

MINUTES from our past meeting (10-24-70):

Reading of minutes and treasurer's report were dispensed with; Gil Estrada reported for the Social Committee and requested that those who would be alone on Thanksgiving and Christmas contact him (422 5807 Long Beach).

Fr. Pat stated that he had sent in his mailing expense list to the treasurer.

Chairman reported on Board of Directors meeting. Questions raised for further consideration concerning lowering the membership age limit, contacting Newman Centers for assistance of chaplains in finding students who need Dignity, and trying to interest parish priests in our work. Announcements were made about the seminar on homosexuality to be held at Catholic University in Washington, D.C., and also about various group meetings of the Society of David (a group devoted to Gays interested in the Fine Arts).

Fr. Pat led discussion on what direction the group should now take. After refreshments were served, Mass was celebrated. In his homily Fr. Pat urged members to be more positive in their thinking and outlook on life.

NEXT MEETING : NOVEMBER 21st at 7:30 p.m. to be held at St. Brendan's Church, 310 South Van Ness Ave. THIS WILL BE AN OPEN MEETING which members are invited to bring any of their Gay friends whom they feel might enjoy and profit from our association.

Two paperback books that are must reading for all Gay people are: PSYCHO-CYBERNETICS by Maxwell Maltz (\$1.) and THE MAGIC OF BELIEVING by Claude M. Bristol (\$1.45). These popular books should be available at almost any store that carries paperbacks. They deal with positive thinking and developing a creative life-style that makes everyday living a joy.

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Happiness is not something that is earned or deserved. Happiness is not a moral issue, anymore than the circulation of blood is a moral issue. Both are necessary to health and wellbeing. Happiness is simply a state of mind in which our thinking is pleasant a good share of the time. If you wait until you deserve to think pleasant thoughts, you are likely to think unpleasant thoughts concerning your own unworthiness. Happiness is not the reward of virtue, but virtue itself.

We never really live, but only hope to live if we find ourselves always looking forward to being happy... it is inevitable that we never are. One common cause of unhappiness among Gay people is that they are attempting to live their lives on the deferred payment plan. They do not live, nor enjoy life now, but wait for some future event or occurrence. They will be happy when they find that special person, when they get a better job, when they get their house paid for, when they have completed some task or won some victory. Invariably, they are disappointed. Happiness is a mental habit, a mental attitude, and if it is not learned and practiced in the present it is never experienced. It cannot be made contingent upon solving some external problem. When one problem is solved another appears to take its place. Life is a series problem solving situations. If you are to be happy at all, you must be HAPPY - period! not happy "because of."

Most people are about as happy as they amke up their minds to be. Happiness is purely internal, it is produced, not by objects, but by ideas, thoughts, and attitudes which can be developed and constructed by the individual's own activities, irrespective of the environment.

William James said that much of what we call evil is due entirely to the way men take the phenomenon. It can so often be converted into a bracing and tonic good by a simple change of the sufferer's inner attitude from one of fear to one of insight; its sting can so often depart and turn into a relish when, after vainly seeking to shun it, we agree to face about and bear it cheerfully; that a man is simply bound to honor, with reverence to many of the facts that seem at to disconcert his peace, to adopt this way of escape.