

James Patrick Kinnon (5 April 1911 - 9 July 1985, commonly known as **Jimmy Kinnon** or "**Jimmy K.**") was the founder of **Narcotics Anonymous** (NA). He never referred to himself as the *founder* of NA, although the record clearly shows that he played a founding role.

Jimmy K was born on 5 April 1911 in Paisley, Scotland to James Patrick Kinnon, Sr. and Elizabeth Carrick. On 8 August 1923, he arrived with his family on Ellis Island, New York. He worked as a roofer, struggling with his drug addiction until he achieved permanent and complete abstinence from all drugs in Alcoholics Anonymous on Groundhog Day, February 2, 1950. He and a few other drug addicts who had met in AA started holding a series of independent meetings for drug addicts, beginning 17 August 1953. The first documented recovery meeting of Narcotics Anonymous was held on 5 October 1953 in Southern California. Today, members of Narcotics Anonymous hold more than 50,000 weekly meetings in over 130 countries worldwide.

Jimmy K is a key figure in the history of Narcotics Anonymous for several reasons. He wrote several portions of the *Little White Booklet*, which formed the basis for NA's Basic Text. Jimmy K also designed the NA logo and served as the volunteer office manager of NA's *World Service Office* from the time it began to 1983.

I wish we could interrupt this part and went on straight to the closing prayer.

First of all my name is Jimmy - I'm a recovered addict.

You noticed I said - recovered. There's a lot of discussion about should we say recovered or recovering. We say both around here so you can make your choice. That's one of the things I like about this program, you always have a choice. Bob just told a few of you what he thinks. And see as far as I am concerned you can talk that's fine. If you really got something to say I'll sit down there and listen. I'll tell you why and one of the reasons I said that is... I'm gonna go back a little way... Wanna go back to 1962. Oh around... I think the spring or early summer... Maybe about this time. And that time I was married to another woman. My kids were fairly small, a couple of them. Coming home from work one afternoon I turned the radio on. And I heard some news that disturbed me greatly. I heard that that SOB Khrushchev was coming to Los Angeles. And maybe some of you weren't born then, and for some that's old history. But I got so INSTANCE that I said to my wife - tomorrow afternoon I'm coming home from work early. I want you to have some bags packed. We're taking off - I won't breath the same smog with that SOB. And she said I don't care what's the thing that's moving us out of town for a couple of days - I'm ready let's go.

So what I wanna prove is - how manageable our lives become after we run the program for awhile. Now maybe some of you are going through that stage. How nice it is to be able to manage your life again. Make meaningful choices. You know, all these good words we hear at meetings, and from our sponsors, and from all other people that we don't listen to half the time. Which is about my way of doing the things too. I try to find a person who agrees with me. Then I feel that I'm being approved and I go ahead on it. That will probably sink in after a little bit in this program.

Anyway, it shows you the manageability I have gotten to in my life. I could cope with things, make decisions. And the First Step seemed a long long ways away in the background. And I had to admit that I was powerless over my addictions. That my life had become unmanageable. Cos it felt good to do these things that I decided upon you know. So the result was anyway that we took off. Didn't know where we were going to - we wound up at Friday Nights motel in Santa Barbara. I never spent much time in Santa Barbara. I thought it'd be nice in the morning to go see the mission, and go to the museum, and a few other things like that. But it didn't quite turn out that way. They had ... a club house there... with an AA meeting... and I got the colder shoulder that I ever got anywhere. And I left there in a hurry. The next day, next morning... I found some of the guys in the kitchen. And if you want what we got most of the time the place to get it is right back there. Not so much out here - go back to the kitchen. Get your hands right, do some dishes. Go chase something to eat. And talk to the guy that shakens so bad there that he can't even sit straight. That's what I learned this Program is all about. But anyway it's the next morning the Sunday morning and I felt so good to get away from LA. And that SOB... that I used to lay all my resentments - on the communists, because than I wouldn't have to blame any of my friends or myself.

