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*Come grow old with me  
the best  
is yet  
to be,  
the  
last  
of life  
for which  
the first  
was a  
made.  
Q.B.*

TIME'S MINISTRY

We who place so much emphasis upon activity and aggressiveness are wont to regard time as a monster who steals our youth, dims our sight, greys our hair, slows our step, and saps our virility. Always do we regard time as our enemy with whom we must forever wrestle in mortal combat, lest he wrest from us.

Think not so of your benefactor, for time is the thing of which life is made. At the heart of time is healing, forgiveness, and redemption. True, there are scars; but what are they save tokens of an Infinite Friendliness!

Time is laden with rich experiences, without which existence has no meaning. It is the deft artistry by which wisdom is distilled from the days and years that have passed, whereby we are enabled to read the significance of life by the light of an exalted understanding. Without it there would be no perspective; everything would be equally unimportant, breathing forth a deadly monotony. Even so would there be no golden memories to feed the soul in its dreamy hours.

Therefore, bemoan not the passing years, as though they were filched of something precious. Though much is taken, more abides! Thus, to grow old is the only way to make a rosary of a happy, useful life on which each bead is a year of mellowed insights, whose cross is one of unselfish love.

W. Waldemar W. Argow

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STEP TWELVE

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

The joy of living is the theme of the AA's Twelfth Step, and action is its key word. Here we turn outward toward our fellow addicts who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all the Twelve Steps of the Program in our daily lives so that we and those about us may find emotional security. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Our Twelfth Step also says that as a result of practicing all the steps, we have each found something called a spiritual awakening. To the new A A's this often seems like a very dubious and improbable state of affairs. "What do you mean when you talk about a spiritual awakening" they ask?

Maybe there are as many definitions of a spiritual awakening as there are people who have had them. But certainly, each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, and not something to be endured or mastered.

In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself.

Many A A's who follow the second part of this step find that they get more help by trying to help other addicts than they thought they ever could. It is by far the most gratifying part of this program for it enables us to give others what we received from the A.A. Program. Of course the A.A. member who attempts Twelve Step Work should be sure of his own powers of abstinence for he must be a living example of the good that this program can do. Once this goal is attained life will become worthwhile and enjoyable.

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A WORD FROM OUR SECRETARY

As I entered upon my duties as your newly elected Secretary, I am conscious of my responsibility to the Group. The obligations of this office are impressed upon me by the feeling of unanimity which seems to be expressed in our Group. I am happy to be thus honored by this show of confidence in me, but this feeling is shadowed with humility in the knowledge of my many weaknesses and shortcomings.

We have had a splendid Secretary in Bozo H. who has been our immediate Past-Secretary. I can give no greater tribute to him than to pass on to you that which was told to me by one of the finest examples of what A.A. can do for the individual, and who incidentally founded this Group; Houston S., and I quote, "Bozo has, and is making a remarkable recovery."

To some the Program is new and may not make much sense. May I call to your attention the fact that this is nothing unusual. However, the



A.A. way of life has throughout its history brought countless men and women from an existence of fear, unhappiness, and shame, into a life filled with radiance and hope. Do not try too soon to master the whole of the program. One step at a time is adequate. Twenty-four hours at a time is all that is required. We are not cramming for an examination. Do not be disturbed by those steps you do not understand. Attend meetings, listen and observe, ask questions, and you will soon be ready to tell your story and thus help us all. No part of the program can be skipped. Keep an open mind and earnestness of purpose. Let us get the lay of the land together. My own failure could well be stated in the words, "I took a snapshot of the Program when I needed a long time exposure." Remember, I am not your officer but, in a sense, merely your servant, and a poor one at that. Bear with me that I too may get my bearings. With your help and prayers this could well be the richest experience in my life to date. I am at your service.

Dr. Manford S.

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#### WHAT A.A. HAS DONE FOR ME

I have been in A. A. only a few short months, but during that time it has enabled me to make a pretty good review of my past life. What I've learned about myself will never inflate my ego. I never realized how negative my life had been until I made the "searching and fearless moral inventory" of my past.

The hardest thing I ever had to do in my life was to admit that I was a drug addict and my life had become unmanageable. It's hard for a man to admit defeat, but before he can hope to do anything about his problem he has to admit to himself that he has hit "rock bottom."

I still have a lot to learn about this A.A. program, but from what I learned through the study of the Twelve Steps and their interpretations, I'm firmly convinced that the A.A. way of life is the only means by which I can rehabilitate myself. I have seen living proof of what A.A. can do for the drug addict, people who have returned to this hospital to make talks before our group, people who were classified as confirmed drug addicts with no hope of rehabilitation until they accepted the A.A. way of life. If A A will work for them it will work for me. Honesty is the backbone of the A. A. program, and I've got to level with myself before I can start to do anything about my problem. It doesn't make any difference what other people think of me----I'm the only one who knows whether I'm telling the truth.

I have found this A.A. program a simple but not an easy program. It isn't something that is going to be handed to me on a silver platter. If I expect to gain a life free of drugs after I leave this hospital I know that I'll have to work hard for it. I'll have to keep an open mind and be willing to listen and learn from the others I'll meet in A. A. groups who will have problems just as great as my own.

