

# H&I Newsletter

## LA Hospitals and Institutions Newsletter

Visit us online at [www.lahic.org](http://www.lahic.org). Download panel forms and the Hi from H&I newsletter!

February 2014

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**Director of Policy Council**  
Frank del Aguila

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## Carrying the Message of Hope and Recovery for 75 Years: A.A.'s 'Basic Text,' Alcoholics Anonymous, Reaches Another Milestone

Reprinted from the website: <http://www.aa.org/press.cfm>

January 10, 2014

(NEW YORK) – First published in April 1939, *Alcoholics Anonymous*, the seminal text of the Alcoholics Anonymous Fellowship – and the volume from which the movement takes its name – will celebrate its 75th anniversary in April 2014.

The brainchild of A.A. cofounders Bill W. and Dr. Bob S. and the first 100 or so alcoholics to get and to stay sober following its methods, the book sought to codify the progress of these early pioneers and to create a roadmap to lead other sufferers out of alcoholism's harsh wilderness.

As stated in the first edition's foreword, "We of Alcoholics Anonymous are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics *precisely how we have recovered* is the main purpose of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all." Widely distributed, both among alcoholics seeking help and those professionals who dealt with alcoholics and their families on a regular basis, upon publication many in the medical and religious communities contributed their thoughts on its contents.

A 1939 review of the book by the *Journal of the American Osteopathic Association* called the stories "gripping," and the *New England Journal of Medicine* urged all who at some time had to deal with the problem of alcoholism to read "this stimulating account." While a review in the *New York Times* referred to it as "a strange book" and "unlike any other book before published," the reviewer, Percy Hutchison, noted that "the general thesis of *Alcoholics Anonymous* is more soundly based psychologically than any other treatment of the subject I have ever come upon."

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## Letter from the Director of H & I

I want to thank everyone once again for last month's enthusiastic attendance and participation. I am filled with gratitude, hope and optimism that this year will bring many new opportunities for us to take our recovery to the next level. Speaking on H&I panels provides us with the ability to be of service. I challenge you to take a moment to sign up for a panel that you have never spoken on or get jail clearance for a new experience (if you have been speaking on hospital panels for a while). As many of you know, recovery is most fulfilling when we are working all sides of the triangle. We go to meetings for the fellowship and unity; work steps with our sponsor for the recovery and spirituality; and we speak on panels and take on commitments to fulfill the service aspect. Those of us that do this know the results. We feel lighter and more at peace with the rest of the world. Although our circumstances may not be the most ideal, we find that we are happy with the way things are, as our focus goes from what is wrong in our lives to what is working. Let's take a moment to remember who we were when we came into the rooms and compare that person to who we are today. I hope that the change is dramatic for you and if it isn't, perhaps ask yourself if you active in recovery, unity and service. Often times, a slight shift can get us back on track.

**Andy V.**  
Director, H&I

### Does your meeting have an H&I can?

Help get literature to AA's who are locked up and cannot get to meetings. Bring a can to your regular meeting and take up a collection. They money you collect pays for AA literature handed out on panels. Ask for an H&I LABEL at the "Cans" table at H&I. Your meeting can donate a portion of its 7<sup>th</sup> Tradition, or members can make personal donations. However you choose to participate, donations are gratefully appreciated. Thank you!

### The Newsletter needs your Articles!

Please submit anything you'd like added to the Newsletter! Feel free to also contact us with questions, concerns, feedback, or anything at all! The email address to respond to is: [hnnewsletter@gmail.com](mailto:hnnewsletter@gmail.com).

## ANGEL FUND DONORS

H & I ANGEL FUND DONATIONS 2013	
<u>Angel</u>	<u>Total</u>
Gene	70.00
Jan M	120.00
Ken T & Manya	100.00
Michael C	225.00
Paul F	70.00
Steve B	130.00
Steve S	20.00
<b><u>Grand Total</u></b>	<b><u>\$ 735.00</u></b>

Thank you for your amazing contributions to the Angel Fund! The Angel fund has come to H&I's help to get us through lean times by supporting our operating needs.



