

# The NIGHT CAP

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## TO WHOM IT MAY CONCERN

If you will bear with me for a moment, I have a brief message. You may take it for what it is worth; if you will.

The past five years I have been a member of A. A. They have been mostly pleasant years; or at least, conscious ones. That I cannot say of the preceding decade or so -- those years were neither happy, sane nor conscious ones for me.

I am sure you will not find it all smooth going, as few of us do, but can you tell me where anyone will receive half as much as A. A. gives us even at twice the price? My advice is: Pay your small pittance and be glad to do so because your returns will be a thousandfold.

It would be a most wonderful thing to me if by chance these simple words could be of any help to you, or if I could make the A. A. Program a little easier, or a little surer for you.

Our much sought after, and hard to find, humility will be lots easier if we will all try to be just a little more patient, a bit more tolerant of our fellowman -- yes, too, of our selves. You know you didn't get that way overnight. So, patience -- tolerance -- try it! You will find it makes for smoother going. Of course, this is just one "five year old's" opinion.

You have heard all this before, but just a few last words. Boys and Girls, it works -- don't bother why or how. The fact remains -- IT DOES!

- Cal F.

## BIRTHDAY PARTY AT THE STATE

On Monday evening, June 18th, we attended the birthday party which Dorothy H. gave at the State Hospital, following the regular meeting of that group. Dorothy has worked tirelessly with the State Hospital Group and has been of great help to the people out there. It was characteristic that she chose to share her birthday celebration with them.

A beautiful birthday cake and other good-things-to-eat were enjoyed by a number of people from San Antonio A. A., as well as about fifteen members of the Hospital Group. Chairman of the meeting was Sam M. and talks by Kate R., Lee R. and Dorothy H. made for a very fine hour, enjoyable as well as instructive.

We would like to see more people interested in the group at the State. Meetings are held regularly on Monday evenings and are very important to the alcoholics out

there. So often an alcoholic in the State is heard to lament that he has "ended up" there. True enough, it should be the end of his drinking and may well represent "bottom" for him. If we can help to show him that "when a person has reached bottom, there is only one way for him to look and that is UP" -- that "UP" for the alcoholic is adoption of the A. A. Program -- isn't it worth our time and effort?

The foolish man seeks happiness in the distance; the wise grows it under his feet. -James Oppenheim