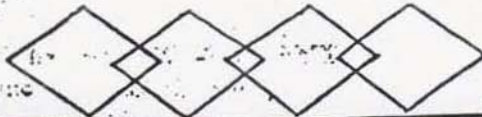


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1947

1965

# THE FELLOWSHIP GROUP



# The KEY

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.

Vol. XVII, No. 1

Summer, 1965

A.A. Coordinator

Clarence E. Morgan

Sponsor---Sterling S.

## STEERING COMMITTEES

### Men's Group

Chairman, Leonard B.

Rec. Sec'y, Norman T.

Corr. Sec'y, Phillip R.

Committeemen:

Anderson B.

Calvin T.

Joe K.

Milo F.

### Women's Group

Chairman,

Queen Esther F.

Secretary,

Willadean J.

Committee Members:

Virginia K.

Minnie B.

Cleo R.

Beatrice C.

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The Key is a bi-monthly publication by and for A.A. members here and everywhere. Permission is hereby given to use any material herein contained provided proper source credit is given. The opinions expressed are not necessarily those of the Administration, and are not to be construed as such. Instead, this is an honest attempt to exchange helpful information and ideas with other institutions in order to promote better understanding of a common problem, and thus, more efficiently combat the disease of addiction. All material submitted is subject to editing. Address correspondence to--Editor, The Key, Box 2000, Lexington, Kentucky.



THE  
TWELVE  
STEPS

- STEP ONE*—We admitted we were powerless over alcohol—that our lives had become unmanageable.
- STEP TWO*—Came to believe that a Power greater than ourselves could restore us to sanity.
- STEP THREE*—Made a decision to turn our will and our lives over to the care of God as we understood Him.
- STEP FOUR*—Made a searching and fearless moral inventory of ourselves.
- STEP FIVE*—Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
- STEP SIX*—Were entirely ready to have God remove all these defects of character.
- STEP SEVEN*—Humbly asked Him to remove our shortcomings.
- STEP EIGHT*—Made a list of all persons we had harmed and became willing to make amends to them all.
- STEP NINE*—Made direct amends to such people whenever possible, except when to do so would injure them or others.
- STEP TEN*—Continued to take personal inventory and when we were wrong, promptly admitted it.
- STEP ELEVEN*—Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- STEP TWELVE*—Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs.

# 18th Anniversary

Anniversary is defined as an annual recurrence of a date marking an event or occurrence of notable importance. On April 4th, the members of our A. A. fellowship experienced such an event. That being the 18th anniversary of the A.A. fellowship in the Hospital.

Dr. Robert Rasor, MOC, was the first of many speakers on the program. He expressed his thanks to the many visitors and then gave a lucid description of his first encounters with alcoholics and drug addicts. His first experiences occurred some thirty years ago while he was a medical student at Mount Airy Sanitarium. During the past fifteen years he has been convinced as to the merit of the A.A. organization because of numerous letters he receives from people who were helped by the Hospital's A. A. program. He closed his speech by congratulating the patients who have helped to keep the movement going for 18 years.

Mr. Sterling S., our sponsor, described this as a joyous occasion. This was the sixth anniversary banquet he has attended. He expressed his disappointment over the fact that a majority of the public imagines A.A. to be hopeless. He declared, "This is far from

being true, and as long as members continue to contribute and assist the program, there will be some accomplishment." He concluded by saying, "Today could be the best day of your life if you parallel your life with the people you hear speak today."

A comprehensive history of the local AA was given by Sharon L., after which Irene B. explained its purpose. Vic V. read the 12 Steps, and the Acknowledgement was voiced by Al N. Joyce G. read a poem, and several members spoke ad lib, among them, notably, Daares P.

The remaining speakers: Jack R., Bill T., Brooks Lou A., and Arthur B. gave interesting dissertations, primarily, about their stay in the Hospital and the benefits reaped from the A.A. fellowship after their release.

Mr. Clarence E. Morgan, Hospital A.A. Coordinator, closed the anniversary program by thanking everyone for their splendid cooperation.

