

# Sharing Hope.

## Sometimes quickly

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

I remember the day H&I changed my life.

I had just started participating in H&I and was speaking on a panel at the Clare Foundation. At the beginning of the panel there was a woman sitting in the front row. She was broken and could not stop crying. I knew what she was going through because I had been there myself.

Three of us shared our stories that evening. After the panel was over I went up to her and told her everything was going to be okay and she smiled.

At that moment I had a spiritual awakening. I realized that H&I was about bringing hope to people who need it.

The biggest obstacle in my life so far, overcoming my alcoholism and drug addiction, has now become my greatest asset. Today I have the opportunity to be of service to others.

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

### *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 .....	Lidia C.
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.

### **BRING A LITTLE "ZING" TO YOUR HOME GROUP, BRING A LITTLE LAHIC WHEREVER YOU GO!**

Need some ideas for keeping your H&I announcement fresh?  
 Check out the newsletter archives at <http://lahic.org/newsletter.php>.  
 They're chock full of heartwarming (and sometimes hilarious)  
 success stories from the directors of LAHIC.  
 Nothing helps carry the message like the experience, strength, and  
 hope of people who have been there and done that.

### **LAHIC TOTAL\$ FOR JULY 2015:**

Los Angeles H&I took in a combined total of \$9,848.54 for June in can collections at meetings, for a 2015 total thus far of \$62,585.46. Please share with your group(s), and let's keep up the good work!

### **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? Experience/strength/hope to pass along and inspire? Or an announcement you'd like to make for the benefit of the fellowship? Please contact your friendly neighborhood editor: [hnnewsletter@gmail.com](mailto:hnnewsletter@gmail.com)

## FOLLOWING THROUGH ON COMMITMENTS

Hello H&I Sisters and brothers.

Thank you for all the service you do at H&I.

We continue to get emails and calls from all kinds of facilities requesting our services, we continue to grow with new panels every month, and so we need you (not only us but the people you may help) to step up as panel leaders, panel chairs and panel speakers.

If you don't know what any of these positions are about, I invite you to look at the Policy Guidelines which are available on our website [lahic.org](http://lahic.org). They describe specifically what the duties are of any of the positions at H&I.

This month I'd like to talk about commitment.

If you take a panel as panel leader, please make sure you show up for your panel with a format, speakers and

literature. We have a "No dark nights" policy. Stay in contact with your panel chair (if you don't know who that is, ask



your area supervisor) and your area supervisor by sending your post-panel reports.

If you sign up to speak on a panel, please write legibly—not all of us read "hieroglyphs"—keep your sign-up

confirmation slip, and put the date in your calendar.

Though your panel leader may send you a reminder, ultimately it's your responsibility to know when your panel is.

Making a commitment means you don't book anything else on that day and time.

In the event that something unexpected comes up (as it does from time to time), please find a replacement. It's common courtesy not to just call up (if at all) and say: "Sorry, I can't make it."

Remember, we are in the life-saving business, and the life you are saving may very well be your own.

Thank you for allowing me to be of service.

*Noeh C.*

*AA H&I Hospitals Director*

## "GOD, GET ME OUT OF THIS ONE AND I'LL NEVER DRINK AGAIN...UH, NEVER MIND, FALSE ALARM..."

Much like many of the inmates I've met through the years, I often called on God to help me out of dilemmas I created for myself due to my drinking, only to conveniently forget my promise when help arrived. It's like the guy who asks God for help finding a parking space; when a spot suddenly appears, he replies, "Never mind, I found one."

Back in my infamous blind drinking days, I attended a party on a military base. (I'm not sure why I was invited, maybe they needed someone from Iowa). Of course afterwards I was perfectly fine to drive the 40 miles home, which according to my math equalled approximately nine beers (on top of the 30 I already had). I found myself driving aimlessly down an unfamiliar road, when suddenly appearing out of the darkness were flashing lights.

I knew my time had come: the jig was up; I was about to be nabbed! Time to once again turn to God and ask for help, with the promise I will quit my beer-guzzling ways forever.

When the two coppers approached my car I was quite surprised to discover they weren't normal police, but Military Police. Putting my bewilderment aside, I tried to explain how the road wasn't clearly marked; they replied it might due to the fact that it wasn't a road, but a runway, and my car didn't look like it could fly! I had apparently yet to make it off the military base and I was on the verge of breaching national security. I'm sure if I had been an actual soldier I would've been court-martialed on the spot and sent to the brig; instead they called me a national nightmare and escorted me off the base.



And how did I pay God back for His help in this matter? By ignoring the life vest He threw me and continuing to drink. It wasn't until November 27th, 2007, when I got sober, that I was able to properly thank God on a daily basis for showing me a better way of life, which is what I try to share with every inmate I meet, who may be as lost as I once was.

*Gene S.*