

# 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.

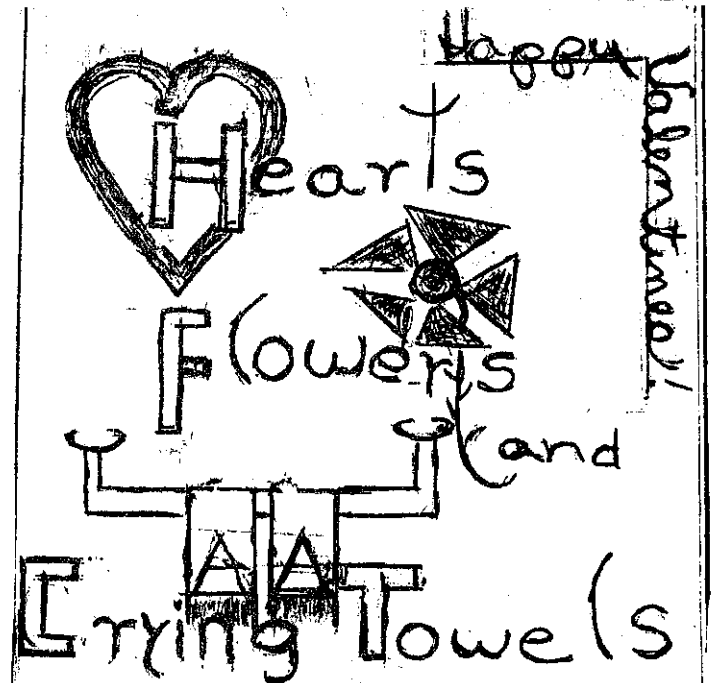
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"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from Alcoholism. The only requirement for membership is a desire to stop drinking . . ."



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## AN INTERPRETATION OF THE 12 STEPS

If each of us would dwell on it for awhile, we would usually realize that each step in the program had, at the beginning, a limited meaning to us. Then, as we progressed and grew in our understanding of the AA way of life and tried to get a better grip on the principles contained therein, we began to have a deeper understanding of each step and its meaning took on a much broader scope.

In the case of Step Two, at the outset of my desperate attempt to find something, or someone, or someway to enable me to go on living and find a degree of release, it was not at all difficult for me to admit that something was very wrong with me and that, no doubt, I was not sane in all respects.

A Higher Power or God was without question, by this time, the only possible way. All else had failed and I, like so many of you, had tried everything more than once, but to no avail.

When we finally, in complete and total surrender, turn to God and truly ask for help and expect to receive it, something does happen and we are, by God's Grace, put on the path to right thinking or sanity. Then, as we grow in our deeper understanding of God and come to realize, some of us suddenly, some of us more slowly, that we are being given more than just plain sanity, that we become aware that a degree of peace of mind is finding a home in our consciousness. Maybe for the first time in our lives or at least for the first time in a long while.

Without a doubt, as far as I am concerned, peace of mind or a healthy untroubled mind is by far the greatest gift and possession one can have; for without it, possessing all the other wonderful things of life, such as bodily health, love, wealth, fame, talent etc. are meaningless and really become intolerable until some degree of peace with oneself is found. Without a doubt, this can only be obtained when we get right with our Higher Power, that we come to know, to love and to completely rely on through trying to practice the principles contained in our Twelve Steps.

As we go from day to day from experience to experience, we are aware more and more that when we truly believe and totally trust God. He does not fail us and instead strengthens our faith, even though at times we doubt that our faith is even as big as a mustard seed, which the Lord said is sufficient for the day.

Complete sanity and the wonderful gift of an untroubled mind unfolds to each of us as we honestly take, believe and feel Step Two. And, so it is.

W. A. - Feb. 1973

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SANITY !

That's the part of this that scares us - after all, we are not crazy - we are drunks. We have never done anything like this screwy performance when we were ourselves. We wouldn't think of acting like this if we were in our right minds. RIGHT MINDS? That's the cue. When I even think of taking a drink knowing that if I do the consequences will always be the same as they have been through the years. That same old repeat behavior pattern that I can't do anything about...If I take that first drink.

THAT IS SOMETHING MORE THAT JUST A PLAIN "DRUNK" THE MATTER WITH ME!

