

\*H.F.D. Anonymous Group.

\*Habit forming drugs

Addiction to alcohol, sedatives (phenobarbital, seconal, nembutal, luminal, Benzedrine, chloral hydrate, amytal, the barbituric acid derivatives,) and addiction to narcotics (morphine, codeine, demoral, heroin, and any and all poppy derivatives or synthetics) indicates that the victim has been unable or unwilling to adjust properly his personality in terms of the problems of living in a comfortable state of mind.

Before addiction the individual was in a state of continuous anxiety and pain, he did not understand. The use of alcohol, sedatives or other drugs all of them narcotics - SEEMS to remove these discomforts and give the sufferers some enjoyment of life.

After withdrawal of either we have found the program of Alcoholics Anonymous to be helpful to the eventual solution of the addict's basic problems.

This pamphlet is rewritten for A Way Of Life, which is published by Alcoholics Anonymous, in order to make it more helpful, we hope, to those addicted to narcotics other than alcohol.

The H.F.D. Anonymous Group of Alcoholics Anonymous, is a group of former addicts and alcoholics who aim to help fellow sufferers recover.

This is a group of people banded together, to aim to help fellow sufferers recover, their health.

This group of people banded together, who's aim is to help fellow users recover health, Not reformers, we offer our experiences only to those that want it. There are no fees. Each member tries to help each other recover. In so doing he or she maintains his freedom from the habit.

We think of addiction as an illness: An obsession of the mind coupled with a physical dependancy. It is a shattering sickness, physical, emotional and spiritual. How to expel the obsession that compels us to use drugs against our will is the problem of every addict.

The only requirement for membership is an honest desire to stay off " opiates, sedatives and alcohol. " Experience has taught us a return to alcohol or sedatives after withdrawal has been accomplished, will be followed just as surely as night follows day by return to habit-forming drugs. We feel that each members religious views, if any, are his own affair. While every shade of opinion is found among us, we take no position as a group upon controversial questions. No particular point of view is required of any member save his or her desire to stay free of narcotics. Our sole aim, is to show sick addicts to habit forming drugs, who want to recover, how to do so.

The members of this group are all former alcoholics or drug addicts, men and women of whose self-administration of drugs has brought them to disaster and despair.

These men and women are convinced from their own experiences that their reaction to drugs and sedatives, and alcohol is not normal and that any indulgence for them constitutes a totally undesirable and impossible way of life.

The group is completely sincere in their desire to stay free of opiates, sedatives, and alcohol, for once and for all.

The group recognizes that the use of narcotics, sedatives and alcohol is a real problem for them, not merely a problem of dissipation, but a reaction to a dangerous and progressive illness.

They recognize that once a person has passed from normal to abnormal use of sedatives, narcotics, or alcohol, they can never learn to control the use thereof again.

They have come to believe that they have been trying to substitute their addiction phantasy for real achievements in life, and that their effort has been hopeless and absurd.

They have progressed so far that at all times and under all conditions drugs produce for them not happiness but unhappiness.

They agree with medical science that they are in the grip of a progressive illness. They have lost the power of choice of drugs. They have lost control of their will power with regard to drugs. However they have reached the state where the most powerful desire to stop using drugs is of absolutely no avail, ALONE.

We were in many cases, and still are people to whom reality and life as it actually is unacceptable. To face life comfortably we require relief of our chronic emotional tension, and this relief was found in drugs. However we have come to realize the futility, the danger and the destruction of this method. We understand that we must find another way to properly adjust ourselves to life if we are to survive.

There is a symptom common to all who suffer from addiction to **HABIT FORMING DRUGS**: We cannot start self-administration of drugs without developing physical dependence and a phenomenal craving; and once we take any habit forming drug into our systems, something happens, both in the bodily and mental sense, which makes it virtually impossible for us to stop.

We learn to rid ourselves of fears, resentments, false pride, jealousies and emotional disturbances that have formerly been our enemies.

We learn before we can recover that we must experience a **PERSONALITY CHANGE**: One that would give us a new outlook on life, enable us to meet the demands of each day, and to adjust ourselves to each situation as it arises.

We are convinced that this marked personality change is possible only through a spiritual experience, usually brought about by the belief and faith in **A HIGHER POWER**.

The first and most essential step is **HONESTY**. (personal honesty and intellectual honesty.)

When an addict gets to the place where he is ready to honestly admit, he is powerless to control his drug habit, or drinking, he has taken one of the hardest yet one of the longest steps toward his recovery.

Many are reluctant to make this admission, feeling that it is the acknowledgment of a personal weakness, they change to some other occupation, feeling that their change in environment may help, they substitute alcoholic beverages for their addiction, they never get through trying other and old ways that all lead to the same place.

Most do not like to admit that they are emotionally and mentally different from any of their fellows. Therefore, it is not surprising that their careers have been characterized by countless vain attempts to prove they can administer drugs to themselves without becoming addicted. The idea that somehow, someday, should they do this or that, they will be able to control and enjoy their drug taking. It is the obsession of many addicts.

The persistence of this delusion is astonishing. Many pursue it into and through the gates of insanity and death.

There is no hope of recovery until the person is willing to concede to his or her innermost self that he or she is powerless in the face of any habit forming drug or alcohol.

They must realize that they are in the grip of a progressive EMOTIONAL illness which, unless active treatment such as Alcoholics Anonymous program is undertaken, steadily grows worse, never better,

The narcotic addict must realize that it is not the fourth or the tenth shot that gets them down, but the FIRST, or the "joy-pop" - the FIRST, SHOT, CAPSULE, or TABLET is the one to be avoided if they wish to follow the path of abstinence.

