

# THE KEY

U.S. PUBLIC HEALTH SERVICE HOSPITAL, LEXINGTON, KY. JULY 24th, '52-VOL. V.#34

AA

God grant me the serenity  
To accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.

AA

## STEP NO. EIGHT

MADE A LIST OF ALL PERSONS WE HAD HARMED AND  
BECAME WILLING TO MAKE AMENDS TO THEM ALL.

Most of we addicts consider that it is extremely difficult, if not impossible, to fully take this step. It is true that many we have harmed cannot be reached and that to make a list of them all would take reams of foolscap. However, the step says, "become willing to make amends to them all." If we but in our hearts are truly willing to make these amends, that is, are honestly sorry and humbly penitent for having harmed others, and are intirely ready to make these amends for having harmed them, we have taken this step to the best of our ability. Step Eight and Step Nine "Made direct amends to such people wherever possible, except when to do so would injure them or others" outline and put into practice a working course of conduct which will directly rectify the harm or injury our use of drugs and alcohol may have imposed upon others, at the same time start harmoniously relating us to life and to our fellow men.

The practice of the A.A. philosophy fulfills all of those requirements. It is a PROVEN WAY OF LIFE by which the addict and alcoholic corrects his past mistake and makes and becomes willing to make restitution to relative, friend, or enemy, as he effects his own recovery from the physical and mental injury drugs have inflicted upon him.

We must take action on the Step. Many of us even went so far in our endeavor to achieve and maintain abstinence from durgs in the past as to make such a list as suggested in the Eighth Step but only MENTALLY and it remained in the mind in fear and trembling or was frantically pushed into the subconscious there but to add fuel to the conflicts that the addict and alcoholic knows so well. But in A.A. we USE this list; we DO something about it in the very next Step. We take action.

Now we learn that we have obligations to our neighbor and that all of these obligations are based on the primary law of all human relationships which tells us that we must love our neighbor as ourselves.

AA

THE KEY

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Vic V. Men's Sec'y; Sudie G. Women's Sec'y; Jack B. Editor; Peggy F. Assoc. Ed.

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WOMEN'S

NEWS OF OUR MEETINGS

GROUP

Tuesday P.M. July 8, 1952

Meeting was opened as usual with a moment of silent prayer. Marie K. read the Purpose and Kay.C. the Steps.

We had a short but very interesting discussion on "A Power Greater than ourselves can restore us to Sanity." There was a general conversation among the group and the discussions of individual opinions were offered.

Nettie T. and Helen S. gave a report on the Goodwill Basket. The meeting closed with the Lord's Prayer, and refreshments were served.

Sunday July 13, 1952

The meeting was opened by our Sec'y with a moment of silent prayer. The Purpose was read by Nettie T. and Katherine C. read the Steps.

We were indeed happy to have Miss Bischoff give a deeply enlightening and interesting talk dealing particularly with the Higher Power to the individual undergoing trials. Through constant meditation and relationship through this Higher Power the individual is able to overcome his difficulties.

Father Mangan, S.J. gave his impression of the Sixth Step, which meant that a Higher Power than ourselves can help us to recognize and overcome our problems.

The meeting was brought to a close with the recitation of the Lord's Prayer.

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THE BIG THINGS

"The really good things, the big things are made inside and not outside the man. The big thing is not luxury, but contentment; not a big house, but a big satisfaction; not accumulated art treasures, but a fine art appreciation; not a big library, but a serene studiousness; not a big estate, but a large vision. The big things are not the things that are seen, but the things that are not seen. Seek peace and pursue it. Seek the things that are above. Seek ye first the Kingdom of God and His Righteousness - such are the goodly pearls."

---by Joanne N. Women's Gp. Feb. 1950----

"Food and raiment, health and fire,  
all those both rich and poor acquire.  
What more than these the rich possess  
Is luxury, not happiness

----John Henry Jowett

AN HONEST CONFESSION IS GOOD FOR THE SOUL---

## THE KEY

Meeting, Thursday P.M. July 17, 1952: Meeting opened by Vic. V. with a moment of silent prayer. Vic. turned the meeting over to Bill M. of Louisville. Bill read the purpose of A.A. while the 12 Steps were read by Jim McL of Memphis. Doc. S., our C.S., commented on the incoming mail, which included a letter from our old friend, Luke G., and one from Mike M. of Pahokee, Fla. and Robert L. J. of Montgomery, Ala. Bill M. talked on the purpose of A.A., stressing that portion which reads "It shall be the purpose of this group to endeavor to foster a means of rehabilitation for the addict." Bill talked on the problems confronting one who has been in this Hospital when he leaves. Several members, including Bob B., Vic. V., Doc S., and Doc K., talked along the line of Bill's talk and in answer to his query "What am I to do when I leave here?" Bill T. also talked along this line. Phil H., of the F.D., who left Friday also talked and told us goodbye and that he intended to live the A.A. way of Life on the outside. Meeting closed with our A.A. prayer and the Lord's prayer. Cokos and cakes were served.