There was a brief intermission while the ladies retired to the powder room. Immediately following, everyone proceeded to Dining Hall #1 for dinner; a crowning success to this joyous occasion.

Menu Page 19

# Fashion Parade

## Editor's Note:

The following is a vivid description of the lovely spectacle that preceded the entry of the ladies to the 18th Anniversary banquet.

A.A.'s banquet started with a fashion parade. We imagined we were on New York's Fifth Avenue; The Magnificent Mile in Chicago, or Constitution Boulevard in D.C. on Easter Sunday.

The first two ladies who caught the reporters' candid eyes were Chairman, Queen Esther F.; and Co-Chairman Sarah M. These ladies, graciously illuminating Avenue W-1 in their black and white ensembles, created a silhouette effect.

Queenie wore a long-sleeved white silk sheath under a black, sleeveless duster. The orchid on her left shoulder gave her outfit just the proper ornated touch. Sarah wore a smart, black, long-sleeved crepe sheath with a short, sleeveless, white double-breasted cutaway vestee. Very stunning!

For the under-five-foot ladies, Myrtle H. was short of nothing as she came tripping rapidly along Fifth Avenue, wearing a lovely black "en-deux" suit trimmed with satin,

and black shoes that complimented her ensemble.

Jacqueline C. looked simply stunning in her two-piece suit of gold that high-lighted her blonde hair. The brown iridescent boots said something!

Pleasingly plump Beatrice H. wore a black sheath with gold accessories, along with dainty black sling pumps which did justice to her shapely plump legs.

Dorothy V. of Washington, D. C. touched off the admiration of all, modeling her egg-shell colored two-piece suit. She showed originality by wearing a spray of rhinestones low, low, low, on her left shoulder. Oo La La!

While still in D.C. our eye was captivated by curvaceous Tee Ann W. wearing a black "Carmen Jones" with lace-trimmed hem, accentuated with a big black satin bow. The simple string of pearls, and the dainty pearl ear-rings, made her a perfect "After Five".

Look out Edith Head! Sleek Geraldine D. as a designer could well be a competitor of yours! She strolled The Line in a pink, two-piece suit made gay with black pom-poms diagonally across the front of the jacket. Original? Mais oui!

Lola F. was smartly dressed in a white two-piece suit with

(CONTINUED ON P. 18)

# The Inquiring Reporter AA Speaks Out

## THE QUESTION:

Upon your release what are your plans to abstain from using drugs?

## THE ANSWERS:

It has been suggested to be truthful to this question, especially to one's self. So, this is what I'll do, for my own sake: First of all, a person who knowingly takes a deadly poison, or walks into a building he knows, for a fact, will cave down on him, is obviously on a sure road to destruction, and destruction of the worst kind---SELF destruction. He is in an unbalanced state of mind, in my opinion.

Secondly, self-respect, and self-awareness, are most essential to the success and happiness of anyone. Being addicted to, or using drugs, puts a person---myself, for instance ---in a frame of mind that is opposed and contrary to the respect and awareness of SELF, and I act accordingly.

These things are directly related to the use of drugs in my life. This period was a time of mental and spiritual death for me, and the awareness of these facts, these truths, will remain forever in the front of my mind. There-

fore I will give no undue or futile thoughts to the use of drugs---and LIVE!

---Lawrence S.

\*\*\*\*\*

The main answer is: I am not going to be around where drugs are. I will see to it that I get a job. I will be taking some kind of therapy on the outside. I will turn my old thoughts into new ones. I will do my best to think constructively. I will make plans and carry them out, to better my mental and living conditions, and will do everything in my power to stay away from drugs.

---Louis H. Y.

\*\*\*\*\*

Answer:

I know that I will have a lot of problems whenever I get back to the streets, but I have a purpose, and if I use stuff I can't do the things that I know I have to do.

Since coming to Narco, I have gotten my biggest thrill on the stage. When I get back to the "streets" I want to try to do something with the little talent I have. My main reason for staying off drugs is that my man has just gotten 1-5 in Feb of 65, and in eleven months he will be eligible for parole. In order to make

parole he has to have a place to stay, and I intend to make sure that he has some place to stay. You see, you have to put something above drugs in order to stay off of them, and since my man is the only thing that is really important to me, I think, in fact, I know that I will succeed in what I am going to do.

