

# Sharing Hope.

## You make the difference

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

Dear LA H&I Sisters and Brothers,

This month I want to express to you how important you are to LA H&I.

I realize that you are not same as paid employees. You can choose to stay or walk away at any time without any real loss to yourselves, so I know it's very important for me as your director to show my appreciation. You are critical to the success of this organization, so I want to make sure to thank you, and remind you of how special you really are.

I know how much time and effort you invest week in and week out to get to your panels, either to lead or to speak, and to ensure that the residents at the facilities we service receive the message of recovery in the most understanding, kind, loving and compassionate way.

There is nothing more beautifully spiritual than to reach out to our sisters and brothers when they are down and furthermore, to take an action to improve on their lives. That is exactly what we are doing here.

We are constantly adding new panels in the correctional side as well as the hospital side, but we can hardly be a success without you.

We need you to get involved not only as panel speakers but also as panel leaders and panel chairpersons and to bring more of your friends to the monthly meeting.

We are always in need of great people like you who are hard-working, well-organized, and get along well with the residents and facilities staff.

More and more facilities are opening up with new residents who are in need of our services. It's only with the assistance of amazing people such as yourselves that we can rise to meet the challenge.

With Love and Respect always, thank you again for all your service.

*Noeh C.,  
LAHIC Director*

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

LAHIC Director .....	Noeh C.
Director's Assistant .....	Devon C.
Policy Council Chair .....	Greg B.
Correctional Panels Director .....	Gene S.
Hospital Panels Director .....	Gregory G.
Panel Screening Chair .....	Mark S.
Treasurer .....	Mike A.
Literature Fund Chair .....	Margo R.
Signs .....	Jessica H.
Forms Chairperson .....	Robert G.
Raffle .....	Piper G.
Coffee .....	David H.
Literature Chairperson .....	Stephen B.
Orientation .....	Andy V. & Frank D.
Scribe .....	Sasha B.
Webmaster .....	Marc W.
Central Office Liaison .....	Kim J.
Bridging the Gap/Corrections .....	Beverly M.
Bridging the Gap/Hospitals & Rehabs .....	Sarah P.
LA Intergroup Rep .....	Sasha B.
Greeter/Smoking Police .....	Terry W.
Newsletter Editor .....	Colleen W.

### APRIL CAN TOTALS

LAHIC took in a total of \$8634 in literature fund (aka "can") collections at meetings. Thank you for your service, and please thank your group for their generosity!

**Effective immediately, H&I "can" money collection begins at 7:30pm, and stops as soon as the meeting begins. Latecomers can turn in their can money at the break.**

**Regretfully, we can no longer accept money after the break. Thanks for your cooperation.**

## “JUST ONE REQUEST, CONSTABLE, MAY I GET A CELL WITH A BETTER VIEW? AND, OH YES, I BELIEVE MY BUNKMATE MAY BE A SERIAL KILLER!”

My last rendezvous with the Sheriff's Department, pre-sober days, went (drumroll please) exceptionally poorly. They were determined to throw me in the clink, I was determined to go home a free man, so we compromised, I went to jail. That is how compromises work for non-law abiding, intoxicated citizens such as myself. I can safely say some of my poorest life decisions have happened after I was approximately 35 beers into any given day. “You sure you're safe to drive?” “Of course, I'm a rock, besides what's the worst thing that could happen?” Well, after hitting three parked cars and blowing three times the legal limit later, I had an answer: an all-expense paid trip to the Big House! The thing is, instead of learning from my mistakes, I always blamed the Sheriff's Department for not understanding my plight in life.

That all changed when I got sober and starting going into jails on H&I panels. Not only did I get to understand the inmates, I got to understand the Sheriffs. “You mean, you're

trying to protect the good people of the world and risk your life doing it? Who knew?” Someone who made perhaps the greatest impact on me learning that was Sheriff Terri McDonald, who

not only had the enormous job of helping run the jail facilities, but made sure there was always a place for AA panels behind bars for the inmates. Anytime I would see her she would ask how things were going for H&I, and if there was anything we needed. How my life has changed; a person of authority asking how they could help me, instead of asking what size correctional jumpsuit I would require! After years of service with the Sheriff's Department, Terri

McDonald is moving on to new challenges. I will always be grateful to her for helping me develop such a deep respect for all those in Law enforcement; we are truly blessed to be sober, H&I works!

*Gene S.*

*AA H&I Corrections Director*



## COMMITMENT ISSUES

If you are reading this, you are blessed. Not because I wrote it, but because you are reading it. You care about H&I so much that you have picked up the newsletter and read the Hospital Director's column. That's impressive. Maybe H&I saved your life once. It continues to save mine each day. Every time I think about a drink, I remember how much I love this organization, which reminds me how much I love myself for participating. This organization reminds me how hard it is out there. It reminds me that I have a purpose in sobriety. It reminds me that I have friends who care. If you are reading this, I promise that, no matter how amazing your life is right now, it may get even better. This organization requires commitment, and commitment is what stands between us and

desperation. Every time that we speak on a panel, our lives improve. When we



volunteer our time, our money, our love, to those that need it most, our lives improve. When we give of ourselves without the

thought of receiving anything in return, our lives become joyful. I promise you. So take a commitment to yourself, and to others. It all started when we committed to sobriety. To honor that commitment, we needed to take a commitment at a meeting. That soon worked out well, we felt better about ourselves, by honoring our commitment to others. At H&I we take serious commitments that struggling people depend on us to keep. We see that we are helping others, we know that we are helping ourselves, and we are honoring our commitment to our higher power. If I don't commit, I will be committed.

*Gregory Gardner*

*AA H&I Hospitals Director*

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