

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.

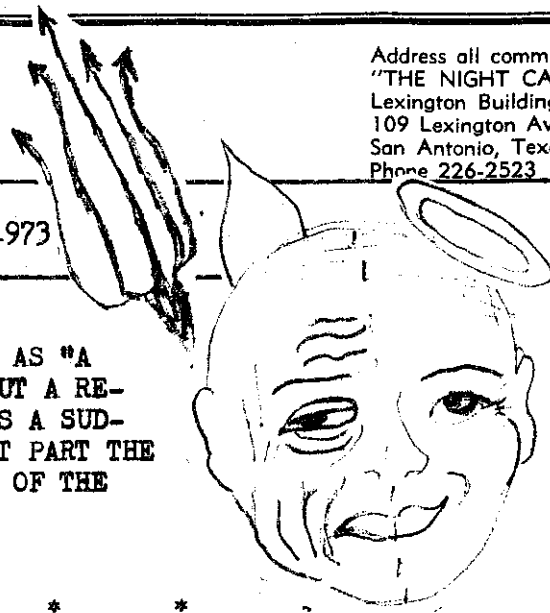
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THE BIG BOOK DEFINES A SPIRITUAL AWAKENING AS "A PERSONALITY CHANGE SUFFICIENT TO BRING ABOUT A RECOVERY FROM ALCOHOLISM". SOMETIMES THIS IS A SUDDEN, REVOLUTIONARY CHANGE, BUT FOR THE MOST PART THE PERSONALITY CHANGE IS SLOW AND GRADUAL AND OF THE "EDUCATIONAL VARIETY".



AN INTERPRETATION OF THE TWELVE STEPS

STEP TWELVE: HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

Now comes the last Step in the Program of Recovery. We will consider two aspects of this Step: (1) We tried to carry this message to alcoholics and (2) to practice these principles in all our affairs.

Our own peculiar personal histories as alcoholics make us singularly fitted to perform the first part of this Step. Indeed, it is the fact that we are alcoholics in the process of recovery that makes us effective at all. Where medicine and the ministry have failed, AA has been able to succeed because the prospect somehow felt a "bond of understanding".

In carrying the message to other alcoholics we must remember that we are carriers of information, not reformers. If the prospect indicates to us that he has no desire to stop drinking we should let him alone. We cannot force a person to stop drinking. We shouldn't try. However, if the prospect convinces us that he has a real desire to get well, we should be prepared to go to any lengths to help him. Most times the indirect approach is better. Tell the prospect your own story. See to it that he has a chance to read the book "Alcoholics Anonymous". Take him to a meeting and see that he has the opportunity to talk with other AA members.

In talking AA with the new man use common sense. If you do, he has a much better chance of getting well. If he is in the hospital, for example, and very jittery- be kind and sympathetic but use discretion about how long you stay. Remember that AAs do not preach or moralize. We simply give information about ourselves.

Above all, do not get discouraged. There is an old saying around AA that your prospect never gets well when you want him to. This saying isn't always true, but there is a lot in it. You might remember that 12 Step work always helps you, regardless of the success or failure of your respect. Think of your own experience. Did you get well because of another person? Of course not. You got well because of AA: its 12 Steps, its Program of Recovery. Your sponsor merely brought the message to you.

The second part of this Step is by far the most important. How many of us practice these principles in all our affairs? You guessed it. Too few. The fact is many entirely overlook the

second part of this Step or merely give it lip service. How can we practice something we are not even aware of needing to practice? We can't. To practice AA principles in all our affairs requires growth and full-scale adoption of every phase of the program. Those who accomplish it are AA's happiest and most serene members. They are finding peace of mind. They have humility without being humble. They have true tolerance and gratitude. It isn't possible to tell you how to practice AA's principles in your life but we know the payoff is tremendous!

Finally, a word about our conception of 12th Step work. Although it is generally associated with active help for the sick alcoholic, it doesn't have to be. We believe that 12 Step work is any work, direct or indirect, that helps other alcoholics to recover. The volunteer workers, the group secretaries and GSRs, those who provide refreshments at meetings; the member who makes time to send out an AA mailing- all are doing 12 Step work just as surely as if they were visiting drunks in hospitals, jails, sanatoriums or homes.

