

# THE NIGHTCAP

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## AN INTERPRETATION OF THE TWELVE STEPS

Step Seven - Humbly asked Him to remove our shortcomings. Webster defines shortcomings: A failure, or coming short; deficiency; defeat.

Now, we've arrived to where we realize we've got a lot of shortcomings, and we want to get rid of them along with our drinking problem. As a matter of fact, our shortcomings will give us a lot of trouble if we don't get rid of them.

We have learned through practice in the previous steps, how to pray; that self-centered thinking is not a form of prayer. Now we use this knowledge in seeking to clear away some of the wreckage of our past in asking God (as we understand Him) to make us more normal and less selfish by removing our shortcomings.

Some of the things we want to remove from ourselves are: Intolerance, selfishness, arrogance, wrong thinking, laziness, hate, etcetera, to be replaced by their opposites, on the good side of the ledger.

If we are not sincere in taking this step, we are likely to be unsuccessful in its accomplishment, and if we fail in the completion of this step, we are likely to have to begin at the beginning of the program and start all over again.

We should, by now, realize that Alcoholics Anonymous is good for us, and we have learned how to stay sober for 24 hours, which is the longest time we try to stay sober. If we can stay sober today, whether we are able to make any progress toward completing any particular step or not, each 24 hours will make it more easily possible for us to attain that objective.

. . . Continued on Page Three

## LET GOD CONTROL YOUR FEARS

In our lifetime fear has never been so real as it is today. We hang on the headline of the paper, on every newscast of the radio, trembling and wondering when disaster will strike. Since the first atomic bomb was dropped on Hiroshima and Nagasaki, we have been in constant fear that this weapon would fall into the hands of an unfriendly power and be used against us. This fear is at its peak now.

After World War Two, a Pulitzer prize winning cartoon depicted a home that was bombed. The entire side of one room was gone. Above one could see, silhouetted against the sky, the planes as they flew away. A sagging bed was still standing and beside it a little girl was kneeling in prayer. Beneath the picture were written these words from her prayer, "If I should die before I wake..." We are living in that kind of world.

Today, as inflation becomes more and more a reality, we begin to fear for the future security of ourselves and our families. When the fear of shortages looms ahead, we rush to our markets to store up for the future. This is just another symptom of our fears and anxieties.

We fear the slights and insults of others. We fear that others will find out our secret sin and the embarrassment it would cause. More people are afraid today than shows on the surface.

What can we do to alleviate our fears? The answer is, let God control our fears. He is prepared to lift this burden from our lives. On all the occasions when it confronted Him, Jesus challenged fear. His

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DIRECTORY OF AA ACTIVITIES

Call F - 2523 for information of Any AA activity in S.A. and Southwest Texas.

MONDAY

S.A. Suburban, State Hospital, Club 12 and Industrial Groups, 8 p.m.

TUESDAY

City-wide meeting in West Wing of Municipal Auditorium, 8 p.m., under sponsorship of San Antonio Central Committee of Alcoholics Anonymous. Open to the Public.

WEDNESDAY

Highland Park Group.

THURSDAY

Collins Gardens, Earl, Industrial and Fulton Center Groups.

FRIDAY

Downtown Group, 8 p.m., in Sahara Club Rooms, Family Group same time and place. Club 12, 8 p.m. in Club 12 Club Rooms. Family Group same time and place.

SATURDAY

Industrial Group, 8 p.m., 614 Avenue E. Open to the Public.

SUNDAY

Industrial Group, open to the public.

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- CORPUS CHRISTI -

Downtown Group meets at Civic Center. Tuesday open meeting; Friday closed mtg; Family Group.

Club 10 meets at 146 Tompkins St. Monday closed meeting; Family Group. Friday open meeting.

Alano Group, meets at 607 Kinney St. Monday, closed meeting; Family Group. Friday open meeting.

- AUSTIN -

Austin Group, meets at 608 N. Seventh St. Tuesday open meeting; Thursday State Hospital; Friday closed meeting; Family Group.

- HONDO -

Seco Club meets at DeMontel Hall Thursday at 8 p.m. Mail P. O. Box 338. Phone Day 25, Night 353 - J.

\*\*AA\*\*

BIRTHDAYS FOR AUGUST

- 1 Year: Chloe R., William P. R., James P. S., LaVee McC.
- 3 Years: Benny V.
- 5 Years: Eddie L. Carroll P.
- 6 Years: Ann C., F. L. "Boney" DuC., Orlo H. Q.

HERE ARE THE STEPS WE TOOK, WHICH ARE SUGGESTED AS A PROGRAM OF RECOVERY. . .

1. We admitted we were powerless over alcohol -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will for us and the power to carry that out.
12. Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.

\*\*AA\*\*

The Industrial Group, Inc., 614 Avenue E, has rented the cottage next door to the South at 612 Avenue E to be used as sleeping quarters for those in need of attention but not hospitalization.

If you have any beds, springs, mattresses, cots, pillows, etc., you are willing to give away, please call Bill at B - 37853, and he will arrange to have them picked up and taken to 612.

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Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them.

- - John J. McCloy.

LET GOD CONTROL YOUR FEARS          (Cont'd from Page 1.)

characteristic saying was, "Arise, be not afraid." Listen to some of His words about fear: "Do not fear," He said, "Only believe." "Do not fear those who kill the body but cannot kill the soul." "Fear not therefore, ye are of more value than many sparrows." And the crowning saying is, "Fear not little flock, for it is your Father's good pleasure to give you the Kingdom." These words of His dispel some of our fears.

