

The NIGHT CAP

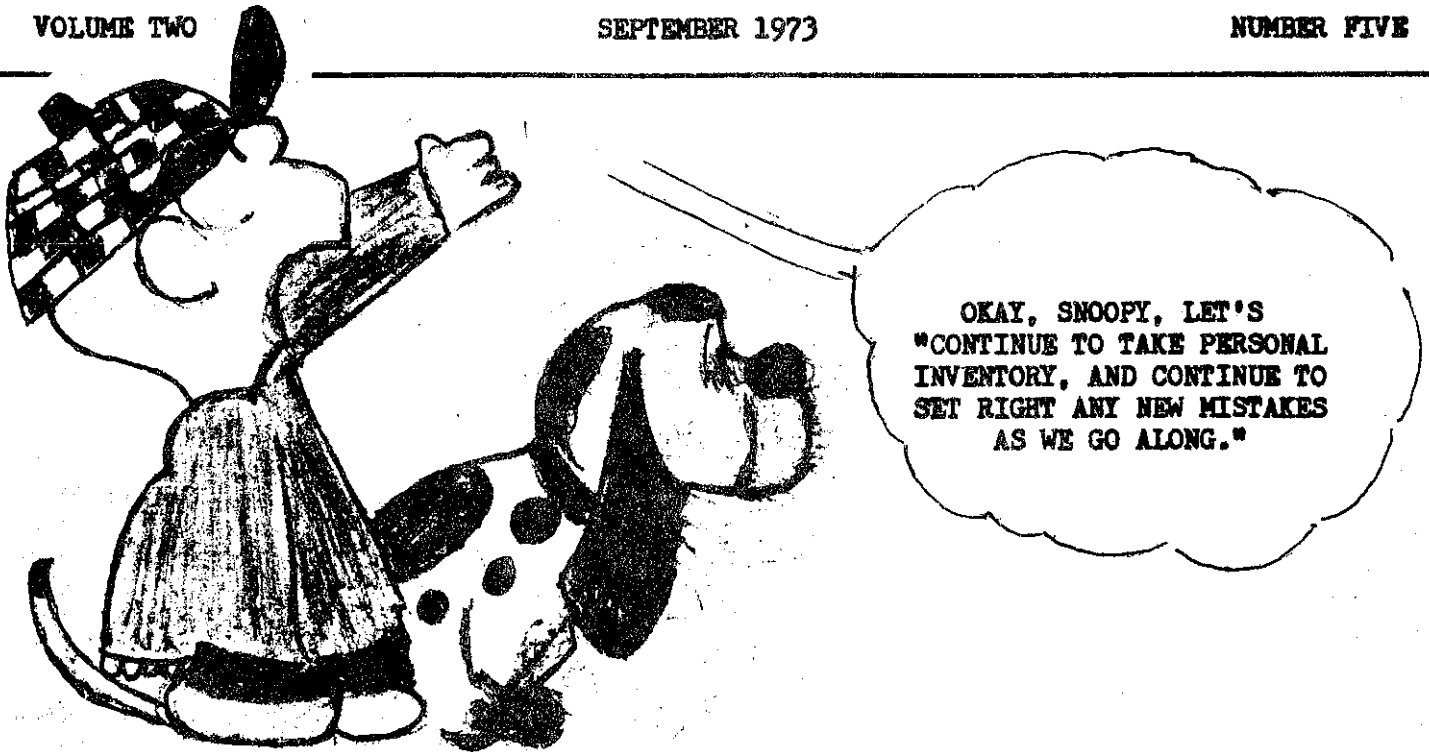
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NUMBER FIVE



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AN INTERPRETATION OF THE TWELVE STEPS

STEP TEN: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

I was taught to take inventory at the end of each day. From the beginning I went peacefully to sleep at night while going over my day to see where I had gone wrong, where I could have done better, and what things I had left undone. The inventory had a tranquillizing effect on me; it brought peace and sleep whereas before I had had insomnia. In practising this new way of life I also found that I had to take a quick inventory during the day. My days consisted of steps and starts. I would go along fine for awhile during the day, then suddenly something was the matter - usually I'd put my mouth in motion before I put my brain in gear. I'd have to stop, take a look at the situation, and if it entailed promptly admitting a wrong, do so. Then I was off on a new start.