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One year ago I came to you because I had to. Today I come to you because I want to! I am on my way upstairs, and I turn to you to help me. One year ago I put my hand into yours, and you guided my feet up to the First Step. It took courage to make that one as I had been at the bottom of those steps for many years.

You told me there was a Power Greater Than Myself right on that Second Step. That was a rough one, too. I had steamed full force under my own power all of my life. Looking back on where I had traveled, the pattern I had made was around and around, in circles. There must be a better way than that. You had told me to step up.

Yes, I had known from childhood that there was a God. Could I really believe it? Well, I'd try because you said He'd help me if I'd let Him. I made my decision to turn my life over to Him. He surely couldn't louse it up any worse than I had.

You told me Step Four was a high step. I looked it over and decided I'd forget it. How could I face all those things that I drank to forget? I looked back at the hole I had climbed out of and didn't want to go back. So I took inventory. I'm still taking it, and it hasn't been "fearless". Some day I'll get it all, so I'll keep on trying. It wasn't quite so hard to tell my mistakes to God because I had already said He could take care of my life. You had told me that my "friends" would help me, too. I hadn't had any friends in years. You found some for me. Real true friends, and they wanted to help.

Came Steps Six and Seven. About now my skepticism was beginning to wane. I had to really believe in God. My prayers were pretty weak, but who was I to say there was nothing to this prayer business? I had to learn to pray, so I'd ask Him to help me. Humbly I asked Him to teach me to pray. He heard me. You ask "How do you know?" And I will answer "Because I can pray!" You told me to try to make amends to those I had hurt. What a wonderful feeling. This was what I had wanted to do all of my life. Life was beginning to be beautiful.

Now, I dare glance back for a look at what I was! I have been a dope addict as well as an alcoholic. The pain, terror and heartaches that accompanied all this paid for my "front seat in hell", tax included. I have exchanged it for this beautiful, wonderful way of life.

THANK YOU, AA

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There's nothing new under the sun! Both of these articles are from early issues, which seems to prove the timeless validity of the AA Program.

GROUPNEWS

GROUP TWELVE, Club Twelve, 102 Thames, will hold its traditional Contribution Thanksgiving Day dinner on Thursday, Nov. 22. Because of holiday activities, there will be NO Bingo in November and December.

Wednesday, Nov. 21, the third in a series of Panel Discussions under the auspices of Group Twelve will be held at Club Twelve at 8:15 PM. This will be in lieu of the usual Wednesday night meetings. Panelists will be AA members who work as professionals in the field of alcoholism.

AA and Alanon Beginners' Meetings are held every Sunday at 4 PM.

BAREFOOT GROUP, Club Twelve, 102 Thames, meets Monday, Wednesday and Friday for closed Discussions at 11 AM. MORNING ALANON meets on Mondays at 11 AM.

FT. SAM HOUSTON GROUP meets at the Main Chapel Bldg. 2200, Wilson Rd., Ft. Sam Houston. An Open Speaker's Meeting is held each Monday at 8:15 PM. Closed Discussions are held on Thursdays at 8:15 PM. Alanon meets on Thursdays at the same time.

HOPE GROUP, Alpha Home, 111 Queen's Crescent, meets every Thursday at 8:15 PM, with Open Speaker's and Discussion meetings on alternate weeks.

LAUREL HEIGHTS GROUP, Christ Church, 301 W. Russell, holds Open Discussions each Sunday at 5 PM.

OPEN DOOR GROUP, St. George's Episcopal Church Parish Hall, 6904 West Ave., holds Open Discussions each Friday at 8:15 PM.

SERENITY GROUP, 3823 S. Gevers, holds an Open Speaker's Meeting every Friday at 8:15 PM. Alanon meets at the same time.

NORTHWEST GROUP, St. Andrews Episcopal Church, 6110 NW Loop 410, will celebrate its 4th Anniversary with an Open AA and Alanon Discussion Meeting on Monday, Nov. 5, at 8:15 PM. Refreshments will be served. Everyone is invited!

DOWNTOWN GROUP, Sahara Club, 809 E. Euclid, will have its monthly dinner on Sunday, November 4 at 1 PM. Poor Boy Bingo takes place every Saturday at 8 PM.

