



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.

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STEP NUMBER FOUR

**MADE A SEARCHING AND FEARLESS MORAL INVENTORY
OF OURSELVES**

We now come to another Step that requires us to be courageous, "Searching and Fearless." A search means to carefully look for, and fearless connotes having no fear of what we may find. Therefore, when we make this inventory we are going to leave no nook or cranny of ourselves, past or present unturned. We are not going to make a phony list. We are determining the cause for all of our defects. One of our chief reasons for using drugs was to escape from ourselves. We were afraid of our own thoughts, our jobs and responsibility. We just were unable to face our problems unaided by some artificial helpmate.

The time has come however to face facts. What do we find when we honestly and fearlessly analyze ourselves? We have been dishonest with ourselves and others. We have broken faith with our families and friends. With so many of us our faults are apparent, cheating, lying, cutting corners. Is there any wonder why at times we should feel so miserable and unable to face life unsupported?

To continue the inventory, we consider our physical being. We find that our memory is faulty, our health at low ebb. We have become slovenly and careless. Honestly viewing ourselves, we wonder how people have put up with us all this time. We find throughout that we were frustrated and resentful and thoroughly unhappy individuals.

If we are to be honest with ourselves, we in no way permit the faults of others to enter this inventory. We must assume full responsibility and not attribute our downfall to our wives or our friends. Once we have carefully dissected ourselves, we will begin to realize that our use of drugs was not an unhappy accident but that because of our behavior and erratic thinking, a natural course of events. Then let us resolve that in making this inventory we will be honest and admit that we were confused and unsettled and basically dishonest with ourselves.

THE KEY is published weekly by, for, and in the interest of AA groups in this hospital. Opinions expressed are those of the individual writer at all times.

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Eugene R. Secretary & Editor

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MEETING NEWS

WEDNESDAY MEETING - 7.45 P.M. OCT. 4, 1951

The meeting was called to order by the Secretary. The entire group stood for a moment of silent prayer. The twelve steps of the AA program were read to the group by Dr. P. One of our newer members Mr. C. then read the purpose. On hand at this meeting were our two Frankfort friends Houston and Pete. Step Number Three was up for interpretation and discussion. Lee B. interpreted the step and a lively discussion followed. Luke G. read some of the letters received at the AA office and as they were for the most part written by former members of our group here, they were certainly welcome. Our principal speaker was Mr. John H. who clearly pointed out in his colorful manner that as far as continued addiction is concerned, "The rope is getting short." John is an oldtimer who remembers well the days when narcotics were sold across the counter, but was quick to point out that those days are gone forever. Houston spoke briefly but Pete decided to sit this meeting out.

The meeting was closed with a recitation of The Lord's Prayer.

Two problems of sobriety
Have nailed me to the mast,
How to 'make it' FIRST, and
How to make it LAST.

SUNDAY MEETING - 1.30 P.M. OCTOBER 7, 1951

After a moment of silent prayer, the new members were introduced to the group. The purpose was read by Earl M. and The Twelve Steps by Mr. W. Our Sunday meetings are devoted to handling questions submitted by members during the week. Houston and Pete were with us as usual and took an active part in the discussion. Question Number One: "Should a man leaving this hospital and joining an Alcoholics Anonymous Group reveal to that group that he is a former addict?" Opinion did not vary too widely on this question, most of the members feeling that complete honesty was a requirement of the AA program. The second question concerned the relationship of gambling to the AA program. The discussion at this point was enlightened by Rudy R. who declared that he was unequivocally opposed to all forms of vice. After the applause died down and Rudy took his seat, one notorious card player was seen destroying his cards. The meeting was then closed with a recitation of The Lord's Prayer.

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A TRIIBUTE

Recently Dr. Stephen A. Corey, our Protestant Chaplain here at the hospital, along with his wife celebrated their fiftieth wedding anniversary. There is probably no other group in this hospital that owes more to Dr. Corey than A.A. On behalf of the entire group I would like to express our congratulations to Dr. and Mrs. Corey and the fond hope that, the Dear Lord willing, they go on to celebrate many more years together.

