

MARCH '08

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Steve R.

Webmaster:

Bryce B.

Raffle:

Judy L.

H&I Cans:

Stacy A., Grace L.

Newsletter Publisher/Editor:

Meryl J.

**DOES YOUR MEETING
HAVE AN H&I CAN?**

Help get literature to AA's who are locked up and cannot get to meetings. Bring a can to your regular meeting and take up a collection. The money you collect pays for AA literature handed out on panels. Ask for an H&I LABEL at the "Cans" table at H&I. Your meeting can donate a portion of its 7th Tradition, or members can make personal donations. However you choose to

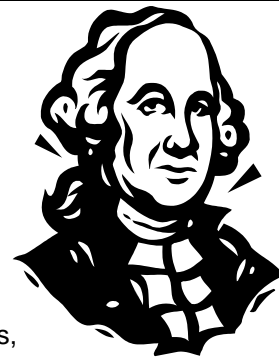
CRDF "REACH" PANELS MOVE TO SUNDAY NIGHT

Effective immediately, our "Reach" panels at the Century Regional Detention Facility in Lynwood will move from Saturday mornings at 9 to Sunday evenings at 6:30. Panel leaders have been notified.

For more information, see Phil K., Correctional Supervisor.

WHO WERE THE WASHINGTONIANS?

In 1840, a group of tipplers in Baltimore started a group which became known as the Washingtonians. Prescient to what came 90 years later in Alcoholics Anonymous, the Washingtonians were 19th Century alcoholics trying to get--and keep each other--sober. Their method of recovery was to rely on one another, share their alcoholic experiences, and seek divine help. Total abstinence from alcohol was their goal.



It all started in a tavern, one night, when this group was having its usual nightly drinks, and the discussion turned to a lecture being given that night on temperance. In the spirit of fun, several of the group went to the lecture and reported back to their friends the next day. Inspired by what they heard, they signed a temperance pledge and called themselves the Washington Temperance Society, in honor of George Washington.

Word got out and their membership grew. They soon outgrew the tavern and found another meeting place. To keep the meetings interesting, they began sharing their stories with each other. As they kept each other sober, their membership continued to grow. They began to hold public meetings once a week and attracted more members, as word of mouth spread.

Their membership grew to over 100,000. But they had a fatal flaw: they lacked a singleness of purpose. Passionate arguments about outside issues undermined the cohesiveness of the group. So did the involvement of politicians who saw the group as a platform to launch their beliefs on hot button

Did you know you could mail donations to H&I? Send your check to:

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



27th Annual Southern California Hospitals & Institutions Conference: "Freedom from Bondage"



April 25, 26 & 27, 2008
at the DoubleTree Hotel, Orange, CA.

Program Highlights

Registration starts	Fri, 1p
Welcome/Kickoff meeting	Fri, 7p
Al-Anon Play	Fri, 8:45p
Open Participation AA/Al-Anon Discussion	Fri,
9p	
Attitude Adjustment Open Participation	Sat, 7a
DUI Drug Court Workshop	Sat, 8:30a
California Department of Corrections Panel	Sat,
10:15a	
AA/Al-Anon Luncheon	Sat, 12
noon	
Youth Detention Facilities Panel	Sat,
2:15p	
Al-Anon Panel	Sat, 3:45p
Old-timers in H&I	Sat, 5p
Young People in AA Panel	Sat, 5p
Banquet	Sat, 6:30p
Dance	Sat, 10p
Getaway Meeting	Sun, 9a
Southern California H&I Inter-group Meeting	Sun,
11:30a	



WE NEED YOU!

BECOME A MEMBER OF H&I AND HELP US CARRY THE MESSAGE

The Los Angeles Hospitals & Institutions Committee organizes over 500 panels of AAs each month to carry the message of Alcoholics Anonymous to those confined in hospitals and institutions.

It's easy to become a member of H&I! Just come to the monthly H&I meeting, and sign up to speak on a panel. There are many opportunities for service, including panel leadership positions and chairperson positions. See Juliet S. for additional opportunities.

To speak on hospital/recovery home panels, six months of continuous sobriety is suggested. For correctional facilities, a year or more is required, and, depending on the facility, a background check and/or clearance.

See Samantha C., Hospitals Supervisor, for information on hospital panels, or Phil K., Correctional Supervisor, to apply for jail clearance.

See you on the inside!

H&I Meeting Time & Location:

2nd Monday of each month:
Wilshire United Methodist Church
4350 Wilshire Blvd. (at Plymouth)
Los Angeles, CA 90010

Orientation for new members: 7:00pm
General Meeting: 7:30-8:30pm

CHECK US OUT ONLINE:

LOS ANGELES H&I: www.lahic.org.
SOUTHERN CALIFORNIA H&I INTERGROUP: www.schii.org.

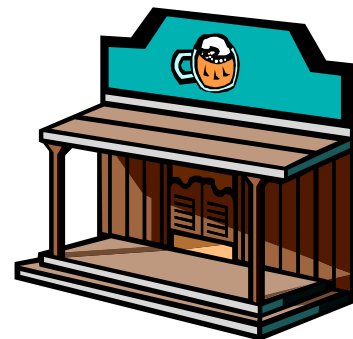


**DO YOU HAVE A STORY YOU'D LIKE TO SUBMIT TO OUR NEWSLETTER?
EMAIL YOUR STORY TO THE EDITOR AT: HI_editor@sbcglobal.net**

**YOU CAN VIEW NEWSLETTERS ON OUR WEBSITE AND DOWNLOAD PANEL FORMS...GO TO:
WWW.LAHIC.ORG**

THE WASHINGTONIANS

(continued from page 1)



issues of the day: abolition of slavery, and temperance. Within a few years, under the inexorable weight of controversy, the Washingtonian movement splintered and collapsed.

