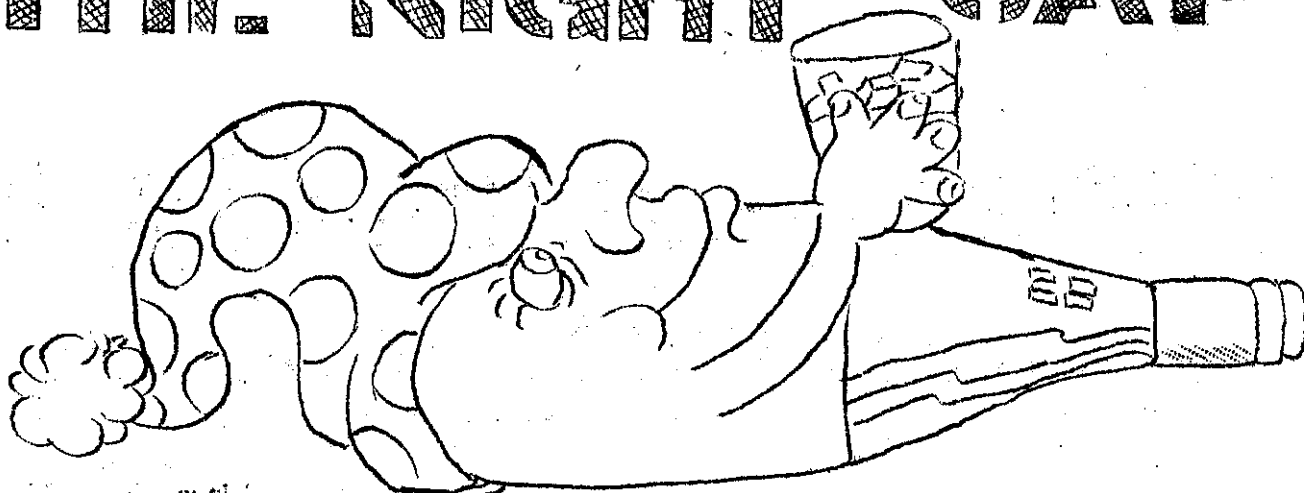


THE NIGHT CAP



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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San Antonio, Texas 78205 226-2523

VOLUME THREE

SEPTEMBER 1978

NUMBER FIFTY ONE

HOSPITAL GROUPS

Traditionally, there have been bonds of cooperation and friendship between Alcoholics Anonymous and hospitals. And, for those admitted because of a problem with alcohol, what better place to begin an introduction - or re-introduction! - to AA. However, a hospital AA Group is not the easiest to begin, nor is it usually found to be an easy group to maintain.

As a basic outline, the booklet "AA In Hospitals" is a good place to begin. It's available from AA World Services, Inc. or at your local AA Intergroup or Central Office. Enlarging on the booklet's theme, the following suggestions may be found useful by beginning or struggling Groups.

Coordination with hospital authorities is a must - not only do you need their approval and consent, you also need the use of their facilities: a room to meet, chairs to sit on, a table for the coffee pot (and an electrical outlet!) and a place to wash the cups. More importantly, you need the patients - and a cooperative administrative, nursing, social services and medical staff to help insure the patients' attendance at meetings. It's an appreciated gesture, too, if the hospital can provide an attendant who will sit in on meetings - it gives them a chance to learn where we're coming from and it gives us control - through them - of any medical problems that may arise in a patient. And through hospital administration, AA can arrive at a mutually agreeable time for the meetings.

A nucleus of regular AA members will be needed, not just for the meetings themselves, but to set up in advance of the meetings and to clear away afterwards. If it's possible to get some successful former patients of that hospital, by all means do so. Because "nothing succeeds like success", think how eloquent their very presence will be to those who still suffer!

(Cont'd. on Page Two)

HOSPITAL GROUPS (Continued from Page One)

Open Speakers' meetings are ideal for hospital AA groups - appealing not only to area AA-ers, but also to the patient's family. Meetings scheduled at the end of regular visiting hours are ideal - patients won't put off coming because they're expecting a visitor, and the visitors who don't leave will be at the meeting.

