

LETTER FROM THE CORRECTIONS DIRECTOR

In my first year of sobriety, I was full of fear. It took many forms, all around self-centeredness. "Everyone looks so together. Why am I such a mess?" "I'm so anxious around other people." "Why don't people ask me out to fellowship?" "Why don't people call me?" (Yes, before texting). My first sponsor Paul S. always brought it back to this: *How can you be of maximum service to others?* If you're stuck in fear or what you're not getting/being/doing, then you're not helpful.

My perspective and world changed beautifully when I approached life from that angle, focusing on some simple actions about others:

- Look for someone standing by themselves. Go ask how they are doing.
- Start a fellowship commitment. Or just invite someone new to join you for coffee or a bite.
- Give a newcomer your number.
- Share your feelings at a meeting or with another alcoholic.
- Join H&I. Be a speaker. Be a leader. Be a chair. Be a supervisor. Be a director.



The Solution: it always come back to service. In the 11th Step Prayer: It is by self-forgetting that one finds. As part of our H&I team, you are already actively in the solution!

Some jail updates:

- You're doing a GREAT job! Thank you for your commitment to our brothers and sisters in jail!
- Clear plastic bags are required to carry in literature.
- Please turn in your numbers after your panel is done.
- We need panel leaders. Please take a panel.
- We need speakers. If you can speak at more than one panel, please do.

Thank you all for your commitment and

generosity of spirit!

In love and service,
Stephen B.,
AA H&I Corrections Director

AREA 7

Los Angeles Hospitals and Institutions brings AA panels to jails, hospitals, and lock down rehabs, to carry the message of recovery. This work is in the original tradition of the early days of Alcoholics Anonymous. The founding members learned this about recovery, that helping others with the same disease was fundamental in helping themselves find a solution to this complicated illness. This may have begun with founder Bill Wilson himself, who visited sick alcoholics in bed at hospitals, telling his own story, and listening to the stories of others.

I am not sure that many people are aware that H&I still provides bedside visit 12 step calls to hospitals today. There are 7 "Areas" on the hospital side of H&I. There

are the 6 that you see sitting at the tables, overseeing the H&I AA panels throughout the greater Los Angeles vicinity, and there is Area 7. This Area oversees hospital



bedside visits at the Keck Medical Center at USC, the liver transplant unit at UCLA, and the Augustus F Hawkins Mental Health Center.

There is currently a phone list that H&I members who have participated in orientation can join. Once you are on this list you may be contacted by an Area 7 representative and asked to provide a bedside visit to someone that has requested your experience, strength and hope. This phone list will be made available at the H&I business meetings. Currently there are too few participants, and H&I is getting more requests these days. Bedside visits are the foundation of AA, help us recover this call to compassion. Your love and support is needed.

Gregory Gardner
AA H&I Hospitals Director

Sharing Hope.

It's a family tH(&)Ing!!

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

I remember when I first entered a correctional facility as a panel leader, my imagination and nerves were getting the best of me: "I hope they sterilize the shank before they use it on me..." was one of my go-to thoughts. (Of course, I couldn't have been more mistaken.)

After introducing myself and playing a quick game of "Let's guess what's in the prison casserole!" (I believe raccoon was the winner), I shared how grateful I was to be with them, and then asked each of them if they would name one thing they were grateful for.

We went around the room and a young inmate shared "I'm grateful for my sobriety and for being able to spend time with my father." The next person shared "I'm grateful for my sobriety and being able to spend time with my son." "Huh..." was the best result my deep thinking could net me. Yes indeed, father and son were locked up together as a result of not being sober.

Now, I understand alcohol creating a family bond. My first real conversation with my dad happened when I was old enough to start drinking in a bar with him: "That Old Style knows how to make some good beer, and how can you ignore the price? A 48-pack for 3 dollars? That's good value!" was a typical line of discussion.

Anyway, as I sat in the panel I pulled out of my amazement long enough to comment that maybe a better way to spend time with your loved ones, minus the lock and key and felonious bunkmates, is thru sobriety.

My H&I partner, Deborah, and I also met a gal, Corey, this month on a panel. The good news for Corey is she's staying close to her family; the not-so-good news is it's because her sister is locked up with her in the same pod, and her dad is locked up right across the street at Men's Central jail! Outside of the obvious, what do they have in common? A battle for sobriety!

Which is where H&I can make a difference! We are able to deliver a message that with sobriety comes hope, freedom, and a family reunion without fashion wear supplied by an institution. It's an amazing path we are on, it truly is a family tH(&)Ing!

