

THE NIGHTCAP

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NUMBER TWELVE

AN INTERPRETATION OF THE TWELVE STEPS

Step No. 8 - Made a list of all persons we had harmed and became willing to make amends to them all.

This step is mostly a preparatory step in which we get accustomed to a brand new idea to us, that of even thinking we may have harmed other persons during our drinking life. In this step we prepare ourselves to take the following step by becoming willing to make amends to ALL persons we have harmed and then meditating on the methods by which we can approach those who are still approachable and whether or not to make the amends would injure them or others.

This, of course, doesn't mean that we can look at the deal in any wise selfishly. We are trying to attain a certain serenity and peace of mind that can only be experienced by ridding ourselves of ALL our bothers. And we should think only of the other person now, whether he would want to settle differences at all, and whether the terms we can think of would be suitable to the other person.

It wouldn't be amiss here to take another, more experienced person into your confidence for suggestions and help in methods of approach.

But whatever the final decision is, be sure you become willing to make amends, for willingness to do so will relieve your mind of any least thought of animosity for the other fellow. And having a "mad" at anyone is plenty bad medicine for you and me. It is a luxury that we cannot afford to indulge in at any time.

Step No. 9 - Made direct amends to such people whenever possible, except when to do so would injure them or others.

LET GOD CONTROL YOUR PREJUDICES

If God is to control your life, He must be allowed to control your prejudices. Your prejudices are a definite part of you.

Last year, I led a group of college students in a study of prejudice. We wanted to determine as nearly as possible if prejudices were natural; whether or not they could be completely eliminated, or if they merely could be controlled. I don't know if you will agree with our findings or not. But here they are for what they are worth.

In the first place, we came to the conclusion that prejudices, in our kind of society, are a natural result. We all, to some degree, have some deep seated prejudices. In the second place, we came to the conclusion that prejudices are so much a part of life that we can never do away with them altogether. In the third place, we came out of the study with the definite feeling that, although prejudices are natural, and we will never fully free ourselves from them, we can, by the help of God, control them in our own individual lives. In other words, God makes the difference in our prejudices.

Now, don't shrug this question off too lightly. It is easy to say, "I don't have any prejudices." But if you will look at your life objectively, you will see that you do really have some very definite prejudices. We had one young man in our group who had taught in a negro college. In the beginning of our study, he very definitely stated that he had no prejudices at all. Before the end of our study, he admitted that although he had given his life to teaching in a negro college, he still felt something in him drawing back when he started to shake hands with a negro. He later came to the

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AA IN ACTION!!!

Any AA Group wanting to institute a Family Group may write the Al-Anon Family Group, P. O. Box 1475, Grand Central Annex, New York 17, N.Y., for ideas and literature. The Al-Anon is headed for the present by Lois W., wife of Bill W.

Beginning on Sunday, Aug. 24, 1952, over Radio Station KTSA, will be the first of eight Sunday night broadcasts, sponsored by the San Antonio Central Committee of AA. These recordings were cast by the Columbia U. Press, and the narrator and M. C. is Mr. Gunnar Back.

Make a note to listen to a good AA program each Sunday at 10:30 P.M. for eight Sundays!

All members of AA in San Antonio got together enough money to buy a Hudson automobile which was presented to Carroll P. at the close of the Friday, Aug. 15, meeting of Downtown Group in the Sahara Clubrooms, together with an insurance policy on the car. Carroll was completely surprised by the action of his fellow AAs and, to say the least, was speechless! The trend of thought is that "Carroll has been doing my Twelfth Step work the past four or five years and he NEEDS this auto to take the place of the 'animated razor blade' he has been having his friends push through San Antonio thoroughfares lately." Says Carroll: "I am ready, willing and able to give anybody a push now!"

San Antonio AAs present at the Alice, Texas, meeting, Saturday, Aug. 2, were Kate R., Earl B., Col. Orlo Q., Ed T., Paul B, Arthur C., Otto "Doc" B. It was decided to have the Southwest Texas Regional Conference in Harlingen in October, 1953, exact date to be announced by the Harlingen group. Roy G., of Austin, delegate to Second and Third General Service Conference, made a full report on his and the conference's activities in New York. Next meeting of the officers and members of the Southwest Texas Conference will be held in Laredo, in March, 1953.

Sunday, Sept. 7, 1952, is the date for a big AA educational meeting, open to

the public, at Bluebonnet Hotel, Kerrville, at 4 P.M. The Kerrville group prognosticates over 500 people will be in attendance at this meeting. There will be a closed AA meeting at 10 o'clock in the morning for early arrivals.