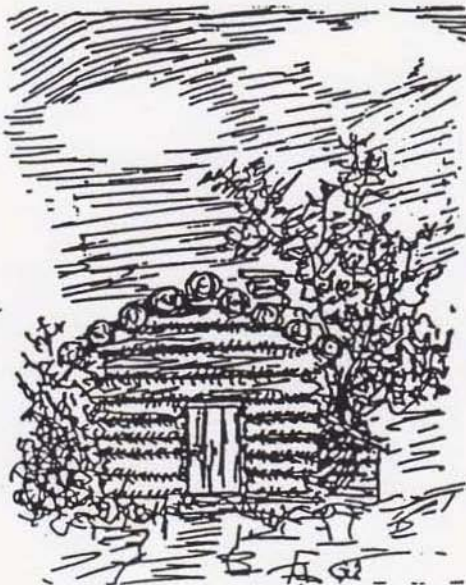
---Mary H.

\*\*\*\*\*

Answer:

Upon my release I plan to abstain from drugs, change my environment, get a job, attend the church of my choice, and diligently seek God's help. I also will endeavor sincerely to apply the twelve steps of A.A. to my life. I believe I can do these things through Christ, who strengthens me.

---Beatrice C.



Answer:

Upon being release from here I plan to obtain gainful employment in order that I may retain this beautiful new life that has been granted me.

In order for me to do this I have to set in motion a set of tentative plans to help give me a sense of direction. These plans are needed the same as an architect needs plans to build with.

I don't feel that by changing neighborhoods or towns I can be helped because you can't run away from yourself, but staying in the same neighborhood does not necessarily mean that I will associate with the same people. Nor does it mean that I will be nasty to them either, but I shall try in all my endeavors to create new friends, interests, and new constructive habits. Above all I ask God to help me in all that I undertake to do.

---Minnie B.

\*\*\*\*\*

Answer:

As you are, so you will be to others. There is a barely visible line that separates reality from fantasy, which can only be seen through the lens of Understanding. Therefore, my plans of eliminating drugs from my life will be focussed to the hilt on understanding what I have been, what I am, and what I could be. I have made a remarkable discovery---and that is Myself!

---Frank B.

# Prologue for Understanding

The time is coming when a major number of addicts will be returned to their homes. Much of what is needed of an emotional and physical diet has been supplied here within the Hospital. Continued treatment begins when we are released.

An accord between the addict and his nonaddicted neighbors is essential if we are to fully realize our potential and accept our limitations.

## "An Open Letter"

We are your neighbors and we are addicts! Can you find within your heart the time to accept us?

What do you know about us? We have much the same physical and mental hurts as you. We can be selfish or self-sacrificing. We like movies, golf, bridge, and prize fights. We are athletes, creative writers, commercial cartoonists, singers, and dancers. We too have compassion! We need you, don't you need us? You must supplement our needs---Open your arms; Open your eyes---We are different, yet not inhuman.

Do you remember a time of sickness? We have been sick; we're now on the way to recovery with your help! You too are a doctor, and suited to our needs. Come closer, get to know us! We will supply

answers to many questions you ask yourself. You will suggest what can be accomplished by your subsequent actions.

Your awareness, consideration, and concern, are conducive to our needs. These steps are essential to breed love between neighbors.

---Daares P.



And if any of you would punish in the name of righteousness and lay the ax to the evil tree, let him see to its roots; and verily he will find the roots of the good and the bad, the fruitful and the fruitless, all entwined together in the silent heart of the earth.

And when one of you falls down, he falls for those behind him; a caution against the stumbling stone.

Ay, and he falls for those ahead of him, who thought faster and surer of foot, yet removed not the stumbling stone.

Kahlil Gibran



# Addicts Vs. Statistics

"The majority of addicts in prisons, treatment centers, and hospitals will eventually return to a drug-involved existence after release." You'll find this statement (or a reasonable facimile) in any one of countless news dailies. Society, not excluding the addict himself, is asking itself why this should be so, and what is being done today that wasn't done years ago, when the drug addiction problem first reared its ugly head.