Gene S.,
LAHIC Director

The Los Angeles H&I Committee

LAHIC Director	Gene S.
Director's Assistant	Deborah K.
Policy Council Chair	Noeh C.
Correctional Panels Director	Stephen B.
Hospital Panels Director	Gregory G.
Panel Screening Chair	Mark S.
Treasurer	Mike A.
Literature Fund Chair	Jeff G.
Outreach Coordinator	(open commitment!)
Signs	Jessica H.
Forms Chairperson	Henry
Raffle	Schlomo A.
Coffee	Donnie
Literature Chairperson	Paco M.
Orientation	Devon C. & Frederick J.
Scribe	Piper G.
Webmaster	Marc W.
Central Office Liaison	Tom C.
Pre-Release	Miguel M & Gilbert H
Bridging the Gap/Hospitals & Rehabs	(open)
LA Intergroup Rep	Larry B.
Greeter/Smoking Police	Terry W.
Newsletter Editor	Colleen W.

FEBRUARY CAN TOTALS:
\$12,165.73! Amazing but true: that's how much our combined groups raised for the Literature Fund via the trusty H&I can collections. Please share the news with your group, and pass along the sincere thanks of our brothers and sisters in jails, hospitals.

213.893.5100				
Area 5 Supervisor: Gerry Feltmann gfeltmann@gmail.com		312-560-3580		
Tuesday 7-8pm 271	Wednesday 7-8pm 252	Thursday 7-8pm 132	Saturday 9-10am 131	Saturday 9-10am 232
Jack Richards 323.251.4871	Nick Melillo 323.896.9190	Gerry Feltmann 312.560.3580	Gerry Feltmann 312.560.3580	Michelle Kolzow 310.418.5984
OPEN	Greg Baldwin 310.993.7074	OPEN	Mindy Ramirez 714.290.5042	Michael Oughton 310.418.5984
Jessica Hagerty 903.363.8964	Nick Melillo 323.896.9190	Robert Dubois 310.242.0607	Mindy Ramirez 714.290.5042	Michelle Kolzow 562.754.5088
Jack Richards 323.251.4871	Frank Del Aguila 310.936.8903	OPEN	Michael Laurie 310.418.5984	Craig Ford 310.963.3673
Joan Biggs 213.386.1726	Steve Tann 310.948.2262	Maurice Taylor 213.220.3623	OPEN	Erik Howerbush 305.528.1621
OPEN	OPEN	John Buckley 818.613.7602	OPEN	Kevin Russell 310.591.7137

MCJ Lockdown Status: 213.974.4916 gfeltmann@gmail.com		SPANISH		
312-560-3580		Areas 5/6: TT/MCJ/CRDF Area 7: PDC		
Thursday 6:30-8pm Trustee, 1800, 3200-3800	Thursday 7-8pm 5000	MCJ Tuesday 6:30-7:30pm 4400 High Security	TWIN TOWERS Wed. 6:30-7:30pm 152	TWIN TOWERS Wed. 6:30-7:30pm 272
John Fatooh 310.399.6147	Jack Richards 323.251.4871	Francisco Mares 323.573.7952	Oscar Canales 323.371.1287	Oscar Canales 323.371.1288
OPEN	OPEN	Francisco Mares 323.573.7952	Oscar Canales 323.371.1287	Rodolfo Almedo Arreola
Mike Abrams 323.639.0001	Jack Richards 323.251.4871	Francisco Mares 323.573.7952	Oscar Canales 323.371.1287	Mario Gamero
John Fatooh 310.399.6147	Patrick Munoz 323.422.8070	Gerardo Puentes 323.667.6832	Oscar Canales 323.371.1287	Oscar Canales 323.371.1288
Micah Bailey 619.788.7990	Gerry Feltmann 312.560.3580	Francisco Mares 323.573.7952	Oscar Canales 323.371.1287	Oscar Canales 323.371.1288
John Kephart 818.259.8385	Ed Marx 818.515.1609	OPEN	Oscar Canales 323.371.1287	Oscar Canales 323.371.1288

roseart747@gmail.com	323.371.1287	Francisco Mares	paco270@gmail.com	323.573.7952
gerajz@sbcglobal.net	323.667.6832			

