

# Sharing Hope.

## Help Us Help Grow H&I!

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

Alcoholics Anonymous saved my life and H&I has given me a life of value and service. Serving as Director of Jails and now Director of H&I is the biggest accomplishment of my life. It is such an honor and privilege to serve in this capacity.

When I served as Director of Jails my goal was to grow the jail program so we could reach more incarcerated inmates with the AA message of hope. With your help we were able to accomplish this.

Now as Director of H&I I need your help again.

We need new members to carry the message of Alcoholics Anonymous into hospitals and institutions. We can do this by making an announcement at a meeting about getting started in H&I and what it's like speaking on a panel, or by bringing a sponsee or sober friend to the monthly meeting.

Let's all help grow H&I so we can carry the message to more alcoholics in need. The more people we reach, the more lives may be saved. And not only will it help save lives by reaching more people, it may save the life of the person carrying the message.

Let's help more people get involved in H&I.

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

### GET THEM INVOLVED—GIVE THEM THESE STORIES!

One way to help bring people to H&I is by sharing the hope that our directors share each month within these pages. Bring this newsletter to your next meeting. Email a copy from the newsletter archives at <http://lahic.org/newsletter.php> to a sober sister/brother or sponsee. And remember, if you're looking to mix up your H&I announcement, there are always ideas—and hard numbers—in each and every issue!

### *The Los Angeles H&I Committee*

H&I Director .....	Greg B.
Director's Assistant.....	Stephen B.
Director of Policy Council .....	Andy V.
Director, Correctional.....	Gene S.
Director, Hospitals.....	Noeh H.
Panel Screening Chairs.....	Mark S.
Treasurer.....	Frederick J.
Can Person .....	Mike A.
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/Corrections.....	Beverly M.
Bridging the Gap/Hospitals & Rehabs....	Diane G.
LA Intergroup Rep .....	Sasha/Devon C.
Greeter/Smoking Police .....	Terry W.
Newsletter Editor .....	Colleen W.

### LAHIC TOTAL\$ FOR MAY 2015:

Last month, 439 groups in the L.A. area took in a total of \$8,432.81 in collections for H&I at meetings. That brings our total for 2015 so far to \$38,777.38. Congratulations, and pass it on—the can, that is!

### 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.

Have a great H&I story to share? Or an announcement you'd like to make for the benefit of the fellowship? Please contact your friendly neighborhood editor: [hnewsletter@gmail.com](mailto:hnewsletter@gmail.com)

## A VERY PERSONAL “THANK YOU” FOR YOUR SERVICE

Hello sisters and brothers:

Once again I want to express my appreciation for all the service work you do at H&I and to tell you how honored and privileged I feel to be a part of this wonderful team that is basically in the life-transforming, lifesaving business.

I say this from personal experience, 14 and a half years ago I couldn't stop getting arrested.

I sat in a jail cell doing a year of county time, having once again lost everything—and at this point by “everything”, I mean a backpack with a change of clothes in it.

My life was totally unmanageable and had been reduced to this. I had been homeless for many years in Skid Row as a direct result of my drinking and drugging. I was so sick with alcoholism that in spite of

overwhelming evidence I couldn't see the relation between the circumstances of my life and my behavior. That is until



you came in with a panel. I don't remember your faces or what you said (I was still detoxing) but I remember how you made me feel. You made me feel

understood, you got me and for the first time I felt like it was ok to be me just the way I was broken as I was.

You didn't talk down to me or about my alcoholism, you talked about yours and something you said helped me realize how sick I was.

You forever transformed my life.

You inspire me and so I'm absolutely committed to carry the message of love kindness compassion and hope to anyone who is down.

Sometimes we don't have an idea of how profoundly we can impact someone's life.

Thank you for saving mine.

In love respect and gratitude.

*Noeh C.,*

*AA Hospitals Corrections Director*

## “I'M PERFECTLY FINE TO DRIVE, I'VE ONLY HAD 2 DRINKS—14, TOPS...”

Before I started visiting Twin Towers as a member of H&I, I got the opportunity to visit thanks to the gift of drinking & driving; oh yes, like many others, I was convinced I drove better when I drank, it took the edge off, and it also took away the inhibitions of obeying the laws of traffic and society. Then it all changed....One morning I woke up face down on some sort of plastic, concrete mattress, in lieu of a door I saw metal bars, and I had several new roommates who were in no rush to make my acquaintance. It all added up, I was in a local jail! The events of the previous night were not coming back to me (as is usually par for the course when drinking yourself into a blackout). When the constable came calling I asked for an explanation, all I got was a tin of breakfast mash, which looked like something that had recently been euthanized. When I was released my only thought was to get to my car and get a drink; unfortunately for me, (not so much for the other citizens of the road) my car was totaled; apparently the night before I had hit 3 parked cars on my way to another nondescript bar...and that was my life.

We are all fortunate to be here and to be sober. I could have easily been like one of the very 1st guys I met

on an AA panel who drove drunk and killed 2 pedestrians and was now facing life in prison. What's the difference between us? I don't know, but what I do know is it's up to us to share the message of recovery and hope. Life in jail is not easy. When I asked one of the guys recently how things were going since being locked up, he replied "It's not all peaches & gravy." I believe him.

*Gene S.*

*AA H&I Corrections Director*

