



# THE NIGHT CAP

Published monthly by the Central Committee of Alcoholics Anonymous in San Antonio.

Address all Communications to:  
P.O. Box 644, San Antonio 6, Texas

VOLUME THREE

JANUARY 1953

NUMBER FOUR

GOD grant me the Serenity to accept things I cannot change, Courage to change things I can, and Wisdom to know the difference.

\* \* \*

## AN INTERPRETATION OF THE TWELVE STEPS -- STEP ONE

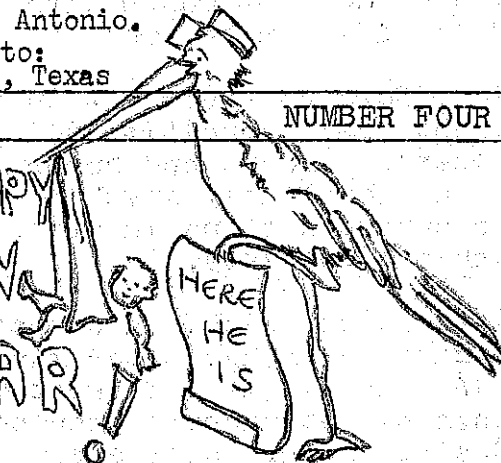
"We admitted we were powerless over alcohol - that our lives had become unmanageable."

Each of the Twelve Steps of the AA Program is perhaps of equal significance. But due to its very priority, Step One assumes for the new member a position of major importance. We must have a beginning, and here is where we start. We must admit we are licked. This is a time to face facts. If alcohol is ruining our lives we must stop drinking or accept the consequences.

Step One requires of us both honesty and humility. It is scarcely a secret to anyone who has had any contact with us that we are neither honest nor humble. We have been contemptuous of honesty and humility. We have thought of these not as virtues but as devices by which the weak seek to enslave the strong. In this we have been wrong. True honesty, true humility, require a courage rare among the sons of men. As an example, I give you Socrates dying bravely, serenely, for his convictions - which were the veritable epitome of honesty and humility - rather than retract his teachings. Need I mention Jesus - another honest and humble man?

In the clutches of alcoholism we are no longer free men. We are but  
(Continued, Page Two)

HAPPY  
NEW  
YEAR!



## LET GOD CONTROL YOUR LONELINESS

It is constantly amazing the number of people who are lonely. Many such people come to me for help - people who are bored with life. I am always amazed at what lonely people do to cure their boredom. Many people who drink to excess are not bad people, but bored people. They start down the tragic road of drink innocently enough, hoping to cure their loneliness.

There are others who spend a large portion of their time in theatres, trying to dodge loneliness. A young woman came to me recently who admitted that she sees as many as seven movies in a week. For a while this sufficed to keep her entertained, but before long she ran out of movies, and again was thrown back on her own resources.

Someone said to me not long ago that he believed loneliness is a disease. No, loneliness is not a disease. It is a symptom. It is a symptom of emotional and spiritual immaturity. The lonely person needs to let Christ control his life. The test of one's Christian poise is what one does with his solitariness. If we will take Christ into our confidence, He can help us to keep life zestful.  
(Continued, Page Three)

(Continued from Page One)

slaves of a ruthless master. What slave does not yearn with all his soul to again be free?

AA offers us freedom - on a condition. This condition being an honest, sincere and burning desire to do absolutely anything which may be demanded of us in order to achieve sobriety.

A transient wish, an earnest resolve - sincere though these may be - will avail us little. We must have a burning, passionate unquenchable desire to gain sobriety.

The AA Program begins with the simple honest admission that we are powerless over alcohol. We stop kidding ourselves and recognize that it is the first drink which sets in motion the vicious cycle of compulsive drinking. AA is unique in that it does not require of us a vow or pledge to stop drinking for the remainder of our lives. We gain sobriety one day at a time by the simple device of postponing that first drink for 24 hours. A whole day without a drink when every fibre of your being cries out for it may seem like a large order. But wait, my friend, before you take that drink. We don't have to do this thing alone. We have help. We are not ALONE.

