

Sharing Hope.

The Importance of Policy

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

Hello and happy new year to you all!

I'm immensely grateful for all the hard work that you do at H&I. And I am very excited for what's ahead of us in this coming year.

There are a few things I want to focus on:

1. **Participation.** If you are reading this note, I know you are a participating member of H&I, but not everyone that has H&I panels is. There are folks who claim that their meeting has a H&I panel, but they don't get their speakers at the monthly meeting. There are others who are out there doing panels on their own and are not participating with us as well; they don't come to the monthly meetings and make those panels available to the people who come, especially our new members. If you happen to know anyone like this, please invite them to come back to Los Angeles H&I, and remind them that panels do not belong to any particular meeting or any particular individual. These panels belong to H&I and should be at H&I.
2. **Involvement.** We need people to get involved in management service positions, especially women. The best way to get started is to first become a Panel Leader, then a Panel Chairperson. From there you can become an Area Supervisor and eventually a Director.
3. **Compliance.** Every H&I member is required to abide by the LAHIC Policy Guidelines. I'm instructing both Directors as well as all Area Supervisors, Panel Chairpersons and so on to monitor and enforce these guidelines. So don't forget to sign in at the monthly meeting and send your "post-panel reports."

The Policy Council recently reviewed and revised these guidelines. These revisions will soon be published on our website, LAHIC.org.

I want to thank you again for being the driving force behind this beautiful branch of AA that without you, would not be possible. And I would also like to remind you above all to be kind and loving to each other.

In love, respect and service.

*Noeh C.,
Director, LA H&I*

The Los Angeles H&I Committee

H&I Director	Noeh C.
Director's Assistant	Stephen B.
Director of Policy Council	Greg B.
Director, Correctional	Gene S.
Director, Hospitals	Gregory G.
Panel Screening Chair	Mark S.
Treasurer	Mike A.
Literature Fund Chair	Margo R.
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.

DECEMBER CAN TOTAL\$:

Last month, LA AA groups donated a total of \$9609.19 to LA H&I, bringing our 2015 grand total to \$107,757.79. Thanks to you & your group for your generosity last year, and best wishes for a happy 2016!

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.

"THAT'S WONDERFUL YOU'RE SOBER, JUST TERRIFIC...GOOD STUFF...HEY, CAN YOU BE OUR DESIGNATED DRIVER?"

One of the great things about being sober is how your family relates to you. Now, make no mistake, my family likes to drink, and have gone to great lengths to prove that sobriety is something that should be avoided at all costs!

So, what was their reaction when one of their own (me) jumped ship and sobered up 8 years ago? The question, "What could possibly be going on in your life that drinking won't fix?" comes to mind. Followed by denial, then anger, and finally the realization that they have a bona-fide designated driver in their midst—what a gift!

Now, because I love my family so much, I spent the last week with them either in a bar or driving them to and from the airport, not necessarily my favorite two things to do, but we all have our own paths.

And speaking of paths, I'd like to pay tribute to Gary M., who completely changed the path he was on after spending much of his life locked up.

When I met him several years ago, he was in LA County jail serving a 7-year sentence, vowing to change his life by getting involved in the EBI (Education Based) program and helping others through our beautiful AA program. When he was released in 2014 he followed through on his promises, and now is working, back with his wife, fixed his relationship with his son, got a puppy, and became involved with H&I.

He recently started sharing his inspiring story where he spent so much time, behind bars. What Gary's story proves to me is we do make a difference, we can change lives, and in sobriety we're much more than just a designated driver!

Gene S.

AA H&I Corrections Director



WE NEED LEADERS

Thank you for entrusting me with this wonderful service opportunity, to be the new director of Hospitals for the next two years.

It is a gift to my sobriety. I cannot express how important H&I has been to my personal program this past decade. I take it very seriously, or at least as serious as I can take things, for I also take Rule 62 very seriously.

Of course, I cannot do this work alone. I will need your help. These past few years, as Area Supervisor, I learned that it is so important for supervisors to keep track of the panels that they oversee. At first I thought that no news must be good news, trusting that panels were going smoothly unless I heard a complaint.

After a little digging, though, I discovered quite the opposite... that some of these panels were dark. "No Dark



Nights" in H&I doesn't mean that we prefer Marvel to DC; it means that we must go out of our way to make sure that each panel is covered, that as leaders we put

our panel first, and that we care enough to let our Area Supervisor know that we covered that panel in our monthly report.

This is my first letter to you. You will be getting at least 23 more, God willing, and they all will imply the same thing: that we need leaders to keep this thing alive and growing.

Remember, AA is all about H&I, that's how it started, and that is how it continues to grow.

Peace to all of you this New Year, and may we stay the course.

Gregory Gardner

AA H&I Hospitals Director

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