

From the desk of Doctor Bob (AA co-founder)

*Humility is: Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.*

—from “Dr. Bob and the Good Old timers”, page 222, first written by Andrew Murray, a So. African religious leader, ca. 1828-1917