### Central Office Needs You!

A great way to be of service and enhance your sobriety. You can come and train any time to be a phone volunteer. Of more information, just come in or call (323) 936-4343 any time.

Continued from page 1 "Milestone"

As the book began to take hold throughout the early 1940s and '50s, selling over 300,000 copies in its first 15 years, it continued reaching an ever-broader audience. It took 36 years to sell the first million copies, and today approximately one million copies are distributed each year in the English language alone (the book is currently translated into 70 languages), and A.A. membership has grown to over two million with a presence in more than 170 countries. In 2010, the thirty-millionth copy was presented to the American Medical Association, which declared alcoholism an illness in 1956. In 2011, *Time* magazine placed the book on its list of the 100 best and most influential books written in English since the magazine began, and in 2012, the Library of Congress designated it as one of 88 "Books that Shaped America." Now in its fourth edition and available in multiple print, audio and electronic formats, including American Sign Language and Braille, A.A.'s basic text has provided a blueprint for recovery from alcoholism that has been followed successfully by millions of alcoholics worldwide.

Often referred to by A.A. members as "the Big Book," since it was originally printed on thick paper to increase its bulk, the official publication date of the volume, as noted by the United States Copyright Office, was April 10, 1939. Four thousand seven hundred and thirty books were published in the first printing, with red cloth binding, wide columns, distinctive thick paper, and a red, yellow, black and white dust jacket. To commemorate this historic printing, the 2013 General Service Conference of A.A. approved the creation of a facsimile edition, a faithful replica of the original, in English-language text only, to be published in April 2014.

Copies of the 75th Anniversary Commemorative Edition (Item B-0) may be preordered until February 28, 2014. Preordered books will be shipped in April 2014 directly to the purchaser with gift orders to the addresses provided. The book is priced at \$12. For information about Alcoholics Anonymous or to order the book, please visit [www.aa.org](http://www.aa.org). For those seeking help for a drinking problem please look for A.A. in your local community at the following link: [http://www.aa.org/lang/en/central\\_offices.cfm?origpage=373](http://www.aa.org/lang/en/central_offices.cfm?origpage=373). For Media, contact: Public Information Desk at the General Service Office of Alcoholics Anonymous at 212-870-3119 or [publicinfo@aa.org](mailto:publicinfo@aa.org).

## Greetings from the Corrections Side

### Daily AA meetings in LA County Jails

H&I is working closely with EBI (Education Based Incarceration) in the LA County Jails to help inmates set up daily AA meetings. H&I will supply the meeting format (book study), literature, and any support needed to keep them running. These meetings will be run by the inmates, will allow them to participate in daily recovery and carry the message to newcomers in jail. Twin Towers pod 252 was the first to start a daily AA meetings in November, Twin Towers pods 242 and 241 followed. Stephen B and I have met with CRDF and are currently help facilitate daily meetings in 4 different pods to start. H&I will continue to work with EBI on the expansion of this program throughout the LA County Jail System to carry the message of Alcoholics Anonymous. This is very exciting!

***Greg Baldwin***  
Director, Corrections

# Letter from the Hospital Side

It is with much gratitude that I write this letter.

I've been blessed to be entrusted with this position and I would like to take this opportunity to thank you all for the service work you do at all levels in H&I. And to remind everyone how important this work is; not only in our own recovery, but in transforming the lives of others. Although we might not see the results immediately, or maybe not at all, I know how important our efforts are from my own personal experience.

I too sat in a jail cell more than 13 years ago and heard the announcement made for an H&I panel. I reluctantly attended and it changed my life.

I didn't know who these people were (I was a little foggy at the time), and I still don't know if they knew what a profound impact they had on my life. They didn't talk about my alcoholism, they talked about theirs, and so I was able to be just a little less defiant and to relate. I heard the message that saved my life. So let's go forward this year reaching out in kindness to those people who are truly down and bring them the message of AA.

In Loving Service,  
Noeh.