A. A. has been a godsend to me. After many years of trying to beat the drug habit, I believe that I have at last found a way to arrest my addiction. During these next few months before my release I'm going to absorb all of the A A philosophy I possibly can because it will be so much to my advantage when I become affiliated with an outside group. I have already admitted that I am a drug addict so I will stop worrying why and try ever so hard to change my whole school of thought to a more positive pattern and concentrate on



how to live a life free of drugs and alcohol when I am released. I know there will be times when I will become depressed and despondent and will probably feel like tossing to the four winds everything I've gained. When I get in that frame of mind, I must always remember the hell and misery I have been through because of drugs. I must also remember that no matter how tough the going may get, a "fix" or a drink will only make matters worse, and I must also keep in mind that I am only one shot away from another drug habit.

--Bozo H.

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### ARE YOU ON THE FENCE?

The busier and more laborious life becomes, the more men need those inner resources that, as the Psalmist says, restore the soul.

One of the resources is desire. Desire to do things. By desire we can change defeat into dependability, suspicion into earnestness, insincerity into interest, reluctance into reward, and envy into encouragement. By desire we can whip frustration with faith. We will overcome ego with endeavor. Anger and anxiety will flee before accomplishment and we can rout resentment with repose.

Desire will bring faith. Faith must start with a Higher Power. We will then be traveling on life's highway toward perfection as far as perfection is humanly possible. We will attain virtues identified as good operative habits ---- habits which are immediate principles of good actions. We learn that by action man comes in contact with one another, and that by only good actions men are bound together in one social unit. Why? Because it is only for

good actions that men need help to struggle on to perfection. No man needs help to fail in order to lower himself into the pits of self-destruction.

If we desire something---we must have faith that it will come true. Faith must be entrusted in some sort of religion in which we believe. Whatever else religion has done or left undone, it has brought to those who genuinely have known it a transforming access to power. As Paul said, "In Him who strengthens me, I am able for anything." Thus when a baffled struggler with a misorganized self begins even a little to recognize or to apprehend this fact, the results are often startling. The very idea that his impoverished will is not his only resource is tonic and opens new vistas of hitherto incredible possibilities. We must humble ourselves to have desire and faith in a Higher Power.

What is humility? Humility is the modesty of the soul. It has a two-fold basis---truth and justice. It inclines us to give ourselves what is strictly our due. Humility implies a recognition of our limitations, and since we all have limitations we can never be self-sufficient. If you are not self-sufficient you can never be independent of your fellow men or neighbor. Since all virtues and all barriers to the goal of perfection depend so much on humility it is certainly quite evident that humility is a must to anyone who hopes to become successful in any of his undertakings.

We, as A.A.'s must seek humility or it is obvious that we are more or less self-centered upon ourselves as individuals. Self worship makes us look at ourselves as our own God. The man who is egotistical is for-

To me!

Humility: Sans God, no thing Co



and produce another. What we think in our minds we produce in our experience. While undergoing treatment in this hospital with no sincere attempt on our part to improve our conscious thoughts, there can be no improvement in our actions and our character. Even though we have been withdrawn from drugs, the cause is still present. We are still the same when we leave as we were when we entered. Under these conditions we may remain abstinent for a period of time through temporary self control, but sooner or later, from anger, resentment, self-pity, pride, etc., we will become despondent, discouraged, and then failure again, and the same old problem in a different guise in every turn of the road; then we are once again in that same old disagreeable state of mind.

Withdrawal from drugs is the easiest and least important part of the treatment. After withdrawal and a period of confinement, it is absolutely essential that we make a sincere, all out, daily effort to improve our choice of thought that we permit to occupy our minds. In practice, however, and the rush and tumble of everyday life, this is difficult, and at first there will be a struggle with ourselves because of the potency of already formed bad thought habits. Since this dangerous thought habit is sure to creep into our tenor of thinking we must be ever vigilant of seeking harmonious thoughts, and drill them into our subconscious. It can be done; it has been done. The result will be mountains of liberation for us. The alternative will be slow death, mentally, morally, and spiritually.

There are things in this institution that can help us reach an

agreeable state of mind; one of them is A.A. Theoretical acceptance of the A. A. teachings without trying to live them is doomed to failure. Simply attending the meetings without trying to incorporate what we learn into our whole mentality and thereby changing our character and conduct, will be of little value.

Group therapy, like A. A., gives us a chance to recognize ourselves. We know only our good side while the bad is hidden in the dark corner of our subconscious. While others can see us in our true light, we, in turn, look and act towards them in accordance with our evil thoughts and hidden emotions which we simply cannot recognize. The truth is, where there is no legitimate outlet for our emotions, they will seek illegitimate outlets. Even though we cannot recognize our hidden emotions, unless they are allowed to flow and gush freely, they will play havoc with our thoughts and choke the soul that produces them. It is necessary, therefore, that we tell our story to the group, especially that part we want to keep secret. It is also necessary that we take personal inventory of those things and thoughts we dare not recognize and put them into the light by talking back and forth about them.

Then, and only then, will they evaporate before us and no longer remain hidden and destroy our peace of mind.

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Of all the causes which conspire to  
Blind  
Man's erring judgment, and misguide  
The mind,  
What the weak head with the strongest  
bias rules,  
Is pride, the never-failing vice of  
Fools.

--Alexander Pope



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.

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THE TWELVE STEPS OF A. A.

1. We admitted we were powerless over drugs and alcohol—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 fearless and searching 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 addicts and alcoholics and to practice these principles in all our affairs.

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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.

\* \* \* \* \*



*W.S.W.*  
*own message - 20 -*  
*B. 4598 - can on*  
*July 19 only*



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