So far no human power has ever been able to do anything about that kind of thinking; so what am I going to do? Certainly, I am afflicted with one of the most serious problems ever faced by man or woman. The things that lie behind the drinking - I have it - and I didn't inherit it. No one made me like this. This is a matter of fate - there isn't anything I can do about it - and so off I go to search for the power to help. Certainly there must be a power greater than myself somewhere that can do the job. . . . .

Sam Mc C - Feb. 1952

GEMS FROM THE BIG BOOK

"Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial.

We find that no one need have difficulty with the spiritual side of the program. WILLINGNESS, HONESTY AND OPENMINDEDNESS ARE THE ESSENTIALS OF RECOVERY. BUT THESE ARE INDISPENSABLE."

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The little girl was praying by her bedside: "Dear Lord, please send Mother a mink coat because she wants one very badly; and please send Daddy a new car because he is such a nice man; and please send me a bicycle because I want one more than anything else in the world. And please, Dear Lord, take good care of yourself, because if anything happens to you, we're all sunk!"

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Repentance was perhaps best defined by a small girl: "It's to be sorry enough to quit."

## SANITY ? ?

"Weird," he said convincingly,  
While his wife nodded her head,  
"Some people are really strange, my dear,"  
With that, he shaved his head.

"Take last night," he rambled on,  
"I met an aging fool,  
Who jumped into a lake every day,  
Though he couldn't swim, just 'cause it  
was cool."

"Twice," he told me, "he'd almost drowned,  
Four times he'd taken ill;  
But every day, no matter what,  
In the lake he'd jump, no matter what the  
doctor's bill."

"How strange," the wife remarked,  
While pouring four raw eggs over her head,  
"You'd think that man would realize  
That someday he may wake up dead!"

"Oh well," the husband grinned,  
"Some people play Russian Roulette  
And others never have any fun;  
Their stomachs never get upset."

"Yes, people are really dumb,"  
The wife added, tattooing her arm,  
"I think that one would learn, after being  
almost killed,  
That such goings on could cause some harm."

"At least we're sane," they said together,  
Standing at the door of the plane,  
Parachutes ready, they jumped out the  
door,  
"Let's see just how close we can land by  
that train."

The tombstone read "They tempted fate,"  
And sure enough they lost,  
But at least they were sane and not really  
weird,  
No matter what the cost.

---Anonymous

\* \* \* \* \*

WE BRAG .... MODESTLY

## ALWAYS A RAINBOW

When all the sunlight disappears and there is  
only rain ... Maybe somewhat lonely but the  
time is not in vain ... Because my thoughts  
are with me and I contemplate the past ... And  
I remember that no rain was ever known to last.  
.. And I remember that no wound has ever failed  
to heal ... However deep the agony that I have  
tried to feel ... There is no storm or hurri-  
cane that does not spend its force ... There  
are no tears of bitterness that do not run  
their course ... And always somewhere in the  
midst of moments passing by ... The lamp of  
faith is lighted by a rainbow in the sky.

\* \* \* \* \*

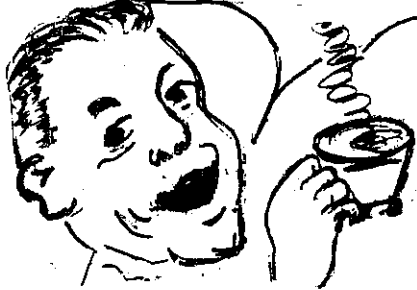
## SHORT HORIZONS

The secret of a good and happy life is learn-  
ing to live by the day. The long stretches  
are what tire us. We tend to think of life  
as a whole, running on indefinitely; yet we  
cannot carry this load until we are three  
score and ten. We can't fight this whole  
battle continually for half a century. But  
really there are no long stretches. Life is  
not given to us all in one piece; it comes a  
day at a time. Even tomorrow is never ours  
until it becomes today, and we have nothing  
whatever to do with it but pass down to it  
a fair and just inheritance of today's work  
well done, and today's life well lived. It  
is a precious secret, this, of living by  
the day. Anyone can carry his burden how-  
ever heavy, until nightfall. Anyone can do  
his work, however hard, for one day. Any-  
one can live kindly, patiently and purely until  
the sun goes down. And this is all life  
should ever mean to us - just for one twenty-  
four hour period.

