

# Sharing Hope.

## Recovery, Unity, Service

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

Hello, LA H&I Sisters and Brothers.

I can never say enough to express admiration for you all and the gratitude I feel to get to be a worker amongst a great group of people such as yourselves who are absolutely dedicated to service regardless of how inconvenienced you may be by doing so.

This month I want to emphasize the importance of the three legacies of AA—Recovery, Unity and Service—and how these relate to us at LA H&I.

As a group entity that is committed to helping the alcoholic who still suffers, Unity is of outmost importance, for without it we cannot effectively be of Service. As a group or as individuals if we don't have Unity and Service, we cannot have Recovery. We may manage to stay abstinent from ingesting alcohol but we'll certainly not be able to achieve Recovery, a sense of ease and freedom which is ultimately the message we want to bring to new prospects.

Though the circle and the equilateral triangle symbol is no longer used by AA for legal reasons, it is still a great representation of what we of AA as a group and as individuals are all about.

I will leave you with two declarations by Bill W. in the World Service Manual.

First, one of Unity:

***This we owe to AA's future; to place our common welfare first; to keep our fellowship united. For on AA unity depend our lives, and the lives of those to come.***

And second, one of Service.

***When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.***

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:

In October, LA H&I deposited \$10,293.94 from the can collections. And in September, your groups combined for a total of \$11,776.15 toward much-needed literature. Heading into the holidays with much gratitude—please thank your group!

## I FOUND A LOOPHOLE IN THE BIG BOOK... NEVER MIND, FALSE ALARM, DON'T DRINK!!!

When I got sober back in 2007 I asked my sponsor, Bob, if you could drink on the weekends. "No," was his terse reply.

"How about special occasions like weddings?"

"Uh, no," he muttered.

"Oh, I got it, what about if the Chicago Cubs win the World Series? They haven't won since 1908, that must call for a blitzkrieg of booze?"

"I'll tell you what," he explained, while wondering what he had got himself into, "if you can find a loophole in the Big Book, have at it, I'll join you!"

Well, here we are, nine years later, and the Cubbies just won the World Series! And guess what? After re-reading the Big Book, there's no mention of drinking over the Chicago Cubs, and for



that I'm actually thankful. I am so blessed to experience this MIRACLE sober, every moment brings immense happiness!

And speaking of blessed, we are so lucky for our jail panels, where this month I met Frances, who has six kids, ages 5-20, all missing their mom. When I asked her how she was doing, her response said it all: "I should be home."

When I give out one of our books I always write the same thing my aforementioned sponsor, Bob, wrote in my book the day I got sober: "Welcome home." Sobriety gives us the gift of always being home. H&I works!

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

## ATTITUDES OF GRATITUDE

Happy November! Is this gratitude month? Thanksgiving is certainly a holiday that we in AA/H&I can appreciate. Let's approach our panels with grateful joy for the holidays, and remember that for many people that we meet in these facilities, we are their family.

How can we express the gratitude that we have for being joyous and free from the spiritual lockdown of alcohol? Love and service always come to mind. Develop self-esteem by practicing your leadership skills. Take on a(nother) panel. Become a panel chair, so that you can help make this particular panel the best that it can be. Take on an open commitment at H&I. (I know a Hospitals Director that could use an assistant.) H&I is the crux of Alcoholics



Anonymous. I am grateful that you found us. We need your leadership, your joy, your gratitude to help others find theirs.

The H&I Literature Team is sending out a survey for panel leaders to fill out and submit back to them, from your Area Supervisor. This info will let us know

which panels are using literature, and what kind of books/pamphlets they are using. It is super important that you submit this form as accurately as possible. As you know, literature is completely supported by the AA meetings in town, and it is our responsibility, as stewards of these pricey packets, to make sure that it gets into the hands of those that need it, and that it does not go to waste. If a panel already has shelves of Big Books and Twelve & Twelve's, we don't need to be dumping more there. Thank you for taking the time and making the effort in this.

*Gregory Gardner  
AA H&I Hospitals Director  
Area7@gregorysgardner.com*