

Sharing Hope.

The Los Angeles Hospitals & Institutions Newsletter

June 2014 Issue

Los Angeles H&I Committee:

H&I Director:
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Director's Assistant:
Claire W

Director of Policy Council:
Frank D

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

Bridging the Gap

I am responsible....whenever anyone, anywhere reaches out for help, I want the hand of AA always to be there....and for that, I am responsible. Those of us AA's who have made a commitment to general service know this sentiment well. What many AA's may not know is that there are programs in place (outside of the plethora of amazing LA meetings) that fundamentally speak to this mission. **"Bridging the Gap" is a perfect example of making sure that the hand of AA is always there to assist alcoholics who are seeking recovery.**

This amazing program connects volunteers from across the country with new AA's who are leaving treatment facilities. Whether our new friends are staying in the city where they completed treatment, returning to their homes, or going on to new lives in new cities, Bridging the Gap will help these folks get connected at meetings immediately upon their completion of treatment. Bridging the Gap volunteers will even be available to pick them up at the airport and take them to a meeting.

So what does this mean for AA's who are of service to the LA H&I community? The best way we can make sure the hand of AA is right there for all alcoholics who want help, is to spread the word! H&I panel leaders are in an especially prominent position to provide the Bridging the Gap information to the staff and administrators of the facilities into which they take their panel speakers. A Panel Leaders packet is available at every H&I meeting with a sample announcement, pamphlets and a contact card including the toll free Bridging the Gap number. As H&I takes its message to more facilities, cooperating with GSR allows us to act on our primary purpose by supporting AA's transitioning into a new life as a member of their AA community.

**For more information, contact your meeting GSR or
trexaroo@gmail.com or rgwenford@yahoo.com**

Letter from the Director

Thank you for coming out tonight! A few things to take note of:

1. We have moved the Orientation meeting from 7:30 to 7:00 as to allow new members more opportunities to sign up for panels.
2. Please be careful where you smoke and make sure you throw your butts in the appropriate place.
3. No dogs are allowed at the H&I Meeting. Not even small dogs in suitcases. Please leave them at home unless they are service animals.
4. Stay for the entire meeting if possible.

Andy V.

Director, H&I

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

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 7th 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

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

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,
- 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!

Calendar of Southern California AA Events

- **June 22, 2014**
 - We Are Not a Glum Lot Picnic
- **August 15-17th, 2014**
 - Mammoth Lakes AA Group Camping
 - <http://www.mammothlakesaa.com/>
- **September 26th, 2014**
 - Southern California AA Convention, San Diego, CA
 - <http://aasocal.com/>
- **October 17, 18, 19th, 2014**
 - Santa Clarita Valley Convention of Alcoholics Anonymous
 - <http://www.scvaaconvention.org/>
- **October 3rd-5th, 2014**
 - Conference for Recovering Women: 60th Anniversary, San Diego, CA.
 - <http://www.womantowomansandiego.com/information.htm>

Greetings from the Hospital Side

Hello Fellow H&I Sisters and Brothers,

I want to thank you all for your commitment, follow thru and dedication to service at all levels of H&I. I am very impressed when I see you doing all that you do.

You are engaged in one of the most basic of AA practices. When our founders realized that a big part of the solution to alcoholism lied in carrying the message of recovery to other alcoholics, they in fact were the very first to do H&I work.

AA is a spiritual program and in my opinion to help those in need is highly spiritual so keep signing up to speak and to lead panels and continue to bring understanding, love, kindness and compassion in your message.

In loving service always,
Noeh

Southern California AA Convention

September 26, 2014

500 Hotel Circle North San Diego, California 92108

ALCOHOLICS ANONYMOUS MEETINGS

- AA Marathon Meetings
- Spanish Opening Meeting
- Longtimers Meeting
- Young Peoples Meeting
- H & I Speaker Meeting
- AA Banquet Meeting
- AA Closing Meeting & more!

AL-ANON MEETINGS

- Al-Anon Marathon Meetings
- Al-Anon Spanish Marathon Meetings
- Al-Anon Opening Meeting
- Al-Anon Host City Meeting
- Al-Anon Luncheon Speaker Meeting
- And more!

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:

June Quote

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

Your Responses:

"A life lived with resentment that I tell myself is not deep, becomes a life I feel I can manage; as an alcoholic, my ego tells me I'm not resentful, just angry." -P

"Resentment is the ultimate anchor. Unless thoroughly discussed and abandoned, you will never step out and forward. Meditation, work and thought of others, is an amazing beginning in this respect." - Matt

"Letting go of resentments has been one of the greatest gifts of recovery and has allowed me to truly dwell in the sunlight of the spirit!" - Stephanie

"If I am not working with my sponsor on a regular practice, or calling a few times a week, I tend to fall out of the habit of writing inventory. And then the resentments start to build. And it becomes overwhelmingly painful before I know it - I have to stay up on that because it will eventually make me want to drink because I will be so stuck in my 'stinkin' thinkin' that I will see no other solution. Working these steps in my daily affairs is crucial, for me as an alcoholic. Anger is a normal feeling, but because my default is to drink my feelings away, it is absolutely crucial for me to be rid of the resentments; I must or it will literally kill me. - E