An efficient program chairman is a must. That person will need to coordinate with other AA groups in the area to provide programs by putting on paper an annual schedule of what group is due to speak and when. Publicize this information in the local AA bulletin and call the individual GSR or secretary of a particular group to remind them of their presentation date(s). But no matter how efficient a program chairman is found sometimes people do have a way of forgetting, so hang loose! Your nucleus or your visiting AA-ers may be called upon to chair or speak.

Pep talks may be necessary to encourage the attendance of patients whose doctors agree to, but don't insist on, their participation. Here's another job for your former patient, because when an alcoholic says "Man, I just don't feel like it" no one can say more convincingly than that successfully recovering alcoholic, "Man, I know how you feel. But" And a lot of old excuses and denials melt away in the face of one who knows because he's been there - literally.

Not many hospitals appreciate having their patients walking the premises after dark, so if your meeting is scheduled for nighttime it's wise to seek a meeting of minds with the nursing staff - that you will (or will not) call for the patients at (for instance) fifteen minutes before meeting time, or that someone from the ward will escort them to and from the meeting. One advantage to having an AA-er call for the patients is that a personal meeting can be very encouraging to the new person (Remember?) and frankly you will get more attendees that way.

Because a hospital AA group is set up to attract newcomers to the Fellowship, a thought should be given to the use of last names when introducing yourself. A friendly exchange of names on a first name only basis will help reassure the potential member that his anonymity will be respected, too.

And remember that since the nucleus of most hospital AA groups is usually small, officers elected may have to serve longer than in regular groups and may be asked to double by serving in more than one capacity.

Good luck!

--Joan B. --

*
SPECIAL NOTICE: THE CSOC AND DISTRICT 1 MEETINGS WILL BE HELD SEPTEMBER 1ST AT 7 P.M. IN THE DOWNTOWN GROUP FACILITIES, 110 MCCULLOUGH AT AVENUE E.

*STRUCTURE/PROCEDURE AMENDMENT: Elections, Item 7: "If a voting member of the Administrative Board . . . is absent from two consecutive regularly scheduled meetings, regardless of reason, that member shall be replaced as outlined under: Elections, Item 5."

(Continued on Page Three)

The Amendment suggested by the Administrative Board of the Central Service Office would read: "If a voting member of the Administrative Board . . . is absent from two consecutive regularly scheduled meetings, that member shall be asked by the present Chair of the Administrative Board if he wishes to remain on the Board; if the member answers in the affirmative and fails to attend the next scheduled meeting of the Board, he shall then be replaced as outlined under: Elections, Item 5."

HOSPITAL ZONE:

The Groups responsible for taking meetings to the Sally Groups Wednesday night Open Speakers! meeting during the month of September are:
September 6 and 13 - Grupo Unidad

September 20 27 - Park North Group

Groups responsible for taking meetings to the Villa Rosa Group Tuesday night Open Speakers! Meeting during the month of September are:

September 5 and 19 - Serenity Group

September 12 and 26 - Northeast Group

* * *

A new Beginners! Discussion Group meets in Room E1 - 36 at 8:15 P.M. on Tuesday evenings at the Audie Murphy V. A. Hospital.

All area members are urged to attend and support this new group. Follow the signs (plenty of directions) for a grand/brand new event!

For more information contact Pete G. (342-9825)

* * *

The Park North Group holds Open Discussion Meetings every Friday at 8 P.M. in the basement cafeteria of Park North

General Hospital, 4330 Vance Jackson Road.

Herbert P. is Chair for the month of September and has promised some exciting and stimulating Discussion Leaders.

Join them for a "Happy-Go-Friday"!

* * *

Stop in at any of the groups meeting in hospitals, half-way houses or detox centers; it's a special way of sharing your sobriety and serenity with a new-comer.

