

Sharing Hope.

A Life Beyond Our Wildest Dreams

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

One of my favorite quotes I have heard in Alcoholics Anonymous is by Danny T.: “Everything good in my life today has been a direct result of helping another person.”

I found this to be true for me also. Some of the greatest gifts I have found by helping others is that it has given my life value and meaning, has helped rebuild my self-esteem and self-worth, and sometimes it just helps me get through the day without taking a drink or a drug.

But there have been other gifts also. One night I was speaking on a panel at CRDF Women’s Correctional Facility. I spoke on the panel with Margo R. and David P. David became my sponsor that evening, and Margo has become one of my dear friends over the past seven years. In fact Margo and I have worked on two projects together outside of AA.

Another gift was the time I was at a meeting and someone asked if I could give a newcomer a ride home and I agreed. He had less than 30 days and had no car at the time, so I started picking him up and taking him to meetings. We became great friends and I learned he was a comedian. He invited me to see one of his shows and he was fantastic. He asked if I wanted to try to do stand-up and I said “yes”. That was nearly three years ago and I have been doing stand-up ever since.

Helping that newcomer that day changed the entire course of my life. I am so grateful to AA and H&I for giving me a life beyond my wildest dreams.

Sincerely,
Greg B.,

The Los Angeles H&I Committee

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LEAVE THE PAPER FOR WRAPPING GIFTS!

Help us save on copying and put more toward much-needed literature to take into hospitals & jails. Get this and all back issues of the LAHIC newsletter (minus the panel grids) online at <http://lahic.org/newsletter.php>. Sign up for the mailing list, you’ll never have to worry about missing an issue again. 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!

OCTOBER CAN TOTAL\$:

Last month, AA groups in Los Angeles donated a total of \$8702.46 in October to LA Hospitals & Institutions, bringing our 2015 total to \$90,130.84. Thank you—and your group—for your service.

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.

“I’M A LITTLE BIT COUNTRY / AND I’M A LITTLE BIT ROCK & ROLL.” “WELL, I’M A LOT BIT ALCOHOLIC!”

Something that is very apparent when you go on a jail panel: you can match an inmate’s sobriety date with their arrest date. When a person announces they have four months and six days sober, you can bet they were arrested exactly four months and six days ago. Going on a crime spree is not for the faint heart or non-intoxicated citizen. Our sober thoughts usually don’t include knocking over a liquor store or hijacking a cop car.

I myself could only muster up sober time by managing to get myself arrested, which really wasn’t that hard when I put my mind to it (although not the most pleasant way to get 30 days sober.) My jail partner, Deborah, and I met a beautiful, previously struggling, 43-year-old gal, Melissa, at Twin Towers (whose own mom died of an overdose the day after she was released from jail back when Melissa was only 17), and had the pleasure to help her celebrate 90 days of sobriety. Even though it was behind bars, it was so meaningful to her and to us.



And as far as me? I no longer have to match my sobriety date to my rap sheet, I can now match my sobriety date to the number of times I’ve seen Donny & Marie in concert. “How’s that?” you may be asking yourself. Well, my mom and I go to Vegas once a year, and the show she can absolutely not do without? Donny & Marie! Before I got sober, my reaction was always, “Good luck, Mom—maybe you can find a vagrant to go with you.” Now, it’s always, “Can’t wait to go with you, Ma.” Our most recent trip was my eighth time seeing this dynamic duo in concert, coinciding with my eight years of being sober.

And what have I learned from all these years of seeing Donny & Marie? One is a little bit Country, and one is a little bit Rock & Roll, and I’m a lot bit Alcoholic! We’re all truly

blessed to be sober, no matter how we got there!

Gene S.

AA H&I Corrections Director

LOVE & TOLERANCE OF OTHERS IS OUR CODE

Hello H&I sisters and brothers,

Thank you all so much for your service and for your confidence in me in the nomination and election last month as your H&I director.

I consider it a privilege and an honor to serve at any level at H&I but even more so at this particular one. All formalities aside, there is something that I need to speak with you about.

This being the principle of “Love and Tolerance.”

This is an excerpt from page 84 of the Big Book on Step 10:

Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned.

You may wonder why I chose this passage. This is because I believe that a lot of us who’ve been around AA and H&I for a while have gone through the Steps and are familiar with this principle.

So we have turned our thoughts to someone we can help (that’s what H&I is all about) and we might even have become loving and tolerant of alcoholics who are in



the numerous facilities we take the message to. But I am frankly saddened to learn that some of us are not very loving or tolerant with each other, specifically with our trusted servants who not only have panels that they lead but they also give so much of themselves and their time to coordinate,

organize and make sure that H&I runs as smoothly as it can.

Our panel chairs and area supervisors are only doing their job when they contact you and ask you for post-panel reports, to attend the monthly meeting, to give priority to the folks who are at the monthly meeting to sign up to speak on the panels you lead, and all in all to be active within the structure of H&I.

To reach out to another human being who is down with a warm heart, love, kindness, understanding and compassion (which is what we do at H&I) is of the highest spiritual value in my opinion. I urge you to consider being loving and tolerant of them. (They are certainly being loving and tolerant with you) and to not let any emotional darkness spoil such a beautiful thing.

In loving service always,

Noeb C.

AA H&I Hospitals Director