That's what was going on. That's known as a... I guess passing the buck... There's another word for it - I can't grasp it at the present time. But anyway that's what I was doing. So we went out and the family went to

church, and I drove around town a little bit. I picked them up, we started to get down to one of the museums in Santa Barbara, and I found out it wasn't open until one o'clock. So here we are, about 10:30 in the morning, whining about Santa Barbara, not knowing anybody, or what we were doing. There was a little park I saw, and we went down to that little park, right next to the railroad station. So I went over to a bar there, and got myself a cup of coffee and sat there. And of course this bar like most of the other bars had there's always a good loud character ... he's either arguing with the chef back in the kitchen... I picked up what he was saying and I said to the bartender, I said what's going on with this character you know? And he said he wants a knife! I said what the hell he wants a knife for, cut his throat? He says, no! He says some Russkies are coming in on a train, and he says he's gonna kill'em you know? I think to myself what the hell is going on? I have managed everything so beautiful. And here I am. You're right.

I went over to the station. And the train stopped. And off they got. All these bodyguards. And I stood closer than I am to BARB right now. And I'm telling you I thought to myself. You stupid son of a bitch. You've come all the way to Santa Barbara and you haven't brought your gun along. And I looked at that little pig faced, ball headed... you know what... And I thought to myself - I said good thing I did. It wouldn't be worth it. You know, It wouldn't be worth it. There's a big PROMOTION behind me. And here with was that character from the bar... and he's gotten a knife somewhere... and he was trying to make it over there. And part of a camera crew from the TV grabbed him... and then a couple of cops grabbed him and got him away. So I just told you how well we come to manage our own lives, and that's a bit of my own experience. Now the other reason for telling you that... how manageable my life is today... generally I just talk from the top of my head most of the time... I don't speak up at the big meetings. I speak mostly at the small meetings, or at my office, or at my house, where we have 3 or 4 people around the table... that's the way I still like it. Cos I still think we can get a little bit more honest that way.

Like you I'm inclined to talk ahead of myself when I'm up here. I'm inclined to talk about what I hoped it will be like - not about what it's really like right now. And that's a natural thing. Because in our particular way of living I think it has always been that way. We've always been a step ahead of ourselves in what we hoped for, what we would like to see, what we would like to be... hope what we would like to become... I don't think there's anything wrong with that, I think that's basic to our nature, we always want the better things in life to ourselves.

But anyway I sat today and I said well let's get my thoughts in order. There's a few things I'd like to talk about and I'd like to make notes. So I proceeded quickly today and run through my head and run through a few other things... and got about 8 pages of notes. About buck size you know... And I left them home!

So here I am... and all I'll be able to talk about is what I usually talk about. What it's like right now. What I think of the Program. How I handle some of the things that come up in my life. And I will probably be out in the LEFT FIELD most of the time... If you can follow me - that's fine, if you can't - well... That's just the way it is. Cos I just take the things pretty much a day at a time... one hour at a time... And I'll have to struggle along ways and perhaps... give you some indication of the person I am now, the kind of person I was in the beginning... because I don't think we change that much. Any of us... In our life, in our living... I think we do become... what we've always been directed towards...

I wasn't born in the United States, I was born a long long way from here. I was born in Paisley Scotland. And I grew up in a family, which was pretty closely knit... a very religious family... My father was on stage, he was a headliner. He was a comedian, we had a lot of fun in our lives. We've had a lot of laughter, a lot of singing. I became a dancer when I was very very young. And that sort of laid down a pattern for most of my life. Every competition I was in I won. Except one. In that one I kicked out a shoe during one of my routine. And the judges disqualified me because I kicked off a shoe, even though I continued... in the competition... And there was a big uproar... went up because of this. And the judges won't change their minds. The declared that I was the best dancer out there, but that they were not gonna give me the trophy. And that sort of laid out something in my life. I was... always had to be upfront... always had to be number one. And I think that maybe today in some of the ways I am still that way. I don't think that's necessarily bad or wrong... but I

think that's something I have to be very careful of. Because like so many other people my ego is pretty strong... I have a lot of pride... I hate to be a loser... that I talked I was a failure for so many years... I hate to lose at anything. And it's pretty difficult to me yet - not to push my way in. You see I always found that I never had to push my way in, people always pushed me to the front. I never liked too much responsibility. They say I have to be very careful with my nature. As I know it, not maybe as you see it. Well I think I know me. I think I know me better than any of you do. It means to me that at any given time I have to be careful of Jimmy Kinnon. Because I know the extents that I can go to even without thinking.. in pushing myself ahead in the ego area. It's very easy for me to do that. Now I have to be very careful about it. That's one of the reasons that I don't exert control in my life... rather I discipline myself only to do certain things. I don't speak at many big meetings because I think it is implying to build me up within my own self to something that I'm not. I'm pretty much a private person. I don't like to reveal too much of myself to too many people - I've always been that way. I'm practically a loner at times... I'm not a recluse... as some people there state... but I prefer [to discuss] myself... and the things that I'm doing... with perhaps one other person... my wife I particular to any other crowd... I prefer it that way. It's nothing to be proud of, nothing to be ashamed of. That's just the way I am. And I feel sometimes that I'm being pushed into a corner. And I've been pushed and pulled by so many pressures in my life... including the addictions... that I resented almost within myself. They even feel the way I do. I hope you can understand what I'm saying here.