Dorothy H., Downtown Group secretary, fell as she was stepping off a curb and broke her kneecap. She is at home and will enjoy a visit or card from you. We all pray for her speedy recovery.

Lorena A., Club 12 member, fell down the back steps at her home and broke her wrist.

Mona S. and Capt. Leo were married recently and now live in Houston.

Ann C. and Mose P., both Downtown Group members, were married and invited everybody to a reception at the home of Harry and Jewel M. Looked like everybody got there, too. Best of everything to Ann and Mose.

Father Rohn of El Paso spoke at Auditorium, Highland and Olmos during the month. We had the good fortune to hear him on all three occasions and figure we won on the deal. Next time you hear Father Rohn is speaking, you will be smart to hear him.

SEPTEMBER BIRTHDAYS

- 1 Year: Morris B., Eddie C., Fred F., Dr. Ross O., Margaret S.
- 2 Years: Maj. Douglas M. L., Sam N., D. D. R.
- 3 Years: Ralph Q., Kate R.,
- 4 Years: Julius C., Dr. Joe M. Ed T.
- 6 Years: Harold P.

Buddha: Let no man be single, let every man be wedded in holy love to the TRUTH. And when Mara, the destroyer, comes to separate the visible forms of your being, you will continue to live in the TRUTH: and you will partake of the life everlasting, for the TRUTH is immortal!

AN INTERPRETATION OF THE TWELVE STEPS
(Continued from Page One)

This is the action we take on the conclusions of our meditations on Step No. 8. We make direct amends to those we have harmed, being careful not to start anything that can't be followed through to a successful termination. In the previous step we "became willing" and in Step 9 we are cautioned not to open any old scores that would only be inflamed by doing so. Be sure you will not injure any one before you try to make any amends.

We must call on our creditors, and make arrangements to pay our just debts to the best of our ability. Most of these will go along with almost any plan you suggest. They have, probably, long since given you up as a bad risk, some even have counted you off as a total loss. And they will be happy, both for your apparent comeback mentally and physically and for the opportunity to recoup their material loss.

The other kind of wrongs we have to cope with are more difficult of appeasement. It is quite inadequate to go up to a person whom you have wronged mentally or physically and just say "I'm sorry." However, that is just about all you can do after explaining your heartfelt reasons for approaching them at all.

This is the last of the steps that can be tied up and disposed of for once and all. If you have taken these first nine steps sincerely and honestly and abstained from alcohol in any form, you are in the midst of a new and vastly better way of life which will enable you to accept whatever comes your way, good or bad, without getting emotionally, and mentally upset to the extent you will have to celebrate the event or drown the sorrows in the only way an alcoholic had recognized previously.

In clearer words, we don't have to get drunk any more.

When we shall be less ready to excuse our own mistakes and more anxious to forgive others, our friends will be more numerous.

LET GOD CONTROL YOUR PREJUDICES
(Continued from Page One)

conclusion that he still had prejudices but that God had so helped him to control them that they were no longer noticeable. At times, he was completely unaware of them himself. That is Christianity, isn't it? Letting God control our prejudices assures us they are not going to get out of hand and hurt others.

I don't know what your prejudices are - I only know my own. Yours may be race prejudice or it may be religious prejudice. It may be that you are prejudiced against certain ideals that stand in your way of what you think to be free self expression. I don't know. But I do know that if you will let God control them, you will be able to live a better life.

Is there any doubt in our minds how Christ stood on the question of prejudice? I don't believe there is. I don't see how we could mistake His words when He says, "One is your father and all men are brothers." I don't see how we can mistake His words regarding the ecumenical church: "Other sheep I have which are not of this fold." The church was broader to Him than any one small segment of it.

How can we let God control our prejudices? We can follow the example of the love of His Son. He loved everyone. Color made no difference to Him. Love was stronger than color, creed or idea.

Then, if there is any doubt about His teachings, we can turn in our Bibles and study His words. If we study them objectively, I do not see how we can misunderstand. Oh, but there is one other way we can let Him control; we can pray for His strength and courage to help us control our lives. Let God control your life - especially your prejudices, and you will more nearly approximate life at its best.

- - REV. W. EARL WALDROP

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It requires no bravery to tell the world where to get off, but it does require courage to tell yourself the truth.

DIRECTORY OF AA ACTIVITIES

Call F - 2523 for information of Any AA activity in S.A. and Southwest Texas.

MONDAY

A. S. Suburban, State Hospital and Industrial Groups, 8 P.M.

TUESDAY

City-wide meeting in West Wing of Municipal Auditorium, 8 P.M., under sponsorship of San Antonio Central Committee of Alcoholics Anonymous. Open to the Public.