Enigmatically, you will discover both what is being done and the devastating statistical statement above, all wrapped together in one neat package, destined for public consumption via our communications media.

Take an article on addiction at random, and what do you have? In one paragraph, you will read of promising new techniques and innovations being employed in the all-out war against addiction. This naturally brings the bright glow of hope. But then comes the rude awakening, the dash of cold water in the face; the statistics---which in effect tell the reader that the addict has little more than a negligible chance to "stay clean" after release from the institution setting.

This brings to mind two

questions that seem to have been overlooked; what effect does the impact of these statistics have on the general public, and of equal importance, what effect on the institutionalized addict? These questions MUST be answered before anything remotely resembling a full understanding of the addict and his problems reached.

Granted that the huge recidivism rate is gospel; what purpose is achieved by impressing upon the public the statistical surety that the addict was, is, and always will be, nothing more than an addict? Some might cite the necessity of painting this true but dismal picture of failure if only to create awareness, interest, and a hoped-for solution. You don't cure an ill person because sickness is evil; you do so because health and well-being are good.

Even the most altruistic and philanthropic hate to back a loser, so if we have impressed upon us the fact that the addict IS and always will be a loser, aren't we inclined to adopt a negative attitude and a "hands-off policy."

Again, grant the statistics true. Many institutionalized addicts have been released to all intents and purposes cured, only to begin anew where they

left off. They are fulfilling the role of failure and redivivist; which is, for the most part, expected of them.

Sympathetic and understanding proponents of the "new look" in the field of addict rehabilitation have voiced vociferous protests against a misinformed society. Americans are more up to date on current events, generally well-read, and supposedly better informed on the issues which concern them than the peoples of any other nation on earth. Our communications media are fantastically complex and diversified, vastly superior to those of only a few decades ago. This is because we have increasingly demanded the right to be informed. Our culture has benefitted immeasurably from this upsurge of knowledge and communications, but there is still much to be desired. On the heels of these benefits come a host of abuses which vitally need correction.

The following is an excerpt from the report of an Ad Hoc Panel, on Drug Abuse, White House Conference of 1962.

"The general public has not been informed of most of the facts related to drug abuse and, therefore, has many misconceptions which are frightening and destructive. This situation is due to many causes, among which are...the distortion and exploitation of this public issue for political purposes or as a promotion for mass media sales."

Much more than a modicum of sanity is needed if the drug problem is ever to be resolved. Whether you personally believe the addict to be sick, criminal, misunderstood, stupid, victimized or what have you, is much besides the point. What IS important is that ALL of the above attributes tend to connote a sense of futility and hopelessness. These attitudes are deadly to any cause.



The fallacious idiom which has become almost nationally accepted is: "Once an addict, always a POTENTIAL addict," and this simple interjection of one word might go far towards dispelling the aura of futility surrounding the drug problem. The only prerequisite being that you take with a grain of salt occasional dose of "yellow" journalism and sensationalism which seem to be part and parcel of our system. Reason and common sense are good antidotes when applied judiciously.

There is a thin dividing line between success and failure, and this can be bridged by simple faith. Take the POSITIVE view. Believe that the shackles of drug dependence can be thrown off, and give the addict a chance to beat the statistics.

THE MENTOR

# Affecting A Change

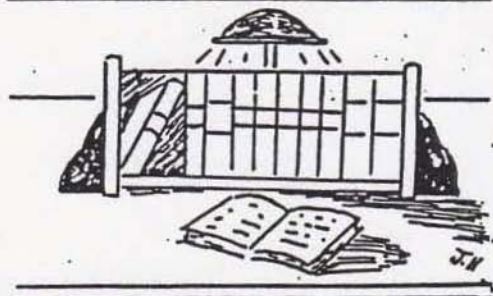
I'm Mack C. from Detroit, Michigan. I would like to tell you a little something of what has been happening to me. Since coming here I have met several individuals who rise above the ordinary addicts I have associated with in the past. These individuals have intelligence, talent, and a desire to better themselves. Being around them has caused me to re-appraise my past.