And sometimes this is very hard to talk to the people who are new. I know there's a lot of people who are new to this Program at this meeting tonight. And I'm always concerned with a newcomer. I'm inclined at times to get into myself. Even when I'm speaking. And get lost. And what I'm trying to tell myself... cos here we're not teachers, we're not preachers... we're here to learn, every one of us. And the first time we come to a meeting. I remember when I made my first meeting... How afraid I was. I still KISS [CASE] every place I walk into. I wonder where the nearest door is, where the nearest window is. And I sit facing the door. Cos I want to get out in a hurry in case anything happens. I've always been that way. I never turn my back to the door, yet =) I get that soft survival, I've gotten too many problems... getting myself into a corner... trying to leave that area open.

The most important thing to me is when I speak to anyone is basically the Steps. For I think when we discuss the Steps at any length... all we ever do is complicate them... and make them harder to understand and harder to work... The Steps are everything in my life today. I don't have to consciously work them... but I work them. This Program has become such a part of my life... after a while... that you work them... naturally. When I first came around I had to work it. Because there was no other way to go. I didn't work it - than I was gonna die. That's where I was! I realized I was an abject failure in every department of my life. And I mean that completely and fully. There was nothing left, and I had to surrender, I had to give up. And in doing that - that was hard... because I couldn't think, I couldn't speak... It took me 6 months to be able to put more than one sentence together... at any given time... Now I used to get so angry at myself. The people would walk away from me. I would try to say something, and my tongue would fall over my eye teeth - I couldn't see what I was saying! You know? It was terrible! Now I would get so angry that I would leave the building. And I got to pounding the wall. Hit my head against the plaster, you know... Punch my way through doors... Cut mu hands you know. So angry and mean... I didn't know how to change. I didn't know how to get any affection to me as a person. I hated myself so much I'd look in the mirror and I would spit in the mirror in the morning. This was even after I was clean and sober for awhile. And I didn't know what to do.

And I went along like this by staying clean, and I got a cake after a year. And right up to 10 minutes before accepting the cake - I wasn't sure whether I could accept it or not. Because I didn't know whether I'd been clean all that time. I wasn't confused - I did not know! And I said to a guy I knew I said I cannot go there and accept that cake. He said I don't know and I said because I don't think I've been on the Program this year. He said where have you been every night? And sometimes during the day? I said I've been at meetings. 2-3 times a day. 14 meetings in a weekend - Friday night till Monday noon. I went to the jails, I went to the road camps... And he said well when you come to the meetings would you be loaded? I said hell no! He said then you got a year then!!! That was the basis that I took my cake because I wasn't sure.

And then after a little while I began to get real trouble - mentally, emotionally and spiritually. And I guess this is the part which goes into the 12th Step - I'm jumping the 1st to the 12th Steps - sometimes that's the way we are in the beginning. It's always in to know. I'd stay clean a day at a time and try to help somebody else. All the other Steps were falling in as we go along - stayed clean.

Now I ran into a lot of trouble. I ran into trouble with my family. I couldn't sit down and eat a meal with my family - for 2.5 years. I got emotionally ill, incomplete, ill-equipped to live, you know. I could scarcely work. But I kept on meetings. Kept talking to people. Kept going on 12th Step calls. And I got so bad one time I couldn't get out from my bedroom. Year and half on the Program and I couldn't leave my bedroom. And I couldn't talk. I sat there like a vegetable. I couldn't open my mouth.

