

Sharing Hope.

Balancing the scales

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

Hello H&I Sisters and Brothers,

It's time again to write a note of appreciation to you all. It is an honor and a privilege for me to serve along with such wonderful human beings such as yourselves. Especially those of you who are willing to be inconvenienced for the sake of being of service.

I want to encourage you to communicate with your panel chairpersons and or area supervisors. You can easily do this through your post-panel reports.

I had a conversation this month with someone I know personally and he told me he was considering giving up a panel he currently leads. I asked why and he said there has been poor attendance and the staff at the facility does not encourage the residents to attend. I asked if he had told his panel chairperson and/or area supervisor and he said no.

If something like this (or anything else) is happening at your panel, please let somebody know before you give up on it.

Your area supervisor may be able to work with the facility to correct the problem but he or she needs to know that there are problems that need looking at.

If you don't know who your panel chairperson is, check with your area supervisor. Chances are he or she may not have one for your particular panel. If this is the case, this is a great opportunity for you to get involved and volunteer to be the panel chairperson. This is very important because this is the entry level to become a part of the team that manages L.A. H&I.

We need people to get involved at this level of service because leadership rotates and we need people to take over—especially women. For many years L.A. H&I management has been unbalanced: it has been run mainly by men. We want and need to change that, but we need you to help make it happen!

So please communicate and get involved.

With Love and Respect always,

*Noeh C.,
LAHIC Director*

The Los Angeles H&I Committee

- LAHIC DirectorNoeh C.
- Director's AssistantDevon C.
- Policy Council ChairGreg B.
- Correctional Panels DirectorGene S.
- Hospital Panels DirectorGregory G.
- Panel Screening ChairMark S.
- TreasurerMike A.
- Literature Fund ChairMargo R.
- SignsJessica H.
- Forms ChairpersonRobert G.
- RafflePiper G.
- CoffeeDavid H.
- Literature ChairpersonStephen B.
- OrientationAndy V. & Frank D.
- ScribeSasha B.
- WebmasterMarc W.
- Central Office LiaisonKim J.
- Bridging the Gap/CorrectionsBeverly M.
- Bridging the Gap/Hospitals & RehabsSarah P.
- LA Intergroup RepSasha B.
- Greeter/Smoking PoliceTerry W.
- Newsletter EditorColleen W.

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.

FRIENDLY REMINDER

Remember that H&I "can" money collection does not begin until 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 understanding & cooperation.

“GIVE ME LIBERTY OR GIVE ME DEATH! ON SECOND THOUGHT, WE CAN GO AHEAD AND SKIP THAT DEATH PART, SOUNDS VERY UNPLEASANT...”

Let me start by saying what a gift it was to be sober for another 4th of July! It was my 8th, which would normally be about how many beers I would have while deciding if I wanted to drink that day.

It would usually go something like this: “I really don't want to drink today, but it is a holiday, what would our Founding Fathers think? Hmm, I better start in on a case of beer while I decide.”

And off I went, another train derailment, another day gone sideways, another day where responsibility was not my ally. I always found myself 24 hours later asking a lonely bartender in an empty lounge, “What does everyone have against the 5th of July? Shouldn't that day

be acknowledged with a bout of drinking?” “Uh, normal people go back to work,” was the usual response from the barrister, followed by a slow head shake and dreams of a better clientele.

When we go into jail for our panels, we're not there to judge the occupants (they get plenty of that already); we're there to carry a message of freedom from alcohol, which will lead to freedom from Johnny Law, which will ultimately lead to freedom to live life to its

intended fullest; and that is my idea of Liberty.

H&I works!

Gene S.

AA H&I Corrections Director



JUNE CAN TOTALS

Thank you so much for your generous contributions to H&I! Your donations—penny by penny, dollar by dollar—help bring literature to those who don't otherwise have access to books.

Total June deposit for can collections: \$10,909.12.
(Some of this was actually added to the May grid, as checks

came in post-meeting in May.) Carrying the message, in person and in print is our greatest gift of sobriety!

With joy and gratitude,

Margo R.,
Literature Fund Chair

INDEPENDENCE DAY

I am writing this on another 4th of July. Today the independence that I am celebrating is being free from the compulsion to commit suicide.

The manner in which I abused alcohol was suicidal. The disease of alcoholism, which buried my father, and his father when my father was only 12, does not have the dignity to take us out gracefully. This disease is a terrorist. Alcoholism takes prisoners and innocent victims. When we find the grace, and the courage, to stand up and demand our freedom, we are inciting a



revolution in our soul. Revolutions are never easy, always messy, but the results can change the course of history. Let us band together as brothers and sisters in

sobriety. Sobriety: physical, mental, emotional, spiritual, is loving, sane, compassionate attitudes and behavior. We can change the world, by changing ourselves; one day at a time, one panel at a time, one newcomer at a time.

Gregory Gardner

AA H&I Hospitals Director

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