. Box 412, Amarillo, Texas 79105.

FINANCIAL CENTER

SAN ANTONIO

CENTRAL SERVICE OFFICE

RECEIVED AUGUST 16, 1977

GROUP AUG TO DATE GROUP AUG TO DATE

GROUP	AUG	TO DATE	GROUP	AUG	TO DATE
Alamo Heights	15.00	20.00	Northwood	0	135.00
Audubon	20.00	70.00	Park North	5.00	35.00
Brees	15.00	85.00	Reality	5.00	25.00
Broadway	10.00	80.00	Reliance	0	70.00
Downtown	50.00	60.00	Sally	0	0
First Step	0	0	SASH	10.00	30.00
Ft. Sam Houston	20.00	140.00	Santa Fe	0	0
Frontier	0	120.00	St. Angas	0	0
Goliad	0	66.00	Serenity	10.00	70.00
Group 12	50.00	450.00	Sharing	0	0
Grupo Del Sol	0	0	Stepping Stones	75.00	150.00
Grupo Esperanza	0	15.00	Sunset	15.00	120.00
Grupo Unidad	0	37.50	Trinity	0	10.00
Harmony & Harmonia	0	25.00	The Haven	0	40.00
Highlands	20.00	160.00	24 Hour	0	70.00
Hope	0	0	Universal City	20.00	30.00
Laurel Heights	15.00	105.00	Valley HI	0	105.00
Marymount	25.00	75.00	VA Hospital	10.00	70.00
Northeast	0	70.00	Villa Rosa	50.00	200.00
N. San Pedro	0	60.00	Wesley	0	30.00
Northwest	25.00	175.00	Windcrest	0	60.00
			Woodlawn Heights	0	0

AREA

Bandera	20.00	20.00	Kerrville	10.00	40.00
Boerne	0	0	*Men's Stag	0	10.00
Bridge (N.B.)	30.00	80.00	Women's Serenity	20.00	70.00
El Toro (Port Mand)	0	8.00	Inling	2.00	23.00
Flloresville	5.00	40.00	New Braunfels	0	12.00
*Grupo Victoria(NB)	15.00	15.00	Pearsall	10.00	10.00
Hill Country Group	0	15.00	Seguin	0	30.00

*Disbanded groups

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 _____