

Sharing Hope.

Guiding Lights

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

Hello H&I Sisters and Brothers,

Once again I want to thank you all for your dedication and perseverance.

I also want to report that after extensive work with the LAHIC Policy Council, we have made some amendments to the Policy Guidelines. The Policy Guidelines dictate that the Policy Council should review and update the Guidelines once every three years.

You can review the Policy guidelines on our website www.lahic.org.

It is an amazing gift to see how a handful of dedicated individuals can come together, work as a team and get things accomplished. There is so much work that goes on behind the scenes and many of the people involved don't usually get the recognition that they deserve.

Having said that, I want to take this opportunity to acknowledge the Policy Council members:

- | | |
|---------------------|-------------------------------------|
| <i>Greg B.</i> | <i>Policy Council Chair</i> |
| <i>Gregory G.</i> | <i>Hospital Panels Director</i> |
| <i>Gene S.</i> | <i>Correctional Panels Director</i> |
| <i>Devon C.</i> | <i>Policy Council Member</i> |
| <i>Piper G.</i> | <i>Policy Council Member</i> |
| <i>Joey C.</i> | <i>Policy Council Member</i> |
| <i>Frederick J.</i> | <i>Policy Council Member</i> |

These are people who worked diligently and painstakingly.

I encourage you to get involved in this aspect of service. I personally have had a wonderful experience doing it.

Again, thank you all for all you do and keep up the good work.

Sincerely,

*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.

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

August is typically a slower month for H&I can collection, with many people out on holiday. Still, LA H&I managed to bring in a respectable \$6242.29 toward literature to take into hospitals and institutions, bringing a little light and hope into the lives of our brothers and sisters who can't leave to go home, much less on vacation. Thanks for all of your hard work!

“I’M MOVING AWAY TOMORROW, DAD—WILL YOU MISS ME?” “UH, DEFINE ‘MISS’...”

The thing I noticed about growing up in an alcoholic household? The good-byes aren't nearly so emotional. I moved to California right after Labor Day, 31 years ago. My dad threw a barbecue. “Thank you for throwing me a going away party, pops!” “I hadn't realized you were still here,” was his retort. My dad used the word “love” on his favorite beer, not on other people. Sobriety has taught me many things, none more important than to tell folks I'm closest to that I love them.

If I had attempted that on my dad growing up I'd have been sleeping in the yard five nights a week, as opposed to the normal two.



Speaking of love, I love our H&I panels behind bars. On my last visit I met Arron, a gal who found herself once again locked up, and why is that? She said it best: “When I'm not sober, I know where I'm supposed to go, then I go somewhere else.”

Boy, that describes my previous misguided life. My current life? I know where I'm supposed to go and then I go there. I'm so thankful for that, and I'm also so thankful for those in law enforcement; I know there are problems, but there's also an overwhelming majority of them that do

everything to help others, including us in AA. H&I works!

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

FIRST STEP...OR FIRST DRINK

A new sponsee decides that he wants to get sober. I meet with him, go over the basic material, and try to be as easy on him as possible. “For now, just go to a meeting every day, do the homework that I give you, and stay sober between meetings.” Simple, right? But not easy. The sponsee stays sober for a week, but doesn't go to meetings regularly, doesn't do the homework, while assuring me that they have decided to stay sober, and that they will. By Friday night the sponsee is drinking again, texting me in tears, and I'm having to up my number of Al-Anon meetings. What was wrong with this equation? Sure, the sponsee wasn't following direction, but what else? He was unable to take the First Step. He believed that he had a choice as to whether he could drink or not. He did not



understand that this was bigger, stronger, more powerful than him, and that in this stage of his recovery, he didn't have a choice when it came to drinking. It was either take the First Step, or take the first drink. Had he trusted the program (Step Two) and taken program direction (Step Three), he would still be sober; but he believed that he had the power to control

it, and that is where we start (Step One), by admitting we have no choice. Sure, it was difficult, but this exercise taught me more about powerlessness than I had ever understood.

I went a long time without working with newcomers, and my program stagnated to the point of almost being non-existent. I was dry and miserable. H&I panels are wonderful places to meet newcomers. If someone approaches you wanting to be sponsored, and it feels right, it's OK to work with them one on one. Working with others is the key to my program.

*Gregory Gardner
AA H&I Hospitals Director
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