

Sharing Hope.

Helping the next alcoholic

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

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

As my term comes to an end, I want to thank you for your support. It has been an honor and pleasure to serve as your LAHIC Director. Ensuring that LAHIC runs as a unit takes commitment, time, dedication, diligence, effort and hard work. It takes a village and so I want to acknowledge everyone with a commitment at LAHIC. Thank you all from the bottom of my heart.

L.A. H&I is a great example of the “we” concept of A.A. We do service together and we do recovery together. I am a product of H&I. I got sober at an H&I panel when I was locked up. Soon after my release, I started coming to H&I. At around 18 months of sobriety I took a commitment as a panel leader. Later, I became a panel chair. I was fortunate to have been taken under the wing of Mikey O., who showed me the ropes.

Eventually, under the directorship of Juliet L., I took an Area Supervisor position at LAC+USC General Hospital and later moved to supervise the Downtown Skid Row area. This I thought was kind of poetic since I am one of the few fortunate alcoholics to have gotten out of Skid Row. Years after, I accepted the nomination for Hospital Panels Director and I was elected. Finally I was elected to the Director’s position.

I wanted to share my experience as an LAHIC member in the hope I can encourage you to consider taking a commitment in the management of LAHIC. As we move on out of our positions at the top, a void is created at the bottom and so I want to remind you to please be mindful of this and step up and fill that void. *Take the commitment.*

Please don’t do it with an expectation of rewards because that would annul any spiritual value your service might have had, but I can tell you from my experience that my recovery was skyrocketed. I am a very fortunate alcoholic, grateful to my Higher Power and A.A., but especially to you my L.A. H&I Sisters and Brothers.

I’ll leave you with two declarations from 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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CAN TOTALS:

November can collections totaled \$9,858.26. During the holiday season when so many are kept from home and family, your group’s donations toward the priceless gift of AA literature are more important ever. Thank you, and happy holidays!

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.

IS THIS GOODBYE OR JUST A REALLY AWKWARD WAY OF SAYING HELLO?

Well, it was just two short, sober years ago, that I was blessed with the position of Director of Corrections for AA.

One of the perks of the position was creating this column along with my future Pulitzer Prize-winning editor, Colleen. The stories came directly from the guys and gals I met behind bars, whom I can certainly relate to, since in my pre-sober days, I was one of them.

A typical conversation with myself and Johnny Law back in the not-so-good old days would usually go something like this: “You, sir, have run afoul of the laws established by our Founding Fathers and must be apprehended and punished!”

“Bring it on, Coppers!” was my go-to response, followed inevitably by another visit to the local jail house.

The great discovery for me during my nine years of sobriety is the deep respect I’ve developed for law enforcement and the great empathy I’ve developed for our misguided brothers and sisters behind bars (whose appreciation for the Sheriff’s Department doesn’t exactly mirror mine). The thing that will bring these two sides together? Sobriety, brought to you by the good folks of AA.

I’m very thankful I’ve had this column to help express those feelings, but now it’s time for someone else to write that message and for me to say goodbye....or is it just a really awkward way of me saying hello?

See you on page one—H&I works!

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



TAKE A CHAIR

There is nothing like having your own chair. One that fits you perfectly, and that you love. We may not have one, but wouldn’t it be nice? Just like an H&I hospital panel.

Every panel needs a good panel chair. Am I talking about the difference between the metal folding chairs and the big stuffed comfy chairs that speakers and panel leaders love to sit in at certain panels? No lol.

The panel chair is the panel leader that has stepped up to become the person that is the liaison between the panel leaders and the panel itself. The panel chair should be the person that the panel leaders go to when there are problems with the panel, the person that they turn in their monthly report to, and the person

who helps make sure that there are no dark nights at that panel.



Area supervisors depend on you. We have a lot of hospital panels at H&I, and we are always growing. Each panel needs to have one person responsible to that

panel—it is too much to ask area supervisors to be responsible for each and every panel in their growing area.

If you are a panel leader, and you know that your panel does not have a chair, I am asking you to step up and be that person. Or better yet, seek out a panel that does not have a panel chair and take on that role when you sign up to be a leader. Do this as a gift to that which is keeping your life on track. Pay it forward. Give it back.

Thank you for your time and love, see you next year.

*Gregory Gardner
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