As we read His words we see in Him a self confidence that dispels our fears. And as we bow before Him in prayer it seems that we can hear His words ringing down through the Gallilean hills to us, giving us a clarity of vision that drives away our fears. Fear weakens and clouds our minds. In this state we see things that are not really there. A mouse looks like a lion, and a mole hill looks like a mountain. As He imparts to us a clarity of vision we see that things are not so bad as they seemed. We take on a moral optimism that wipes the windshield of our souls.

To crown all these, Jesus imparts to us a love that will help us to control our fears. If Christ controls our love, He also controls our fears. John in his First Epistle says, "Perfect love casteth out fear." Now I don't know why this is true, but I know it is. I know that love for our children will cause us to rush in to certain danger, to save them. We do it without fear. I know that Christ's love for us caused Him to go to calvary without fear, for our sake.

Are you burdened down with fears and anxieties? Then let Christ control your fears.

Through faith receive His assurance that He will be with you always to dispel your fears. If you have that faith your battles are half won. Be assured that Jesus cares and is ready to be your companion - the silent partner in all that you do. At this moment He is closer to you than breathing, nearer than hands and feet.

The hymn writer asked the questions, "Does Jesus care when my heart is pained too deeply for mirth or song? Does Jesus care when my way is dark with a nameless dread and fear?" Then he answered his own questions by declaring, "O yes, He cares, I know He cares, His heart is touched with my grief. When the days are weary; the nights dreary -- I know my Savior cares." Let Christ control your fears.

--- REV. W. EARL WALDROP

Every member of the fellowship of A.A. has been helped by the admission that he submitted his plight wholeheartedly to a power greater than himself. He has admitted his conviction that science cannot cure him, that he cannot control his pathological craving for alcohol himself, and that he cannot be cured by the prayers, threats or pleas of others. He had to have God's aid. He had to submit to a spiritual house cleaning.

AN INTERPRETATION OF THE TWELVE STEPS          (Cont'd from Page 1.)

So, the thing to do is to stay sober TODAY. Make your contact with a power higher than yourself upon first awakening each day. Ask that power to help you through that day without taking a drink of anything containing alcohol. If you find yourself in trouble during the day, ask again. Ask as many times as necessary. The power is there ready, to help you.

The time will come when you find yourself in possession of an understanding of the troublesome point in question.

-- ARTHUR C.

A five-letter word that will add  
to your face value is - - -  
S-M-I-L-E

GEMS FROM THE BIG BOOK

"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action."

"An illness of this sort - and we have come to believe it an illness - involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the alcoholic illness, for with it there goes annihilation of all the things worth while in life. It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, worried lives of blameless children, sad wives and parents - anyone can increase the list."

" \* \* \* (AA) will inform and comfort those who are, or may be affected (with the disease of alcoholism.) They are many."

\*\*AA\*\*

"Highly competent psychiatrists who have dealt with us found it impossible to persuade an alcoholic to discuss his situation without reserve. Strangely enough, wives parents and intimate friends usually find us even more unapproachable than do the psychiatrist and the doctor. But the alcoholic who has found (AA), who is properly armed with facts about himself, can generally win the confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished."

Page 28, - AA.

". . . Most of us sense that real tolerance of other people's short-comings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. Our very lives, as ex-alcoholics, depend upon our constant thought of others and how we may help meet their needs."

\*\*AA\*\*

"Why does he behave like this? If hundreds of experiences have shown him that one drink means another debacle with all its attendant suffering and humiliation, why is it he takes that one drink? We cannot answer the riddle."

\*\*AA\*\*

If resentments are disturbing your peace of mind and you can't locate the seat of your trouble, just look in the mirror, brother. In most cases those resentments can be eliminated by asking yourself, "What does the one of whom I am resentful have that I don't have; what can he do that I cannot do?" Ralph Waldo Emerson said, "Things are not as we see them, but as we are." L.L.T.

\*\* AA \*\*

God gave me today as a reward for yesterday's accomplishments and as a period in which to gain the strength to face the trials of tomorrow with courage and a smile. - L.L.T.

\*\* AA \*\*

Through AA I have had the joy of reaffirming and strengthening my association with God and of having met some of His most precious handiworks; friends who gladly forgive and who permit future possibilities to obliterate past performances. - L.L.T.

\*\* AA \*\*

## WHAT'S THE USE?

Dad labored hard for 18 years  
To keep the wolf away;  
Then daughter ups and marries one  
And brings him home to stay.

\*\* AA \*\*

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1. The purpose of this document is to provide a comprehensive overview of the project's objectives and scope. It is intended for the use of all project team members and stakeholders.

2. The project is designed to address the current challenges faced by the organization and to implement a strategic plan that will improve operational efficiency and reduce costs. The primary focus is on the development and deployment of a new software system.

3. The project team consists of a project manager, a steering committee, and various functional departments. The project manager is responsible for the overall coordination and execution of the project. The steering committee provides strategic guidance and approves major project decisions.

4. The project is organized into several phases, including planning, analysis, design, development, testing, and deployment. Each phase has specific deliverables and milestones. The project is being managed using a structured approach that includes regular communication and reporting.

5. The project budget is estimated at \$1.5 million, with a total duration of 18 months. The budget includes personnel, hardware, software, and other resources. The project is being funded by the organization's operating budget.

6. The project is subject to various risks, including changes in requirements, resource availability, and technical challenges. A risk management plan has been developed to identify, assess, and mitigate these risks. Regular risk assessments will be conducted throughout the project.

7. The project is expected to deliver significant benefits to the organization, including improved productivity, reduced operational costs, and enhanced customer satisfaction. The project will be a key driver of the organization's long-term success.

8. This document is a living document and will be updated as the project progresses. It is the responsibility of the project manager to ensure that the document remains accurate and relevant. All project team members should refer to this document for project information.