Merle "Doc" F.

\* \* AA \* \*

Birthdays for January 1953:

- 1 Year: Catherine A., James P. B., Raul C., Joe M.
- 2 Years: Frank B., Frank E. O.
- 3 Years: Paul B., Charles M. D.
- 5 Years: Ted A., John B., R. H. "Dick" L., James P., "Jim" McI.

\* \* AA \* \*

BE NOT AFRAID OF LIFE. BELIEVE THAT LIFE IS WORTH LIVING, AND YOUR BELIEF WILL HELP CREATE THE FACT.

- - JAMES

DIRECTORY OF AA ACTIVITIES

Call F-2523 for information of any AA activity in San Antonio and Southwest Texas.

MONDAY

State Hospital, Professional.

TUESDAY

City-wide meeting in the West Wing of Municipal Auditorium, 8:15 PM, under sponsorship of San Antonio Central Committee of Alcoholics Anonymous. Open to the public. Women's group meets at 6:30 PM at 614 Avenue E.

WEDNESDAY

Club 12, Collins Gardens, Highland Groups.

THURSDAY

Olmos Park, Earl, Industrial and Fulton Center Groups.

FRIDAY

Downtown and Club 12 Groups. Family Groups meet at same time and places.

SATURDAY

Industrial Group, 614 Avenue E. Open to public.

SUNDAY

Industrial, 11 a. m.  
Downtown, 4:30 p. m.

\* \* \* \* \*

CORPUS CHRISTI

Downtown Group meets at Civic Center - Tuesday, Open. Friday, Closed. Family Group meets Friday. Club 10 meets at 146 Tompkins St. Monday, closed. Friday open. Family Group meets Monday. Alamo Group meets at 607 Kinney St. Monday, closed. Friday, open. Family Group meets Monday.

(Continued, Page Three)

LIKE

A

MIGHTY

ARMY.



### WHERE A CHAIN BREAKS

"The strength of a chain is no greater than its weakest link." However, it is a good thought to keep in mind when one is considering the strong points of character. There are a good many links in the chain of any one's life. All of them may be strong with the exception of one, and if there is a heavy strain, the chain will break at the weak link. One may have courage and daring to fight like a demon, and not flinch in time of danger. They may have a will-power that can hold on when there is nothing left within one except the "will which says 'Hold on!'"-- a determination that will not yield until final success is achieved. But if his desires get the better of his judgment, causing him to succumb to ONE SINGLE TEMPTATION, he will collapse at that point. Summarizing: There can be no temporizing in AA. You must be "on the program" or be prepared for a slip at any time....

- The Key

### 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 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 IN ACTION

Johnny Bell sends birth announcement of a boy who was born to the Bell family in Charleston, S. C., Dec., 1952.

When we "went to press" the first three weeks of operation of Industrial Group had been concluded with most gratifying success. "The boys" had all pitched in and kept the "joint" clean, made their own coffee, opened and closed and kept the proper decorum in the clubrooms.

Elizabeth E. and Jimmie R. both of the Downtown Group, were happily planning to marry on Dec. 27 when this was written.

Foy H. and Jay G., both Downtown Group members, became Mr. and Mrs. on Dec. 13.

Col. Orlo Q. underwent surgery at Brooke General, Dec. 8 and at this writing was recovering as well as his medicos had hoped.

Joe McDermott has opened the "Drumstick" on Austin Highway. All kinds of good food and friendliness are waiting for you out there.

Witt R. is still in Legion Hospital at Kerrville. We received a Christmas card from him. He would be glad to hear from you.

Those dances at Sahara Club each Saturday night are growing more popular. All members of AA are invited.

Gerry Rowden, wife of a Collins Gardens Group member, died Friday, Dec. 12, after a short illness. She was buried Monday, Dec. 15, from Alamo Funeral Home in National Cemetery.

