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Just another note from up The Creek...

Well, life goes on. Today is May 8th. They had moved one of the "100" of us over to a mainline dorm last week. Last night I found out the guy rolled it up to the hole after just 3 days. They came at him rough, so he split. It will take a while to break down this culture.

I did have a slightly better experience in my last AA Meeting though, only one awkward silence, lasting only a few minutes. Of course 75% of meeting was taken up with reading of Big Book, so that was in play, but all in all, it was not bad.

I have created a frame work upon which to build my own support group as means of taking responsibility for my own recovery and will get it typed up as soon as I finish here. Taking responsibility for my recovery does seem to be a lot easier than it was to take responsibility for my disease!

Today is Monday, May 14, 2018. I have had a really good couple of days. The AA Meeting yesterday was awesome! It was about 50% reading the Big Book, and 50% sharing. There was only one awkward silence, but I am beginning to realize that is because a large percentage of the group may in fact be attending merely for reasons of the state. The state will now take one week off the sentence of an inmate for 52 hours of attendance at "Rehabilitative Groups" (Rehabilitative Achievement Credits, "RAC's). This being the case, there are some group members that just don't have anything to share, either because they are not alcoholic or are still in their disease.

Last night we had the first meeting of our support group and it was awesome too! ☺ The framework I typed up I'll include with this just to give you an idea of what I am talking about. Last night we did not use "The Five Questions", instead we went over 8 questions about who we are and where we are at in life, kind of a get to know each other session.

When I first heard I was possibly being transferred to San Quentin, I was stoked. Of course, I figured that more sense would be used in integrating the two populations, but oh well, I should of known better. But the reason I was stoked is that there are programming opportunities available here that are not available anywhere else in the state. I had my mind on the CODE.7370, a coding training program, the college courses taught on site (some with professors from UC Berkeley!), and the CADAC Program. The CADAC Program is a program that affords inmates the opportunity to earn a license from CA Dept. of Health and Human Services as a Certified Drug and Alcohol Counselor.

I figured with my educational pursuits over the last eight years, I would be a shoe in. Well, I've discovered there are other men here who also became aware of those same programs, while they were housed at other prisons. These men have also been building their educational portfolio and planning to get here. In other words, men like me-who have been earning college degrees, MS Certification, in recovery-from all over the state are now here. All of these programs are acceptance by interview. The slots are highly competitive! I seriously need to up my game!

That is exactly what I am now doing! I will be extremely busy for the foreseeable future, but will maintain my primary purpose, which is to stay sober and carry the message to the alcoholic who still suffers.

May God continue to bless us all as we travel the path before us. I pray for all who may read this, and I covet your prayers as well.

Be blessed!

Love & Prayers,



Russ