Although there is great love and understanding between us in A. A., we can only have limited understanding of one another; however, we can learn to know ourselves, and the purpose of the inventory is just that - "getting to know me" - and "getting to know me" is a very personal thing because I am the only me, and you are the only you. A. A. teaches us how to live a day at a time without alcohol and how to cope with the difficulties that arise for us during that day. It is by our own individual coping, based on knowledge of our own reactions - knowledge gained from inventory-taking - that we learn to live in harmony with ourselves and our

fellowman, directed in this endeavor by a Power greater than ourselves.

During the years I have taken a daily inventory, I have learned some dos and don'ts that fit for me. Here are a few that you can try on for size if you like:

1. Don't judge my fellow man; when I do, I had better take my own inventory.
2. Never compare myself to another A. A.; there is no basis for comparison for we are each different.
3. Try always to contribute to the good of others, make them a little happier if you can.
4. Don't let anyone or anything become so important that it will throw you into turmoil.
5. Watch the emotional highs and lows. Play a game - emotion control - we can play this game any way we wish... it has lots of good side effects, like keeping a sense of humor.
6. There is no such thing as justifiable anger; if I am wrong I have no right to be angry - if I am right I have no reason to be.
7. Let the other fellow be his own problem; I already have enough.

Did you ever notice that the last part of this Step contains the "Kicker"? To admit a wrong is a hard thing to do. The first time I had to do it, I suffered agonies, and determined that in the future I would try very hard to avoid doing those things for which I would have to apologize. Of course I have not been totally successful; during my years in A. A. I have had to admit to error more than once. As the Big Book reminds us, "we are not saints. The point is we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection."

There is another side to admitting when you are wrong which makes up for the distress I feel when I know I must apologize. Once I have done it a wonderful feeling of having done the right thing comes over me. I walk away a free woman. I have done what I could to correct the situation, and now I can get on with the business of living and growing. It matters not if my apology was accepted; the only thing that counts is that I have followed the directions for sobriety.

To me this is taking Step Ten. A daily inventory, an inventory during the day when it is needed, and another big one periodically (this can be annually, semi-annually or on your Birthday). I hope the time never comes when Step Ten becomes automatic; working it keeps me in mental and emotional shape like the athlete who runs to keep himself in physical shape. It is necessary for my growth and insurance for my continued sobriety.

Hundred Proof

by Smitty



"Well, So far we have killed 2 fifths, a case of beer & our dog."

GROUP NEWSTHE ARC, 10200 Southton Rd, celebrates
HONDO SAM DAYS - LABOR DAY WEEKEND
MEETINGS & BARBEQUE

Sun Sep 2 2:30 PM- Buck H, Texarkana
Mon Sep 3 2:30 PM- Evelyn K, Lamasa
Barbeque both days at 4:00 PM
Adults \$1.50 Children \$1.00



GROUP TWELVE, Club Twelve, 102 Thames
New happenings all through the week!-
A Buffet Dinner every Sunday at 12:30
noon 'till 2:00 PM. Come
to the 11:00 AM meeting
and stay for good food and
A. A. fellowship! Break-
fast and lunch are served
Monday through Saturday
from 9:30 AM to 4:30 PM.

REALITY GROUP, Calvary Missionary
Church, 1518 Steves Ave., has changed its
meetings from Fridays to Wednesday nights at
8:15 PM. Open Discussion meetings.

SERENITY GROUP, 3823 South Gevers, meets on
Fridays at 8:15 PM. Come to a meeting at our
new location!

GOLIAD GROUP, 104 Avondale, is nine years old
this month. Happy Ninth Birthday! The month-
ly Barbeque will be on Sunday, Sept. 16, at
6:00 PM.

