

# Sharing Hope.

## The Journey Continues

*A Monthly Letter from the Director of Los Angeles H&I*

H&I changed my life.

Eight years and one month ago I was incarcerated in jail on a drug possession charge. For the past two years I have served as Director of Jails for H&I. I went from jail cell to Jail Director in six years.

What a miracle!

Becoming an active member of H&I is the greatest accomplishment/gift of my life. My biggest obstacle of overcoming alcoholism/addiction has become my biggest asset. I am now in a position to help people. H&I taught me that life is about service. I thought that my life was over 8 years ago when actually it was about to begin.

I want to thank everyone in H&I for the opportunity to serve as Director of Jails in 2013 and 2014. I am very excited to continue my journey as Director of H&I in 2015. I hope to continue to play a small part in helping carry out our mission in H&I of carrying the message of Alcoholics Anonymous to hospitals and institutions.

Sincerely,

*Greg B.*

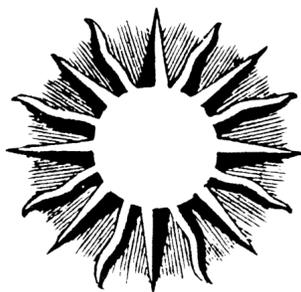
### The Los Angeles H&I Committee

H&I Director.....	Greg B.
Director's Assistant.....	Claire W.
Director of Policy Council.....	Frank D.
Director, Correctional.....	Gene S.
Director, Hospitals.....	Noeh H.
Panel Screening Chairs.....	Laura A. & Mark S.
Treasurer.....	Frederick 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.....	Colleen W.

NOTE FROM YOUR EDITOR

Happy New Year! And it is, so far, thanks to my sobriety and the amazing gift of H&I. I got to celebrate Christmas at Twin Towers and ring in the New Year at Men's Central Jail—I think it's no accident that these were the happiest holidays I've had in memory.

H&I is the best thing that's happened to me, aside from getting sober just over a year ago. And I know I'm not alone in this!



So in the interest of helping your fellow AA's, won't you share your favorite H&I gratitude story/anecdote/etc.? Send to: [hnewsletter@gmail.com](mailto:hnewsletter@gmail.com).

If it freaks you out, pretend you're just writing a pal an email, because you are!

Thanks for letting me be of service. Your grateful sober sister (and pal!),

*Colleen W.*

## MONTHLY NOTE FROM H&amp;I CORRECTIONS

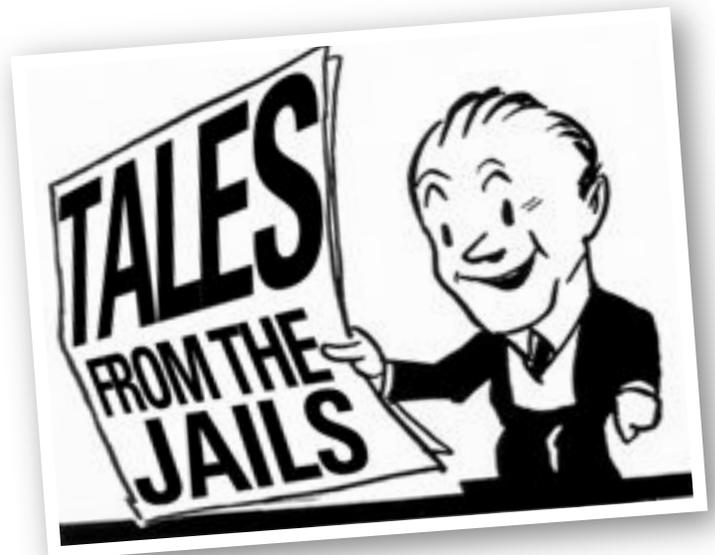
Welcome to the first edition of “*Tales from the Jails*,” where I will try to shine an AA light on some of our less fortunate citizens who are fighting for their sobriety behind bars.

Two things I learned about these past holidays (we had panels on Thanksgiving, Christmas, and New Years): (1), an AA panel over the holidays meant so much to the inmates, they found out they weren’t alone, as many of them had no other visitors, due in large part to their less than outstanding behavior while not sober; and (2), even though it was much appreciated as their best meal of the year, no one could figure out what percentage of real turkey made it into the processed turkey they were served. After much investigation, I believe it to be about .00008%. (Also: always, ALWAYS, beware of the Jell-O!)

I want to mention one 24-year-old gal I was blessed to get to know over my visits to Twin Towers. When she was 11 years old, her parents dropped her off at a park and never returned. She has fought to come to terms with her life in and out of jail (mostly in) and sobriety ever since. She came to all our meetings and is

determined to stay sober and change her life when she is released and thanks everyone who has done panels, and called us her new family. We pray for her and others like her. To stay involved you have to get involved.

*Gene S.*  
AA H&I Corrections Director



## MONTHLY NOTE FROM H&amp;I HOSPITALS DIRECTOR

**Dear H&I Sisters and Brothers,**

I trust you all had a wonderful, safe and sober holiday season.

I would like to thank you for all the service work you do at H&I at all levels, you are all my heroes and examples.

I don’t really know how many of you actually read the newsletter but in the event that you are reading it now, we need your help on the hospital panels side, we have a lot of



new panels and some not so new that need leaders – especially

women. So please listen for the “open panels” announcements and sign up. This is a spiritual program and here is a great opportunity to practice it. There are so many people at these facilities that need and want help and there is nothing more spiritual than reaching out with love, kindness and compassion to any person that is down.

With love and respect always,

*Noeb H.*

LAHIC Hospital Panels Director

## CENTRAL OFFICE NEEDS YOU!

Time on your hands? Sleepless in Santa Monica? Central Office needs your help covering the phones. Pick up a shift with a friend, or make a new friend by signing up for one. Calls roll in from across the U.S. when other phones are down. One brief training, and enhanced sobriety can be yours—and maybe someone else’s. For more info, call Central Office at (323) 936-4343.