"Do today's duty; fight today's temptations,  
and do not weaken or distract yourself by  
looking forward to things you cannot see,  
and could not understand if you saw them."  
God gives us nights to curtain our days. We  
cannot see beyond. Short horizons make life  
easier - they are the blessed secrets of  
brave, true living.

- Pen Pointers

"Any two or three alcoholics gathered together for sobriety may call themselves an AA Group."



GROUP NEWS

THE HOPE GROUP meets every Thursday night at 8:15 in the Alpha House, 111 Queens Crescent. Group officers are Bill F., Program Chairman, Peggy J., Secretary-Treasurer, and Dorothy C., GSR. If you can't make a meeting, drop by for a cup of coffee and meet the girls who live there!

THE TRINITY GROUP meets every Tuesday night at 8:15 at the Harmony Club, 2208 N. Zarzamora. They are studying the 24 Hour Book and invite you to join them.

THE FRONTIER GROUP at the ARC on Southton Rd. has resumed Birthday Night the last Saturday in each month. Frontier meets Tuesday and Saturday nights at 8:15 in the auditorium of the old ARC.

THE GOLIAD GROUP, 104 Avondale, will hold its monthly Bar-be-cue on Sunday, Feb. 18th at 6:00 P.M.

THE DOWNTOWN GROUP, Sahara Club, 809 East Euclid, reminds you of its "Poor Boy Bingo" each Saturday night at 8:00 and its dinner the first Sunday of each month at 1:00 P.M.

THE HAVEN, 1640 West Woodlawn, will hold its monthly dinner, Sunday, February 11, at 3:00 P.M., preceding the regular meeting at 5:00 P.M.

SASH A. A. GROUP holds an Open Speakers meeting every Monday night at 8:15 in the auditorium at the San Antonio State Hospital on South Presa. On the Board for the SASH A. A. Group are: Blake R., Bill S., Mary S., Gwen L., Jerry McG., Pete H. and Bob S.

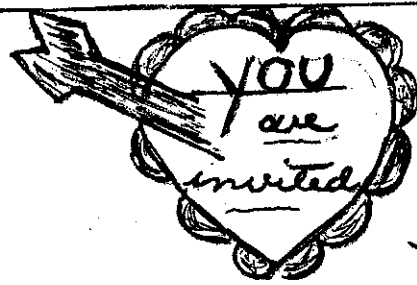
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A handshake - - - the greeting of old friends, the making of new ones. - - -

GROUP 12 - at Club 12, 102 Thames - - Bridge every Friday Night following the meeting. Everyone invited.

Monthly-Supper-Bingo Saturday night, February 24th, at 7:00 P.M.

A special party will be held each month; there will be different hosts and varying party motifs, so each one will have a different flare and flavor. This month George and Mabel K. are having a Valentine Party.



To

A Supper Party

Dancing, Cards, Conversation, Fun  
8:00 P.M. - Feb. 17, 1973  
(no show line)

Food served from 9:30 to 11:30  
Price \$3.00 per person

Come & bring your Valentine  
Come & find one at Club 12!  
102 Thames

Reservations must be in  
by Feb. 16. Call Edra at  
344-8981

PERSONALS

WEDDING BELLS:

Ruth A. and Wade H., January 1973

AWARD:

Margaret H. received the Sullivan Award from the National Council on Alcoholism for her dedicated service while a member of the Board. It was presented to her by Bishop Everett H. Jones at the National Council Luncheon held January 25, 1973.

IN MEMORIAM:

John B., December 1972

Al B., December 1972.

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ALANON

Interested in another Monday meeting? NORTHEAST GROUP is considering a Closed Discussion meeting and an Alanon meeting for Monday evenings. If you'd like to attend, call Marilyn H. at 658-6937 before February 10, 1973.

The beginning Alanon needs special help too, so GROUP 12 plans an Alanon meeting to be held in conjunction with the A.A. Beginners Meeting Sunday 4 P.M. at Club 12, 102 Thames.

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There are sounds that elude you unless you are intent on hearing them. Listen not only to the words of others, but listen to their feelings. Train yourself to hear what they are trying to say to you.