## News from the Awesome H&I Website!

Get your HNI Newsletter ONLINE!

You can access this same exact informative newsletter on the LAHIC website at: <http://www.lahic.org/newsletter.php>

You can also have each month's newsletter emailed to you directly every by simply going to the website above and typing in your email address.

**Unsubscribing at any time is just as easy!**

## 2014 Calendar of Events

Feb 10, 2014	Los Angeles Monthly H&I Business Meeting
March 10, 2014	Los Angeles Monthly H&I Business Meeting
Apr 3-6, 2014	All California Young People AA Round up <a href="http://2014.acypaa.org/">http://2014.acypaa.org/</a>
Apr 14, 2014	Los Angeles Monthly H&I Business Meeting
May 12, 2014	Los Angeles Monthly H&I Business Meeting
May 23-26, 2014	LA AALA Roundup <a href="http://www.aalaroundup.org/">http://www.aalaroundup.org/</a>
June 9, 2014	Los Angeles Monthly H&I Business Meeting
July 4-7, 2014	South Bay Roundup <a href="http://www.southbayroundup.org/event/list">http://www.southbayroundup.org/event/list</a>
July 7, 2014	Los Angeles Monthly H&I Business Meeting
Aug 11, 2014	Los Angeles Monthly H&I Business Meeting
Sept 26-28, 2014	Annual Southern California A.A. Convention <a href="http://www.aasocal.com/events.asp">http://www.aasocal.com/events.asp</a>

## And from our Readers...

Each month, we would like to pose a quote from the book Alcoholics Anonymous to H & I Newsletter readers. We have created an email address and would love to hear from you for March 2014's Newsletter. It gives us a chance to think about portions of the book Alcoholics Anonymous, our own personal recovery, and read about the experience of other "Trudgers" along this path of recovery and spirituality.

Please respond ( [hnnewsletter@gmail.com](mailto:hnnewsletter@gmail.com) ) with your response to the following quote:

### March 2014 Quote

**"We are equally positive that once he takes any alcohol whatever into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop. These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than in his body."**

-From There is a Solution, page 22-23 of the book Alcoholics Anonymous

# February 2014 Quote Responses:

***"I was not too well at the time, and was plagued by waves of self-pity and resentment. This sometimes nearly drove me drink, but I soon found that when all other measures failed, work with another alcoholic would save the day. Many times I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going."***

– From Bill's Story, page 15 of the book Alcoholics Anonymous

"Well into sobriety I hit various obstacles and tough times. I was learning how to live life as a sober man and all the challenges that go along with that. As alcoholics, I feel that we are more sensitive to the difficult parts of life. I know that I can be very extreme and have that "all or nothing" mentality. I also have a difficult time with unresolved issues and have a tough time pausing when I can't find answer for things right always. Sitting back and waiting for the answers to be uncovered is not my natural state. Many times in these circumstances whether it be with work or relationships I can dig deeper into self, which is not the best place to go with these issues and I will try to "figure it out." During these times, the only thing that has consistently helped in getting me out of "self" is helping another alcoholic and working with others. For some reason the act of helping someone else or relating to another alcoholic can give me the space that I need in order to look at things in a rational manner. From my experience, people have always seemed to ask for help when I am going through my most challenging times and although I may feel like I have nothing to give, those are the times that matter the most. I just finished a 1 year secretary ship at 26th and Broadway and that was one of my most rewarding commitments because no matter what else was going on in my life, I knew I could go each week and be of service to a meeting. And because I was of service, I built relationships with people and had to get out of myself to ask people to come share and be of service to the meeting. There was never a day that I didn't leave that meeting feeling better than when I came". –Rob

"Self-pity is and has been a paralyzing feeling that i have struggled with in my recovery. Especially when my heart has been broken, not getting what I want or losing someone I loved. Using the 12 step slogans as a mantra has helped. My favorite is " *Rejection is God's protection*" or " *Everything in God's world happens for a reason*" -D

"I love how we can see that after we have been restored to sanity by the 12 steps. I occasionally fall back into it and that's when I need a meeting. At a meeting I "work" with other alcoholics in my willingness to stay sober. It really works!" –A