SAN ANTONIO STATE HOSPITAL GROUP, S. Presa
St., has a Closed A. A. Speakers meeting each
Monday at 8:15 PM in the hospital auditorium.
Closed Alanon meetings are held at the same
time in Ward 17.

The S.A.S.H. Group is supported by every
Group in San Antonio; your help is necessary
for its maintenance.

24 HOUR GROUP, 24 Hour Club, 1203 Fredericks-
burg Rd., will hold its monthly dinner and
Bingo on Sunday, Sept. 30, at 1:00 PM.

The monthly dinner and Bingo will be on Satur-
day, Sept. 29, at 7 PM. AA and Alanon Be-
ginners Meetings are held every Sunday at
4:00 PM. Bridge is played each Friday night
after the 8:15 PM meeting.

THURSDAY MORNING LADIES GROUP, Club 12, 102
Thames: And for you gals who like a daytime
meeting, the Ladies Group meets at Club 12 at
10:30 AM every Thursday. This discussion ses-
sion is great for those who have their mornings
free and just the place to bring that new
"lady-pigeon".

THE HAVEN, 1640 W. Woodlawn, holds its monthly
dinner at 1:00 PM Sunday, Sept. 9, with the
Group Meeting at 3:00 PM. On other Sundays
the meeting is at 5:00 PM. A Discussion Meet-
ing is held on Tuesdays at 8:15 PM.

DOWNTOWN GROUP, Sahara Club, 809 E. Euclid,
has Peer Boy Bingo each Saturday at 8:00 PM.
The monthly dinner is on Sunday, Sept. 2, at
1:00 PM.

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COMING ATTRACTIONS

ALAMO HEIGHTS GROUP, St. Luke's Episcopal Church, No. 11 St. Luke's Lane, meets each Monday at
8:15 PM for an Open Discussion. They will celebrate their 17th Birthday on Monday, October 15
at 8:15 PM. with a special program. Bishop Everett H. Jones and Pat O'F. will be speakers.
Refreshments will be served. Make plans to come!

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BREES GROUP, Sunset Ridge Church of Christ, 2367 Brees, which meets each Thursday at 8:15 PM
for A. A. and Alanon meetings, wants you to watch this space in the October issue for an im-
portant announcement.

FOUR A'S TO FREEDOM

What can I do when I am temporarily trapped, imprisoned, cut off from normal serenity and freedom? What can I do when the desire for a drink returns (as it still does) or when I feel uncomfortable because someone is bugging me or when I'm tired and I have to get up and get going... or the car breaks down or the budget won't stretch... oh, well, you knew...

What can I do? Well, I have a little gimmick that works... sometimes... and I call it "Four A's to Freedom".

The first A is AWARENESS. I say (or feel) "This is something I don't like. But it's a chance to grow." I have become AWARE! (Usually this doesn't happen right away...)

The second A is ACCEPTANCE. I say (or feel) "I don't like this at all but I will try to accept it because right now I can't change it." I therefore ACCEPT it and I know it will help me grow and it will finally go away.

The third A is ASKING for help. At this point I say to my Higher Power "This clown is bugging me but I know it's a chance to grow. Help me to accept this. Thank you for this opportunity to become a better person."

The last A is ACTION. Action is the magic word- In order to forget something, the best thing for me is to DO SOMETHING! The best action, of course, is to do something that will solve the problem. If the tire is flat, call someone or fix it... If I have a desire for a drink, I will call someone or head for the club. If I'm feeling a bit depressed, I will do something for someone else...

Here are some other actions that help to change things for the better:

1. Send a new member a card.
2. Take a long walk or go to a movie.
3. Buy yourself a new tie or belt.
4. Surprise your spouse with a gift.
5. Take a warm shower.
6. Write an article for the Nightcap...

Well, that's the story... The Four A's of Freedom are Awareness, Acceptance, Asking and Action. They usually work for me; maybe they'll work for you.

