

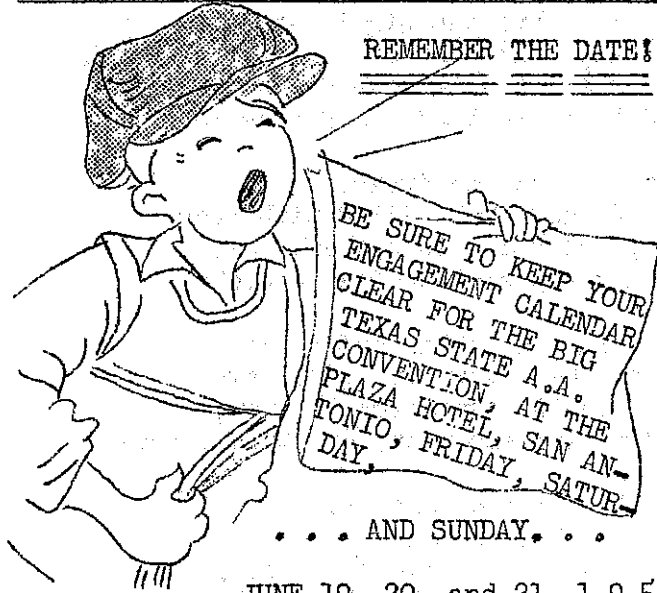
THE NIGHT CAP

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AN INTERPRETATION OF THE 12 STEPS

Step Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

The first part of this step should not be too difficult for most of us. It is relatively easy for us to admit to our particular conception of a Power greater than ourselves the exact nature of our wrongs. The very acceptance of the existence of such a Power presupposes the obvious fact that this Power would know all about our misdoings anyhow. Though our minds dislike to dwell upon such unpleasantness we find it not too hard to admit our wrongs to ourselves.

However, admitting to another human being all the sordid, stupid, maudlin, and insane things we did is anything but easy. But it is vitally necessary for any degree of contentment. This step serves to cleanse our minds. The psychoanalyst seeks the same result which he terms catharsis.

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CHARMING IS THE WORD FOR ALCOHOLICS

By ...Fulton Ousler

"Down at the very bottom of the social scale of AA society are the pariahs, the untouchables, and the outcasts, all underprivileged and known by one excoriating epithet — relatives.

I am a relative; I know my place. I am not complaining. But I hope no one will mind if I venture the plaintive confession that there are times; oh, many, many times, that I wish I had been an alcoholic. By this I mean I wish I were an AA. The reason for that is, that I consider the AA people the most charming in the world.

Such is my considered opinion. As a journalist, it has been my fortune to meet many of the people, who are considered charming. I number among my friends, stars and lesser lights of stage and cinema; writers are my daily diet. I know the ladies and gentlemen of both political parties; I have been entertained in the White House; I have broken bread with kings and ministers and ambassadors, and I say after that catalog, which could be extended, that I would prefer an evening with AA friends to any person or group of persons I have indicated. I ask myself why I consider so charming these alcoholic caterpillars who have found their butterfly wings in Alcoholics Anonymous. There are more reasons than one, but I can name a few,

The AA people are what they are, and they were what they were. because they are sensitive, imaginative, possessed of a sense of humor and awareness of universal truth. They are sensitive, which means they are hurt easily, and that helped them to become Alcoholics. But they have found

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Someday Street

Someday Street is a one-way street that leads to the gates of hell;
 It's littered with broken bottles, it reeks of the wine smell.
 It's the street of the human derelict, the place of forgotten men,
 Who stagger and sway along the way and are never seen again.

Someday Street is a sunless street where the days and nights are one,
 And each tomorrow brings pain and sorrow, 'till the life of man is done.
 It's a fearful street, a hidden street, that lives in each drunken brain
 That screams and cries, and tries and tries to find Someday again.

