

Sharing Hope.

Pass it on

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

Hello Sisters and Brothers,

It's time again to express my gratitude to you all for your commitment to service and for the personal sacrifices you make in the quest to improve on somebody else's life.

As it was put to me by my sponsor early on "AA is not a self-help program; it's a 'help somebody else' program." And to me there is nothing more impressive, inspiring and, most importantly, spiritual than to see and participate in such a righteous endeavor with wonderful people such as yourselves.

I would like to encourage you to consider being of service at our monthly meeting as well, though specifically with new people. When you see them stand up and introduce themselves, pay attention to who they are and approach them in an attempt to hold their hand so to speak.

You can introduce them to your friends. You can offer to show them where everything is and how things work. You can also offer help signing up for panels like which forms to take and which to leave on the tables.

This is a great example of the beauty of the symbiotic relationships that we get to develop and benefit from in AA. It helps all of us in many ways: it gives them information they will need, it makes them feel welcome, supported and it gives them a sense of inclusion. It helps area supervisors and panel leaders and it helps every one of us to practice our primary purpose.

You can also share your H&I experience strength and hope with them. Not everyone has street or jail experience so if you happen to have it, share with them some commonsense practices. This applies to all facilities we serve but it becomes especially important when they start going into jails. They should always be aware of who they are dealing with. A lot of these inmates want and are ready for recovery but a lot of them are not. They are still very much in their disease and behave as such.

As someone that has this experience, I can tell you that a lot of these people can be very cunning and manipulative and can very easily rope a naïve person into trouble.

Please don't get me wrong, I don't want to alarm anyone. My aim is not only to bring awareness and keep things real but also to make every attempt to make H&I a productive and safe experience for everyone.

This also applies to corresponding with inmates via US mail. Keep all communication related to AA and recovery. Also remember that by L.A. County Sheriff's regulations: You may NOT correspond with an inmate if you have jail clearance.

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.

CAN TOTALS:

Due to some emergency family obligations for our excellent can collection team, we are unable to report can totals for September. We look forward to giving a full report soon, hopefully next month. Thanks!

LET ME SEE, I BELIEVE THIS IS WISCONSIN...OR MAYBE IOWA...ALTHOUGH IT COULD BE NEBRASKA...

I write this from Chicago as I head back to LaLa land after an 11-day saunter thru the great Midwest, which included AA meetings in such tourist hotspots as Appleton, Wisconsin; Galena, Illinois; and Dubuque, Iowa. Yes, my life is almost too big!

The highlight of my trip? All the friends I got to see along the way, who at one point during my drinking career may have been more inclined to sic their schnauzer on me rather than inviting me into their houses. Believe it or not, people got tired of me passing out in their neighbors' bushes.



And spending time with my 80-years-young mom? Amazing! Water aerobics at the YMCA! "Gene, try and keep up, will you? Flap your arms! Flap!"

Spending time with your loved ones is the thing we don't get to do after Johnny Law catches up to us. We, in sobriety, can offer hope that there is a full life to be had. Crystal O (one of the gals I met on my last visit to the clink) put it best when talking about getting sober behind bars: "God opens doors for me that I didn't know previously existed." For me, that

means a visit to Oshkosh, Wisconsin! H&I works!

Gene S.,

AA H&I Corrections Director

KEEP COMING BACK

It's Sunday afternoon, and Vin Scully is broadcasting the last two innings of his six-decade-plus career. So many people all over the world are talking about how comforting it has been to listen to his imaginative and insightful descriptions of the holy game of baseball. Just knowing that he would be there for us, day after day, sitting in that same seat, for so many years, gave us a feeling of security and consistency.

My home group has been around for decades, and it is barely recognizable as the same meeting that I started going to over ten years ago; but when I look up and see Ed M sitting there, as he did with that beautiful Chicago smile the day that I first came to the meeting, I get that same comfort and ease that emotional



sobriety promises. That is something that I want to give to others.

I applaud the familiar faces that I see month after month at the H&I meeting. Noeh was there when I came in, and has been a mentor, showing me the ropes while teaching me the integrity of the organization. Many people have spent a

great deal of their sobriety in H&I, and have enjoyed wonderful lives, partially due to their commitment. This organization gives us the opportunity to show up for others, and to show up for ourselves. If you are an H&I veteran, I commend you for being there for those fresh faces that we see month after month, and this is what I ask: Take one of them under your wing. Become their H&I sponsor, showing them the ropes, pushing them a little to take commitments. Let them see you each month at the meeting, reminding them that if we keep coming back it works.

Gregory Gardner

AA H&I Hospitals Director

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