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ATTITUDES

Most alcoholics suffer from a rejection syndrome and set themselves up to be rejected, this being an expression of hostility. What they are really saying is: "See, I told you the world is no good. I have not been treated right. This is proof you don't like me; therefore I am justified in the way I feel."

The sober alcoholic needs to be aware of this attitude or any negative thinking.

We begin to change when we accept ourselves just as we are, then become willing to grow spiritually and mature emotionally.

We know ourselves to the degree in which we are able to (honestly) tell another person about ourself. This is difficult because we are afraid of what people might think.

First we must experience the love and acceptance of the people in A. A. Due to this love and acceptance, we learn to love and accept ourselves.

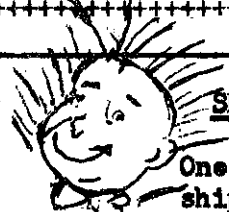
An important thing for us to remember is that no one in this world owes us anything. Self-reliance is the solution.

It is not important what you think of me. What is important is my attitude about you.

"Get to know yourself, learn to control yourself, and finally learn to deny yourself." Do these things to insure sobriety and happiness.

-Thanks to Ray B., Kerrville

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SMILE WITH US

One of our candidates for membership struggled up to the bar and gasped "Give me something for a hangover." "What do you want?" The sufferer could only mutter, "Tall-cold-and-full-of-gin." "Sir," snapped a drunk standing next to him, "you are referring to the woman I love."

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We hear the newest bestseller on the market, replacing the "Drinking Man's Diet", is the "Betty Cecker Creck Beek."

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When I came into AA, I found a way of life, and discovered that I had reached my point of no return. I could never go back to the old ways; I could never again say 'it's useless' for the AA philosophy is one of hope, and if I was going to practice it to the best of my ability, nothing in life could be 'useless'. The AA program allowed me to choose how I would live each day and made me responsible for the results of my decision. At first it was mostly a matter of choosing not to drink, so I began to make sobriety a habit - daily plans were geared to not taking that first drink. I was powerless over alcohol - my life was unmanageable. Staying dry gave me a chance for a better life, but it did not give me that better life. To keep my sobriety I had to work with the program, the people, myself, and the principles of AA, so without realizing it, I gradually formed a philosophy to live by.

I came to believe that a Power greater than myself would restore me to sane living. As well as I was humanly able, I made the decision to turn my life and my will over to the care of a Higher Power. Before I could take this step I had to think long and hard about it. I did not want to attempt it, if I was going to fail. I was too deeply committed to sobriety and the AA philosophy. I wondered could I fail it - or was it true that it could not fail me, this Power and It's ways? From here on I began to find freedom from self and was able to move toward growth and maturity.

Paradoxically I have found that freedom from self was really right usefulness. Know yourself. We gain insight into ourselves from the inventory step. We look within; try to correct what is wrong; keep what is right. As acceptance of self comes, we find we are better able to understand the other person. As we daily modify our own behavior to increase harmony within ourselves and with others, we gain further self knowledge. We learn still more from self searching and asking questions of ourselves; we become aware of behavior patterns and begin to take note of the resultant effects.

Control yourself. The more we are able to control our actions, the more maturity we are gaining. We can learn not to let the upsets of life throw us. All of life has rhythm - a swing from high to low. As the tides ebb and flow our mental states go from positive to negative. Expect the high-low swing. Go with the current of life - never try to go cross current. When you are low use the Serenity Prayer. When you are confused give yourself simple orders - one at a time - and carry them out. When you have a bad hurt or anger hang-over - if you want to stay sober you will know the time to let the Spirit within have it. Above all never let fear take control, remember that you have turned your life over to a Power greater than yourself and are now secure.

Be yourself. Take off the mask. Be who and what you are. It is not only your right but your obligation. A lot of people are afraid to be themselves because they fear if they are - no one will like them. Not everyone is going to like you anyway, and as long as you like yourself, what does it matter? Liking yourself gives you time to be useful. You can keep yourself tied up all day everyday keeping your false face straight or hating yourself. The end result of usefulness is happiness. The result of dwelling on self is misery. The more you know yourself and accept yourself, the easier it is to be yourself.

