

Sharing Hope.

You make anytH(&)Ing possible:

A March H&I meeting recap from the Director of Los Angeles H&I

Two things I was completely baffled by when I got sober in 2007: 1), Why hadn't the Chicago Cubs won the World Series since 1908; and 2), How H&I works!

Luckily for me, in reading the Big Book I learned more will be revealed. "Huh," I found myself wondering, "does this include both the Cubbies' ineptitude and the inner workings of H&I?" I knew this required some intensive sobriety on my part to have a chance for anything to be revealed.

Well, let's start with the Cubs. I went to meetings, worked the Steps, and did what was suggested, and lo and behold the Cubs had an amazing season! That's it, they were just waiting for me to get sober to start winning, I concluded. I put the Cubs on my daily gratitude list, and enjoyed one heck of a pink cloud. Gosh, this is way better than eating rodent casserole and making small talk with serial killers & maniacs in the Big House!

Anyway, my new life was perfect, the playoffs came, a mere formality to a World Series title, aaaaaand the Cubs got...SWEPT...by the Los Angeles Dodgers.

"WAIT, WHAT?!!!" I demanded to know of the sobriety gods. "But I'm finally sober and the universe is supposed to reward me with a perfect life!"

Well, in that moment, more was revealed, my sobriety has nothing to do with my favorite team winning or losing...whoops...sobriety is its own gift. Luckily, nine years later the Cubs broke their 108-year losing streak and I was there to fully appreciate it, all due to being sober!

Now, on to the other conundrum in my life: How does H&I work?

Luckily, that one wasn't as painful to figure out. It's us alcoholics going to places where there are severe restrictions and sharing our stories with others who are still suffering, (just like the founders of this wonderful program) no matter what lengths we have to go thru to do it. Amazing!

One of my favorite examples of this happened at a recent panel with my H&I partner, Deborah. Due to some unscripted chaos in the jail, we were not allowed to have a meeting with the women at Twin Towers, so the ladies could not come out of their pod. *[Continued on inside front cover]*

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.

MARCH CAN TOTALS:

In March, your group's members helped donate \$7885.49 toward much-needed literature. Please share the news, and invite them to join in on the joys of handing out said literature to our AA brothers & sisters in jails, shelters, recovery houses, and so on.

LETTER FROM THE CORRECTIONS DIRECTOR

In the Big Book, the program of AA is described as a 'design for living'. For me, the 1st Step is about surrender and not drinking or using; the other 11 steps are all about how to live clean and sober. In the juvenile and jail panels, I often hear this question: "How do you live clean and sober?" So many come from living situations where they are surrounded by alcohol and drugs. They may admit having a problem, but they don't know how to change their circumstances. I've been thinking about this lately. I only know what worked for me. That was getting a sponsor, doing 90 meetings in 90 days, and especially making new friends in AA. I did have to give up my old drinking and using buddies and not go where I used to (mainly driving the streets of LA all night long :-P). Ugh. So not glamorous lol.

What worked for you? I suggest you include this in your share. When our brothers and sisters get out of jail, this is a critical time

in their sobriety. Examples of how you changed your way of living can be really helpful.



Some jail updates:

- Great job everyone in March!
- 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 to our brothers and sister in jail and your outstanding generosity of time and spirit!

In love and service,

Stephen B.,

AA H&I Corrections Director

SIGN UP AND VOLUNTEER

This month we are instituting several new opportunities for members of H&I to get involved.

First off, we will be sending out the first email newsletter this month. This monthly newsletter will be available to all current Hospital panel leaders automatically. If you are not a current panel leader, and you are interested in receiving this newsletter you can register by emailing lahandinews@gmail.com, and we will add you to the list. The newsletter will give you all of the up to date information and in the inside scoop on Hospital panels, and will offer various volunteer opportunities for you and your friends, such as...

The new speaker list that we have been putting together is now up and running and ready for you to add your email address and/or phone number for

texts. If your info is on this list you will receive opportunities to speak on Hospital panels, on a first-come, first-served basis. The requirement to be on this list is having attended the H&I orientation meeting, held prior to the monthly business meeting



at 7:00 pm, the second Monday of the month.

And...

The bedside 12th-Step list that you can also sign up for that will enable you to go on bedside visits in hospitals in the greater Los Angeles area. To sign up for 12th Step Hospitals bedside visits, email la12thstep@gmail.com, or sign up at the monthly H&I business meeting. The only requirement is—you guessed it—having attended the H&I orientation meeting, held prior to the business meeting at 7:00 pm, the second Monday of the month.

As an additional reminder, we will have small fliers available for the meeting reps to pick up when they turn in their cans this month. This flier will cover this information, and can be shared back home at your meeting.

Gregory Gardner

AA H&I Hospitals Director