YOU CAN BATTLE YOUR WAY TO THE TOP - OR BOTTLE YOUR WAY TO THE BOTTOM!

REGULAR MONTHLY EVENTS:

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

* * *

The CSOC and District 1 Meetings will be held at 7 p.m., Sunday, September 10 in the Downtown Group facilities.

All GSRs and/or their alternates should make every effort to attend this important meeting so they may vote on the proposed Structure/Procedure change.

* * *

The Goliad Group, 537 Avondale, will hold it's monthly barbeque, Sunday, September 17, at 6 p.m., followed by an Open Speakers! Meeting at 7:30p.m. (Cont'd. on Page Four)

REGULAR MONTHLY EVENTS: (Cont'd.
from page Three)

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

* * *

Group 12 will hold it's monthly
dinner and games night on Saturday,
September 23 at 7 p.m.

This month's menu features
barbeque beef brisket with
plenty of trimmings to round
out your meal.

* * *

The Frontier Group which meets
at the ARC, Southton Road has
reinstated dances following
the regular Open Speakers'
Meeting on the last Saturday
of each month.

Join them for a fun-filled even-
ing with plenty of solid AA and
solid rythm - all planned just
for your enjoyment!

* * *

The 24 Hour Service Group will
hold it's monthly dinner on
Sunday, September 24, 4 p.m.

THANK

To Jeanne W. and Dee S. who did such
a beautiful job of filling in for
Carolyn B. While she was away.

ATTENTION ALL GSRs:

Gee! We'd love for everyone to receive
THE NIGHT CAP - but rising cost have
forced us to keep our lists pared
"to the bare-knuckled bone" Still -
you know we don't want to neglect anyone!

Soco - if there have been some changes
in your group please let us know. A
call to the Central Service Office will
help keep our lists current - and
your new GSR informed.

If you have been receiving THE NIGHT
CAP, but are no longer a GSR . . .
keep up with the times by joining
the Buck-A-Month Club.

Use the convenient form on page 6 or
ask the secretary of your group for
a form and pre-addressed envelope.

Remember supporting the "Buck-A-Month
Club is one of the ways to keep the
doors of the Central Service Office
open - and, those all-important t
telephone lines operating!

BUCK-S-MONTH \$ & ¢ - BUCK-A-MONTH \$ & ¢

You will receive notification from
the Central Service Office that your
subscription to THE NIGHT CAP has
lapsed immediately following the
last issue.

Prompt contribution will insure con-
tinuous mailing! Be an elf to you-
self - Renew your subscription to
THE NIGHT CAP!

BUCK-A-MONTH \$ & ¢ * BUCK-A-MONTH \$ & ¢

STAT'S: 7/14/78 - 8/15/78
AA - 188 PIC - 1

Information - 124 Student - 1

Alanon - 30

PIC: 7/15/78 - 8/18/78

Public Information made two presenta-
tions during the July/August period;
one to San Antonio College and another
to St. Mary's University,

BY MAKING THE SAME MISTAKE OVER AND
OVER I, AT LEAST, LEARN TO DO ONE
THING WELL!

MOVIN' & SHAKIN':

The Fort Sam Houston Group is moving (from the Main Chapel) to Building 1123 located between Chaffee and Lawton streets.

The group will still be meeting on Monday at 8:15 for an Open Speakers' Meeting, as well as Thursday for a Closed Discussion Meeting. The Fort Sam Group Alanons meet on Thursday evening also.

* * *

The Kelly Group is changing their meeting night to Wednesday (from Thursday), and now have an Alanon Meeting in conjunction to their AA meeting.

All area AA's and Alanons are encouraged to support these young groups in their efforts to become established.

* * *

The Traditions Group has been reactivated and are once again holding meetings on Friday evening at 8:15 p.m. at St. Vincent De Paul Church, 4222 S.W. Loop 410.

* * *

Meetings are now being held at Kerper House on Monday evening at 8:15 p.m. 1639 Mistletoe.