CRDF Saturday 7-9pm 3500 Dayroom	CRDF Saturday 7-9pm 3600 Dayroom	CRDF Saturday 7-9pm 3700 Dayroom	PDC Tuesday 6-7:30pm Merit Spanish-South	PDC Tuesday 7-8pm North -Spanish
Faviola Martinez 213.440.4964	Oscar Alarcon 818.679.9369	Francisco Mares 323.573.7952	Gerardo Puentes 323.667.6832	Gerardo Puentes 323.667.6832
Faviola Martinez 213.440.4964	Oscar Alarcon 818.679.9369	Francisco Mares 323.573.7952	Jesus Granados 818.723.7549	OPEN
Faviola Martinez 213.440.4964	Oscar Alarcon 818.679.9369	Francisco Mares 323.573.7952	Jesus Granados 818.723.7549	Gerardo Puentes 323.667.6832
Faviola Martinez 213.440.4964	Oscar Alarcon 818.679.9369	Francisco Mares 323.573.7952	Salomon Herrera 818.523.2756	Edmundo Robles 818.299.0569
Faviola Martinez 213.440.4964	Oscar Alarcon 818.679.9369	Francisco Mares 323.573.7952	Salomon Herrera 818.523.2756	OPEN
Faviola Martinez 213.440.4964	Oscar Alarcon 818.679.9369	Francisco Mares 323.573.7952	OPEN	Salomon Herrera 818.523.2756

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raff@bsunmedia.com	213-220-5909
gerajz@sbcglobal.net	323-667-6832

CRDF						
CRDF Lockdown Status: 323.568.4500			Area 6 Supervisor: Shayna Nuemann ShaynaNuemann@rocketmail.com			
Monday 7-8pm 2500	Monday 7-8pm 2800	Wednesday 7-8pm 1701-1702	Wednesday 7-8pm 3700	Thursday 7-8pm 1601 Impact	Thursday 7-8pm 3600	Saturday 9-10am 1701-1702
OPEN	Tom Cook 310.877.1459	Sandy Viall 310.384.6345	Deborah Seimer 310.562.0988	Juliet Szegegi 213.500.5122	Candice Moore 562.756.4849	OPEN
Catherine Bander 310.409.8222	OPEN	Sandy Viall 310.384.6345	Cynthia Quezada-Ayala 562.565.9065	Jay David 310.621.8167	OPEN	Jill Namm 818.456.3148
OPEN	Richard Phillips 310.591.4828	OPEN	Lauren Keefe 310.666.7869	Carol Derby 310.482.0335	OPEN	Raymond Lee 310.492.1970
Greg Baldwin 310.991.7074	Tom Cook 310.877.1459	Katherine Kane 310.413.7667	Lauren Keefe 310.666.7869	Phil Keszey 818.367.9835	Candice Moore 562.756.4849	Tim Swain 818.292.1950
OPEN	Maeve Crommie 310.699.3263	Jessica Hagerty 903-363-8964	Deborah Seimer 310.562.0988	Catherine Bander 310.409.8222	Gary McDowell 562-846-7688	Frank Del Aguila 310.936.8903
Dan Rolwing 310.422.8617	Laura Ackerman 310.251.6756	Reina Salas/Daphne Bach 310.422.6116/310.581.5831	Deborah Seimer 310.562.0988	Juliet Szegegi 323.500.5122	OPEN	Samantha Carrol 310.617.2048
Saturday 9-10am 3100	Saturday 9-10am 3200	Saturday 9-10am 3300	Saturday 9-10am 2700 Diabetics	Saturday 7-8pm 3800	Sunday 7-8pm 3500	
Kenneth Carroll 310.559.2137	Barbie Herron 310.388.7211	Nicole Shepherd 818-307-4917	Gregory Gardner 310.699.5164	Shayna Nuemann 774.826.8477	Kurt Fenstad 310.621.3346	
Alicia Prieto 484.646.0382	Scott Tomlinson 310-415-4246	Sheila Algarin 310-408-1561	Mitzi Nobile 310.625.6394	Salena Small 310.518.4355	Devon Craig 760.420.3696	
Kenneth Carroll 323-559-2137	Mitchell Cohen 310-663-8700	Deborah Siemer 310.562.0988	Nancy Linehan 310.804.4097	OPEN	Colleen Wainwright 213-321-2328	
Mitzi Noble 818.625.6394	Barbie Herron 310.388.7211	Kim Jordain 310.721.7670	Gregory Gardner 310.699.5164	Shayna Nuemann 774.826.8477	Jeff Linnartz 323.481.3040	
Scott Bloom 818-787-8773	Bobby Richardson 310.529.2469	Jack Duganne 310.980.4816	David Weber 310.420.9495	Reina Salas/Daphne Bach 310.422.6116/310.581.5831	Kurt Fenstad 310.621.3346	
Nancy Linehan 310.804.4097	Drew Vandiver 706.969.8975	Nicole Shepherd 818-307-4917	Alan Bergman 310.621.3933	Yvonne Schulte 310-384-2004	Laura Neimi 310.488.4065	

