

Sharing Hope.

The Gifts of Giving

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

December is the last month I will serve as Director of Los Angeles H&I. It has been one of the greatest experiences and accomplishments of my life—one that I will never forget. I am so honored to have had the opportunity to serve in this position, and to follow in the footsteps of my sponsor and great-sponsor who also served as Directors of H&I. I would like to welcome in Noeh C. as the new Director. Noeh has been a trusted and dedicated servant of Los Angeles H&I for years and is a great choice to fill this position. Congratulations, Noeh!

I would like to thank all the people that held commitments in 2015 for Los Angeles H&I. There was very little work to do as the Director. It was all the people who held commitments that did the heavy lifting. They are who deserve to be thanked and congratulated for their service. It has been an incredible honor and experience getting to know each and every one of you. You are people who have dedicated your lives to serving others, with only the expectation of another day of sobriety and maybe a little serenity and happiness in return. I admire and respect you all so much. Thank you for your dedicated service.

For the last paragraph I write for the newsletter as Director, I would like to tell you about a recent experience I had which highlights why I participate in H&I. I am from Northern California and was not able to make it home to spend Thanksgiving with my family. I always seem to get a little depressed at the beginning of the holiday season. I felt it coming on particularly strong this year. I knew that speaking on jail panels would help me get through it so I signed up to speak on a few extra panels in November, one of which fell on Thanksgiving night. The panel was with the women in the Impact Program at CRDF. There were about 25 inmates in the pod. I shared my story, and some of the women shared also. We laughed, we cried, and one of the girls fell out of her chair from laughing so hard. One girl remarked that her cheeks were sore from laughing. It was awesome! After the panel, one of the women came up to me and told me it was the best day she has ever had in jail. I don't think I could have ever felt better about myself as a human being than I did in that moment. We all had hope that evening. We were able to put all our problems aside for that hour and half and be happy. It was one of the MANY wonderful experiences I have had in H&I. I am just so grateful to Alcoholics Anonymous for helping me get my life back, and for H&I giving me the opportunity to give this amazing gift away to others. Thank you so much to each and every one of you. I hope you all have a wonderful holiday season and I look for another amazing year of service in 2016.

*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 C.
Panel Screening Chair	Mark S.
Treasurer	Frederick J.
Can Person	Mike A.
Signs	Elise
Forms Chairperson	Robert G.
Raffle	Piper G.
Coffee	David H.
Literature Chairperson	Kim J.
Orientation	Rob C.
Scribe	Sasha B.
Webmaster	Marc W.
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.

NOVEMBER CAN TOTAL \$:

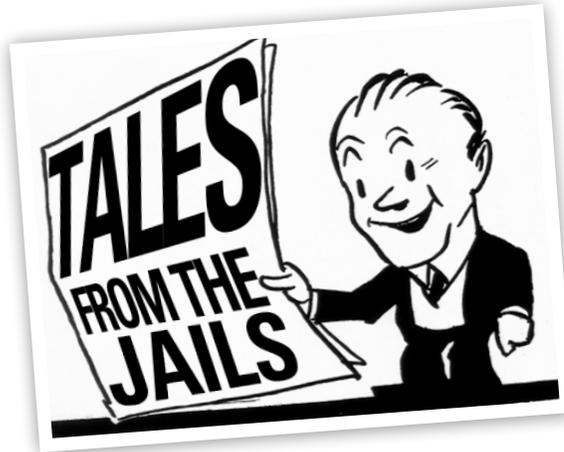
Last month, Los Angeles AA groups donated a total of \$9019.77 to LA H&I, bringing our 2015 total to \$99,150.61. Thanks to you & your group for your generosity this year. Have a safe and joyous holiday!

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.

“HEY, LOOK: NOW THAT I’M SOBER, I CAN NAME ALL 12 REINDEER!”

Is it possible to get sober over the holidays, with all the parties, hobnobbing, and especially family? Well, look no further than this novice reporter, who just celebrated eight years sober. Despite my best intentions to stay intoxicated enough to carry me through the 2007 holiday season, I got sober right in the middle of it all and have remained so ever since! Your bottom doesn’t care about New Year’s resolutions or any particular schedule; when it’s time, it’s time. I drank through jail stints, therapy, and 100 years of Chicago Cubs losses. Then one day I went to an AA meeting and “Hello Sally, my life changed forever!”



Speaking of time for a change, Samie, a gal who my beautiful panel partner, Deborah, and I recently met at Twin Towers, is ready for a change. One of her sons, 8-year-old Ryan, is battling leukemia, while her other son, 10-year-old Gilbert, has given his brother the ultimate gift, a bone marrow transplant. A truly amazing and inspiring story, missing just one thing: their mom, who’s serving a sentence behind bars while this is all happening. What can we as members of AA provide her and her family? Hope that once she gets out she can stay sober and never have to leave her sons alone again; bless those who choose to share their message during the holiday season!

Gene S.

AA H&I Corrections Director

THE GREATEST GIFT OF ANY SEASON

Hello H&I Sisters and Brothers,

As always I want to begin by expressing my gratitude to you all for your service.

As the year comes to a close and my term as your Hospital Panels Director comes to an end as well, I want to say a special thank you for a wonderful two years of service, growth and transformation.

We have been able to adapt to the constant ebb and flow of new panels being established as well as others being closed down; we have remapped and renamed the areas and implemented new ways to improve the way in which the hospital panels side operates. I thank you for your cooperation.

It is a true gift in many ways to see hundreds and hundreds of recovering alcoholics come together for a common goal and to see everyone for the most part be on our best behavior.

Pretty amazing actually for people like us when you think about it...



It is no surprise though that H&I is successful at fulfilling the primary purpose of every individual recovering alcoholic involved considering the commitment and follow-through that you display on an ongoing basis.

And then there are countless cases of people who have found recovery as the direct result of people like you carrying the message to them. Me being one of these cases.

As I write these words I am profoundly moved by the effect you’ve had in my life.

How can somebody like me not feel gratitude when I see the shining lights that you are?

Thank you again for these past two years and I look forward to the following year as your H&I Director.

May this holiday season find every one of you Happy, Healthy, Safe and at Ease...

Much love and many blessings.

Noeb C.

AA H&I Hospitals Director