Travelling the road of AA, a day at a time, we can achieve serenity - a comfortable feeling inside ourselves. Knowing ourselves, controlling ourselves, being ourselves all contribute to giving of ourselves.

Kate R.

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Sobriety is a gift. Our task is to keep it.

CENTRAL SERVICE OFFICE NEWS

IN MEMORIAM

John Douglas W.-son of Jeanne W.-14 July '73
CPT Michael M.-son of Jane M.- 26 July '73

PUBLIC INFORMATION COMMITTEE

We are grateful to the anonymous A. A. donor for the cash contributions made to the Central Service Office in May and August. Thanks to you, we will use the Aug. contribution to purchase a dozen A.A. Big Books to begin a program of giving Big Books to school libraries where A.A. speakers of the PIC have carried the message. We will let you know the names of the schools when placements have been made.
-Frost U., PIC Chairman

Raul M. talked to a group at Southside High School who are interested in forming another bilingual A.A. Group.

Our Public Meeting will be had Wednesday, Oct. 24 at 8:00 PM at the Theater for the Performing Arts, Hemisfair. Bishop Everett Jones will be one of the speakers. The purpose of this meeting is to inform the general public about alcoholism. To do this we need the help of each Group. It is hoped, if possible, that your Group will contribute \$20 or more to defray costs. Please send your money to the Central Service Office, Suite 215, 109 Lexington Ave., marked "For Public Meeting".

DAVIS-MOUNTAIN A. A. CONFERENCE will be held Oct. 19-21 at Indian Ledge in the Davis Mountain State Park. This Conference is held twice yearly in the spring and fall. The beautiful setting lends itself completely to A. A. serenity. Reservations can be made by contacting Pat B., c/o the Central Office, or by writing: Chairman, Davis-Mountain A.A. Conference, Box 484, Alpine, TX, 79830.

TENTH NORTHEAST TEXAS AREA CONFERENCE will be held Oct. 12-14, 1973, at Tropicana Inn, 135 at Oak St., Denton, TX. For information write N.E.T.A. Committee, Box 1385, Denton, TX 76201

NEW AD HOC AND STANDING COMMITTEES

Three new Ad Hoc Committees were established by the Central Service Office Board and announced at the August GSR Meeting:

1. ANNUAL CHRISTMAS DANCE COMMITTEE: Rex S., Chairman. Rex will select committee members.
2. BOARD PROCEDURES REVIEW COMMITTEE: Imogene U., Chairman; Sandy L. and Raul M., Committee Members. Established to study current Central Service Office Board Procedures and recommend possible changes.
3. GSR WORKSHOP COMMITTEE: Sandy L., Chairman; Carolyn B., Gene D., and Jeanne W., Committee members.

STANDING COMMITTEE: The Buck-A-Menth Committee, which had been an Ad Hoc Committee, was recommended and approved at the August meeting as a Standing Committee. Jeanne W. is Chairman.

TWENTY-THIRD SOUTHWEST TEXAS AREA CONFERENCE will be Oct. 12-14, 1973, at the Holiday Inn, Victoria. Plan now to attend! Mail reservations to: Holiday Inn, Victoria, TX. Send registrations to: Box 226, Port Lavaca, TX, 77979. The Early Bird Meeting will be at the Victoria Clubhouse, 1003 Hiller, at 8:00 PM, Thursday, Oct. 11. The Conference Committee asked the Central Service Office to supply and staff literature tables for this Conference. Volunteers are needed. If you plan to attend and can help out for a few hours, please call or write the Central Service Office.

WEDDING BELLS:

Marilyn H. & Tony F., Victoria, TX, July 1973

GENERAL SERVICE REPRESENTATIVES Meeting will be held Sunday, Sept. 9, 7:00 PM at Club 12.

MONTHLY INTERGROUP MEETING, to be held Sunday, Sept. 9, at 8:15 PM at Club 12, will have the Group from Victoria as hosts.