My wife at that time came in and she said what's wrong? She said do you want a cup of coffee? You want a cigarette? And that's for 3 days like that. Inside the bed. In the bathroom - get rid of the coffee - and back to bed. As far as I could go. I couldn't leave the house - I was terrified. I had more fear back then than I ever had previously - I couldn't leave the house. I had nothing to depend on... I haven't found any kind of the Higher Powers that I could depend on... And I didn't want all the religiousness they've been trying to give me all my life. For you see when I was a kid I never (!) never played hooky from school... I loved school because I could learn there... But I played hooky from church every chance I got. I couldn't stand all that stuff they were telling me - cos I didn't believe it you know. And I would take off and I would walk to the hills... in Scotland. Up in the hills I'd look at the town... like I felt something just this morning like a flash... on the TV. Just this afternoon. Someone was up in the hills looking down at the town. It took me back to those times when I was 7-8 years old. And I grew up there looking down on the town. And I'd look over at the old castle ruins. And I'd lay there... in the heather. Smell the heather. And I felt so... good. Compared to what I felt when I was with people. Down in town. And helping my father with his act. And dancing - that was all fine, that wasn't me. You know... I was always afraid. Thank God that fear is gone. I'm at ease now. I very often feel uncomfortable, but I'm at ease.

Like everybody else I was uncomfortable coming up here before the meeting... I get the better flies, I get the jitters... But once I mean to do what I'm doing I can go ahead, I can feel at ease about it. But to get back to the main FIRST of this thing... there's a big first point - nothing is gonna make a big change in my life... And then this thing we talk about in the 12th Step... we seem to have some kind of experience that alters the inner workings... that alters us somewhere deep...so that we take a different course.

THURSDAY I'm trying to go to sleep. Late at night... in my own bedroom... dark... and I fell asleep for a little while, and I woke up... complete and abject terror. I didn't know what was wrong. I had many experiences like that like most of you know most of the times. Terrors... But this one was different. I didn't know what I was afraid of. I didn't have any idea what was happening. And I couldn't move, which was the worst part. I was actually M.O.D. like a piece of wood laying there... I couldn't move, I couldn't think. I couldn't scream, I couldn't ask for help.

And I saw a great, big, white, round glow of light... ahead of me. It was like a big argent disk... hammered silver. You know what hammered silver looks like. And there two big posts on its each side... so YOU COULD DO SEE US AROUND? There were some steps. If you think I was afraid before, you can imagine how afraid I was then! Because now I knew that was gonna get me you know? All these years I was able to stay out of those places. Now I know it was gonna get me you know.

And the voice out of nowhere said don't be afraid. Don't be afraid? I couldn't move! But soon as it (voice) hit me I loosened up. And I wasn't afraid. And the voice told me what to do. And I said I can't do that. I can't do that. And the voice then told me something that told me just how deeply... whatever this was - just how deeply it knew me. Because it (laughing) it said - you shister you. I knew exactly what it meant. I was doing again what I've always done. The indirect approach, the indirect answer, the indirect question - never face anything with head on. See my whole life (I) never faced anything head on. It said I had to change - and said what the fuck can I do?

And I was told what to do. And part of that is the reason for this Program – I’m not gonna tell you the exact words. The part that’s the reason of this Program is coming into existence. Cos I was told what to do. And that is a profound experience for me... because for 24 hours I knew complete and absolute surrender. Complete surrender. I knew that everything was alright... in the world (THAT IT WORKS). But half the time I was only getting my own way. BUT I just need to follow the directions (dictated) from my own conscience. On the inside... the things will work out... I STILL forget it at times. But that’s the way it’s been most of the time.

I’ve never forgotten one word of what happened – I can draw you a picture. I have drawn a picture of this. The only thing I can tell you is that – that voice... was a Higher Power. First Higher Power I really ever found. Cos I understood it... I understood what it was saying, I understood where it was coming from. Somewhere deep inside of me, where I am connected to this universe... something came through. Cos I could never believe in the conceptual gods that most people have believed in. I saw so much difference in my family. I found the background. You know from Catholicism to Presbyterianism and all the isms in between. That confuses a child you know. You have people that you know, and yet... Yet as a child I always seemed to know that there was something for me... now when I was a ver very small kid I used to run around with older people. I’m not talking about kids 7 years old or 9 years old... I associated with men who were 60 or 70 years old. They were the people I liked to be with. Because they had interesting things to tell me and interesting things to show me. And one man I made great friends with was over 70. He was an explorer, an archaeologist, and ornithologist. And I used to watch all the things he collected in all his travels over the years – I was so interested. And these things – I wanted to do them too.

