

# THE NIGHT CAP

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Phone F-2523 -- Day or Night

Volume Two

May, 1952

Number Eight

## An Interpretation of the Twelve Steps

**STEP NO. 4** - Made a searching and fearless moral inventory of ourselves. This step should be taken with pencil and paper. Place your liabilities on one side and your assets on the other side. At first, perhaps, you may have a hard time thinking of any assets you may have but you have some. For instance, the very fact that you have arrived at this step in the AA program indicates a desire to be a better person. That is an asset.

Some of the usual liabilities with which alcoholics are afflicted are: Resentments, selfishness, dishonesty, impatience, hate, envy, jealousy, and on and on. As you have learned in the first three steps, you will strive for the correction of these defects, striving to replace them with their counterparts on the asset side of your worksheet.

There's no point in hurrying. Remember one of our mottoes which you no doubt have noticed prominently displayed wherever members of Alcoholics Anonymous gather: "Easy Does It." After all, it took you a long time to realize that you needed to correct yourself at all. Obversely, it will take time to make these much-needed corrections in ourselves. If you continue to work sincerely at these steps for the rest of your life, you will never have to get drunk again. But this of course can only be done one day at a time. Today is the only day you have for sure. Yesterday is gone and will never be given to you again. Tomorrow is a mystery that you may never have to experience. If you make today a good day, you are laying the groundwork for a good tomorrow. That is a simple law of life.

If you will ask your Power greater than yourself (God as you understand God),

(Continued on Page 3)

## Take a Look at Yourself.

Take a look at yourself. What do you see? Do you see what is actually there, or do you see only what you want to see? The most difficult thing in the world is to see ourselves as we actually are. We need that power Robert Burns was talking about when he said, "Oh wad some power the giftie gie us, to see ourselves as ithers see us."

One of the perils of life is unreality; that of seeing something in ourselves that is not there, be it good or bad. We are all prone in our exalted moods to be afraid to admit guilt, hatreds and shames. And in our depressed moods we are afraid to credit ourselves with the goodnesses and achievements which are really ours.

In writing to the Romans, the Apostle Paul gave an admonition that we need to consider for ourselves, if we are to live life at its best. Listen to his words: "I say through the grace given unto me, to every man that is among you not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith."

First take a look at your limitations. It is only when you are aware of your weaknesses that you are really strong. When you become over-confident, you are in danger of falling. We see illustrations every day that bring this fact home to us. You no doubt remember the Joe Louis-Billy Conn fight. Conn had Louis whipped and beat badly. It was nearing the end of the fight and Billy became over-confident and cocky. At the height of his over-estimation of his own ability, and under-estimation of the ability of Joe Louis, Billy Conn found himself suddenly the victim of a right cross. He lost the fight because he over-estimated his ability. When this truth is taken over into the realm of

(Continued on Page 4)

DIRECTORY OF A A ACTIVITIES

Call Fannin 2523 for information regarding any AA activities in San Antonio and the Southwest Texas Region.

MONDAY

San Antonio Suburban, State Hospital and Industrial Groups, 8 p.m. Group 12 Discussion.

TUESDAY

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

WEDNESDAY

Alamo Heights and Highland Park Groups, 8 p.m. Group 12 Discussion Meeting, 8 pm. Highland Park Group meetings open.

THURSDAY

Olmos Park, Collins Gardens, Earl Groups, 8 p.m. (Earl Group is for colored people - meets at 614 Avenue E.)

FRIDAY

Downtown Group, 8 p.m.  
Downtown Group meets in Sahara Clubrooms.  
Family Group meets at 8 p.m., Friday, in Sahara Clubrooms.  
Group 12 meets in Club 12 Clubrooms.  
Family Group meets at 8 p.m. in Club 12 Clubrooms.

SATURDAY

Industrial Group, 8 p.m. Open to the public. Meets at 614 Avenue E.

SUNDAY

Downtown Group Discussion meeting, 4:30 p.m. Industrial Group, 8 p.m.