24 HOUR GROUP, 24 Hour Club, 1203 Fredericksburg Rd., will have its monthly dinner and Bingo on Sunday, Nov. 25, at 1 PM.

THE HAVEN, 1640 W. Woodlawn, will hold its monthly dinner at 1 PM Sunday, Nov. 11, with the Group Meeting at 3 PM. On other Sundays the meeting is at 5 PM. An Open Discussion Meeting is held on Tuesdays at 8:15 PM.

GOLIAD GROUP, 104 Avondale, will hold its monthly Bar-be-Que on Sunday, Nov. 18, at 6 PM.

SANTA FE GROUP (Bilingual), Santa Fe Episcopal Church, 1108 Brunswick, has Closed Discussions on Tuesdays and Open Discussions on Fridays at 8:15 PM. Alanon meets each Tuesday at the same time.

SUNSET GROUP, Alamo Heights Christian Church Scout Annex, 350 Primrose at N. New Braunfels, has Open Discussions each Friday at 8:15 PM.

VALLEY HI GROUP, Marbach Christian Church, Marbach at Loop 410, has Closed Discussions on Tuesdays at 8:15 PM. Alanon and Alateen meetings are also held on Tuesdays at the same time.

HIGHLAND GROUP, Aldersgate Methodist Church, 504 Kayton, holds Open Speaker's Meetings every Wednesday at 8:15 PM.

NEWLY FORMED GROUPS

EL CARMEN GROUP, Villa El Carmen Catholic Church, corner of Martinez and Losoya Sts., is a bilingual Discussion Group which meets on the south side of San Antonio on Thursdays at 8:15. An Alanon Group meets at the same time and place.

HAPPY HOUR GROUP, 3114 Nogalitos, also bilingual, meets each Friday at 8:15 PM for Closed Discussions, with an Alanon Group meeting at the same time. On the last Friday of each month an Open Speaker's Meeting is held.

IN DISTRICT 1

New Committee Members, elected at a special District 1 GSR meeting held Sunday, Oct. 7 at Club 12, are: Lee Ray C., Raul M., Pete H. and Lee C. They will serve for two years beginning January 1974. Committee Members are elected by and from the G.S.R.'s, and their term coincides with the terms of G.S.R.'s, Area Committee Officers and the Conference Delegate.

IN THE AREA CONFERENCE

At the Southwest Texas Area Conference, held in Victoria Oct. 12, 13, and 14, a Delegate's business meeting was held for the election of a new delegate, alternate delegate, and Area Committee officers. Elected were: Tony F., Victoria, Delegate; John C., Brownwood, Alternate Delegate; Clyde M., Victoria, Area Sec'y-Treas.; Eve S., Corpus Christit, Area Chairman, and Nolte S., Seguin, Alternate Area Chairman. The election followed the Third Legacy procedure on pages 32 and 33 of the A.A. Service Manual which calls for two-thirds vote to elect.

66 people were present at the business meeting, including 1 Delegate, 1 Alternate Delegate, 1 Area Sec'y-Treas.; 1 former Area Chairman, 11 Committee Members, 45 G.S.R.'s, 3 G.S.R.'s elect, and 3 Member visitors. 45 Groups were represented.

ONLY YESTERDAY

You don't have to live this way;
Your needs we understand.
We share a common illness, dear,
So come and take our hand.

I still recall so vividly;
Only yesterday I was there.
Sick of body, mind and soul;
Loss of will and in despair.

You came to me that lovely day;
And in your eyes I could see
The God of love had beckoned you
To share your experience with me.

Now we must share with others,
Who are lost along the way,
The courage, strength and hope
God has given us today.

-Thanks to Nona B., Kerrville

DEAR ALCOHOLICS ANONYMOUS:

Feeling like a square peg in a round hole was nothing new for me. It is my opinion that I was predispositioned to becoming alcoholic. At age ten or eleven I had all the complexes and phobias of a full-blown alcoholic. You know the usuals; No self-confidence, I felt no self-worth, misunderstood, unloved and lonely. I felt rejected by the world; I longed for acceptance, praise and approval.

At age seventeen up jumped the devil! King Alcohol! For some time it made me feel like a whole person. I suppose I mean normal, or what I thought normal was.

