

Sharing Hope.

No incarceration necessary

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

Hello L.A. H&I Sisters and Brothers,

Another month has passed and once again it's time for me to write this small piece which is a great opportunity for me to express my appreciation and gratitude to you all for your diligence and dedication to the service work we get to do here at L.A. H&I.

Though there is always a continuous ebb and flow of panels closing down and new ones starting up, we are growing. Every month we get more and more calls from facilities asking for panels and so I encourage you to continue to not only show up and do what you so wonderfully do but to also bring your friends and get them involved. Get them to shear their experience strength and hope.

If you have a can commitment at your meeting and if the format allows it, tell people that we are very grateful for their contributions but that we need bodies. It is often easier to put money in the can and feel good but the best contribution we can give is when we give of ourselves. Especially when it's inconvenient.

I've heard some people say, "Well, I've never been to jail" or "I've never been homeless...I don't think anyone would relate to my story if I went to a jail or to Skid Row to speak." But my experience is that we don't really know how we can impact other people's lives.

Our heads may say this or that but our hearts and our spirits connect on a different level (thank God—I don't know about you but I know my head is *not* to be trusted.)

We need people to get involved at all levels of service at L.A. H&I, such as speaking on panels, leading panels, being panel chairpersons, area supervisors, in the management aspect and at the monthly meeting.

It takes a village to deliver the message of Hope, Love, Kindness and Compassion to the people who may benefit from our service.

Thank you so much for allowing me to be of service. You make my life so abundant with the things that really matter.

With Love and Respect always,

*Noeh C.,
LAHIC Director*

The Los Angeles H&I Committee

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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.

LITERATURE FUND (AKA "CAN COLLECTION") TOTALS FOR JULY

Last month, LA H&I took in a whopping \$11,137.82 toward literature for hospitals and jails. One gentle reminder from our crew: please convert your cash donations to checks—or, better yet, money orders! Group conscience allows for deducting money-order fees from your can collection. Thank you for keeping the collection process safe and tidy!

I NEED A SMALLER BUCKET—MY BUCKET LIST IS GETTING EMPTY!

As I write this on a beautiful night waiting for Frankie Valli & The Four Seasons (yes, the original Jersey Boys) to hit the stage, it's just another reminder of how cool it is to be sober!

Those things I always talked about doing while sitting on a barstool—"I'm going to move to Ireland and live in a castle!"—I'm now doing...although instead of going to Ireland, I took a drive through Wyoming (a beautiful, if somewhat misunderstood state).

This summer alone I'm seeing some of the great crooners I've always admired, but couldn't somehow find the time to see in concert, even though collectively they've been performing for approximately 387 years: the aforementioned Frankie Valli, Tom

Jones, and Wayne Newton! (My musical tastes may help explain why I'm still single.)



Anyway, the point is, with sobriety comes freedom to do the things we've always put off. One more thing I've crossed off my bucket list? Having a regular panel in jail, instead of my previous bucket list item of trying to go four weeks without interacting with Johnny Law. What's left in my bucket list? To continue to help others discover the joy of sobriety and find a useful purpose outside the Big House, and, oh yes, perhaps live in a Castle...do they have Castles in Iowa? Maybe I can live in a Silo! H&I works!

*Gene S.,
AA H&I Corrections Director*

CARRY THE MESSAGE, DITCH THE PAPER CUTS!

Did you know that you can get this very newsletter (minus the panel grids) online? Go to <http://lahic.org/newsletter.php>, where you can download current and back issues of the LAHIC newsletter, or sign up for the mailing list and have it come directly to you (no spam, ever!). Let's save some trees and some cash while we pass it on. Thank you for your service!

A PANEL LEADER

Speaking on panels is rewarding, redeeming, righteous; but it is only the beginning. I have mentioned here that we are looking for leaders, not followers. Area 2, from Hollywood to Chinatown, is in desperate need of panel leaders. More and more panels are opening up in that area, and we need your support. If you are reading this, chances are that you are already a member of H&I, and you may already have a panel to call your own. If that is the case you are doing wonderful work. You know how it feels to bring an institution a life changing, life-saving panel from month to month. You can help H&I by helping your friends and comrades in program. Bring someone or



two to the next H&I meeting, make sure that they go to the 7:00 orientation meeting, and quickly get them involved in

the crux of AA, bringing the message to those that need it most. Once they have been to the monthly meeting two or three times, encourage them to take on a panel. If you have a sponsee, this will be one of the best gifts that you can give them. Being a panel leader is so win-win. We need it, you need it, and they need it. See what you can do to take the next step in your program, or if you can reach out and encourage someone to take the next step in theirs. Thank you for being of service.

Gregory Gardner

AA H&I Hospitals Director

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