

# Sharing Hope.

The Los Angeles Hospitals & Institutions Newsletter

May 2014 Issue

## Los Angeles H&I Committee:

**H&I Director:**  
Andy V

**Director's Assistant:**  
Claire W

**Director of Policy Council:**  
Frank D A

**Director, Correctional:**  
Greg B

**Director, Hospitals:**  
Noeh C

**Panel Screening Chairs:**  
Laura A & Mark S

**Treasurer:** Fredrick J

**New Member Info:** Mike H

**Can Person:** Mark

**Signs:** Kristin

**Forms Chairperson:** Devon

**Raffle:** Piper G

**Coffee:** David H

**Literature Chairperson:** Kim J

**Webmaster:** Bryce B

**Central Office Liaison:** Gabriel

**Bridging the Gap:** Debra G

**LA Intergroup Rep:** Devon C

**Greeter/Smoking Police:** Terry W

**Newsletter Editor:** Lizzy H



## The Circle and Triangle Logo

The Circle and Triangle symbol has long been connected to the A.A. Fellowship. It was adopted as an official A.A. symbol at the International Convention in St. Louis in 1955, and from that point on was widely used in the Fellowship. For the Fellowship, the three legs of the triangle represented the Three Legacies of Recovery, Unity and Service, and the circle symbolized the world of A.A. In *Alcoholics Anonymous Comes of Age*, Bill W.'s 1955 speech, in which he describes the adoption of the symbol, is printed:

*"Above us floats a banner on which is inscribed the new symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chose this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off the spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more." (p. 139)*

Nevertheless, in the early 1990s, A.A.W.S. decided to phase out the use of the Circle and Triangle symbol on its literature, letterhead and other material. It was decided to phase out the "official" or "legal" use of the Circle and Triangle symbol, and in 1994 the General Service Conference resolved that the logo be discontinued on all Conference-approved literature. However, the symbol is still associated with Alcoholics Anonymous (and other kinds of 12-Step recovery fellowships) and has a special meaning for AA members all over the world.

# Letter from the Director

Greetings fellow H&I Members!!!

Happy to say I have just gotten jail clearance!! I go to jail orientation on Thursday! I've never been this excited to go to jail.

Of note, we have decided to move orientation from 7:30pm to 7:00pm beginning next month. Please let everyone that may be affected know about this. The reason we are doing this is to give new members more opportunities to sign up for panels. Normally, the orientation meeting ends right when our business meeting begins and this leaves no time for new members to sign up for panels. I am hopeful that this transition will not cause too much chaos and will be beneficial to everyone.

We have secured another room in the main building for our Director's meeting so that orientation can happen at the same time.

Also, please hold off on putting out your sign up sheets until 7:30, so that everyone has the same opportunity to sign up for your panel. I know that many of our members wish to just get there sheets signed and be on their way. This is okay with me, but if you could just wait until 7:30pm to put out sheets, it will give the area supervisors time to get to the tables and answer questions and monitor the different areas. Thank you for your anticipated cooperation with this.

Please see Greg to sign up for jail clearance.

Thank you to our 5 minute speaker, Emerson and our wonderful newsletter editor Lizzy, who will be introducing herself tonight.

For any questions or problems, please come up to me to discuss.

*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. The 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!

## Have you ever wanted to write about a moving experience in sobriety?!

We are currently reviewing articles & other writing submissions for the H&I Newsletter!  
Please send us your writing!

[hnnewsletter@gmail.com](mailto:hnnewsletter@gmail.com)

## 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.



## News from the [www.LAHIC.org](http://www.LAHIC.org)

### Did you know that you can get this newsletter online?!

- You can access this same exact informative newsletter on the LAHIC website at: [www.lahic.org/newsletter.php](http://www.lahic.org/newsletter.php),
- Have each month's newsletter emailed directly to you by joining the list serve!
- You can also download court cards from the website!
- Print out your panel sign-up sheets too!
- Unsubscribing at any time is just as easy!

# HELP! we need your HELP!

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: panel leader, chairperson positions, one time speaker. Six months of continuous sobriety is suggested for hospitals. For correctional facilities, a year or more is required, and, depending on the facility, a background check and/or clearance is also necessary. See Noeh, Director of Hospitals for information on hospital panels, and Greg B., Director of the Correctional side 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

# 30<sup>th</sup> Annual South Bay Round Up

May 23- May 26<sup>th</sup>, 2014

Keep The Fire Burning

Online registration is now available: [www.southbayroundup.org](http://www.southbayroundup.org)

- Early Bird Meetings
- Golf Tournament
- Block Party/ BBQ
- Poker Run and Meeting
- Al-Anon Luncheon
- Young Peoples Meeting
- Musician's Meeting
- Family Breakfast Meeting
- Live Music, Coffee House Music & Other Entertainment All Weekend
- Veteran's Meeting; and MORE!



