

# Sharing Hope.

## Practicing Patience

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

Dear H&I Sisters and Brothers,

I can't thank you enough for all that you do at H&I.

I want you to know that your efforts do not go unnoticed.

We all know how stressful it can be to get to panels across the city in LA traffic sometimes to find the jails locked down and panels canceled or getting very low attendance.

At times we have to deal with attitudes—and not only from inmates and facility residents, but often from correctional officers and facility staff.

I want to remind you to please exercise patience and understanding with everyone.

I also want to remind you that these correctional officers and facility staff run these places—in other words they are the boss and so we must abide by whatever they say, silly as this may sometimes be.

Now, if this happens, please report it to your Panel Chairperson and or to your Area supervisor and they will work with the facilities to solve any issues that may occur.

Remember that it can also be stressful for the people who find themselves in need of the services we provide, but the compassion I've had the privilege of seeing some of you show to the people we serve is an inspiration.

I've noticed how you've treated everyone with respect and kindness, no matter the situation.

Your words and actions, especially your actions go a long way toward helping these people on their way to recovery.

If you ever wondered why there are no illustrations in the Big Book, that is because everyone of us is supposed to be a living illustration.

Thank you for your example and for letting me to be of service.

*Noeh C.,  
LAHIC Director*

### *The Los Angeles H&I Committee*

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LA Intergroup Rep .....	Sasha B.
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### **JANUARY CAN TOTAL\$:**

Last month, Los Angeles AA groups donated a total of \$10,125.83 to LAHIC—a great start to another great year. Thanks to you and your group for your generous service in carrying the message far & wide.

### **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 any AA-related news items for the newsletter? No promises (except in the Big Book), but where there's room, we're happy to print!

## COME SAIL AWAY

Why do we take the time out of our busy lives to lead H&I panels, to do the simple tasks that keep H&I afloat, to tell our stories? Life is full now. We have grown. When I was newly sober I kept showing up to my men's stag meeting day after day with the same question. "Who am I?" Without alcohol and drugs, I really had no reference points anymore. I felt like I was lost at sea without a sail. I was no longer the captain of my own ship. Where was I supposed to go now? (To my next meeting...). What was I supposed to do next? (Just stay sober, take care of yourself, do the next indicated step...). I did that each day until it all began to make sense that I was not the captain of my ship, and that it would sail magnificently if I were merely the steward, and I let HP captain the waters. It is the steward's obligation to look after the passengers. The

last ship that we were on was sinking, but this one is safe. At H&I we take time to help others climb aboard, get their sea legs



underneath them, and to make themselves at home on this journey we call sobriety. We do this because we can. We are willing because it is now a part of our fabric, the

thread that weaves our lives together, the net that catches others who are drowning.

"We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined."

—Chapter 2, *Alcoholics Anonymous*.

*Gregory Gardner*

*AA H&I Hospitals Director*

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## "ON TOP OF EVERYTHING ELSE, YOU LIKE TO DRINK IN THE MORNING, TOO? I'VE MET AN ANGEL!"

February is a romantic month with Valentine's Day; which takes me back to my pre-sober days, when my dating partners consisted of any gal I met in a bar. My dear departed dad always stressed to us that a person who doesn't drink is bound to be fundamentally flawed and can't be trusted!

One boozy night I met Julie, a gal who took to liquor in a fashion I could only admire. We were instant companions and the morning after our first night together, she asked if I'd like to join her for a drink?

"Are you kidding me? Do dogs like to bark? YES!!!" was my subtle reply. And that made it official, I had met an Angel!

Unfortunately as I learned, relationships built on a high blood alcohol level also have a high level of abysmal failure. Not

the greatest way to go about things if you ever want to have a family.

Speaking of families, my beautiful jail partner, Deborah, and I, met Diana at Twin Towers, who at the age of 34 has five children, including a 21-year-old! That is some scary math. She's also finding out it's not easy raising a family while locked up. Diana said it perfectly, "When I'm not sober I'm good at messing up, when I'm sober I'm good at being a mom." It's not hard to figure out which option her children prefer.

And what is the key to a healthy relationship for me these days? Well, I'm no expert, but I know one thing: coffee over tequila is the better way to start the day! Love is in the air!

*Gene S.*

*AA H&I Corrections Director*