— Editor —

A.A. AND THE CHURCH

The statistical evidence of the thousands of people that AA has succeeded in restoring to normalcy impresses outsiders. The real AA boosters are those who have seen a human being restored from uselessness to human dignity.

Really to know the tremendous importance of this group to others, you should talk to a person who has been forced to live with an alcoholic or an addict for years and then at last had the privilege of living with that same person after he became a successful AA member.

While AA's main purpose is, not religion, but sobriety, their experience has shown their need to use certain spiritual exercises in their need to get help from God. Sobriety, as a moral habit, is not unrelated to religion. The church is not the founder of human nature but the source of knowledge about human nature. AA is natural; it is natural at the point where nature comes closest to the supernatural, namely in humiliations and in consequent humility. The driving force behind AA is spiritual, and the church approves the AA suggested program of recovery.....

About all we can do is to be like the little boy whose parents told him that if he prayed politely, speaking correctly, his prayers would be answered. Listening outside the door of the little boy's room that night, the parents heard:

"Dear Lord, please send mother a mink coat because she is such a fine woman. And, Dear Lord, please send Daddy a new car because he is such a nice man; and, Dear Lord, please send me a bicycle. Please, Dear Lord, take care of yourself, because if anything happens to you, we're all sunk!".....

A farmer was losing his patience and temper trying to drive a team of mules into a field, when the local parson came by and said, "Don't speak like that to those dumb animals; they can't understand what you say."

"You're just the man I want to see," said the farmer. "Tell me, how did Noah get these things into the Ark?"

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PEACE OF MIND

Abraham Lincoln once said, "No more can a man raise himself off the ground by pulling on his bootstraps, than the sinner can reform himself by his own personal efforts." Neither can the alcoholic or addict reform himself by his own personal efforts, or so called will power. It has been claimed we take the drug or the drink as an escape from unpleasant reality in order to rid ourselves of a disagreeable state of mind.

Time and personal efforts are important; however, if our mental state is not right there can be no permanent abstinence. "As a man thinketh in his heart, so is he." Therefore, we cannot think one thing 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've been withdrawn from drugs, the cause is still there, and 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, spiritual 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 again with that same disagreeable state of mind.

Withdrawal of the drug 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 the stage of our mind. 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 evil 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 for us, mentally, morally, and spiritually.

There are things in this institution that can help us help ourselves 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 our bad side is hidden in the dark corner of our subconsciousness. While others can see us better in our true light, we can in turn look and act toward 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.

We must improve our conscious contact with God through prayer and meditation, by attending church, by listening to teachers, and by reading enlightening books. All of these things are important but the most important one is prayer. It has been said that if ones' prayers are persistent and continued long enough, his daily thoughts will become harmonious with his prayers. You can't pray without making yourself different in some degree.

(continued on page 8)

A REAL FRIEND

The success of Addicts Anonymous which had its origin here at Lexington has been in recent months rather widely publicized. Former members of this group have gone on to establish records of achievement and personal behavior which have brought about the realization that in the management of addiction, the AA program has a definite place.

Those of us who are connected with this group have become **vividly** aware that there is an answer to the serious question: "Is there a cure for drug addiction"? We believe deep down in our hearts that AA has that answer.

The fine record that many AA members have made began right here in this hospital and the group officers have been told by hospital authorities that with very few exceptions AA members are, and continue to be good patients, presenting no behavior problem and revealing an attitude of trust and confidence in those striving to help them. The fact that so many of them have continued to do well after leaving this hospital is of course responsible for an awakened interest on the part of the public in Addicts Anonymous.

