

Sharing Hope.

You make anytH(&)Ing possible:

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

Greetings to my cohorts in sobriety, and happy summer.

Personally, I love summer (well, minus the heat and overabundance of sun) and going to concerts. Since I've been sober, I've found it to be a whole new experience. I remember in my not-so-sober days being super excited about seeing U2 in concert. I figured such a spiritual experience would require an extra level of intoxication on my part, as opposed to my normal state of dazed and extremely confused.

Drum roll, it did not go well. The day after the concert I couldn't have told you if I saw U2 or a local kazoo jamboree, I just didn't remember. Not the best way to live life to its fullest. It also took me seeing the musical *Wicked* three times before I figured out it was about the witches of Oz, which put me on the same thought trajectory as a young squirrel.

It's been a whirlwind of musical activity in my almost 10 sober years since, and I've been able to cross all the greats off my bucket list: Neil Diamond, Barry Manilow, and even Celine Dion (between the gown changes, the endless pictures of her infants, and singing about that boat sinking, there wasn't a dry eye in the house).

The best thing is being able to share these amazing times with my dear mom. When I got sober one of her first requests was if I could take her to a Donny & Marie concert; "Well, certainly Ma, I'd be happy to...you sure, then? Donny & Marie, you say?" She was sure, and this October will mark my 10th time seeing this dynamic brother-sister duo in concert.

Others who have become a big part of my life are those I've met through our H&I panels, including Monica, who is doing all she can to embrace sobriety. I love her quote: "I'm hoping one day my heart and my head will match."

I know with the help H&I provides, that will happen; music to my ears—which reminds me of a concert....

*Gene S.,
LAHIC Director*

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JUNE CAN TOTALS:

Los Angeles area AA groups are on FIRE with the spirit of the 7th Tradition & 12th Step, donating a whopping total of \$13,399.45 to take literature to those who can't get out to get it! Please thank your group members, and invite them to join us—we are stronger together!

LETTER FROM THE CORRECTIONS DIRECTOR

I need your help. The presence of AA in the jails make a tremendous difference in the lives of our brothers and sisters inside. And of course to ourselves. Your message is beautiful and personal and full of solution. Your commitment and faithfulness are regularly demonstrated in our many jail panels every week. The sheriff's and deputies continue to recognize our contributions by supporting AA. It's all wonderful news... that is, when we are present.

However, we still have panels without leaders. Meaning nobody shows up. No message is carried. No experience, strength and hope. Dark night. WE NEED PANEL LEADERS! Conquer your fear and step up. It's not hard to find panel speakers. Or if you can't find anyone, go by yourself. Try a

round-robin step study on Step 1/Big Book Chapter 3 instead of speaking.

So, please help me finding some solutions to fill these panels with leaders. Some ideas I have:

- Everyone with jail clearance will be required to lead a panel
- Create a "buddy system" where panels can be shared by two people
- Create a panel leader "lottery" where names are randomly pulled to lead panels

What do you think/recommend? By the end of July, we should have every panel leader position filled. But only with your help! Please text or email with any ideas.



Thank you for your commitment to our brothers and sister in jail and your outstanding generosity of time and kindness!

*Stephen B.,
AA H&I Corrections Director*

REACHING OUT

Our Area 1 Supervisors have truly been working overtime to grow our commitment in the Skid Row district of Downtown Los Angeles, and I cannot find words here to express my gratitude for their efforts.

Some of you have panels, have had panels, or at least have spoken on panels in this part of the world. This is a tough gig. There are people struggling to get sober, surrounded by people just struggling to survive, in an atmosphere of marked drug and alcohol abuse. Many people living on the streets of Skid Row are not well. Mental health issues abound. Folks are in dire need of self-medication. Sobriety on these streets does not paint a pretty picture.

H&I has been on hand in Skid Row for decades. Today we are reaching out to

homeless shelters, missions and community centers to spread the good word of experience, strength and hope.



Many of us have done time on Skid Row ourselves, we know what it's like. Today we are given the opportunity to take what we have learned from our experiences on the

streets and in sobriety to help those that are seemingly without hope.

If you are reading this today, I want to ask you to reach out to our sisters and brothers living on the streets. You can do this by attending the next H&I business meeting, stopping by Area 1, and letting George and Lisa know that you are there to help. They are currently setting up new panels and workshops at the Downtown Women's Center, and throughout the neighborhood. They need your ideas and support; your experience, strength and hope.

Take on a Skid Row Panel today. Let's grow this community and spread the love by spreading the word.

*Gregory Gardner
AA H&I Hospitals Director*