Alvey Owens died Monday, Dec. 15 as a result of an automobile wreck which occurred on the Austin Highway at about 5 a.m., Sunday, Dec. 14, in which his two sons were also in-

(Concluded from Page Three)

New York at the death of her husband and set up residence in a hotel. Her brother said to me before the service: "Lillian died of loneliness. She didn't make friends easily, and she had no dominant interest in life except her dog." Isn't that tragic?

As I looked at this beautiful woman who died prematurely, I thought of the Red Cross that could have used her time; the cancer fund; the hospitals that are understaffed; church world service, and other worthy causes in which she could have lost her life, and by so doing would have found it.

Are you cursed with loneliness? Are you at a loss to know what to do with your solitariness? If you are, let Christ control. Let Him lead you into some cause that needs your dedication, and life for you will take on a new meaning. Let Christ control.

- Rev. W. Earl Waldrop

\* \* \* \* \*

Injured. Alvey and his two boys were on their way to the scene of a hunt. The boys were painfully but not critically injured and are both well on the road to recovery. Rev. John DeForrest Jr. of St. Mark's Episcopal Church officiated at the services at Porter Loring at 10 a.m. Tuesday and at graveside in Dale, Texas at 2 p.m. Pallbearers were all members of the Industrial Group of AA.

\* \* AA \* \*

What counts is what we learn after we think we know it all.

\* \* AA \* \*

A woman doesn't need to add if she can distract.

\* \* AA \* \*

(Directory of Activities, continued)

AUSTIN

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

HONDO

Seco Club meets at DeMontel Hall Saturdays at 8 p. m. Mail P O Box 338. Phone day 25; night 353-J.

KERRVILLE

Meets Thursdays

SEGUIN

Meets Fridays

\* \* AA \* \*

"TOO BUSY"

There are lots of people who quit drinking. That does not make them AA's. There are 12 Steps in the program. If you practice them, you are an AA; if you don't you aren't. If you don't do the minimum required by the Twelfth Step, you are not an AA. Attendance at meetings is an important part of the Twelfth Step. It is at least the minimum requirement. It is a duty of example and gratitude. The stock excuse for not attending a meeting is "Too Busy." If you are busy, why are you busy? .....Because of AA.

We have met lots of AA's and mighty busy ones too. But we have never met a single one who could honestly say that he could not take a few hours off once a week in the evening to show his sincerity and gratitude. No. A person is never "too busy" but he can be too proud, too indifferent, too ungrateful, too selfish, too smug or just too lazy. You don't think so? Just a few days ago, we helped unload a man at a local hospital. He was just "too busy" to attend meetings. Now? ..... He has nothing but time.

- Alaneus, Dubuque, Iowa

\* \* AA \* \*

(Let God Control... Contd fr P.1)

It has been my experience that those who have a firm faith in God as an inner resource are better prepared to meet the inevitables of life. This does not mean that one with Christian faith will never be lonely or bored. Those moments come to the best of us. But those who let Christ control are better prepared to face them and deal with them successfully.

How can we let Christ control our lives and thus handle loneliness and boredom successfully? Listen as He gives you a formula of successful living: "He that loseth his life for My sake shall find it." It seems to me that Jesus is saying that if we are to live life zestfully and usefully, we must lose ourselves in a cause, His cause. "He that loseth his life for My sake," He said, "Shall find it."

When we study the life of Jesus, we find that He lived for others. His every act was for the good of someone else. He was never bored. Too many of us become bored with life because we think too much of ourselves.

The individual who is concerned about the hungering of his community is not going to be lonely. He will not have time for boredom. He will be using every spare moment he has trying to alleviate the hunger. The individual that is concerned about the Church of Jesus Christ is not going to be lonely. His time will be spent working for the upbuilding of God's Kingdom. There are hundreds of causes that are waiting for someone to support them. If you will let Christ lead you into one of them you will cure your boredom.

I conducted the funeral service a few months ago of a woman who took her own life. She was a wealthy widow of 46 who moved to  
(Concluded on Page 4)