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CORPUS CHRISTI :

Downtown Group, meets at Civic Center.  
Tuesday, open meeting. Friday, closed meeting; family group.  
Club 10, 146 Tompkins St.  
Monday, closed meeting; family group.  
Friday, open meeting.  
Alamo Group, 607 Kinney St.  
Monday, closed meeting; family group.  
Wednesday, closed meeting, family group.  
Friday open meeting.

AUSTIN, TEXAS GROUP:

Tuesday, 8 p.m., open meeting  
Thursday, State Hospital.  
Friday, closed meeting; family group.  
Both at 8 p.m.

(Continued Column Two)

HONDO, TEXAS GROUP

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

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M A Y B I R T H D A Y S

- 1 YEAR: Elmer B., Carlos B., Vera M., Ed N..  
2 YEARS: R. P. C.  
3 YEARS: S. G. "Sonny" F., Charles A. H., Charles K., Joshua J. L., Claude L., "Dan" M., Emil M. O.  
4 YEARS: Bill D., Joe N., Herb P., Capt. Leo P. S.  
5 YEARS: Lorena A., Elsie R. C., Bob C., James "Jim" E., Joe Z.  
6 YEARS: Earl B., Warren C., Ralph N.  
7 YEARS: Jack Y.

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DOC GETS A LETTER FROM ESTHER . . .

Esther E., who spoke in the Auditorium on the occasion of San Antonio's Seventh Birthday Anniversary, wrote a nice letter to Doc after she returned to her home in Dallas. It follows, in part:  
Dear Doc:

I always get excited and all wound up when something especially nice happens to me, so am still feeling the spiritually intoxicating effects of San Antonio's wonderful and very warm hospitality. Please thank all the groups for making my visit such a memorable one. . . To me, at this time, the most urgent need is stressing our obligations to AA as a whole. There should be more meetings on our traditions and on our general service center and committees. We intend to start doing that at our next inter-group meeting. We will have the first speakers give forth on the Twelve Steps of individual recovery. The second on our Twelve Traditions to insure our unity as a movement. And the third on the General Service of AA. We must take steps daily to awaken our members out of their provincialism and into an awareness that our first duty is to AA as a whole. For our first tradition states: "AA must continue to live or most of us will surely die."

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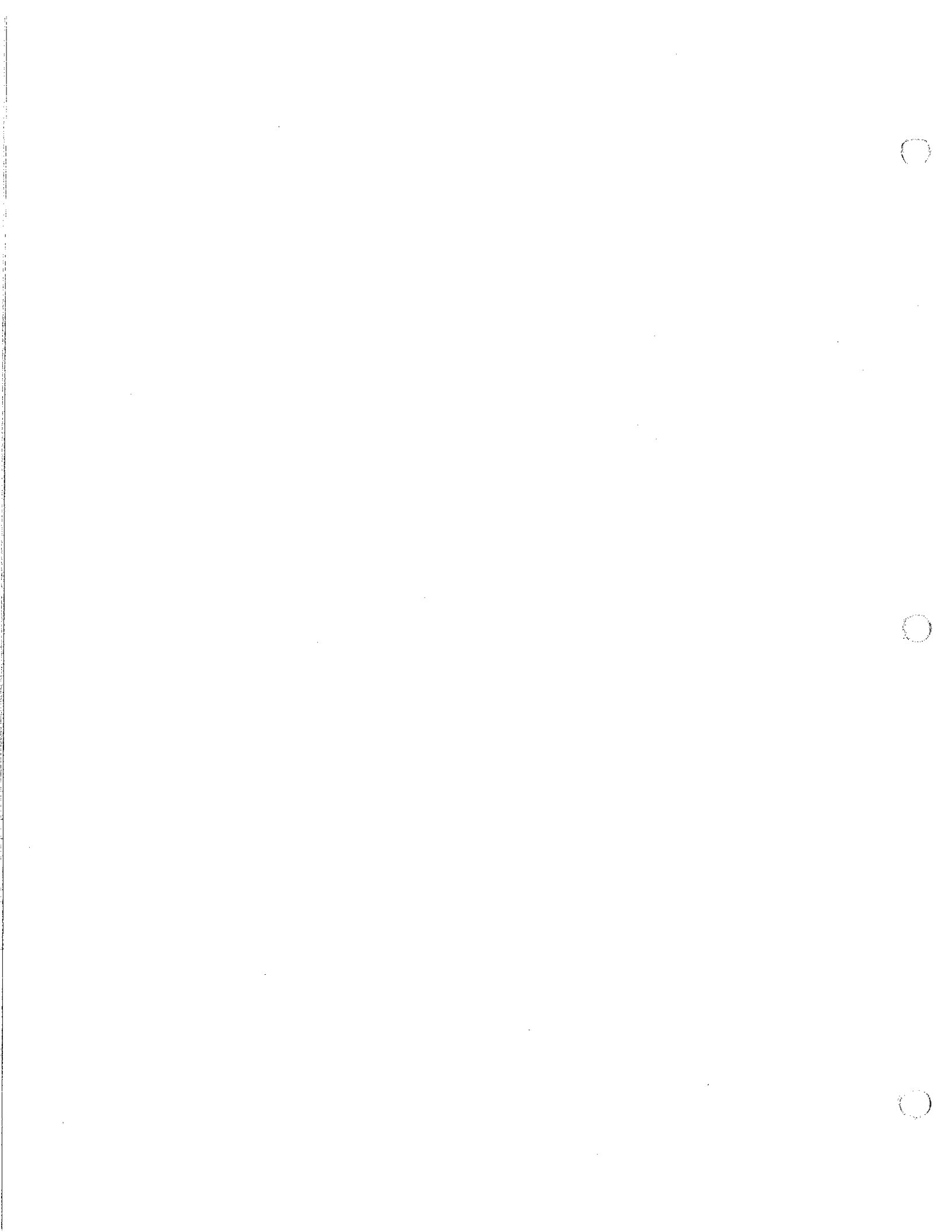
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(Continued on Page 3.)