For the sake of the record Addicts Anonymous had its origin in the mind of Mr. Houston S. of Frankfort Ky. Houston had been a member of an Alcoholics Anonymous group for many years. He conceived the notion that if the Twelve Step Program, so beneficial to alcoholics were applied to addicts, that the results might be gratifying.

Houston brought this plan to the attention of the Hospital Authorities here at Lexington. Dr. Victor H. Vogel in sympathy with the idea, approved of the plan and the groundwork for an Addicts Anonymous group within the hospital was started.

During recent years, problems of varying nature have arisen and through all the turmoil and confusion inherent in the birth and growth of any group, Houston has constantly advised and worked towards stabilizing the group. In a quiet and retiring manner Mr. S. has encouraged new members, bolstered faltering spirits and kept in close contact with those leaving the hospital, always ready to help solve the many difficulties faced by men and women trying to readjust to everyday society.

He attends every meeting that our group here conducts, travelling at his own expense and on his own time, anxious only to see that AA here continues to flourish and grow.

The public does not and probably will never know how much of his time and energy Mr. Houston S. gives to AA here at this hospital. However for all his help and patience and devotion to the cause of AA for the addict, we all thank him deeply and sincerely for to us who are here and those of us who have been here and are now leading decent, fruitful lives in a free world; Addicts Anonymous and Houston S. are synonymous.

A WORD OF ENCOURAGEMENT

A letter received recently from a non-member clergyman reflects the encouragement offered this group from interesting people outside.

Louisville, Ky.

September 30, 1951.

Addicts Anonymous
Public Health Service Hospital
Lexington, Ky.

Dear Members of the Fellowship:

Two numbers of the "KEY" have been sent me, and I suspect that Houston S. of Frankfort had something to do with it. The last time it was my privilege to arrange for our big open meeting of Alcoholics Anonymous, I was fortunate to have Houston accept my invitation to speak, and he brought Pete along with him, who was also from Frankfort.

I should like to comment on various passages in the present issue of the "KEY," telling why in particular I think they are so fine and helpful, but it would mean a running commentary on the whole issue.

You men and women of Addicts Anonymous have so much tougher a job than we of Alcoholics Anonymous, but the more serious the sickness, the greater the victory when one has found the strength to arrest it.

I am greatly impressed with your emphasis on the spiritual side of the program, for to my mind that is the very foundation of its effectiveness. I like your emphasis on the positive attitude and approach instead of the negative. Also your great understanding of those who fail to attain the goal at the first try or the second or more.

During the past week a remarkable man has been holding a mission at St. Mark's Episcopal Church near here, the Rev. Roland B., a Baptist minister. He is devoting his ministry to trying to teach people how to pray, i.e. how to turn our will and lives over to the care of God and to improve our conscious contact with God as we understand Him.

He is trying to teach people in general how to find the Key that so many of us have found through AA, and any AA who happens to be present would understand exactly what he is talking about.

One thing that he said this morning I thought especially helpful and applicable to AA's who might be having difficulty with the program. He uses the term "Life in the Kingdom" for the kind of life prayer should enable us to live. For instance, Dr. Bob and Bill would be great examples of men who are living in the Kingdom. But no matter how much we try to live that life, we waver in and out. Sometimes we are in, and the next moment we might be out. The thing to do is to get back in immediately. Applying that to AA, those who have trouble occasionally have gotten out of the Kingdom, - in our case, - off of the program, which is truly a Way of Life. The only thing to do is to get back into the Kingdom, get back on the program and AA's WAY OF LIFE.

I promised Roland that I would give him my copy of the KEY, for it is right in line with what he is trying to teach.

Faithfully yours,

Rev. Charles C.

THE MAILBOX

Evidence is what we like and evidence is what we get when our members who have gone out write us such splendid letters as the following:

From J. Gregg S. , Birmingham , Alabama.