Someday Street is a lonely street, it's always dark and drear,
 Where the eyes of men are dulled and tired, and ever filled with fear
 There's not a smile in that last cruel mile, but death in every block,
 And the Devil smiles and the Devil beguiles the soul he has in hock,

Someday Street is an age old street it claims and maims and slays
 Men toss and turn and sob and yearn for the memory of other days.
 Of the days before they hit the street, when life was good and new,
 When each day and night was clean and bright and every dream came true.

Someday Street is a hellish street, it's full of broken dreams,
 It smells of broken bodies, it laughs at drunken screams
 It's a timeless street, a faceless street, it's men are faceless, too,
 They're there to stay 'till they're laid away in a box that's six by two.

Someday Street is a jealous street that holds its victims fast,
 Each step you make and each drink you take leads you to death at last.
 It's a dim-lit street, a lying street that fools each seeking heart,
 It shapes each one and when it's done, it tears each one apart.

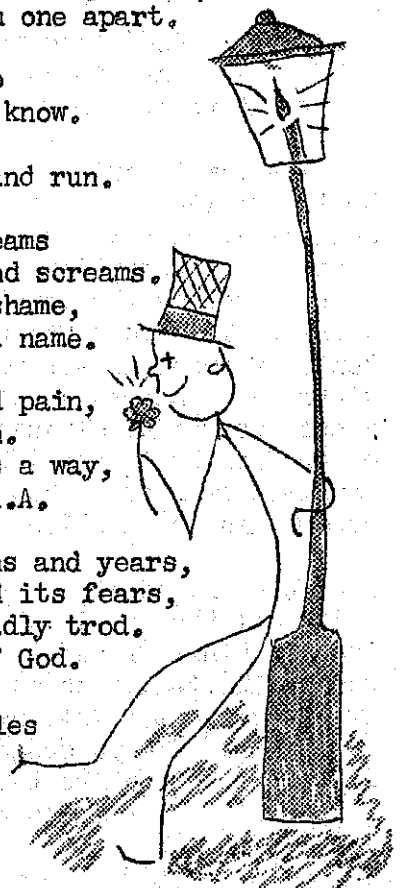
Someday Street is a one-way street that lets few people go
 I've lived on Someday Street myself, and that is how I know.
 The wino, the dinoh, the hypo, the big-shot and the bum,
 The mackeroo, the B-girl too, I've swilled their wine and run.

I know the lying, garish lights, I know the hellish dreams
 I know the alleys and the jails, I know the cries and screams.
 I know the filth of Someday Street, I know the cry of shame,
 Because I came from Someday Street - A man without a name.

I crawled up, up from Someday Street with all its hell and pain,
 I've found a way to live each day and not go back again.
 Some friends who lived on Someday Street told me there was a way,
 To leave the hell of Someday Street, and that way was A.A.

I've not been back to Someday Street in weeks and months and years,
 I fear the hellish street no more, its blackouts and its fears,
 These friends of mine showed me a path, a path I'll gladly trod.
 Out of the depths of Someday Street onto the path of God.

By Ed C., Los Angeles



* HOW TO ENJOY THE HAPPIEST DAY OF YOUR LIFE *

We can do anything for one day, so, just for today, let us be unafraid of life, unafraid of death which is the shadow of life; unafraid to be happy, to enjoy the beautiful, to believe the best.

Just for today let us live one day only, forgetting yesterday and tomorrow, and not trying to solve the whole problem of life at once. Lincoln said that a man is just as happy as he makes up his mind to be. Suppose we make up our mind to be happy just for today.

To adjust ourselves to what is, Our family, our business, our luck. Try to make the world over to suit us is a large order. If we cannot have what we like, maybe we can like what we have.

So just for today, let us be agreeable, responsive, cheerful, charitable, be our best, walk softly, praise people for what they do, not criticize them for what they cannot do, and if we find fault, let us forgive and forget.

"The Readers Digest" July, 1952

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... BIRTHDAYS FOR MAY, 1953. ...