It seems the latent qualities, which should have been used along constructive lines, were deadened by using drugs. Thus, I could not be the recipient of their fruition. However, since my withdrawal from drug-usage, I have a clearer view of the qualities in me that must be developed in order to function in my own best interest.

It is, indeed, a fact, that my thoughts have changed much more profoundly than my former friends might suspect. There are times when I, myself, am astonished by their objectiveness as I view my present condition.

Another factor that has influenced my thinking is the reading of books. Often, as I read, a word here, a sentence there will strike home, and I will retain it. An example, that opened new doors of perception for me, was a section

in an article I read recently in a magazine. The writer, in part, said, "One of the most valuable assets that a person can have is the ability to distinguish between the impossible and the difficult. This is the quality of being capable of weighing and studying the factors in a given situation, and to determine what is feasible, and what is not."



The writer also said, "This ability is not innate, but is something that must be acquired and then developed." Clearly I failed to do this in the past, as my present condition indicates.

Whether this confinement is the best thing, or the worst thing that could have happened to me, time alone will tell. But, with the new insight that I've gained from new friends, and an expanded interest in reading, I feel I have a good chance to over-throw the old tyrant "Drugs." The task is not impossible; just difficult.

# AA Members

It is quite possible to break a drug habit. It requires, among other things, a willingness on the part of the individual, and an inveterate desire to identify himself with something other than an addict. This is by no means easy! Let's take a closer look at the situation. We'll begin with a man. This man, being an addict, must first analyze his own situation. In this case, no one but he can do this. I use as my authority my own addiction. One must strip himself of all material value, see what he has left, and ask himself if he is satisfied with his findings. Eliminate rationalization and deal with the cold blooded reason and logic. Begin by asking yourself, "What am I qualified to do?" Statistics will show that a majority of persons addicted to drugs are unskilled. It could be, they lack initiative and content themselves with the misery of ignorance!

When one is willing to tackle his shortcomings, and put forth the effort in correcting them, he is well on the road to building a strong moral character. Then, the possibility of breaking his drug habit will be sublimated to a cold hard fact. There are, of course, those who have other

problems! They will need the help of a psychiatrist, who, under the circumstances, would be delighted to assist.

---Anderson B



Somewhere in my lifetime a maladjustment took root. When I realized that it had taken command of me, and that I had no power to overcome it, I turned to the use of drugs, not knowing, or caring, that the ultimate result would add up to my becoming an addict---and finally a prison sentence.

However, all was not lost. Upon my arrival here at Lexington I was told about A.A., and what it had to offer those who want it. It taught me to seek God in my endeavors to find and know myself again, and to become a useful person.

A.A.'s 12 steps, I believe, are meant to raise the annihilated spirit that is struggling so desperately to live again. I am sure that A.A. is the bridge, or ladder, which, if taken step by step, day by day, will bring me to what my mind has conceived as the true and the right.

The road to full recovery

# Speak Out

is never easy. Understanding this I know that I must seek God's help in order to overcome the curse of drug addiction. The forces of A.A. are a realistic criterion to keep before me if I am to remove my shortcomings, and abstain from the use of drugs.

---Beatrice C



My name is Barbara B.; I'm from Los Angeles, California, serving 5 years, and I am a drug addict.

Since I have been here at the Hospital, and in A.A., I have been taking some things which have been said up here and storing them for future reference; also, I have been trying to prepare myself for the future.

I read this article, it's short, but it gave me much food for thought.... In some way, however small and secret, each of us is a little mad. Everyone is lonely at bottom and cries to be understood, but we can never entirely understand someone else, and each of us remains part stranger even to those who love us.... It is the weak who are cruel; gentleness is to be expected

only from the strong....Those who do not know fear are not really brave, for courage is the capacity to confront what can be imagined....You can understand people better if you look at them---no matter how old or impressive they may be ---as if they are children. For most of us never mature; we simply grow taller....Happiness comes only when we push our brains and hearts to the farthest reaches of which we are capable....The purpose of life is to MATTER---to count, to stand for somethings, to have it make some difference that we lived at all.