Meeting, Sunday P.M. July 20, 1952: Meeting opened by our secretary with a moment of Silent prayer. Doc K. presided. The 12 Steps and the Purpose of A.A. were read by R. of EH-3. Our C.S., Doc. S. of the F.D. and Golfcourse, read a letter from a former member of our women's group, Gladys H. of Columbus, Ohio. She states that she found A.A. while here on her third stay and that she is living A.A. on the outside and has now remained off drugs for over six months. Doc K. told us we must continue to take inventory of ourselves and profit by our past mistakes. Doc says that a slow progress is surer and more permanent. Father Mangan of the Jesuit Order made a few remarks and answered questions from members of the group. He says we can remain off drugs by the use of our reason. We also have the power to refrain from taking that first shot, and that while many do not, this does not mean that they could not have refrained from that first shot. He says that it is a question of "wouldn't" not a question of "couldn't." Meeting closed with the little A.A. prayer and the Lord's prayer.

You Can't Lose: In addition to the freedom from drugs which the honest and faithful living each day of the 12 Steps of A.A. will give to us, we will be rewarded, among other things, with Hope instead of desperation, Hope to live a future free from the awful compulsion of narcotic drug addiction. Most of us fully realize the desparateness of our affliction but few of us try to do anything about it - now, we have a chance, brother, through the A.A. program of Twelve Steps, practiced daily. Why not take a chance and give this program a whirl. **YOU CAN'T LOSE FELLOWS.**

"As yesterday is history, and tomorrow may never come, I will try to do all the business I can honestly today, have all the fun I can reasonably, do all the good I can willingly, and save my digestion for thinking pleasantly."

-Robert Louis Stevenson (Lifeline)

A Sultan at odds with his harem,  
Thought of a way he could saerem  
He caught him a mouse,  
Set it loose in the house,  
Thus started the first harem scarem.

"Dopey," the A.A. office cat  
purrs,  
'Money will buy a pretty good  
dog, but it won't buy the  
wag of his tail."

4.

THE KEY

I. PAUSE

The sun has just cast its first glorious rays of light upon the tree tops. As I stand before my window in solemn reverie, I pause for a moment to build my theme for the new life.

What shall I wish for this day? Nothing that shall bring pain or privation to my fellows, but those few priceless things that will reflect a light of radiant splendor upon those who know me.

As I face the eastern sky, I promise myself that I will be contented today, for I realize that tomorrow will never come. I am living only this hour. I will not grieve if shadows cast themselves on my pathway, nor will I lose faith; I know that a cloud cannot cast a shadow unless the sun is shining beyond.

I will try by words and deeds to show a fuller appreciation of all the good that comes my way. I will try to understand more fully the gift of giving; and, as I give, my heart will beat with a new and greater joy.

I will not repeat my promise to drop my evil thoughts and ways; I will leave the words unspoken, but do them. I will do kind things to my friend while he is with me; and if I can do no more, I will say a kind word about him when he is away.

and most of all, I will be faithful to my trust; and if peace of mind be my only reward, I will ask no more.

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-- Sunshine

JOE BLOW: My wife has a slight impediment in her speech---Every now and then she stops to breathe.

FAITH

I don't understand the hills, or the bounding sea,  
Or the laughing mountain rills--how come they to be.  
I don't understand the sun, or the twinkling star -  
How they ever were begun. But I know they are.

So with faith--its mysteries I cannot analyze,  
Holding certain verities too deep for my eyes;  
But I know this heart of mine rises from despair  
Into joy and peace divine, knowing they are there.

EPITAPH: Here lies my wife:  
Here let her lie!!!

Now she's at rest,  
And so am I.

( Family Forum )

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"The driver is safer when the roads are dry; the roads are safer when the driver is dry."

## THE KEY

## HOPE - A.A.

Through A.A. we addicts have a real substantial "hope" for a future life with peace of mind and happiness from the awful compulsion of addiction to narcotic drugs. Hope is a "desire" with expectation of a life of abstinence and the consequent contentment and joy through the daily practice of the A.A. program - the day by day living of the A.A. way of life.