And my other very very close friend was a profound drunk. And he was a great guy, you know. And he was good to me, in so many ways, and he was such a laugh... than others, so many others you know. And he used to fall down the stairs, and break himself open, and break his legs... and break his head open... and the blood would drain down 2-3 flights of the stairs, you know? And one time when I was about 7 and a half he fell down the stairs and I found him and the blood was running down 3 flights down the steps. I rushed to get running and get my mother. We got him into a hospital and I kept saying to her – when could we see Mr Crookshank? And she kept saying – next week, next week. She said – next week, next week, and it kept going on. Honestly – I had to see him.

Slow rise... and she took us to a place called Chloroad. You see this Chloroad, this was a nuthouse. Laid on this beautiful grounds – but that was a nuthouse. Here he is sleeping in a chair. Wheelchair... and he’s just staring straight ahead. He can’t see me and I couldn’t understand. Why he couldn’t see me? Why he couldn’t talk to me? I say what is wrong with him? She says he’s a sick man, I say what do you mean sick? She says he drank too much and got hurt too much over the years. And I didn’t say anything after that – they took him away. As we were walking down a thick pathway, down to get a trolley car and go home... she says why are you so quiet? I said well, I’ll tell you. When I’ll grow up I’m gonna help people. Like Mr Crookshank. I’ve never forgotten that. Cos I wanted at that time what I meant.

So you see the course was laid out to me. I had to become an alcoholic and an addict. To fulfill my destiny. I went to school... I went to prep school in Pennsylvania. To study for a ministry. Thinking that was one of the ways I could go. Well I lasted there about 3 years – I couldn’t make it. I stole all the wine I could get my hands on... With 17 OFFERS on the one side you know and 3 in the front... And half the time there wasn’t enough wine left for the priest to say mass. And of course you know the job I had you know. I worked in the SANCTUARY STICK. Naturally! So right by the time they found out about that, that I went down the cellar, and found out how to get into the wine cellar. Sneak the stuff out from underneath you know. Pushed the THIRD back again so they couldn’t see where it went.

You know after that I got a job you know... I can’t remember what it was named... taking care of the good fathers’ rooms. Cleaning up you know, getting little BOOKS, taking the whiskey... That’s what it was really you know... Cos I could go to 6 or 7 rooms in the morning and I would feel pretty good – I was getting a first class time you know. Then I wouldn’t have to go out over the wall that night and go down the village. And by

the way in that village which is in fact down in Pennsylvania there are two NA meetings going on right now. That's called the Quarry Heights meetings – that's where I went to school.

Most of my buddies there that continued the studies – all became a kind of people that I wished as years went by that I would become. They're professors, they're presidents of the universities... All of them you know, but for ones that are dead. And here I am I met one of them not so long ago. He's a member of AA. I met him after 26 years in Africa. He was a missionary... I met him right here in the San Fernando valley. He got 15 years on the Program at that time, 18 years now. Our paths crossed you know. So maybe I haven't said too much I don't know what time it is or how long this is supposed to last... is there going to be a dance after this FRECUS? OK then, I'm gonna wind this up pretty soon. And I could come back some other time...

But I just want to say a few words about H&I committees. About how difficult it was. You see I used to say many years ago – I know Bob, and Paul, probably some of the others here... the members... you see I could say I believe that this Program will work best from the inside out... I think that if we can carry the message to the inside... to these people BLESS FER there and come out... This will really make it grow... I found out I was wrong. It didn't grow much from the outside in, either. Not till recently.

But I remember some of the first contacts we had. To the thresholds... I remember the very first time we ever tried to carry the message... of the NA to the institution... we tried to carry... we tried to carry it to the MAX up at a Castigue... and after the first meeting we were asked not to come back! And there was one guy who was leading the meeting... he took up all the time... and all he did was to talk DOWN to the people who were in there. And they didn't like it and neither did the people at the institution... so they asked please don't come back!

Which was alright, we were learning, and the next time we went down to TI with another guy... and one of the people in the back row... sitting in there... we could hear him... he was making all the usual wisecracks. And turned out a year later... he walked into a meeting over at the Wall Park... at the church... and Bob remembers him... all hips flailing, with STORIES and in this white burke... and we tricked him very early you know... and he told us how well he was doing at the H&I committee... in the AA... and he didn't really need this Narcotics Anonymous bit. And I asked him after the meeting, I said are you going to come back for some more meetings... and he said well... I don't think so. He said I'm so busy doing the things that I like where I am. Going to the institutions and carrying the message... I said well we need the message carried too. And he said well I don't know. Well that's when I had to hook him in you know. Cos I'm... I'm still not as straightforward as I'd like to be. So I said well, that's too bad, cos I wanted to ask you to lead the meeting next Friday night. And of course he took the bait you know? And he was back the next Friday night with some of his friends... and we had a very good meeting. And he continued to come back... So I don't care ow we get the people into the Program, as long as they come and they want what we have!

