

# Sharing Hope.

## Give it away to keep it

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

One night I was speaking as part of an H&I panel in Watts. After I shared my story and the panel was over, I was approached by a gentlemen asking me if I would sponsor him.

I agreed. I gave him his first assignment (read "The Doctor's Opinion") and told him to call me when he was finished. He did the reading and called me.

That was the beginning of our sponsor/sponsee relationship, and a friendship that has lasted over seven years. I had the privilege of guiding him through the 12 steps of Alcoholics Anonymous. It was remarkable. I watched his life change right before my eyes. He is an entirely new person. It was one of my most profound experiences in sobriety.

I am so grateful for the opportunity to be involved in H&I and to be of service to others.

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

### CAN TOTAL\$ FOR AUGUST 2015:

A whopping \$9,849.16 found its way to LA Hospitals & Institutions via can collections this August, for a 2015 total thus far of \$62,585.46. Don't forget to thank your group(s) for all that lifesaving literature!

### TOO MUCH PAPER DRAGGING YOU DOWN?

You're in luck! Get this and all back issues of the LAHIC newsletter (minus the panel grids) online at <http://lahic.org/newsletter.php>. And if you sign up for the mailing list, you'll never have to worry about missing an issue again.

The more copies we get electronically, the more money we save on copying, which means more money for much-needed literature to take into hospitals & jails. It's also a great, shareable way to turn a fellow on to the recovery available by participating in H&I. Thank you for your SERVICE!

### *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 Chair .....	Mark S.
Treasurer.....	Frederick J.
Can Person .....	Mike A.
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Forms Chairperson .....	Lidia C.
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Literature Chairperson.....	Kim J.
Orientation .....	Rob C.
Scribe.....	Sasha B.
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Bridging the Gap/Hospitals & Rehabs....	Diane G.
LA Intergroup Rep.....	Sasha/Devon C.
Greeter/Smoking Police .....	Terry W.
Newsletter Editor .....	Colleen W.

### VISIT CENTRAL OFFICE LATELY?

Plenty of opportunities to fill your free time with 12th-Step work! Help others, enjoy fellowship! More info: (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? Let us know! Email us at: [hnewsletter@gmail.com](mailto:hnewsletter@gmail.com). We appreciate your support!

## “BELIEVE ME, KIDS, IF IT WEREN’T FOR THESE SHACKLES AND PLEXIGLASS DIVIDER, I’D GIVE YOU ALL A BIG HUG!”

What do our brothers and sisters behind bars have in common, other than their misdeeds against society and matching blue outfits? A good majority of them have children who are missing their parents.

My dad was both a full-time teacher and a full-time drinker, two wonderful careers, if you didn’t have four kids at home wondering, “Where’s that guy whose name is on our birth certificates?” The only time he ever saw me perform in any capacity was when our marching band walked past the window of the bar he was drinking in every Memorial Day; I believe one year I actually saw him turn his head towards me in acknowledgement—either that or he was trying to flag down the bartender.

Now, I thought (due to alcohol) *that* was absentee parenting, but the inmates H&I give us the honor of talk that takes it to a whole new level! Adriana is both a resident of Twin Towers and the mother of six children,

aged 11 months to 17 years old (courtesy of six different baby daddies), and may I add she’s only 33 years old. I’m actually quite surprised she keeps finding the time to get arrested.



Another Twin Towers occupant, 22-year-old Chris, spent every day of the last three years (before Johnny Law caught up to him) in a mind-altering paranoid state, wondering who was outside his house. Maybe his two infant children looking for their father?

What’s heartbreaking about situations like these is that the only thing the children want to know is when their mom or dad is coming

home. The real answer? *When he or she embraces sobriety and puts down the bottle and picks up the child.*

And that’s where we can make a difference! We share our stories with those who are still struggling and help reunite them with their families.

*Gene S.*

*AA H&I Corrections Director*

## ON THE SHOULDERS OF GIANTS

Hello H&I sisters and brothers.

Once again I want to thank you for all the service work that you do at H&I.

I admire and consider you my heroes as I watch you show up time and time again in the trenches, so to speak.

I am profoundly grateful to be a part of this team whose main focus is to carry the message of recovery with understanding, kindness, love and compassion. My heart softens further even as I write these words.

A spiritual teacher said that: “Any work performed in a spirit of service is considered the same as worshipping God. Prayer and meditation are very



important . . . but with them must go also action and example.”

From my own experience I can say that you are the very example of action.

When I was locked up that one last time 14 and a half years ago in a cell that was not only physical but also a prison of pitiful and incomprehensible demoralization, you showed up with the message of recovery with understanding, kindness, love and compassion.

I can’t remember what you said but I remember clearly how you made me feel—this was a powerful event that forever has and continues to transform me as I now, too, practice it with others.

“I stand on the shoulders of giants”.

*Noeb C.*

*AA H&I Hospitals Director*