PDC						
North: 661.295.6840		South: 661.295.8805		NCCF: 661.295.7810		Supervisor: Raff Sanchez raff@bsunmedia.com
Monday 6:30-8pm NCCF Supermax 700	Tuesday 7-8pm Merit Medium-South	Tuesday 7-8pm North Facility	Wednesday 6:30-8pm NCCF 500 Dorm	Wednesday 6:30-8pm NCCF Supermax 600	Thursday 6:30-8pm NCCF Supermax 611	Thursday 7-8pm Medium South
Paul Gilmartin 818.807.5381	Phil Keszey 818.367.9835	Richard Reed 661.298.9688	OPEN	OPEN	Raff Sanchez 213.220.5909	OPEN
Paul Gilmartin 818.807.5381	Eldad Sharbit 818.357.8671	Lauren Keefe 310-666-7869	OPEN	Greg Henderson 661.609.6313	OPEN	Jody Long 818.481.1661
OPEN	Phil Keszey 818.367.9835	Raff Sanchez 213.220.5909	Lance Rodrigue 818.419.2244	William Straughan 661.600.8857	OPEN	Micah Bailey 619.788.7990
Kevin McCormick 818.694.1577	Tom Bouchard 818.694.7131	Mike Dixon 88.261.3615	Bill Barnett 310.874.9909	Kevin McCormick 818.694.1577	Kevin Darcy 818.421.4171	OPEN
OPEN	Chuck Guerrero 818.723.2795	Torri Kaye/Jan Pederson 310.283.8265/818.825.1490	Dusty Brosius 818.384.0244	OPEN	OPEN	Charles Mandell 818.693.0911
Chuck Guerrero 818.723.2795	Bernard Barfield 661.645.7765	Rick Crawford 818.584.9855	Eldad Sharbit 818.357.8671	Bernard Barfield 661.645.7765	Edward Monaghan 310.497.6655	Steve Kaman 818.939.9702

TRANSITIONAL /METRO 1-ON-1						
Area 1 Supervisor: Dennis Dorney dennisdorney@hotmail.com			323.352.6885			
Area 2 Supervisor: Jim Murphy jbm327@msn.com			815.451.2443			
JUVENILE/CAMP						
Area 1 Supervisor: Dennis Dorney			Supervisor: Ross G		Area 2 Supervisor: Jim Murphy	
Monday 7-8pm Canon Health Services	Monday 7-8pm Hollywood Re-Entry	Tuesday 6-7pm LA Transitional	Wednesday 7-8pm HealthRight 360	Saturday Metro 1 on 1	Tuesday 6-7:30pm Central Juvenile Hall	Sat. Girls 10-11am/Boys 11am-12pm Barry J Nidorf Juvenile Hall
9705 Holmes Los Angeles CA 90002 323.249.9097	1831 N Vine Hollywood CA 90027 323.461.4817	200 West 52nd Los Angeles CA 90037 424-207-8522	2307 W 6th st Los Angeles CA 90057 213.351.2800	180 N Los Angeles St Los Angeles CA	1605 Eastlake Ave. Los Angeles, CA	Hope Center 16350 Filbert Sylmar, CA
OPEN (Dennis covering)	Beni Kim 310.895.4379	Michael Lockitch 310.753.5738	Noeh Calderon 310.403.5387	Rafe Calderon/Paul Solet 323.401.8005/323.474.7878	Jim Murphy 815.451.2443	Jim Murphy 815.451.2443
NOT SCHEDULED	Mike Malone 310.403.4475	Elizabeth Monge 424-223-3023	Mike Malone 310.403.4475	Chris Carlson/Rachel Carlson 646.872.3116/310.488.4161	CAMP Area 2 Supervisor: Jim Murphy	
Dennis Dorney 323.352.6885	Mel Mitchell 310.936.0373	Dennis Dorney 323.352.6885	Phil Keszey 818.367.9835	Oscar Peralta 323.620.7048	Sunday 6:30-7:30pm Camp Gonzales 1301 Las Virgenes Road Calabasas, CA 91302	
OPEN (Dennis covering)	Phil Keszey 818.367.9835	OPEN (Dennis covering)	Michael Lockitch 310.753.5738	JD Morrissey 310.977.4176		
Johnny Kennedy 310.743.3228	Mike Malone 310.403.4475	Craig Barry 310.466.7865	Mark Winogron 310-245-5959	Ross G. 323377.7677	Jim Murphy 815.451.2443	