Clients of Kerper House have recently left prisons or detention centers and need support to enter the community once more.

This is an excellent opportunity to extend the hand of fellowship and friendship to one who really needs a bit of help along the road to recovery.

HAPPY HOURS:

The end of summer and coming of fall puts everyone in a festive mood - and there are plenty of "goodtimes" coming for all!

The Frontier Group will sponsor it's traditional Labor Day barbeque at the ARC, 10290 Southton Road.

Fred H. will be the speaker at the meeting which kicks off the festivities promptly at 2 p.m. Dinner will be served at 4 p.m. at a cost of \$2.50 for adults and \$1.50 for children.

The day has been proclaimed "Elvex S." Day to honor one who has done so much to help so many of us find sobriety and happiness in the fellowship of AA.

* * *

"Just Cus" - "we wanna" is sufficient reason for The Haven Group to decide to host a "back yard supper" on September 10th (don't worry, even if it rains this one can't be spoiled - its the only "backyard supper" in town scheduled to take place indoors!")

Elves S. will be the afternoon's featured speaker for the meeting which begins at 2 p.m. Dinner will follow at 4 p.m. with plenty of barbeque and all the luscious side dishes, too.

Just \$2.00 for adults and \$1.25 for kids - makes this a real bargain!

* * *

Group 12's Alanons are sponsoring a September-fest on Saturday, September 16 at 7 p.m. Sandwiches and dips will be served - and there'll be live music for dancing.

Pull on your most comfortable Levis and stompin' boots and make the Western scene for just \$2.25 per adult and \$1.25 for the "young 'uns".

* * *

The Alamo Heights Group will be celebrating it's 22nd Anniversary on October 16th at St. Luke's Episcopal Church.

Mark your calenday now! More plans, more news - in the next issue! See ya!

FINANCIAL CENTER
SAN ANTONIO
CENTRAL SERVICE OFFICE
RECEIVED AUG. 18, 1978

<u>GROUP</u>	<u>AUG.</u>	<u>TO DATE</u>	<u>GROUP</u>	<u>AUG.</u>	<u>TO DATE</u>
Alamo Heights	15.00	120.00	Open Door	0	125.00
Audubon	0	70.00	Park North	20.00	130.00
Broadway	40.00	160.00	Reality	5.00	35.00
Callaghan	10.00	10.00	Reliance	0	60.00
Downtown	0	110.00	SASH	10.00	40.00
First Step	0	0	Santa Fe	30.00	60.00
Ft. Sam Houston	20.00	180.00	Sahara	0	10.00
Frontier	0	70.00	St. Agnes	0	10.00
Goliad	0	50.00	Sharing	0	0
Group I2	75.00	475.00	Spiritual Life	0	0
Grupo Del Sol	0	20.00	Stepping Stones	0	165.00
Grupo Unidad	10.00	100.00	Sunset	15.00	160.00
Highlands	20.00	160.00	The Haven	0	55.00
Hope	0	14.00	Triangle	0	0
Kelly AFB	0	70.00	24 Hour	0	70.00
Kingsboro	15.00	15.00	Universal	0	25.00
Laurel Heights	15.00	120.00	VA Hospital	5.00	5.00
Marymont	0	50.00	Valley Hi	65.00	110.00
Northeast	0	60.00	Villa Rosa	25.00	200.00
N. San Pedro	20.00	100.00	Wesley	0	30.00
Northwest	20.00	160.00	Windcrest	0	105.00
Northwood	0	180.00	Young People	0	0

22 GROUPS \$465.00

AREA

Bandera	0	0	Women's Serenity	0	60.00
Bridge(N.B.)	0	70.00	Lytle	0	8.00
Canyon Lake	5.00	5.00	New Braunfels	0	10.00
Floresville	10.00	40.00	Pearsall	0	70.00
Hill Country Grp.	0	20.00	Pleasanton	0	30.00
Kerrville	0	72.00	Seguin	0	0

INDIVIDUAL CONTRIBUTIONS

Richard C.	Len N.
K.O.P.	Jerri McC.
Garnett I.	Dee and Jack S.