WEDNESDAY

Highland Park Group, Collins Gardens Group.

THURSDAY

Olmos Park, Earl, Industrial and Fulton Center Groups.

FRIDAY

Downtown Group, 8 P.M., in Sahara Club Rooms; Family Group same time and place. Club 12, 8 P.M. in Club 12 Club Rooms. Family Group same time and place.

SATURDAY

Industrial Group, 8 P.M., 614 Avenue E. Open to the Public.

SUNDAY

Industrial Groups, open to the Downtown and to the public.

- CORPUS CHRISTI -

Downtown Group meets at Civic Center. Tuesday open meeting; Friday closed meeting; Family Group.

Club 10 meets at 146 Tompkins St. Monday closed meeting; Family Group. Friday open meeting.

Alano Group, meets at 607 Kinney Street. Monday, closed meeting; Family Group. Friday open meeting.

- AUSTIN -

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

- HONDO -

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

--AA--

We have no more right to consume happiness without producing it than to consume wealth without producing it.

--G. B. Shaw.

THE TWELVE TRADITIONS OF AA

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. For our group purpose there is but one ultimate authority - a loving God as he may express himself in our group conscience. Our leaders are but trusted servants - they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous, except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise lest problems of money, property and prestige divert us from our primary spiritual aim.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ social workers.
9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

US. . . - AA -

A flake of snow is very small;
 It's lost to sight quite quickly.
 But many flakes combined will fill
 The roads and pathways thickly.
 United we can face the world
 Without distress or fuss.
 A little less of you and me -
 A little more of us.

- AA -

LINCOLN'S ACKNOWLEDGEMENT OF A HIGHER POWER

"I have so many evidences of His direction, so many instances when I have been controlled by some other power than my own will, that I cannot doubt that this power comes from above. I frequently see my way clear to a decision when I am conscious that I have not sufficient facts upon which to found it. I am satisfied that when the Almighty wants me to do, or not to do, a particular thing, He finds a way of letting me know what He wants ... I am a full believer that God knows what He wants men to do, that which pleases Him. It is never well with the man who heeds it not. I talk with God. My mind seems relieved when I do, and a way is suggested ... I should be the veriest shallow and self-conceited blockhead, in my discharge of the duties of this place, if I should hope to get along without the wisdom that comes from God and not from man."

THE NEED OF SOBRIETY ...

The name of each saloon is "bar", the fittest of its names by far.
A bar to heaven, a door to hell; whoever named it, named it well.
A bar to manliness and wealth; a door to want and broken health.
A bar to honor, pride and fame; a door to grief and sin and shame.
A bar to hopes, a bar to prayer; a door to darkness and despair.
A bar to honored useful life; a door to brawling, senseless strife.
A bar to all that's good and brave; a door to every drunkard's grave.
A bar to joys that home imparts; a door to tears and aching hearts.

AA

GOSSIP

I am more deadly than the screaming shell from a howitzer; I ruin without killing; I tear down homes; I break hearts and wreck lives. I have no respect for truth or justice; no mercy for the defenseless. You will find me in the pews of the pious and the haunts of the unholy. I never forgive and seldom forget. My name is GOSSIP.

AA

T O L E R A N C E

When the other fellow acts that way, he is ugly; when you do, it's nerves. When the other fellow is set in his ways, he's obstinate; when you are, it's just firmness. When the other fellow doesn't like your friends, he's prejudiced; when you don't like his, you are simply showing that you are a good judge of human nature. When the other fellow tries to treat someone especially well, he's toadying; when you try the same game, you are using tact. When the other fellow takes time to do things, he is dead slow; when you do it, you are deliberate. When the other fellow runs great risks in business, he's foolhardy; when you do it you are a great financier. When the other fellow says what he thinks, he's spiteful; when you do, you are frank. When the other fellow won't get caught in a new scheme, he's backwoodsy; when you don't, you're conservative. - - - All Around Ontario.

". . . Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others. Our very lives, as ex-alcoholics, depend upon our constant thought of others and how we may help meet their needs."

AA

Alcoholics Anonymous, better known as AA, is an informal fellowship of men and women who have "learned the hard way" by personal experience with alcoholism. Their purpose is to get sober and, through mutual aid, to stay sober, and to help other alcoholics stop drinking and become normal, useful people. The only requirement for membership is an honest desire to stop drinking. Their program for recovery is based on twelve steps, the first and foremost of which is the admission that they are powerless over alcohol, and that their lives have become unmanageable.

AA

"I pray Thee, O God, that I may be beautiful within - - - Socrates.

AA