One of the great problems of leadership is that though ideas be oversimplified in the minds of people, the leadership with more sophisticated thinking attempts to adjust itself to the total need, viewed in a sophisticated way. In other words, the leader must be able to shout the slogan---but he must know its meaning at a level very different from that at which it starts the squirt of adrenalin in the bloodstream of the good foot soldier.

---Judge William Hastie,  
U.S. Court of Appeals

# Cell Shift Linked to Craving

The alcoholic may need alcohol much in the same manner that the diabetic requires insulin.

The new theory on alcoholism is advanced by Dr. Marvin A. Block, of Buffalo, N.Y., vice president of the National Council on Alcoholism and former Medical Association's committee on alcoholism.

Alcoholism, Dr. Block said, can cause cell changes, particularly of brain cell, that become so altered that the cells require alcohol to function. Without alcohol, the deprived cells act up, producing such derangements as convulsions, delirium tremens, hallucinations or just the plain "shakes."

## AFFECTS CELL FLUIDITY

Writing in the current issue of Today's Health, an AMA publication, Dr. Block said, prolonged exposure to alcohol that leads to alcoholism affects the fluidity of cells, particularly brain cells. For the social drinker, the changes are transitory; for the alcoholic the changes become permanent, and demanding.

The theory brings the cause of alcoholism back to a constitutional factor, the inheritance of cellular structures sensitive to alcohol. The social drinker can take it or leave it alone; the alcohol

prone can develop a craving from his first drink onward.

Loss of control, Dr. Block said, comes to the alcoholic because alcohol is not just a stimulating drink but an anesthetizing drug, like narcotics, that---to them---is addicting.



"We know," Dr. Block wrote, "that the protoplasm of the cells, particularly the brain cells, is affected by chemicals introduced, whether alcohol, barbiturates or other drugs."

Where the use of drugs (or alcohol) continues the cells soon develop a tolerance for the drug. After tolerance is established, "the cell proceeds to develop a necessity for having the drug present in order to function."

Dr. Block said the ability of one's cells to become addicted is one reason the alcoholic can't resume normal drinking following a so-called cure. The moment he does so, he's an alcoholic again.

Washington Post

# A Spiritual Awakening

Drugs gave me wings to fly. Then took away my sky. There is no choice with gravity. I had to come down to earth. And I can only compare my romance with the drug habit to falling in love with the wrong man! Almost anyone could see it was a mismatch. That it could come to no good end. My family and friends begged me to give it up, but I was in love. I knew they were wrong, and I was faithful to my love. Even if it would beat me. And it did. It would humiliate me, and I would say I was through. But I always went back for more. I was seduced by false promises. When things went wrong, as they did, I was sure they would improve with time. But, like the wrong man, the habit did not change for the better. It changed me for the worse. Yet for a long time I lived with this wrong man, and tried to make allowances. And in the end, I was jilted. The result was bankruptcy; mental, moral, social---total.

The chase was over, and I didn't like where I'd landed at all. I had run and fled, but not like the Hound of Heaven's victim, though I fled the same labyrinths and catacombs of the mind. My pursuers had been the enemies Conscience, Responsibility, Courage, Duty, Honesty, and plain-gut

Common Sense. And they are frightful trappers, and my trap was the drug habit. How I yearned for the once detested luxury of monotony! How I searched for some way to lift the oppression which had come to be omnipresent and heavy. I was afraid, and the human animal fears fear. So, I am here.



Here, I've learned that the greatest fears are the constantly nagging intangible fears. No fear of a bomb can be compared to the fear of failure, for instance. I saw that my definitions were not in focus. We grow up speaking the language and jargon of our particular milieu, and I learned that most words are relative. As a "good" meal means one thing to a resident in the haut monde, and quite another to someone in a famine, so the meaning of "success" changes from person to person.

(CONTINUED ON P. 18)

# Editors' Notebook

Persons who are not addicts may find drug addiction hard to understand or believe. Usually, they can't begin to imagine why their friend, relative or loved one has decided to destroy themselves by using some addicting drug. In most cases, the addict doesn't know why he has pursued this degrading course!

