

NOVEMBER 4, 1974

Gary opened the meeting with the Serenity Prayer and then Dave, Bill and Dez read from the NA Book.

Jim is going home and nominations were opened for a new Vice-Chairman to take his place. Dale Hagarty was elected unanimously by the members.

We hope everyone enjoyed the social and we would like to thank everyone who worked so very hard to make this one of our best. The cake decorated with "Narcotics Anonymous" was beautiful; and it tasted good too.

Oscar, our outside sponsor, told us a little about what it was like and what it is like now. Reds and heroin gave him false courage but he finally got tired of paying the price for using drugs. He tried alcohol but found he was only changing one addiction for another. He was going down hill fast until he came to NA. It took a lot of meetings before he started learning about living and during that time he became aware of a Higher Power that he could understand. It doesn't take much to keep you clean and sober for 2½ years like Oscar, just all you've got.

Paul had been sentenced to die in the gas chamber at San Quentin. After 2½ years on death row his sentence was commuted and he was sent to Folsom Prison. He started attending AA meetings there just to hear the jokes but then he saw in the people's eyes that they were serious, that they knew a better way to live. So he kept going to hear the winos talk and soon, even though no junky wants to admit that he is an alcoholic, he began reading the AA Big Book. One night in his cell, after being with AA for 4½ years, he began to shake. He suddenly found himself released from prison even though he was still locked up. Since that night every dream he has ever hoped for has been fulfilled and he comes here and to other institutions throughout the country as an example that our program does work. After 17 years behind bars, Paul was released from prison in 1964. He has now been clean and sober for 22 years

and he guarantees that the hand of hope is waiting for you if you want it. "May your God be as good to you as mine has been to me," he concluded.

NOVEMBER 18, 1974

Gary Lead us in the Serenity Prayer followed by Cecil, Tony, and "Chicken Head" reading from the NA Book.

This was a discussion meeting and Gary began by reading a short article from the Readers Digest about drug abuse. Questions were raised like; what do we tell our children about our addiction, how can we keep our children from using drugs, why do we slip and go back to using when we are released from CRC? It was a very interesting meeting but we would like to have seen more members participating in the discussion.

At our meetings we are involved in more than just group therapy. We are a fellowship engaged in a life or death struggle and we are all in the same boat. Whatever a person has to say at a meeting will always be welcomed and never criticised. This is what NA is all about; a group of dope fiends sharing their experience, strength, and hope with others.

If we ask you to share with us in a meeting, do not be embarrassed or frightened. None of us are professional speakers and we all were nervous at first, but soon we found it was just like talking with a small group of friends. We may not always agree with each other but we should keep everything out in the open.

If we get up in a meeting and tell something about ourselves in order to help another person, we feel a whole lot better for it. A few simple words direct from the heart are more effective than the most polished speech and by being honest and sharing with others you are helping yourself.

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