## Greetings from the Hospital Side

Hello H&I Sisters and Brothers,

I'd like to take this opportunity to tell you what a gift and a privilege it is to serve at H&I. I also want to thank you all for the service you do at all levels of H&I and to remind you of a few things:

We have a no "Dark Nights" policy. Please dispense literature upon request by the clients only, do not leave literature at any facility. Be courteous to clients. Be courteous to facility staff, if for whatever reason they turn your panel away, remember it's their facility, say thank you and report to your panel chair and area supervisor. It is now H&I policy to provide your area supervisors with an accountability report after each panel via email or phone call stating:

1. Names of the panel speakers.
2. Number of clients in attendance.
3. Number and type of literature dispensed (if any).
4. Where there any problems or issues with the panel or facility.
5. Thank you so much for your cooperation.

In loving service always,  
Noeh

# 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 May Newsletter. Please respond with your thoughts to the following quote from The Big Book:

## *New Quote for June*

**"...a life which includes deep resentment leads only to futility and unhappiness." Page 66**

## **May's BB Quote:**

**"I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure." -Taken from The Big Book of Alcoholics Anonymous, page 13**

## **Your Responses:**

*This was a hard concept for me to grasp... When I first got sober I tried to pray in ways that still led to me getting what I wanted... Living in My Will vs God's Will has caused me a lot of pain over the years... As expectations are merely premeditated resentments. And thus I became resentful at God. It took a lot of hard work to truly understand what it meant to turn My Will over to the care of God. Now I know and believe that God always has my best interest at heart, even if it doesn't feel that way at the time. Sitting quietly, I can listen to that whisper of my God Consciousness within me. I have learned that God's Will is the easier, softer way. -Brooke B*

*This passage reminds me of some of the early AA nuggets of wisdom I heard as a newcomer like "Let go and let God" or "Thy will, not mine be done." These ring just as true to me today as they did that first year sober. I spent much of my drinking life praying for MY will or thinking if I just worked hard enough, I could control my drinking. When I let go and turn my will over in any situation, I'm always taken care of. That's how God and the program work in my life today. - Cynthia W*

*When I read this excerpt, I am also reminded of the phrase "pause when agitated." It is a difficult but amazingly rewarding discipline to practice. When it becomes part of my daily ritual, the piece of mind it yields is incomparable. I feel as if I would recoil from alcohol as if it were a hot flame. - Matthew M*

*Be careful what you pray for. If you pray for patience you are tested with situations that call for it. If you pray for tolerance you are tested with exasperating circumstances. If you pray for love be specific. Always end your prayer with "so I may better help others." - Kelly B*

*Part of what my experience in AA has taught me is that it is only important for me to be right with my higher power- no matter what the voices in my head or the people around me say. When I can ask for peace and clarity from God, I am able to show up without fear and defects and be of service to the world around me. This is my constant prayer- help me to be the best I can be, so I can serve your world. - Jane A.*

*We all have our baggage and our crosses to bear. We commit crimes against family (if you can't con your mother, then who can you con? -jack r.), friends, lovers and when the bridges start burning, we tend to stretch our boundaries to unsuspecting employers, customers or whomever is convenient because our priorities are limited... To OURSELVES! Some of us (me included), have used "backhanded" tactics to feed our need for community. "Under the guise of generosity, I brought others down with an already sinking ship" -D.H. Thank god some who were able to swim away, were likely non-alcoholics, others were not so lucky. Obviously the larger crimes against society into which some of us progress are big issues, often the result of powerlessness against our disease. The "old code" of protectionism, self-motivated ideals, anti-snitcher or "punk" labels are all part and parcel to a paradigm of a life born from the progression of the "criminal" facet of alcoholism. When we step into the rooms of alcoholics anonymous, many have the expectation that all that training, our "life's work" is gonna be washed away in an instant. Well, the bad news is we're wrong about that, no matter how we try and fake it, Mr. Hyde is right there, even without his potion! That's because actions are like a muscle, they get trained into our subconscious, it feels safe, even "healthy", because Mr. Hyde is a perfect mask for a damaged ego. I can't remember the first time I heard this quote, it most certainly predates my short AA experience, but here goes... "one cannot think their way into right action, only can they act their way into right thinking". Anybody heard that one before? Well, the gist of this month's quote screams at me this very thought. If we continually think of ourselves first, we are missing the boat. It doesn't come all at once, only through practice of meeting the needs of others before ourselves, does the weight of the world get lifted off our shoulders. This is one of the most backwards thoughts a practicing alcoholic with no exposure to this miracle of AA, could ever imagine. Since faith and fear cannot exist in the same space, we encourage you to start looking outward, to the ways you can be of service, with no thought of reward. Soon you will realize the promises are owing true for you and countless others. -David H*