Ironic, the very thing that came so close to destroying me has indeed saved my life. You alone have given me the only real love and understanding that I've ever known. I'm growing away from that terrible state of soul-sickness that I came to you with. You've given me the desire and courage to go on.

The only real illness I've ever suffered from, I know now, is spiritual hunger. Through the use and abuse of the bottle, I've found a way to live and be happy about it. Today I have a Higher Power that I choose to call God, and through you, I have come to believe.

Love and service,

Sandy L.

S M I L E W I T H U S

Have you heard about the wife who sued for divorce, claiming her husband sold the kitchen stove for booze money. The man admitted the charge but told the judge his wife was such a poor housekeeper she didn't miss the stove for two weeks.

? ! ? ! ? ! ? !

The lush almost keeled over when he staggered into a bar which was tended by a horse. "What's the matter?" said the horse. "Have-n't you ever seen a horse tending bar?" "Sure," said the customer, "but I was jush wondering what happened to the cow that used to work here."

: Let's Play-- :
"WHERE DID YOU HIDE THE BOTTLE?"

I hid the bottle under a potted palm - the palm was watered often- but only the label suffered. The booze was undiluted and available!

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We like fresh flowers in our home. I would pour out the water in the vase and put in gin. It was hell on the flowers, but swell for me to have a drink close at hand.

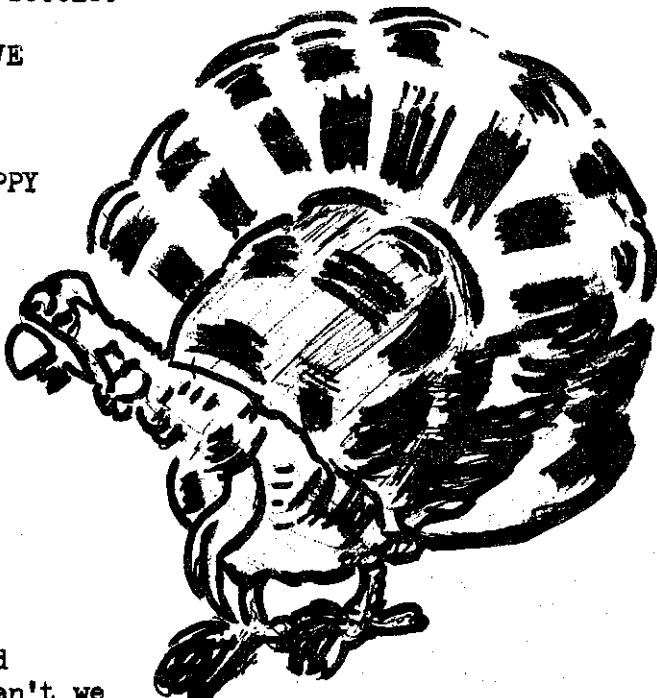
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I work in a shipping department, and had quite a problem as to where I could hide my hooch during work. My solution: I wrapped and labeled it for mailing to a foreign country, and let it lie among the other packages. The foreign address enabled me to keep an eye on it.

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I worked in a meat market. I would hide my bottle inside a large sized turkey, and put it behind the other already-dressed turkeys. This worked fine until one day my turkey, complete with bottle, was sold. I grabbed another bird, chased the customer, and swapped turkeys with him. I lost my job, but I had my bottle!

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and aren't we grateful that we are sober today and have no need to play "Hide the Bottle"!

AA
SENSE-I-CAL NONE-SENSE

In AA a sense of humor is a useful tool. When and how it is used is an individual thing, but using it just might be a save from that first drink! So- herewith, one member's "sense-i-cal nonsense":

People are funny... They want the front of the bus... the back of the church... and the middle of the road!

* * * * *

It's too late to agree with me. I've changed my mind!

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Question: Do you know what they do with worn-out German automobiles?
Answer: They put them in old Volks' homes..

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We all smile in the same language...

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Credit cards have brought togetherness to marriage. One husband said, "Since my wife got a card, I don't let her out of my sight!"

* * * * *

Work like a dog
Eat like a horse
Think like a fox
Play like a rabbit

And visit your veterinarian twice a year...

* * * * *

Old skiers never die.. they just go downhill..

Old insurance salesmen never die.. it's against company policy!

Old surgeons never die... they just stop operating...

* * * * *

Most husbands think they boss the house.. actually they just house the boss...