See at times I'm making enough contact with the newcomer or not. See my Higher Power works a little funny with me...

Generally when I ask for a newcomer, I ask this way for me. I say – I want somebody for a little while who wants this Program. I don't care if they want it for today, for tonight, for 2 hours. I just want them to want it... for a little while. Cos that's the desire that could be increased... that can be built on... can be drawn out! I think with this any OFFER from 24 minutes to 24 hours all we want is someone brand new...

Strange the way the Higher Power works! It's always somebody who either calls... walking through strange places... going through the men's rooms... walking into in restaurants... stops to get a night's drink at some place... walk into somebody and introduce him to the Program.

That's like planting a seed. I think one of the things... I continue to do... probably... is just to give myself as completely as I can to this Program. Because that is my whole life. It doesn't mean that I don't have many other things to do... I don't have time to do everything I want to do.

I sometimes wonder if all of us got together and asked our collective Higher Power... to make the days 48 hours long... and the week 23 days long... then maybe we could catch up with ourselves. But I doubt if that will ever happen. The only other way I could do that probably is to live to be 250...

So I said before to the people who come to this Program... as I meet them at meetings... I'm going to be around here for a long long time... See to people who come to this Program, so you gonna have to put up with me, BECAUSE I'M NOT GONNA LEAVE. And I hope that you hang around too, because maybe MAYBE if we all stick together - we WILL find unity in this Program.

We WILL learn how to apply the Traditions, which is the ONLY thing that will make the Fellowship grow. AND WE WILL BE ABLE TO CARRY THE MESSAGE TO EVERY CORNER ON THE EARTH. Whether it is to an institution here... or in Bangkok... or in Thailand... Scotland... Poland... by the way we've been for 2 days behind the Iron Curtain in Poland... We'd be surprised...what'll be going on... This catholic priest down in Brazil... has translated a little part of the White Book. We're trying to get in touch with him... I called him a number of times... I couldn't get anybody! Down there... so I had to write to him...

There's more calls for help coming in from the different parts of the world. Then they ever have before. We need everybody! We don't need just a few people! Every member of the Narcotics Anonymous is needed! In some way! None of us have it made (???)! That's the unfortunate thing that happens to us a lot. We think we have it made. We can't all give our time... but we can BE the Program... you ARE the Program... you're the only Program some people will ever see... whether in OR out of the institution! And what's your image? Is it false (MASK) or is it real you know?

Sometimes I'm so DOZED up against the wall I can't... couldn't be serious even if I tried... Tonight I just happen to be serious. Cos I realize more and everywhere... when I look around at the room like this... with so many people... When I remember the times we used to sit 2 or 3 of us at the table... AND IT WAS THE ONLY MEETING IN THE ENTIRE WORLD! I remember one time Bob said to me. He said what do we have to do all this other stuff for? He says that after he had to hatch people for the last time by the way. He still has a little resentment towards me you know. Because when I wrote a letter to him and I let him know when the meeting starts and I didn't enclose any money for him! Right, Bob? He didn't need any money... What did he need money for? Getting trouble? He was ENOUGH trouble as he was you know...

Yeah...but a lot of times we had to do that. And [sometimes a question arose] - what do we need this stuff for? Because I said one day there will be a lot of kids who haven't been born yet... And they're gonna need what we have to offer. Thank God we have what we have to offer. Not just NEW people... but the kids... are the members... who weren't even born at that time. We've got something to offer to the world.

I wish I could remember what I wrote this afternoon on that last page. That I was going to wind up this talk with. I can maybe give it to you... not in the [exact] verse that I have written... but maybe I could give you the essence. And I was thinking you know... if there was ever... an epitaph... that I would like to see... on my headstone... if I ever have a headstone I'd probably be buried AT SEA... If there was ever an epitaph... that might go something like this... ALL WE DID - WE SOW SOME SEEDS... AND WORKED AND ROPE TO MAKE THIS WORK... SO THAT WE AND OTHERS MIGHT LIVE... IN PEACE, IN FREEDOM, AND IN LOVE.

Jimmy K died on 9 July 1985 in Los Angeles, having spent the last 35 years of his life in recovery as a "clean" member of Narcotics Anonymous.