The majority of addicts, outwardly, blame others for their misfortunes, but within themselves there is a feeling of guilt. Some justified, and some as a result of society's lack of understanding that has caused addicts to be classified as pariahs instead of people in need of treatment.

It isn't exactly fair, or right, to look upon addicts as crazy animals who would best be destroyed. People who take this narrow minded and shallow view, are the main reason why many addicts give up all hope or desire to change.

To addicts who face their situation with despair, it would be more beneficial to bear the following observation in mind:

Combatting the disease of drug addiction may often seem impossible and you may become disillusioned and angry with those who attempt to help. At times, there is a feeling of being mad with the world! If

these feelings of depression or anger persist, it would be wise to try and create this atmosphere of thought. "Who are they that cast us down? We may think that other persons have power to make us feel down in spirits, unworthy, inadequate, unappreciated. But they that cast us down are not other persons; they are our own thoughts and feelings, our attitudes and reactions."

---Jesse A.

## Willadean Speaks

To those of us in A.A., how or why we became drug addicts is not important. The point to grasp is that we ARE addicts, and that if we wish to survive we must stay away from drugs completely.

We join the A.A. group because we are in dire need of some sort of help. We find that A.A. has the answer, not only to our drug addiction, but for the rest of our problems as well. We learn to appreciate, now, things that we took for granted in the past. We are now able to work out problems that in the past we dodged by taking drugs.

We have learned that it is not good to blame oneself for what is past, but it is also wrong to blame anyone else.



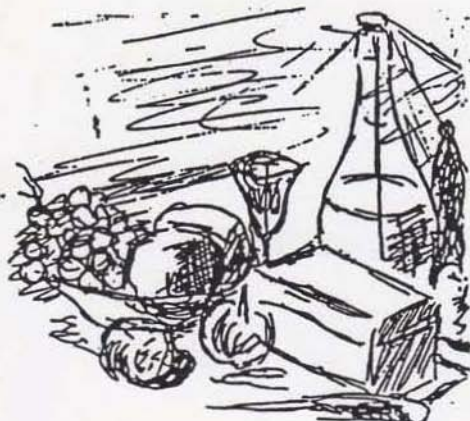
# AA News

The time can better be spent in getting today's thinking straightened out. Our eyes see evidence that this can work even though we are incarcerated.

The Serenity Prayer has helped strengthen many of our members "to accept the things we cannot change." And slowly came the "courage to change the things we can." The "wisdom to know the difference," sometimes seems as elusive as the pot of gold at the end of the rainbow, but when we are able to remember that it is no longer our "wants" that count, the wisdom seems to come.

Armed with the Serenity Prayer, the Twelve Steps, and the experience of others, we have the armor to ward off the temptations and frustrations that plagued us in the past. Having this knowledge, it is, in my opinion, possible to remain free of drugs. And with this insight, we will be able to help other individuals.

\*\*\*\*\*



Change doesn't necessarily mean improvement, but the A.A. Steering Committee plans to introduce new methods for conducting our mixed meetings. These methods are to include films, tapes, and panel discussions between the members. As for the panel discussions, the women think they can win! From past meetings, it has been observed that the men do most of the talking. The women have only surpassed when it came to submitting articles for publication. So, there's a good chance past performances will be repeated. Time will tell!

Although our Steering Committee is comparatively new, their scheduled plans could bring about a refreshing atmosphere. Not that present operations aren't acceptable, but if a change can affect improvement, then, so be it! It further proves they are not just going through the motions.

## CELEBRATION

The A.A. World Banquet will be held in Toronto, Canada, during the month of July. It will mark the tenth year A.A. has been recognized by the AMA and numerous psychiatric associations as a program to rehabilitate addicts and alcoholics.

---Jesse A.

The KEY  
P.O. Box 2000  
Lexington, Ky.

POSTAGE AND FEES PAID  
DEPARTMENT OF HEALTH,  
EDUCATION AND WELFARE

To:

