

Sharing Hope.

The Los Angeles Hospitals & Institutions Newsletter

July 2014 Issue

Los Angeles H&I Committee:

H&I Director:
Andy V

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: Tamara

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

Announcing the 75th Anniversary Commemorative Edition of *Alcoholics Anonymous*



A.A. World Services, Inc. is pleased to announce the publication of the only authorized reproduction of the first edition of Alcoholics Anonymous. The book is priced at \$12.

The official publication date of the first printing of our Big Book, as noted by the United States Copyright Office, was April 10, 1939. There were 4,730 books printed, with red cloth binding, wide columns, thick paper (which was why it was called the Big Book in the first place), and a red, yellow, black and white dust jacket, which came to be known as the “circus cover.”

To commemorate this historic printing—and the book’s 75th anniversary—the 2013 General Service Conference approved the creation of this facsimile edition, a faithful replica of the original, to be published in April 2014. This edition is published in the original English-language text only.

Order online at: <https://b2c.aaws.org/p-979-75th-anniversary-edition-big-book.aspx>

Letter from the Director

Dear H&I Community,

It is with great pleasure that I announce the unmasking of our new signs, which were designed by Sharron, with the help of Stephen B. I thank Noeh for his hard work in rethinking and regrouping our seven different areas. We are in the process of dividing the areas up in a way that will hopefully equalize the amount of facilities in each area.

Currently, we are also revamping the website to be more user friendly. We have also successfully moved orientation to its new 7:00pm time slot. This was done to allow and encourage our new members to have the same opportunity as everyone else to sign up to speak on a panel. If you haven't picked up the new meeting directory, I suggest you do. In it, you will find that many changes have been made, including a page dedicated to H&I, containing all of our pertinent information. As we are now past the halfway point of the year, I invite you to share your suggestions with me as to what we can do to make H&I better. Feel free to grab me at the break, or email me at 2andyv@gmail.com. Thank you for letting me be of service.

Andy V.
Director, H&I

Greetings from the Hospital Side

Hello H&I sisters and brothers,

Thank you for all the service that you do at H&I. Please remember to turn in your post panel reports to your respective panel chairs and or area supervisors and dispense literature sensibly. We need your help on the hospitals side. We need panel chairs in area 5, if you have a Clare panel please contact Gregory G to become a panel chair. Thank you.

In loving service always,

Noeh

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: 7:00pm

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. 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 7th Tradition, or members can make personal donations. However you choose to participate, donations are gratefully appreciated. Thank you!

Central Office Needs You!

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

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!
- Download court cards from the website!
- Print out your panel sign-up sheets too!

Unsubscribing at any time is just as easy!

Share about your story in sobriety!

We are currently reviewing articles & other writing submissions for the H&I Newsletter! Please send us your writing! hninewsletter@gmail.com

Calendar of Southern California AA Events

- 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 AA
 - <http://www.scvaaconvention.org/>
- October 3rd-5th, 2014
 - Conference for Recovering Women: 60th Anniversary, San Diego, CA.
 - <http://www.womantowomansandiego.com/information.htm>

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:

July's Big Book Quote:

"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." Big Book Chapter 6

Your Responses:

"I need your help" is the phrase I end up saying and my way to recognize I'm resting on my laurels spiritually. After that admission that my Ego self is failing me I can surrender over and over to feel immediate relief. I can only reflect on how often this has worked in my life. Lucky me! -Eric

I am struggling with "resting on my laurels". For some reason, I have really struggled with discipline in the areas of prayer and meditation -I know that those are areas which bring so much freedom.....and lately I have had some really weird cravings - not necessarily to drink or use, but to just get out of how I am feeling at this moment. I know that the more I put in to recovery, the more I will be clear, the more I will be able to be out of self and help others, and the more free and happy I will be. Having 4 years of sobriety, I can sometimes get down on myself for not being "perfect" or not even being 1/2 of "perfect" in all my affairs. I will keep trying thought, and I'll keep asking for help, being honest with what is going on, and sitting for meditation, even if it's only 1 minute long. - Beth

I really appreciate this quote for reminding me about my alcoholism and that I will never be cured from my disease. I can handle this truth because AA has taught me that there is a solution. A huge turning point in my sobriety was coming to the point where I fully believed in my heart that I am an alcoholic. This gift of identification made it possible for me to work the steps and be open and willing to find a connection with a higher power. I need to daily surrender my will and my life to my higher power so that I can get out of my selfish nature and self-centered fears. AA has opened my eyes to a whole new way of life and I need to always remember that no human power can keep me sober. That is why the maintenance of a spiritual condition is essential and this program provides me a way to live a sober and free life. I am so grateful for the hope and honesty I have been shown in Alcoholics Anonymous. -Catlyn

Rx for Sobriety

Smith & Wilson A.A.

12 Steps practiced in all our affairs -- Pages 59-60

Trust Higher Power & Clean House -- Page 98

Share Experience, Strength and Hope

Stay Active in Service

One Day At A Time for the rest of our life

A handshake, smile and hug as often as possible

Recovery Guaranteed

Dr. Bob S.

Bill W.