TWELVE ESSENTIAL STEPS  
LEADING TO A NEW WAY OF LIFE

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.

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(LETTER FROM ESTHER, Cont'd from Page 2)

We must put our common welfare first, by adhering to the Twelve Traditions in every respect, by taking care of all our obligations, financial and otherwise, to our AA General Services, nationally and locally. These are our first duties -- group, club and membership are last. To date the order is in reverse; that is why our services are always in the red. We older members (of AA) need to start stressing this as often and as loud as we can. I could go on and on . . . just a woman of a few words! . . . May we all meet again soon and in the meantime, my frequent and very affectionate thoughts to all.

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

upon first awakening each day to help you through that day without taking a drink, keep that power with you all day, every day, and don't hesitate to call upon it for help at any moment, and remember to give thanks for arriving at your bedside at night in a sober condition, this program will become vastly easier for you.

Don't admit that you can't remember to make your morning contact. Do something to remind yourself to make that contact. Write yourself a note about it if you have to. Place the note on the first object you reach for in the morning when you awaken. Maybe in your case, it's cigarettes. Maybe it's a razor. Or could be your slippers. Whatever it is, you habitually reach for. You will soon form this good habit and you will be the better person for having formed it. And your whole life will be made easier.

If you will do this fourth step sincerely and honestly and fearlessly, you will be amazed at how big a load will be taken off your mind and how much easier it will be for you to take the next steps. And if you are sincere about this program up to now, your chances of taking that first drink have diminished considerably. And, of course, you feel good now. You are rapidly coming out of that alcoholic fog in which you lived for so long.

- ARTHUR C.

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TRUE STORY. . . .

Miami police tested a drunk after an auto accident the other day and the drunkometer registered an alarming .500. Since the top score is .550 and that is supposed to be fatal, the police rushed this guy to a hospital. When they left him in the reception room, evidently passed out, he beat it. The cops found this guy at home calmly drinking beer.

The newspaper carrying this story, together with the name of the drunk, failed to go further, but we (members of AA) could add plenty.