- 1 year: Beverly B., Klyda P., William E.B.
- 2 years: Vera M., Ed N.
- 4 years: Lt. Charles A. H., Joshua J.L., Emil M.O.
- 3 years: R. P. C.
- 5 years: Bill D., Leo P. S.
- 6 years: Lorena A., James M. "Jim"E.
- 7 years: Earl B., Warren C.
- 8 years: Jack Y.

* * * * *

Dare to be wise; begin! He who postpones the hour of living rightly is like the rustic who waits for the river to run out before he crosses.

... Horace

CHARMING IS THE WORD FOR ALCOHOLICS (Cont'd from Page 1)

their restoration they are still as sensitive as ever; responsive to beauty and to truth and eager about the intangible glories of this life. That makes them charming companions.

They are imaginative, and helps make them alcoholics. Some of them drank to flog their ambition onto greater efforts. Others guzzled only to black out unendurable demons that rose in their imagination. But when they found their restoration, their imagination is responsive to new incantations, their talk abounds with color and light, and makes them charming companions, too.

They are possessed with a sense of humor. Even in their cups they have been known to say damnable funny things. OFTEN IT WAS BEING FORCED TO TAKE SERIOUSLY THE LITTLE AND MEAN THINGS OF LIFE that made them seek escape in a bottle. But when they have found their restoration, their sense of humor finds a blessed freedom, and they are able to reach a god-like state where they can laugh at themselves, the very height of self-conquest. Go to the meetings and listen to the laughter. At what are they laughing? At ghoulish memories over which weaker souls would cringe in useless remorse. And that makes them wonderful people to be with by candle-light.

They are possessed of a sense of universal truth. That is often a new thing in their hearts. The fact that this is at-onement with God's universe had never awakened in them is sometimes the reason why they drank. The fact that it was at last awakened is almost always the reason why they were restored to the good and simple ways of life. Stand with them when the meeting is over, and listen while they say the "Our Father..." They have found a greater power than themselves which they diligently serve. And that gives them a charm that never was elsewhere on land or sea. It makes you know that God, Himself, is really charming, because the AA people reflect his mercy and forgiveness."

Reprint From TODAY IN AA.

I KNOW SOMETHING GOOD ABOUT YOU!!!

WOULDN'T this old world be better,
if the folks we meet would say,
"I know something good about you,"
then treat us just that way?

WOULDN'T it be fine and dandy,
If each handclasp, warm and true,
Carried with it this assurance,
"I know something good about you?"

WOULDN'T life be lots more happy
If the good that's in us all
Were the only thing about us
That folks bothered to recall?

WOULDN'T life be lots more happy
If we praised the good we see?
For there's such a lot of goodness
In the worst of you and me.

WOULDN'T it be nice to practice
That fine way of thinking too?
You know something good about me!
"I know something good about you?"

A. A. IS THE ANSWER

One of the greatest enemies of rational living is alcohol. It has undoubtedly brought more heartaches to humanity than almost any other single factor.

Many methods have been tried for the cure of alcoholism. No one who drinks expects to become an alcoholic, but we know what happens to many of us; we do become alcoholics.

Most of us have become weakened in integrity, courage and all round strength of character through alcohol. It destroys our judgment and will power, lessening our ability to make sensible decisions and to resist temptations.

All the finer relationships in life are damaged by the use of alcohol. We become less attentive to our wives and children. Often we become disagreeable, sometimes brutal. We bring embarrassments to our families. A.A. is the only answer to our unhappy lives of drinking.

— Melvin E.B.

W O R R Y * W O R R Y

If you like to worry, do it!
Hold yourself steadfastly to it!
Troubles you seem on the brink of
List each day all you can
think of.

Cut out worrying at random;
Keep a worry memorandum,
From which every hour to choose,
Some new reason for the blues.

With them thus well organized,
You'll be pleasantly surprised,
How few troubles will persist
For tomorrow's worry list.

AN INTERPRETATION OF THE 12 STEPS . . .
(Cont'd from Page .)

