

# 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!

March 2014

### Los Angeles H&I Committee:

**H&I Director**  
Andy V

**Director's Assistant**  
Claire W

**Director of Policy Council**  
Frank A

**Director, Correctional**  
Greg

**Director, Hospitals**  
Noeh

**Panel Screening Chairpersons**  
Laura Anderson and Mark Sargent

**Treasurer**  
Fredrick

**New Member Mentor/Information Booth**  
Matthew

**Can Person**  
Mark

**Signs**  
Tunde Borrego

**Forms Chairperson**  
Devon

**Raffle**  
Piper G

**Coffee**  
David

**Literature Chairpersons**  
Kim J

**Webmaster**  
Bryce B

**Literature Fund Chairpersons**  
Needed

**Central Office Liason**  
Gabriel

**Bridging the Gap**  
Johnathon

**LA Intergroup Rep**  
Devon C

**So Cal Rep**  
Needed

**Greeter/Smoking Police**  
Terry W

**Newsletter Publisher/Editor**  
Lizzy

## Join the AA Community

### *How to Become Part of the Fellowship*

By David H.

(The following is an excerpt written by a member of Alcoholics Anonymous, sharing his experience, strength, and hope regarding the importance of taking an active role in the fellowship of this program of recovery. Thank you David!)

- Attend regular meetings regularly. (Go to a meeting 7 days a week). Get to know the attendees who are at each meeting every week. If the meeting feels comfortable, ask the secretary for a commitment. (A good secretary will create one for you.)
- Find and hold a minimum of 4 commitments a week. Preferably at different meetings with different attendees. (This way you will become familiar with a more versatile group of people.)
- Meet your sponsor at (at least) two meetings a week and check in daily. You will meet his/her sponsor and grand sponsor. Get their phone numbers and call them as well.
- Make a list of "go to" people as you become part of the family. Get their numbers and call them daily or every few days. People are made to feel special when you call them, you are being of service.
- Remember to ask how they are and not to spend entire conversation talking about yourself. When they ask how you are, be honest about your troubles, but remember to express gratitude for the things you do have.

## ***Letter from the Director of H & I***

H&I continues to open up new doors for me. Like my recovery program, it is important for me to not get stagnant in H&I. I have officially taken the leap from doing only hospital panels to applying for jail clearance. This happened as a result of my friend, the five minute speaker tonight, getting his clearance and my observation of the changes that happened to him as a result of speaking on panels. I discovered AA in LA County Jail, when a panel came into the psychiatric ward and spoke to us in 2000. I remember every word that the panel leaders said and this meeting carried a lot of weight that stuck with me for a long time. I feel that I have a responsibility to offer a lost alcoholic inmate the same experience. I am excited to experience what many of you already experience each month. My connection to my higher power is strong and has allowed me to believe in the infinite love and happiness available to me as I give of myself and stay true to others. The fellowship I desire has truly grown around me as I trudge through these steps, go to my meetings and do my best to be of service.

**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: [hnewsletter@gmail.com](mailto:hnewsletter@gmail.com).

### **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>, and even have each moth's newsletter emailed directly to you! Unsubscribing at any time is just as easy!

NEW \*

You can also download court cards from the website!



### **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.

## The Third Step Prayer

*from page 63 of the Big Book of Alcoholics Anonymous*

God, I offer myself to Thee-  
 To build with me  
 and to do with me as Thou wilt.  
 Relieve me of the bondage of self,  
 that I may better do Thy will.  
 Take away my difficulties,  
 that victory over them may bear witness  
 to those I would help of Thy Power,  
 Thy Love, and Thy Way of life.  
 May I do Thy will always!

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## 2014 Calendar of Events

|                  |  |
|------------------|--|
| 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> |

## 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

# And From Our Readers...

Each month, we will pose a quote from The Big Book to you. We would love to hear from you for the April Newsletter. Please respond with your thoughts to the following quote from The Big Book:

*Quicksand stretched around me in all directions. I had met my match.  
I had been overwhelmed. Alcohol was my master.*

-Taken from The Big Book of Alcoholics Anonymous, page 8 of "Bill's Story".

## Last Month's Big Book 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

## Reader's Responses:

I had to read this passage about four times before I could understand it. It's those words, "These observations would be academic and pointless if our friend never took the first drink..." It is the mind that reassures us that things will be different when we drink this time, that alcohol/drugs will change the outcome of a situation, that we've worked hard enough and have had a tough enough life to warrant just one drink—and then it's off to the races. We go to meetings to treat our mind, and yet, meetings do have a visceral effect on me, is it the spirit of AA or just relief that I made it to another meeting and am in another day sober? I agree that the problem of the alcoholic centers in the mind and that we do have to treat our mental disease, but knowledge is not what keeps us sober...it's by God's grace, a notion that confounds my mind, that we get each day of sobriety. - C

This dynamic can be easily compared to sexual relations and wrong relationships for most of us. - Eric

I've never been able to not take the first drink. Waking up every morning, I would say, "I'm not going to drink, today." And every night I would be asking myself "how did this happen again?" I didn't realize that I have an obsession that is beyond my mental control. That is to say, on my own power, I cannot stay stopped from drinking. That defense has to come from a power greater than myself. I have found that power today through the 12 steps of Alcoholics Anonymous, as they are outlined in the big book. It is of paramount importance over everything else in my life, today. - Kevin

I have stayed sober, one day at a time, for 5 years. I did this by doing the twelve steps with a sponsor and taking commitments at meetings. My sponsor asked me to write down all the times (that I could remember) that I had one drink and all the times that I drank as much as I liked and stopped when I wanted. I discovered, when I put pen to paper, for me there were no such times. This concept of stopping drinking when I had "had enough" was completely foreign to me as was the concept of just having one. To this day I still look with bafflement, disdain, and envy at "normies" who drink with impunity. They drink because they like the taste of alcohol. I drank because I liked the effect produced by alcohol. They drink and stop of their own volition when they start to "feel it". I drank for oblivion. However, the idea that I can control and enjoy my drinking and the pursuit of this idea took me to a state of insanity and almost death, and eventually, thank God, to the rooms of Alcoholics Anonymous. I have identified the disease of alcoholism in me. I identify as an alcoholic and I identify with other alcoholics. Today, I give due diligence to maintaining a spiritual footing and connection to my higher power, because, left to my own devices, I will drink and I won't stop. -Lis

After 17 years my alcoholism is alive and well in my mind. No matter how much I work the three sides of the triangle; there is a part of me that will never get well. My legs are cut off and will never grow back! While the obsession for alcohol is not nearly as intense as it was in my early days, the core of my disease -- self-centeredness -- is always there to rear its ugly head. I may not experience it as often in a bar but I certainly experience it in other arenas: hitting the "reply all" on an email before running it by my sponsor or not letting someone cut in front of me during my commute. These, like a single drink, are small but they lead me down the road towards anger and resentment and, I fear, to relapse. - John

"Obsession". My behaviors in my sobriety are enough to remind and convince me that should I even have a sip of alcohol, I will return to drinking and drugging just the same as where I left off. Today I crave Starbucks mocha Frappuccino's, cold, in the bottle. No substitute. Once I get it in my head, I will go to any lengths to get it. I keep extra bottles in my car. If I can't get it chilled, I have to run to the am/pm to grab one. The other day, I couldn't leave work so I called a friend to bring me one. If not the Frappuccino, than an e-cigarette, or a Chinese Pork Bun or my favorite spareribs. I can't and don't let it go until I get what I think I NEED. I live in fear of ever taking that first drink again. On that rare occasion when that thought enters my mind, I call my sponsor immediately. - Camila