

# Sharing Hope.

## *You make anytH(&)Ing possible:*

*A monthly memoir from the Director of Los Angeles H&I*

I can't imagine my life without sobriety and H&I. My sponsor, Bob, who just celebrated 34 years sober, sat me down in 2007 at Mel's Diner in Hollywood, (where I had a bowl of oatmeal and a good dose of reality) and shared his story, and then took me to my first AA meeting; and let me add, it was the first time I had ever met him.

His generosity on that day made such an impression on me it launched me on a life long love affair with sobriety and oatmeal. (To this day the thought of oatmeal makes my heart flutter.) Anyway, Bob showed me that day that AA is about unconditional love and not judging others, which to me describes H&I.

On my recent panels with my H&I partner Deborah, we got a chance to get to know a gal named Paris, unfortunately for her it was from her current residence, where you aren't allowed to go home at night until your local constable says so. Paris has struggled mightily with sobriety, and also lost her brother, Andrew, due to it. Her parents had for months refused to take her collect phone calls. "People are tired of my words, they need action," was how she described it perfectly.

Not to be deterred, Paris continued working on her sobriety, attended our H&I panels, and lo and behold, for the first time her parents didn't hang up when she called. Whoa, Nellie, what a breakthrough!

It really reminds me of how I've been so blessed to spend more time with my mom in sobriety, nothing is more important to me.

Recently I was able to spend her 81st birthday with her back in beautiful Iowa. I know how much the day meant to me and hopefully to her; and how did the day begin? At the Sunshine Cafe with a bowl of oatmeal!

Sobriety offers a life where anytH(&)Ing is possible.

*Gene S.,  
LAHIC Director*

### *The Los Angeles H&I Committee*

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| LA Intergroup Rep .....                   | Larry B.                |
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### APRIL CAN TOTALS:

In April, your groups gave a generous \$8676.74 toward literature for inmates, shelter & sober living residents, hospital patients, juveniles in detention facilities, etc! Please extend our thanks and invitation to join us on the sunny side of the street: H&I!

## LETTER FROM THE CORRECTIONS DIRECTOR

I was worried when I applied for my jail clearance that I had only spent one night in jail. What would I have to say to these folks really locked up? Was my experience, strength and hope enough?

The resounding answer after doing a few panels was YES!!! The beauty of the program is that we relate to so many aspects of a person's experience—emotional, physical, loneliness, desperation, powerlessness—that we still get it even when our circumstances may be totally different. We always have something to offer. The key is to be honest and straightforward about what it was and is like for you. Do it in a helpful way. God sits in the truth of your experience. Suit up and show up. Tell your story. Stay out of the results. Let go and let God do the rest.



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*

## NO MORE DARK NIGHTS!

I am so happy to officially announce that H&I Hospitals now has an email/text speakers list.

What this means is that if a panel leader needs speakers for his/her panel, or a panel chair needs a temporary panel leader, we have created a service to provide them.

**If you, or your panel leader, is in need of a speaker, or temporary leader, contact Mindy R.:**  
**call or text: (714) 290-5042**  
**email: lahandispeakers@gmail.com**

P.S.: Also, we need to add names to the current list of 22 people volunteering to be on this list. Please help make this list grow by encouraging your program friends and family to sign up by emailing Mindy, lahandispeakers@gmail.com

The only requirement is H&I Orientation, and a desire to stop drinking.

## Hospitals Newsletter!

Last month we issued the premiere Hospitals E-Newsletter from LAH&I. It



was a resounding success. Two people emailed me at lahandinews@gmail.com and said "great job". Currently, each panel leader is automatically subscribed. If you are not currently a panel leader, and would

like a monthly update on the wonders of H&I, email me at lahandinews@gmail.com and say "Great job, I want to subscribe!"

## Bedside 12th Step Visits!

If you were at the last business meeting in April, you may have noticed a new table blocking your entrance into the main meeting room. It was cumbersome for a reason. This is where you may register for Bedside 12th Step visits and for the Hospitals Speakers List. If you did not stop by and register, or were unable to attend the last H&I business meeting. Please come over in May and sign up to be of service. You'll be glad you did.

*Gregory Gardner  
AA H&I Hospitals Director*