

Sharing Hope.

We Can Do It Together!

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

One of the greatest things I have experienced in H&I over the years is how much it has grown. We continue to add more panels and the new member orientation every month is packed with people wanting to be of service.

With the growth of new panels there is also a demand for more literature. We need to meet this demand with more donations to H&I. **If you see a current or new meeting that is not doing an H&I collection, please talk with the secretary to see if they would be willing to start one.**

This will help H&I continue to meet the growing demand to bring meetings and literature to people that need it.

Thank you so much for your service.

Sincerely,
Greg B., Director, LA H&I

CARRY THE MESSAGE OVER THE INTERNET

If you're reading this, you probably already know that you can get a copy of the monthly H&I newsletter online at <http://lahic.org/newsletter.php>.

Maybe you even scrolled down, found that "Subscribe" link, and signed up (if so, thank you for saving a tree and some much-needed cash to help H&I carry the message.)

But you can also pass along a PDF copy of this newsletter to any AA fellow who shows an interest in doing H&I work. At the very least, you will be sharing great stories of experience, strength, and hope. And who knows? Maybe you'll plant the seed for our numbers to grow even stronger!

The Los Angeles H&I Committee

H&I Director	Greg B.
Director's Assistant	ANT
Director of Policy Council.....	Andy V.
Director, Correctional	Gene S.
Director, Hospitals	Noeh H.
Panel Screening Chairs	Mark S.
Treasurer.....	Frederick J.
Can Person	Marc W.
Signs	Tamara
Forms Chairperson	Dan K.
Raffle	Piper G.
Coffee	David H.
Literature Chairperson	Kim J.
Webmaster	Bryce B.
Central Office Liaison.....	Kim J.
Bridging the Gap	Diane G.
LA Intergroup Rep	Sasha/Devon C.
Greeter/Smoking Police	Terry W.
Newsletter Editor	Colleen W.

CENTRAL OFFICE NEEDS YOU!

Pick up a phone shift, save your sobriety—and maybe someone else's. For more info, contact Central Office at (323) 936-4343.

In order to allow our volunteer crew sufficient time to set up and organize the literature packages, starting on March 9th the literature will be dispensed at 7:30pm.

There will also be a collection box at the end of the table for any excess literature.

PAROLE VIOLATIONS, PRISON TATTOOS, AND PRUNO!

Three things I've learned about since I started going into the jails some five years ago: Parole Violations, Prison Tattoos, and Pruno! And what is their antidote? Good, old Alcoholics Anonymous! Let's take a quick gander, shall we?

Parole Violations, going on the lam, or my favorite, absconding, is what happens to about 94% of parolees when they decide not being sober is a way to a better life. Suddenly they stop checking in with their parole officers, they are charged with absconding, and bingo, it's back to jail!

Prison Tattoos for some reason don't strike me as exactly sanitary. My favorite tattoo I've seen on an inmate, who on a good day could be described as frighteningly antisocial, is: "Scared don't get

Paid." (Translated: robbing people isn't for the weak.) Not exactly a catch phrase from the rooms of AA.



In case you've ever wondered, making Pruno (prison hooch) is alive and well in our jail facilities. How? Oh, these guys can do wonders with some old fruit, sugar and, I believe, cotton balls (don't quote me on that last one). Someone once told me how much they needed a meeting to get away from all the alcohol they were exposed to behind bars.

So, you can see how not being sober leads to one way of doing

things and being sober leads to another. I prefer the latter! Please help carry the message! To quote one of the many inmates I was blessed enough to meet this month: "Your testimony gives us hope."

Gene S.
AA H&I Corrections Director

TWO SIMPLE WAYS TO BE OF EVEN GREATER SERVICE IN H&I

Hello all,

I would like to take this opportunity to say thank you for all the service work you do at H&I.

As you might have noticed, we are adding new panels every month and I feel we have a responsibility and an obligation to the people in AA who generously contribute to the H&I cans and to the alcoholics we might help to operate as efficiently as possible.

One of the biggest challenges we face right now is how to dispense literature more sensibly. There are two things that you can do to help.

One is to not leave any literature at any facility for any reason. Hand it out upon request only to individual residents.

The other is to send in your post panel reports.



I want to inform you just in case you didn't know that it is H&I policy that panel leaders should send in post panel reports by email to their respective panel chair persons (or area supervisors if they don't have a panel

chair person) within 72 hours after conducting a panel.

It consists of four simple questions:

- (1) Who were your speakers? (full names)
- (2) How many people (approximately) were in attendance at the panel?
- (3) Did you dispense any literature and if so, what type and quantity?
- (4) Were there any issues or problems to report?

Feel free to contact me and let me know if I can assist you in any way so that we can all be of better service.

In loving service,

Noeh H.
LAHIC Hospital Panels Director