We should not rush into this step, but should carefully prepare for it, taking it only when we are fully ready to be absolutely honest. Extreme care should be exercised in choosing someone to confide in. It need not necessarily be a fellow A.A. It can be a friend, a minister, a psychiatrist - anyone in whom we can place our complete trust and confidence. Once this step is taken completely and honestly, we experience a great sense of relief from worries and inner conflicts.

Merrill L. "Doc" F.

THE REAL MEASURE OF A MAN'S RESOURCES, THE TRUE TEST ON ONE'S GENUINE WORTH, IS NOT IN THE FACT THAT HE CAN BE FAIR AND SQUARE WITH THOSE WHO TRUST HIM, BUT THAT HE CAN BE BIG ENOUGH TO RISE ABOVE THOSE WHO ARE UNFAIR TO HIM.

. . . Roy S.

"Think carefully before you condemn yourself. Condemnation breeds a feeling of inferiority, and a feeling of inferiority leads to an inferior way of living."

. . . Rim

YE SHALL RECEIVE, IF!

We sometimes feel that our prayers aren't being answered. I believe that we often ask for things that we secretly know we shouldn't have. This creates a tinge of doubt in our minds as to whether we can really receive anything through prayer. In prayer as in anything else, in order to accomplish a true purpose we must have explicit faith in what we are asking for. We secretly know what we should have and what we shouldn't have and it's pretty poor judgment to make a "test" through prayer.

I believe that many of us too, do not wait for our prayers to be answered. In asking for something that is good, we have the feeling of goodness in our hearts, we ask slowly and humbly and let the warmth of peace of mind seep in, we know that this feeling is our answer—the right answer! In asking for something not so good, we do not ask slowly or wait for an answer, we are probably just a little guilty for asking.

Prayer is a wonderful thing and a necessity to the well being of an A.A. member. A very familiar quotation of the Bible is, "Ask and it shall be given you; seek, and ye shall find; knock and it shall be opened unto you."

I would like to add here. "If it's right that you should have it." If we were to receive the things that weren't good for us, through prayer, it could be disastrous.

. . . Donald W. B.

If thy morals make thee dreary,
depend upon it, they are wrong.
(Robert L. Stevenson)

There are three types of lies:
Lies, damned lies, and statistics.

A Good Girl is like a good cigar,
you'll never see either one being
picked up on the street.(Chit Chat)

A SIMPLE CREED . . .

I believe in the everlasting beauty of the Universe, in the supremacy of good over evil, the conquering power of life, the brotherhood of man, and the omnipotence of the Spirit.

I believe in the forgiveness of injury, pardon of wrong doing, and judgment without prejudice. I believe there is nothing so contagious as happiness, nothing so healthful as good will; and I believe that evil is the result of misunderstanding.

Therefore, I am resolved to so live my life, that all the evil in the world shall not make me morose; all the unkindness in the world shall not make me unkind; all the unfaithfulness shall not make me disloyal; and all the injury shall not make me unforgiving; I shall try with all my soul to be strong and true, happy and generous, brave and undismayed.

. . . SUNSHINE MAGAZINE

"WHATEVER COMES, THIS TOO SHALL PASS AWAY."
(Ella Wheeler Wilcox)

A Disreputable Bum approached a man on the street, asking him for a half-dollar for something to eat. "Tell you what I'll do," said the man, "I'll buy you a drink." No thanks," persisted the down and outer, "just give me 50 cents for something to eat."

"Here, have a cigar," offered the other. "All I want is something to eat," pleaded the panhandler, "no cigar." "I know some nice girls. I'll phone them and make a date, and we can have some fun." "Please mister," begged the tramp, all I want is something to eat. . just half a dollars worth." "O.K., I'll give you the money if you'll come home with me." "Why should I come home with you?" asked the moocher.

"Because I want to show my wife what happens to men who don't drink, smoke, or go out with woman."
(The Brighter Side)

