

Sharing Hope.

The work we GET to do

I am trying to find someone to lead my panel this Thursday. (By the time that you read this it will have passed, but thank you for the offer, there will be others). We take commitments in H&I because we love our program, we love sobriety, and we have learned to love one another, which I believe to be life's greatest gift.

When it happens that I can't make my commitment, and need to find a replacement, that can be difficult. I find it much easier to find speakers than to find leaders. A panel leader must be responsible to show up on time, to make sure that the speakers are reminded of the date, time and location of the panel that they have committed to serving, facilitate between the facility and the panel, make sure that there is literature for the attendees, make sure that the panel runs smoothly, which means the readings are read, the panelists are on their best behavior, that the rules of the facility are respected, that the panel is a success, and then send a report to the panel chair. Whew. It feels like a lot of responsibility. It certainly did when I began H&I in early sobriety. When I was still drinking, responsibility was a four letter word (w.o.r.k.), and it was not what I had signed up for. I wanted just to get high and get by. Even after I had children, which I thought would fix me, I often did only that which contributed to a lifestyle of me me me. Today, because of over 12 years of H&I, I have begun to think and behave in terms of we we we; but because this is a self-centered disease that seems to be my baseline, I am constantly having to readjust to heart-centered recovery.

When I do find someone to take my panel that week, I get nervous that they won't do it right, or the way that I would do it. I have to be on guard that my sense of responsibility does not turn into the need to control, so it's back around from Step 12 into Steps 1, 2 and 3. I'm not in charge, HP is in charge, and I will let It do what It does best, taking care of AA, H&I, and my panel.

These panels help others and heal us, which is really a gift, not a chore.

Gregory G.

Director, Los Angeles Hospitals & Institutions, 2018

Go to: LAHIC.ORG

**Email the Los Angeles H&I Committee:
contact@lahic.org**

LAHIC Directordirector@lahic.org

Corrections Dir.....AA-Corrections@lahic.org

Hospital Panels DirectorHospitals@lahic.org

Newsletter Editornewsletter@lahic.org

**SEPTEMBER H&I CANS TOTAL:
\$7,818.68**

*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

One of the beauties of AA is that there are so many ways to be of service: sponsoring, a million different meeting commitments, giving rides, 12-Step calls, step work, fellowship and of course H&I! I had a panel at CRDF for the past 8 years, one of the most rewarding things I did in my life. Being with my sisters there always brought me joy and reminded me that I'm part of something larger and magically rewarding. Sprinkled into that over the years was leading and speaking panels in all the adult jail facilities.

A couple of years ago, I started doing the Juvenile panels with 14-18 year old boys. It was very hard for me. I found it difficult to be with kids in jail. Why are we incarcerating children? It felt wrong. I felt we were failing our children. And frankly, it still feels that way. Aren't we failing as a society when we fail these kids? So many of them are products of situations beyond their control: poverty, broken homes, alcoholism and addiction, mental health, poor education, and many more. And I would tell my story and look



at their faces and think 'do they even understand or care?' It brought me despair and I didn't feel the love or magic that I felt coming out of the adult panels. Then about 4 months ago I started seeing my role there differently. Coming to Juvenile Hall wasn't as much about sharing messages of recovery, it was more about just showing up—an act of kindness and love. I didn't need to worry about them getting or not getting the message, relating or not relating to me and my story. As long as we are locking up children (and changes need to be made here!!) I get to be one of the folks showing them they are not forgotten. That they matter. That this is not the end for them but can be a beginning. That they are loved. I love them. We love them.

I feel differently now when I go and when I leave. I am grateful for the opportunity to be of service and just show up.

In love and service,

Steve B.

AA Los Angeles H&I Corrections Director

CONTINUED TO TAKE INVENTORY

Every three years, the elected members of the Policy Council take time to review the H&I Guidelines. This document is a reflection of the H&I group conscience, and it guides the participants of H&I. From the H&I Director to the newcomer panel speaker, we are all accountable to the Guidelines set forth in this document. Since we are due for a Guidelines review, and since we're in October, the 10th-step-month, I thought I would highlight some key items from the H&I Guidelines, as it stands now:

1. You must qualify as an alcoholic. Please focus your sharing on recovery from alcoholism.
2. DO NOT give a prolonged drunkalogue. Make sure you talk about recovery and living sober with the program and the Twelve Steps.
3. DO NOT make any derogatory remarks about the facility or its officials.



4. DO NOT talk down to the group or use profane or vulgar language. (No Sexalogues)
5. DO NOT take anything in or bring anything out with you.
6. DO NOT exchange phone numbers or addresses with people at the facility, promise to write them, or agree to meet them when they leave. Refer them to Central Office or Bridging the Gap.

7. DO NOT wear shorts, blue jeans or sandals.

8. Women must not wear short or slit skirts, low-cut tops, or tight-fitting clothes.

9. DO NOT go on a panel or institution if you know or correspond with someone there.

10. Panel Leaders are responsible for the conduct of their speakers.

Try to spot-check your panel and panel participants this month. Remember, we are guests at the facilities we attend for panel meetings. The guidelines are in place to ensure a positive experience for both the facility and the panelists. If you would like to share your opinion on any of the H&I Guidelines, please reach out to me directly.

In service,

Sharron S.

AA Los Angeles H&I Hospitals Director