"The old habits and trained reactions to anything resembling self-pity and resentments lead me to such unnecessary darkness. With the effort of reaching out to another, a sober friend, a sponsor, or a newcomer breaks the chain of my of thoughts and adds a new perspective to my "self" generated patterns. We are never alone Right?" –E

"I know all too well the feelings of being plagued by self-pity, resentment, and fear. Nothing helps to alleviate these feelings more than praying to my Higher Power and then taking the action of talking to another alcoholic or fellow in recovery. I am also blessed to work in a career that allows me to be of service each and every day. I can be having the worst day, but when I help my students it allows me to get out of my head and into my heart. Recovery taught me that. We practice these principles in all of our affairs." – S

"The quickest way to gain self-esteem is by doing estimable acts. The surest way To stay sober is to be of service to another alcoholic. I'm not thinking of myself I'm thinking of you". -M

"Working with others has afforded me the opportunity to see that my experience can be valuable to helping another alcoholic (and me!) at least know we are not alone." – B

"Not only is it a design for living that works in rough going, working with others works in times where the sailing is smooth. Working with others reminds me what it was like and helps me to have gratitude for how God is working in my life". - B

"My heart feels the sun shining when I give a great suggestion to a sponsee who is struggling with a situation. I am amazing what comes out of my heart and mouth. Calling my sponsor when I am in fear to do something and listening to her crazy day. I think holy shit I stopped thinking about me. What a miracle. It works if you work it. Run your ideas through another alcoholic saves a lot of amends and guilt". – K

"To me, this is the essence of H&I. Do I ever want to drive down to Lynwood? No. But every time I do, I am graces by our creator-with perspective, humility and love. And I am overwhelmed with awe and gratitude for sobriety, AA and God's work in the world". – Jane

"My sponsees save me! When I first joined AA I thought that I had to pay my sponsor. I didn't understand why someone would help me and give their time so freely, but now I get it. I'm so grateful to my sponsor and so grateful to be a sponsor. Such a gift!" - S

"In the beginning....My Self-pity was unrecognizable to me. I just could not see it. Now I can see it and better yet, I am willing to ask god to remove it. Asking God to remove my self-pity and other character defects has granted me the best relief from my alcoholic mind." –B

"I find true serenity and peace when I work with another alcoholic." –A

"Talking openly with another alcoholic. Either about our losses or our victories provides me with the relief I sought with alcohol. It is only with another alcoholic that I can reveal my true self and feel understood." –J

# We need your **HELP!**

## Become a Member of H & I

The Los Angeles Hospitals & Institutions Committee organizes over 500 panels of AAs each month to carry the message of Alcoholics Anonymous to those confined in hospitals and institutions. It's easy to become a member of H&I! Just come to the monthly H&I meeting, and sign up to speak on a panel. There are many opportunities for service, including panel leader and chairperson positions. See Frank D. for details.

To speak on hospital/recovery home panels, six months of continuous sobriety is suggested. For correctional facilities, a year or more is required, and, depending on the facility, a background check and/or clearance is also required.

See Andy V., Director, Hospitals, for information on hospital panels, and Greg B., Director, Correctional, to apply for jail clearance.

**H&I Monthly Business Meeting:**  
**2nd Monday of each month:**  
**Veterans Memorial Complex**  
**4153 Overland Ave. @ Culver Blvd.**  
**Culver City, CA 90230**

Orientation for new members: 7:30pm  
 General Business Meeting: 8-9pm

Check out the Online Newsletter at: [www.lachic.org](http://www.lachic.org)  
 SOUTHERN CALIFORNIA H&I INTERGROUP: [www.schii.org](http://www.schii.org).

## Dr. Bob's Farewell Talk

Reposted from: <http://www.aa.org/lang/en/subpage.cfm?page=313>

*My good friends in A·A· and of A·A·,*

*... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.*

*There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A·A· work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.*

*Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.*

*And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.*

*Thank you very much.*