Start smiling and enjoy the miracle of NOW....

CENTRAL SERVICE OFFICE NEWS

CHANGES TO ALCOHOLICS ANONYMOUS SAN ANTONIO MEETING DIRECTORY DATED AUGUST, 1973

AA GROUPS:

ADDITIONS: HAPPY HOUR (Bilingual) meets Community Alcoholic Rehabilitation Center (CARP), 3114 Nogalitos, holding Open Discussion meetings Friday, 8:15 PM. Open Speakers meetings are held the last Friday each month. EL CARMEN (Bilingual) meets in the recreation building behind El Carmen Catholic Mission, 18487 Martinez-Losoya Rd., holding Open Discussion meetings on Thursdays, 8:15 PM.

CORRECTIONS: GRUPO UNIDAD (Spanish speaking) meets at Unity Club, 311 N.W. 24th St., holding Open Speakers meetings on Saturday at 8:15 PM. WESLEY (Bilingual) has moved and meets at 2025 Monterrey, holding Open Speakers meetings Thursdays and Sundays at 8:15 PM.

ALANON/ALATEEN GROUPS:

ADDITIONS: HAPPY HOUR (Bilingual) meets Community Alcoholic Rehabilitation Center (CARP), 3114 Nogalitos, Friday, 8:15 PM. EL CARMEN (Bilingual) meets in recreation bldg. behind El Carmen Catholic Mission, 18487 Martinez-Losoya Rd., Thursday, 8:15 PM.

DELETIONS: NORTHWOOD ALATEEN.

AA CHRISTMAS DANCE, sponsored annually by the Central Service Office Committee will be held Friday, Dec. 7. Dance Chairman this year is Rex S. For details see enclosed Flyer.

28TH TRI-STATE AA CONVENTION: Nov. 15-18, Capt. Shreve Hotel, Shreveport, La. No Registration Fee. Reservations for tickets and badges: Convention Chairman, Box 5039, Shreveport, La., 71105.

CENTRAL SERVICE OFFICE REPRESENTATIVES meeting will be at 7 PM Sunday Nov. 11 at Club 12.

MONTHLY INTERGROUP MEETING, Sunday, Nov. 11 at 8:15 at Club 12, will have Margaret and Bill H., San Antonio, as speakers. Windcrest Group will host.

PUBLIC INFORMATION COMMITTEE, OCTOBER, 1973

A public meeting held for the purpose of informing the non-AA public about AA, hosted by the Central Service Office Committee, was held Oct. 24 at the Theater of Performing Arts. Arrangements for the meeting were made by the Central Service Office Public Information Committee.

It was a beautiful program chaired by Fred H., San Antonio. Non-AA speakers were the Rt. Rev. Everett H. Jones, retired Bishop of the Episcopal Diocese of West Texas and Col. Donald R. Seidel, M.D., Chief Inpatient Psychiatry Service, Wilford Hall Hospital, San Antonio. AA speaker was Frances N., Midland, Tex.; Alanon speaker was Buck N., Midland.

The PIC chairman wishes to thank all who gave so unselfishly of their time, talents and monies in preparing this program.

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Other PIC activities include a talk by Jane W. to nurses at Baptist Hospital. Lee Ray C. and Eloise C. spoke to students at Samuel Clemens High School; Whitey M. talked at Leon Valley Elem. School; Whitey and Gary M. at Judson High School, and Abel G. at a Sociology class at SAC. Del C. talked to a Social Action assembly and Pat F. to a Social Action group at Randolph AirForce Base. Bob F. spoke at a Mens Group at Windcrest Methodist Church.

USEFUL READING MATTER

U S News and World Report, Oct. 29, page 45, contains an article based on studies by the Nat'l Commission on Marijuana and Drug Abuse which states "alcohol dependence is without question the most serious drug problem in this country today". AA is listed as a recovery source including articles about members: "Sober at Age 11" and "One Man's Experience".

ABOUT AA: GSO now mails a newsletter about AA to professionals and paraprofessionals. The Sept. 1973 issue lists AA Central Offices for AA referral purposes which avoided the anonymity problems connected with the AA World Directory which is marked "CONFIDENTIAL", "for the use of AA members only" and "not to be used as a mailing list".