- Unknown

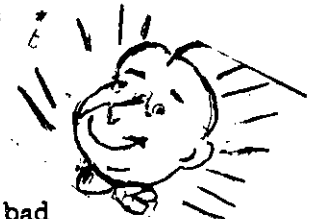
NIGHTCAP STILL NEEDS

Thank you for your Nightcap contributions. We still need articles, fillers, jokes, cartoons and personal news of interest. Articles must be limited to 300 to 400 words. Material sent in will not necessarily be used in the same month; we are trying to build a back-log of Nightcap items. All materials will be appreciated. Send to The Nightcap, c/o the San Antonio Central Office, Lexington Building, 109 Lexington Ave., Suite 215, San Antonio, 78205.

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SMILE WITH US

Judge: How could you possibly have gotten in this sorry shape?



Lush: Just a case of bad company, Your Honor. I had me a quart of whiskey for the four of us, and these three other jerks all belonged to A.A!

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A prominent attorney met one of his clients in front of his office building. She was an elderly lady, and handsomely gowned, and had with her a tiny French poodle. As the two talked over a business matter, the poodle became attracted to the attorney's shoes. Suddenly the attorney stepped aside. The woman looked at him, smiled and said: "Oh, don't be alarmed, he won't bite."

"I'm not afraid of his biting me," he replied, "but I saw him raise his leg and I was afraid he was going to kick me."

\* \* \* \* \*

A Swede walked into a saloon and asked for a drink of squirrel whiskey. The bartender said: "I have no squirrel whiskey, but I have some Old Crow." Swede: "I don't want to fly - I just want to jump around a bit."

SOUTHWEST AREA NEWS

The Southwest Area (Pre-Conference) WORKSHOP will be held Saturday March 31 and Sunday April 1 at the Quality Inn (formerly known as the San Antonio Inn) 10811 Interstate 35 North, San Antonio, Texas.

Group, District and Area problems will be discussed, and from these sessions our Delegate, Elves S., will compile a list of questions and suggestions to take with him when he goes to the General Service Conference in New York the last week in April.

All A.A.s are invited to attend - - many other than GSRs came to the last Workshop and found the experience both interesting and rewarding; however **IT IS ESSENTIAL THAT EACH A.A. GROUP IN THE AREA BE REPRESENTED** by a GSR or Representative. So if your GSR can't make it, please appoint an Alternate. It is through the Group GSR that the Group Conscience is expressed and our Delegate can only be effective for us if he knows 'The Group Conscience'.

More about the workshop next month.

Information Sheets:

Your Southwest Area Conference Secretary-Treasurer, Margaret H., will be mailing information sheets to all the Groups in the Area. Along with them will be a letter concerning the Group's contribution to the Delegate's Fund for 1973. If your Group cannot afford to give to the Delegate's Fund, please fill out the group information form and send it back anyway. Margaret needs the information to keep her records current.

However, if your Group can donate to the Delegate's Fund, please do. Trips to New York, even to the General Service Conference, are expensive, and there is also the expense of travelling around the Area after the Conference to give a report of the Conference. Last year the support was great ! !

Margaret will appreciate your promptness in getting the forms back to her and Elves will appreciate the money !

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THE DRUNKARD'S TWENTY-THIRD PSALM

King Alcohol is my shepherd; I shall always want.  
He maketh me to lie down in the gutters;  
He leadeth me beside troubled waters;  
He destroyeth my soul.  
He leadeth me into the paths of wickedness (for the effects' sake).  
Yea though I walk through the valley of poverty, and have delirium tremens, I will still  
cling to drink,  
For thou art with me; thy bite and thy sting - - - they torment me.  
Thou preparest an empty table for me, in the presence of my family.  
Thou annointest my head with sorrow;  
My cup of wrath runneth over.  
Surely sin and sorrow will follow me all the days of my life,  
And I shall dwell in the house of the lost forever.

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Current Meeting Directory dated May, 1972 is available from Groups or the Central Service Office and is changed as follows: (All meetings will be held at 8:15 P. M. unless otherwise noted.)

FT. SAM HOUSTON

Alternating Open Speaker, Open Discussion meetings are held Mondays.

Closed Discussion meetings - Thursdays.

Al-Anon meetings - Thursdays.

OPEN DOOR

Discontinued Thursday meetings. Holding Open Discussion meetings, Fridays.