If we will but live TODAY, strive not to make the same mistakes TODAY we made yesterday, do not think upon tomorrow, we will find the A.A. way of Life a simple and pleasant task. "Twenty-four hours at a time - Easy Does It."

We can surely attain this life of freedom from drugs; we can actually obtain that which we so strongly desire, through living the A.A. way of Life. There is hope for the drug addict in the program outlined by the Twelve Steps of A.A.

Live today - do not take that shot - when night comes thank the Higher Power, and on the dawn of a new day ask Him for strength to live the ensuing twenty-four hours without taking drugs or a drink. Constantly remember the above when you leave this hospital - and, not only remember, but put it into practice. Your desire for that peaceful and sweet life of serenity and companionship with your loved ones and friends will be realized.

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 "A woman in Georgia had four sets of twins - DUECES WILD."  
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Who has a stronger battle than we who must use force to overcome ourselves? We, whose ultimate goal is to overcome ourselves, so that we can do better and become stronger. We, who need the counsel of the wise, cannot advise ourselves.

AA is Health, Life, Protection From Ourselves, Strength of Mind and A Joy From the Spirit Of God. In AA we strive for Perfection of Life and a Hope of Everlasting Peace.

Let us all take our burdens, therefore, and try to follow the AA way of Life.  
 (Submitted by Fred M.)

NEWS OF FORMER MEMBERS

Recently the Group has heard from our old friend, Robert (Bob) J., an erst-while Georgia Cracker, now of Montgomery. Bob has now been clean exceeding two years, and is now living a life of peace of mind and happiness, and, too, he is doing well in a material way. The Editor received a letter from his good friend, Doc Mike M., Belleglade, Fla. Doc is the boy who, over two years ago, left here and enticed our South Carolina preacher, Ralph H., to follow him to South Fla., and now both Doc and Ralph are doing fine and are living the AA way of Life. Doc writes that he is doing 12th step work in and around the Lake Region of South Fla. He writes that Ralph H. now has a church in North Miami and also that he is much in demand as a speaker in A.A. all over South Florida. Mike says that he has been fishing lately and had the usual fisherman's luck ..... We are truly fond of Mike and were delighted.

## THE KEY

HE LEADETH ME

There is something in the nature of things which the mind of man, which reason, which human power cannot effect, and that which produces this must be better than man. What can this be but God.

He leadeth me-----  
 In pastures green? No not always.  
 Sometimes He who knowest best,  
 In kindness leadeth me in weary ways  
 Where heavy shadows be;  
 Out of the sunshine warm and soft and bright,  
 Out of the sunshine into the darkest night,  
 I oft would yield to sorrow and to fright,  
 Only for this: I know He holds my hand.  
 So, whether led in green or desert land.  
 I trust, although I cannot understand.

He leadeth me-----  
 Beside still waters? No, not always so.  
 Oft times the heavy tempests round me blow,  
 And o'er my soul the waves and billows go,  
 But when the storm beats wildest, and I cry  
 aloud for help, the Master standeth by  
 and whispers to my soul: "Lo, it is I."  
 Above the tempest wild I hear Him say:  
 "Beyond the darkness lies the perfect day;  
 In every path of thine I lead the way."

So whether on the hilltops, high and fair  
 I dwell, or in the sunless valleys, where  
 The shadows lie--what matter? He is there.  
 And more than this. Where'er the pathway lead  
 He gives to me no helpless, broken reed,  
 But His own hand, sufficient for my need.  
 So where He leads me I can safely go.  
 And in the blest hereafter I shall know  
 Why in His wisdom He hath led me so.

--Submitted by Riley B. D. from Lifeline-----

## THE KEY

### OUR PURPOSE

This is an informal group of drug addicts, banded together to help one another renew their strength in remaining free of drug addiction.

Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence is acknowledged. We claim no originality but since we believe that the causes of alcoholism and addiction are basically the same we wish to apply to our lives the truths and principles which have benefited so many otherwise helpless individuals. We believe that by so doing we may regain and maintain our health and sanity.

It shall be the purpose of this group to endeavor to foster a means of rehabilitation for the addict, and to carry a message of hope for the future to those who have become enslaved by the use of habit-forming drugs.

Membership is open to anyone, regardless of race, color or creed, who is sincerely desirous of living a life free of drug addiction.

1. We admitted we were powerless over alcohol and drugs - 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 UNDERSTAND 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 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 whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, AS WE UNDERSTAND HIM, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual experience (or awakening) as a result of these steps, we try to carry this message to alcoholics and addicts and to practice these principles in all our affairs.