After the acknowledgement of a belief in a Power Higher than men, the next step is the making of a decision to relate themselves personally to this Power.

We make a decision to turn our will and our lives over to the care of God AS WE UNDERSTOOD HIM. When this is sincerely done, and the further suggested steps carried out, we underwent a profound mental and emotional change.

Having had a spiritual awakening as the result of these steps, we try to carry this message to addicts and alcoholics, and practice these principles in all our affairs.

We believe that faith without works is dead, we believe that permanent abstinence depends on willingness to remain spiritually alive.

AA has but one purpose, to help the sick alcoholic or addict recover if he wishes.

The purpose for the H.F.D. Anonymous Group is to give special attention to any members of Alcoholics Anonymous that have a problem with habit forming drugs and for anyone having that problem and wishing to recover by living the AA program. At this time the group is restricted to those members. As a closed meeting, except when any member of Alcoholics Anonymous, is desirous of bringing another member of A.A. that is in need of special meetings in regard to any habit forming drug addiction. At this time we are only holding one meeting a week, at the residence of the member that started the group, for this purpose. We suggest that they attend as many meetings of AA as possible at other times.

We have suggested that the meetings be conducted in this manner:\*

A moment of silent prayer.

The purpose of the meeting is read.

This is an informal group of drug addicts, banded together to help one another recover and 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 all precedence is acknowledged. We claim no originality, but since we believe the causes of addiction and alcoholism are basically the same, we wish to apply to our lives the truths and principles that 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 to rehabilitation of the addict, and to carry a message of hope for the future to those who have become enslaved by the use of drugs and alcoholism.

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

The preamble from the 5th Chapter of the Book Alcoholics Anonymous and the 12 Steps are read\*

(\*adding where the word alcohol is used the word drugs or addiction, etc\*) We discuss the Steps, one at a time, have a discussion on each step, at this time we are using the discussions on the Steps from the Key, that is published at the U.S. Public Health Service Hospital, Lexington, Ky. as we find them very beneficial for our purpose. I may also add we have permission of that group.

A short talk is given by any member that wishes to do so, and outside speakers are invited to the group, members of Alcoholics Anonymous, that have had a problem in their lives with habit forming drugs. Questions are asked and answered,

The meeting is closed by the group saying the Lord's Prayer.

We follow the Tradition of A.A. and the only addition to the traditions is as follows. Three: The only requirement for AA membership is a sincere desire to stop drinking or using habit forming drugs. Five: Each group has but one primary purpose -- to carry its message to the alcoholic or addict that still suffers.

AA has but one purpose, to help the sick alcoholic or addict recover if he wishes.

REMEMBER: To keep your thinking straight; REMEMBER: That defects will creep into your life if given half a chance; REMEMBER: You are completely dependant upon God AS YOU UNDERSTOOD HIM; REMEMBER: to ask Him daily for His help for just that one day; REMEMBER: To thank Him daily for His help His mercy, and His kindness; REMEMBER: to try to carry the AA message to the alcoholic or addict who still suffers.

EASY DOES IT.

24 HOURS A DAY

ONE DAY AT A TIME.

\*excerpt from a letter from a letter from the Frankfort group of AA, It is the opinion of the Doctors of the Lexington Hospital, that the bar-

biturates are far more dangerous than either the derivatives of opium or alcohol. And it has been found by experience that an alcoholic cannot take "pills" of any kind and expect to stay sober, nor can an addict take pills or alcohol and expect to remain abstinent.

Our group H.F.D. Anonymous, is at this time sponsored by The Bay Center Anonymous Group, of Alcoholics Anonymous.

This is a list of the members attending the meetings, background etc.

1. Secretary and founder of the group. Member of Alcoholics Anonymous, Started drinking career 29 years ago, became addicts to narcotics in early drinking days, recovered, but continued on drinking career, and the three years previous to coming to A.A. was taking benzedrine with alcoholic beverages.
2. Secretary of Bay Center Anonymous Group, over 30 year drining career, and in the last three years of drinking career taking "goof balls", had tried to make the A.A. program, but for three years unable to due to the "pills" plus "slips", when he gave up completely, has been working the A.A. program for 17 months.
3. Member of A.A. four years on the A.A. program, but up to four months ago, was taking "yellow jackets" daily, per Dr's orders. Until he found this group.
4. Member of the group, former inmate of the County Jail, addicted to narcotics many years duration, has been attending meetings for five weeks.
6. Member of A.A. over a year, was not alcoholic, but addicted to "goof-balls" for several years.
7. Member of A.A. over a year, unable to keep on the program due to use of "goof-balls" had many slips, until free of "pills". Now Secretary of the Bay Center Beginners Group.
8. Member of A.A. over five years, had in past been drug addict, taken "goof-balls".
9. Member of A.A. several years, but unable to make program, due to use of Sedatives, narcotiss, had many slips, now working the program several months without trouble.
10. Inmate of County Jail, attended meeting while out on bail, addicted to narcotics, now serving out sentence.
11. Member of A.A. several years, taken bromides, and "good-balls", resulting in "slips" and unable to make the program, until free of drugs. Now doing very well for several months.
12. Member of A.A. former narcotic user, and "pill user", had four years sobriety, until return to "goof-balls", since that time three "slips" now attending meetings.

At this time I have 32 inmates of the County Jail, attending the A.A. meetings in Jail, and I personally contact these addicts of narcotics each week as they come and go my usual list is about 25. Two have attended meetings.

*At my home.*