GRUPO UNIDAD

New Group holding Open Speaker meetings, Saturdays. Address: 311 N. W. 24th St.

PILGRIM

Discontinued Wednesday night meetings. Holding Open Discussion meetings Sundays.

BREES

New Group holding Closed Discussion meetings Thursdays. Birthday last Thursday in month, Open meeting. Address: Sunset Ridge Church of Christ, 2367 Brees.

Al-Anon meetings are held Thursdays.

BROADWAY

New Group holding Open Discussion meetings, Saturdays. Address: Christ Lutheran Church, 6720 Broadway.

NORTHEAST

New Group holding Open Discussion meetings, Saturdays. Address: John Calvin Presbyterian Church, 8102 Midcrown.

WELCOME

Meetings discontinued.

SERENITY

Closed Discussion meetings are held Tuesdays 7:00 P. M. and Open Speaker meetings are held on Fridays - regular time.

NORTHWEST

Closed Discussion meetings are held Mondays.

Al-Anon meetings are held Mondays.

VALLEY HI

Closed Discussion meetings Tuesdays. Birthday last Tuesday in month, Open meeting.

Al-Anon meetings Tuesdays.

Al-Ateen meetings Tuesdays.

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GENERAL SERVICE REPRESENTATIVES

Meeting will be held Sunday, Feb. 11, 7:00 P.M. at Club 12.

MONTHLY INTERGROUP MEETING

Helen M. and Richard S. Will Speak at the meeting to be held Sunday, Feb. 11, 8:15 P.M. at Club 12. The St. Agnes Group will chair.

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HOSTS FOR FRONTIER GROUP MEETING

The Highland Group will host the Feb. Sat. night meetings of the Frontier Group held at 8:15 P.M. at the Alcoholic Rehabilitation Center on Southton Road.

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ANNUAL WOMEN'S CONFERENCE

The 9th Annual Women's AA Conference will be held Feb. 23, 24, and 25 at the Holiday Inn 617 Broadway, in Little Rock, Arkansas.

28TH ANNIVERSARY CELEBRATION

The 28th Anniversary of AA in San Antonio will be celebrated Thursday, April 12, 1973 with a banquet in the Anacacho Room of the St. Anthony Hotel. Earl A., Chairman, will MC the event and has told us that he is trying to get a nationally known Speaker. Big Book John H., is ticket Chairman and says that our target this year is 350 people. More details as they become available.

Meanwhile mark your calenders for Thursday evening, April 12!!!

Plan to bring some non-AA friends and join in celebrating the founding of AA in San Antonio.

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G.S.O. LITERATURE

The name has been changed on pamphlet "Alcoholism the Illness" to "Bill on Alcoholism", with a sub-title "Three talks to Medical Societies by Bill W., co-founder of Alcoholics Anonymous". G.S.O. advised in a recent Quarterly Report that the title was changed due to comments received that the title gave the impression it contained articles explaining the illness of alcoholism.

New pamphlets from G.S.O. "Understanding Anonymity", "Profile of an A.A. Meeting", and "If you are a Professional" are now available in the Central Service Office at a cost of 6¢ each.

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PUBLIC INFORMATION COMMITTEE

On Jan. 15 Ed M. spoke to a group of Military Doctors at the San Antonio Inn; Jan. 23 Harold D. and Don H. talked to six physical education classes at Alamo Heights.

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Frost U. Chairman of the Public Information Committee needs Speakers to answer the many calls he receives from schools, civic, military and church organizations. He asks that anyone interested in participating call the Central Office at 226-2523.

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USEFUL READING MATTER

Listed in the Nov. Dec. '72 Public Information Bulletin #33 from G.S.O. as follows:

- Journal of the American Medical Association Nov. 6, '72: An editorial on alcoholism as a disease.
- Business Week, Nov. 11, '72: "Business Dries Up Its Alcoholics".
- Grapevine: Dec. '72: "Quote Your Way to Fame".
- Grapevine: Jan. '73: "Keep it Simple".
- "What a Doctor Learned From AA" by Dr. Ruth Fox and "Around AA".

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ABC-TV, DICK CAVETT SHOW: Nell Wing, non-alcoholic G.S.O. archivist and long-time assistant to our co-founder Bill, will participate in two 90 minute Dick Cavett Shows dealing with alcoholism and recovery.

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