

Sharing Hope.

Emotional Sobriety

There is a great meeting on Thursdays at Café Tropical, called “Emo Sob”. A panel of two sit across from each other and discuss their emotional wellbeing with each other in front of the room. The rest of us listen to an outpouring of intimacy that even the best meetings do not often come across.

Emotional sobriety is the keystone to our program. We didn’t get sober to stay miserable.

What does emotional sobriety even mean? Let’s hear part of what Bill said about it in the January edition of *Grapevine*, 1958.

I think that many oldsters who have put our AA “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God. Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age 17—prove to be an impossible way of life when we are at age 47 or 57. Since AA began, I’ve taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round. How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that’s not only the neurotic’s problem, it’s the problem of life itself ... I’ve recently come to believe that this can be achieved. ... Last autumn depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I’ve had with depressions, it wasn’t a bright prospect. I kept asking myself, “Why can’t the Twelve Steps work to release depression?” ...My basic flaw had always been dependence—almost absolute dependence—on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression...Plainly, I could not avail myself of God’s love until I was able to offer it back to Him by loving others as He would have me...Let us, with God’s help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Gregory Gardner,
Director, Los Angeles Hospitals & Institutions, 2018

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**MAY H&I CANS TOTAL:
 \$10,039.75**

Please bring your can funds to the meeting as money orders, if possible.

**Or mail funds to
 (checks & money orders only):
 LAHIC**

**5482 Wilshire Blvd #220,
 Los Angeles, CA 90036.**

Thank you!

JOIN US:

**AA LOS ANGELES H&I
 (HOSPITALS & INSTITUTIONS)
 COMMITTEE**

**MEETS THE 2ND MONDAY
 OF EACH MONTH**

AT

**4153 OVERLAND AVE,
 CULVER CITY 90230**

**ORIENTATION @ 7PM
 SIGN UP FOR PANELS
 IMMEDIATELY AFTER!!
 MEETING @ 8PM**

ALL 12TH STEP, ALL THE TIME!

LETTER FROM THE CORRECTIONS DIRECTOR

Last Thursday, marvelous Mitzi N. and I went to CRDF to kick-off an exciting new addition to sobriety there - inmate-led AA meetings! Senior Sherman—the head of Education Based Incarceration programs there—had told us how she would like to start AA meetings in four different pods: 2500, 2700, 3500 and 3600. 3600 is the sobriety program pod. We brought one meeting kit for 3600 and I will bring the other three in a few weeks.

2-3 women per pod volunteered to lead the AA meetings and they all came for the kick-off and orientation. We created a hybrid meeting format that includes both alcoholism and addiction, as well as three different types of meeting options: Speaker/Participation, Book Study and Round Robin sharing. We want to be as inclusive as possible and give the women a chance to provide meetings that meet the needs of their own pod.

We went through the format with each pod and the women slowly but surely picked up the options and

participated with more and more enthusiasm. It was an exciting time! As we know, the more active we are in our own sobriety, the stronger we are. This opportunity for women to help themselves is another terrific tool that AA is providing at CRDF.



These meetings have literature that is kept with the meeting but not to hand out. So our traditional panels are still important for providing outside speakers and insights as well as literature and assistance. If you are leading a panel in any of these pods and get a request for additional literature or help with any of these inside meetings, please help if you can and contact Mitzi or myself.

Thank you for your wonderful service and commitment to our incarcerated brothers and sisters, to AA and to H&I!

In love and service,

*Steve B.,
AA Los Angeles H&I Corrections Director*

BIRTHDAY SEASON

This month I will celebrate 8 years of sobriety. I have been involved with H&I since I moved to the westside at about 6 months of sobriety. I remember my first couple of times attending H&I, I was excited by the hustle and bustle of all the sober alcoholics running around the room. I didn't even know what was going on. Since my earliest days in sobriety, me and my trudging buddy (aka my RoadCat) would get so excited to show up every month and see everyone. I remember attending Orientation, and still not really understanding what everything meant.



Finally, I figured out how to sign up to speak at a panel. On my first H&I panel, I shared and made a friend with

one of the other panel speakers. He was only a few months more sober than me, but seemed so wise and profound when he shared. It's a great memory because we're both still sober today. Me and my RoadCat are also both still sober, and still active participants in H&I. This month as I reflect on the many experiences that have grounded me in my sobriety, I give thanks to the service that I was able to do here at H&I. What a journey!

In service,

Sharron S.

AA Los Angeles H&I Hospitals