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.

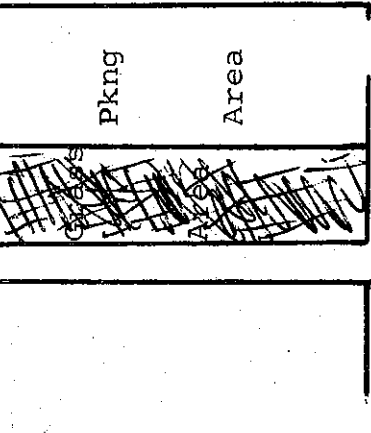
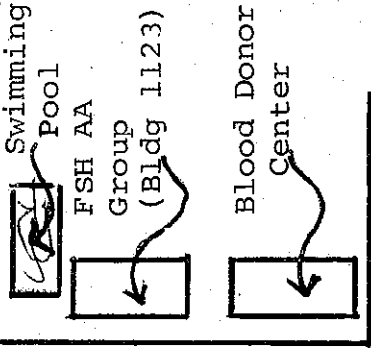
NAME _____ STREET _____
CITY _____ STATE _____ ZIP _____

SCHEDULE

Fort Sam Houston AA Group

Monday 8:15 PM -- Open Speaker

Thursday 8:15 PM -- Closed Discussion
Alanon



9-23

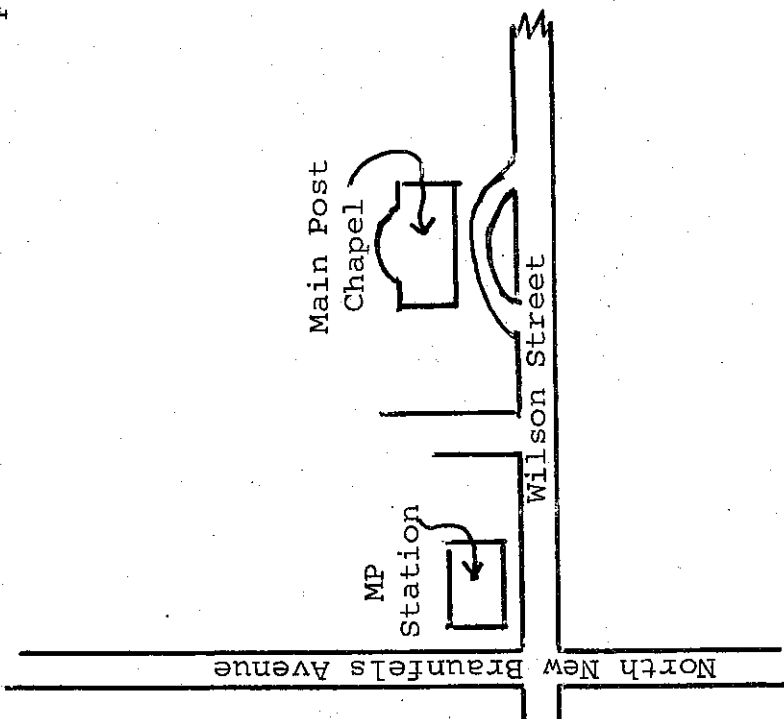
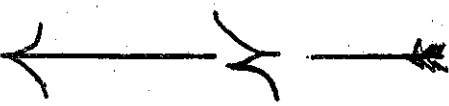
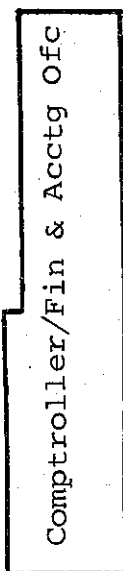
F O R T S A M H O U S T O N

Taylor Street

Chaffee Street

Patch Street

Wilson Street



Main Post

Chapel

MP Station

Wilson Street

Wilson Street