" It has been some time since I have written and a longer time since I left there. Since that time I have progressed steadily. I have changed jobs only once and for the better. All my troubles have been slowly ironed out and I am getting along fine and enjoying life to the fullest. I tell you these things not in the spirit of achievement but to show that if anyone will put their faith in God, take one day at the time and work , everything will work out. My wife and I both enjoy The Key and look forward to it each week. You are doing a swell job."

From Betty H., Sutherland , N.S. W. , Australia.

" I have your letter saying you are proud of your Australian friends and I wonder if I can play on our friendship a little more and ask a further favor of you. We have a priest over here , who is stationed at one of our biggest hospitals and he has been trying to help drug addicts. I have been passing my copies of The Key on to him and giving away my copies of The Key is a real hardship. Do you think you could spare another copy for Father McN. , Lewisham Hospital , Lewisham? I am so glad that you are having success and the good work that is being done by The Key must be very gratifying to all. "

GOLE BUT NOT FORGOTTEN

Recently we received a letter informing us of the death of George F. . of Wiona Arkansas. On behalf of the AA group here we extend to Mrs. M. our deepest sympathy. We are pleased that he did enjoy The Key , and we are all confident that Mr. G. having made his peace with The Lord will find his just reward.

THE LOSER

Let others cheer the winning man ,
 There's one I hold worth while ;
 'Tis he who does the best he can ,
 Then loses with a smile.
 Beaten is he? Not to stay
 Down with the rank and file;
 That man will win some other day ,
 Who loses with a smile.

— Arthur H. (Sunshine)

(Peace Of Mind-- cont. from page 4)

The amount of difference may be slight at first, but it is there, Therefore, prayer is the only real action, because prayer is the only thing that changes our process of thinking and our character, and as a result, we become a different person, and act in a different way. Prayer changes things, prayer changes you. This action is not the result of will power alone; it is the result of right thinking which is a permanent change.

Most beginners will need a schedule of prayers, and must pray regularly, and especially at times of temptation, and they must carry on no matter how many times they fail. We are not required to have perfection of character, but we are required to have an honest striving for that perfection. When we are troubled with doubt and fears, we should ask ourselves, "What would Christ do?" We then will know what we should do, and proceed to do it in the right way. When we finally have accepted Christ's message, we will not undertake to bring about particular events or conditions by separately organizing a thousand petty details. The minor ~~anxieties~~ and problems of life will gradually fall correctly into place. Our final goal then, through prayer and meditation, is not abstinence from alcohol and drugs alone, but a contented, efficient, healthy and happy life which God meant for us to have.

Dr. Rudy E. R.

NEWS FROM THE WOMEN'S A.A. GROUP - Oct. 7, 1951.

Pat J. Acting Secretary

Ida N. Assoc. Editor

The meeting was opened with a recitation of the A.A. prayer. The purpose of the AA program was read by our guest Luke G. Imogene F. then outlined the Twelve Steps of the program. Incidentally Luke recited The Purpose backwards and we all got quite a chuckle out of it. Grace F. kept her promise to say something at this meeting and we are all looking forward to hearing more of the same. Pat J. told of her experiences in trying to substitute the drugs on the outside and realizing that she was getting sick more and more difficultly finally came to believe that the AA way was her only salvation.

The group wishes to express its appreciation to Luke G. who invariably comes through with an inspiring talk and makes it evident to us all that once we have grasped the AA program we will be on the road to success. This meeting was closed with a recitation of The Lord's Prayer.

A sick child one morning the somewhat backward soldier happened to encounter the Psychiatrist, who after listening to his story, the doctor decided to ask him a few questions. "What would happen if I cut one of your ears off?" The boy thought and replied, "I guess I would only hear half as well." The doctor went on "And if I cut off your other ear what then?" The boy paused and said, "I wouldn't be able to see." The Psychiatrist looked at him and asked him how he arrived at that answer. "Well" replied our country boy. "My hat would fall over my eyes."

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.

THE TWELVE STEPS OF THE A. A. PROGRAM

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 the persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever 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.