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(TAKE A LOOK AT YOURSELF, Cont'd from  
Page 1)

every day life, the lesson becomes unmis-  
takeable. What AA has not found that in  
his early drinking experiences this prin-  
ciple was operative? You know the pattern:  
"Oh, I can take just one drink and then  
leave it alone." Or, "This time I will  
really handle my liquor." Most of the  
slips that occur in the life of an alco-  
holic are due to this one besetting fault:  
he overlooks his limitations.

In the second place, take a look at your  
possibilities. While you must not make  
the mistake of over-estimating your  
strength, you must not make the mistake  
that is equally as bad, of under-estim-  
ating your possibilities. There are within  
you great possibilities that are realized  
only as you develop them. The human self  
is not a gift; it is an achievement.

One of the obvious dangers of under-  
estimating your possibilities is self-  
satisfaction, or complacency. The minute  
you become satisfied with yourself, charac-  
ter begins to deteriorate. Phillips Brooks  
once said, "Sad will be the day in any  
man's life when he becomes content with the  
thoughts he is thinking and the deeds he is  
doing; when there is not forever beating  
at the door of his soul the desire to do  
something great, which he knows he was  
meant and made to do."

Another obvious danger of under-estimating  
your possibilities is that of developing  
an inferiority complex, which is one of  
the greatest enemies of the human soul. We  
rationalize others into positions of power  
and then yearn to be like them. We buy the  
same kind of clothes, the same kind of  
furniture and the same kind of car that  
they buy. The fallacy is that we see our-  
selves then as much less capable than we  
really are.

It is only when we see our possibilities  
that we begin to dedicate ourselves to some  
cause. And, without dedication, life can-  
not be its best. There are thousands of  
causes in the world crying for people who  
will dedicate themselves to their inter-  
ests. It is my firm conviction that the  
way you handle your limitation and your  
possibilities, depends on whether you have

(Continued, Column Two)

dedicated yourself to God. The situa-  
tions in life which you encounter pull  
the trigger, but what it explodes depends  
on what you are loaded with. The trouble  
with too many is that they are loaded  
with jealousy, with prejudices, and with  
resentments. Therefore, when the situa-  
tions of life pull the triggers of their  
lives, they explode with nervous break-  
down, slips and broken lives. While on  
the other hand, the people who are hold-  
ing the world together today are those  
who are loaded with the spirit of God.  
When the situations of life pull the  
triggers of their lives, they explode  
with love, with kindness and with help-  
fulness.

If you will dedicate your life and pur-  
pose to God, then you will have that  
glorious feeling of being needed. If  
you have not felt that your energies are  
greatly needed in the world today, then  
you had better check on your dedication.

Have you ever been in a train wreck, or  
happened up on a highway just after a  
terrific wreck? It is a fearful sight  
to see the twisted steel and the mangled  
bodies, but it brings something out of  
us that lifts us to the heights. You do  
not collapse or faint; you explode with  
kindness and helpfulness. When we are  
loaded with the spirit of God, we will  
thus explode in every situation of life,  
when need pulls the trigger.

- The Rev. W. Earl Waldrop

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It has been estimated by the National  
Committee on Alcoholism that there are  
about 65,000,000 people in the United  
States who drink alcoholic beverages at  
least occasionally. It is further es-  
timated that some 4,000,000 of these  
65,000,000 people have found that the  
use of alcohol has constituted a more or  
less serious problem in their lives. The  
National Committee on Alcoholism also re-  
ports that about 750,000 of these users  
of alcohol have drunk uncontrollably to  
such an extent as to have seriously im-  
paired their physical and mental health,  
as shown by the records of physicians and  
hospitals. Physicians label this last  
group definitely as true chronic alco-  
holics, and point out that there are 50%  
more of them than known sufferers from  
tuberculosis.

FREEDOM IS NOT FREE

In AA, one word that has been kicked around for several years, is the word, "freedom". Somewhere along the line the word has lost its true meaning and significance. The word did not change its meaning overnight, but ever so gradually. Through misuse and abuse, it has become nebulous and nefarious. It has come to mean doing what you want, whenever you want, and to whomever you please.

But that isn't what it meant when AA was first started. Then it meant disciplining oneself by the rules of our Twelve Steps, that all AA members might enjoy the freedom of our organization - it meant harnessing every individual, so that the group might benefit.

As a member of AA, I am aware that regular membership in AA is free financially, for any group that is dedicated to the relief of men and women afflicted with the disease of alcoholism, and is bound financially. It isn't free morally, for any member who takes upon himself or herself the promise to live according to our Twelve Steps, is confronted with restraint and discipline to obey these covenants. It isn't free of crit : those who need our way of life and are still on the outside are ready to suspect, because they do not understand.

An acquaintance of mine who recently joined AA said to me: "Joining AA is going to make a whale of a difference in my life." God bless Him - it ought to make a whale of a difference. But it won't be too easy, and it won't be too free. And it ought to cost something, because anything cheaply gained is never dearly cherished. The sobriety, happiness, peace of mind and security we got in AA should cost us something - money, time, honesty and effort -- and if it doesn't, then we, not AA, are failing.

-- AA Grapevine

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Shakespeare said: "To climb steep hills requires slow pace at first."

"Fools, for arguments, use wagers."

--Butler

GEM FROM THE BIG BOOK

"I had always believed in a power greater than myself. I had often pondered these things. I was not an atheist. Few people really are, for that means blind faith in the strange proposition that this universe originated in a cipher and aimlessly rushes nowhere. My intellectual heroes, the chemists, the astronomers, even the evolutionists, suggested vast laws and forces at work. Despite contrary indications, I had little doubt that a mighty purpose and rhythm underlay all. How could there be so much of precise and immutable law, and no intelligence? I simply had to believe in a Spirit of the Universe, who knew neither time nor limitation. But that was as far as I had gone."

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Remember this, chum: You may be 7 years old now, but you're only one drink from a drunk.

-- AA --

Sir P. Sidney said: "Who will adhere to him who abandons himself?"

Sir P. evidently never heard of Carroll P.'s brand of AA.

-- AA --

Dallas Baxter died Monday, March 17, 1952. "To live in the hearts of those that are left behind is not to die."

-- AA --

Alcoholics Anonymous enjoys the distinction of having a higher percentage of recoveries than any other "Treatment". This in the face of the fact that AA gets 'em only after all the other recovery treatments have failed. It cost nothing to become a fellow in the AA fellowship. And after you have learned the new way of life taught in AA you still owe nothing; not even loyalty, if you don't feel the urge to give it.

-- AA --

"The greatest of faults is to be conscious of none."

--Carlyle

Section 1

The first part of the document discusses the importance of maintaining accurate records. It states that proper record keeping is essential for the efficient operation of any business or organization. The text emphasizes the need for consistency and thoroughness in data collection and reporting. It also mentions the role of technology in modern record management systems.

The second part of the document focuses on the legal aspects of record retention. It outlines the various regulations and standards that govern how long records must be kept. The text discusses the consequences of non-compliance, including potential fines and legal actions. It also provides guidance on how to develop a robust record retention policy that meets all applicable requirements.

The final part of the document addresses the challenges of record management in a digital age. It highlights the risks associated with data loss, corruption, and unauthorized access. The text offers strategies for mitigating these risks, such as implementing strong security protocols and regular data backups. It concludes by emphasizing the ongoing nature of record management and the need for continuous improvement.

Section 2

The second section of the document delves into the technical details of record management. It describes the various types of records and the methods used to store and retrieve them. The text discusses the importance of metadata in organizing and searching through large volumes of data. It also touches upon the integration of record management systems with other organizational tools and processes.

The third part of the document explores the economic benefits of effective record management. It explains how well-managed records can lead to cost savings by reducing the time and effort required to find information. The text also discusses the value of records in decision-making and risk management. It provides examples of how organizations have successfully implemented record management strategies to improve their bottom line.

The final part of the document offers practical advice for implementing a record management program. It provides a step-by-step guide to assessing an organization's current record management practices and identifying areas for improvement. The text includes a checklist of key tasks and responsibilities, as well as suggestions for selecting the right record management software and services. It concludes with a call to action, encouraging organizations to take the necessary steps to ensure the long-term success of their record management efforts.