As Tradition 10 in Twelve Steps and Twelve Traditions, puts it: the Washingtonian Society almost discovered the answer to alcoholism:

“At first, the society was composed entirely of alcoholics trying to help one another. The early members foresaw that they should dedicate themselves to this sole aim. In many respects, the Washingtonians were akin to AA of today. Their membership passed the hundred thousand mark. Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer. But this didn’t happen. Instead, the Washingtonians permitted politicians and reformers, both alcoholic and non-alcoholic, to use the society for their own purposes. Abolition of slavery, for example, was a stormy political issue then. Soon, Washingtonian speakers violently and publicly took sides on this question. Maybe the society could have survived the abolition controversy, but it didn’t have a chance from the moment it determined to reform America’s drinking habits. When the Washingtonians became temperance crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics.

“The lesson to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early AA members resolved to keep our Society out of public controversy. Thus was laid the cornerstone for Tradition Ten: ‘Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.’”

While the Washingtonians could be admired for their resolve to achieve sobriety, their lack of understanding of the critical need for a singleness of purpose rendered them defenseless against the disparate voices, both within and without, which ultimately destroyed them. But, most important: their prescient movement laid the foundation for Alcoholics Anonymous.

Los Angeles Central Office

4311 Wilshire Blvd., #104
Los Angeles, CA 90010
323/936-4343
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SERVICE OPPORTUNITIES:

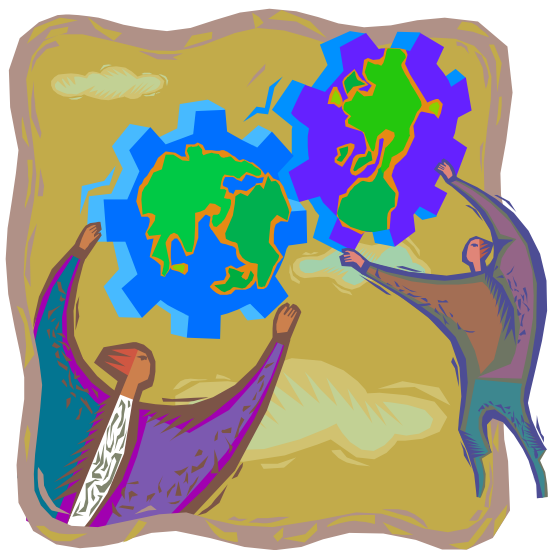
- a) LACO Phone Volunteer
- b) LACO 12th Step Worker
- c) Meeting Directory Committee
- d) Central Service Committee
- e) Speaker List Volunteer
- f) Public Information Volunteer
- g) "Hello Central" Subscriber
- h) Supporting Member Contributor

***"When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there.
And for that, I am responsible."***

Sponsorship? Available, or Not.

By Shirley S.

I have been going to an interesting new meeting on sponsorship. A speaker shares on the subject and then we can ask questions. Whenever I hear a speaker talk about sponsorship, I feel lucky to have found my sponsor. It's like a woman who gives birth and receives the gift of a child. A sponsor does the same thing by helping to bring on new life. Sounds a little schmaltzy, but it's true. A sponsor helps us give birth to the new person we become, the moment we admit our powerlessness and begin taking the steps.



There is that moment, usually at the end of meetings, for the sponsorship announcement. "Will anyone who is willing to sponsor, please raise your hand." A few hands shoot up, many do not. I've heard some oldtimers say that they never sponsor, that they don't like it. It's a hard job to help bring on a new life. There are birth pangs for sure: sponsees who slip in and out of the program; those who say they are being sponsored by you and never call; sponsees who are argumentative and know all; ones who are downright rude. You have to love 'em all.

There are as many types of sponsors as there are members of our program. One of the best things about AA is that there are no rules, only suggestions. Sometimes between the sponsor and the sponsee, it's a miracle any of us stay sober. We muddle along, doing our best. That's probably why AA works so well. Even if you don't like what your sponsor suggests, even if you think they're wrong, you have that gut feeling that they wish you only well.

It was a horrible day when I realized that my sponsor was human, that she had frailties and was not perfect. But as awful as that was, it helped me forgive my imperfections. I understood that none of us is perfect. Long-time sobriety does not make us perfect, and we are merely works-in-progress.

Sponsorship helps hone your own program. If you sponsor, you are forced to help your sponsee only according to the steps and the traditions. And that's one of the best ways to teach them. One alcoholic helping another.

A sponsor has to be honest. That enables us to get rid of the people-pleasing that besets a lot of alcoholics. You have to be truthful, you have to guide, even if the sponsee might get mad at you. You have

to stand your ground when you know you are doing your best by the program.

There are some AAs who are popular sponsors. They have tons of sponsees. Some have none. I think it's up to one's Higher Power. If you are meant to sponsor, the sponsee will come. But of course, one of the things to do is to put your hand up and offer to sponsor, temporarily or not. That's part of the 12th step. And, this is only my opinion, but I think everyone who has worked the steps should be prepared to put up their hand.

EVENTS CALENDAR

March

3/20-3/23 - The 31st Annual San Diego Spring Roundup: "Live, Love, Laugh," with Al-Anon and Alateen participation, at the Manchester Grand Hyatt, San Diego. Join us for an ice cream social with a professional comedian, golf, day fishing trip, banquet, and more! www.sandiegospringroundup.com.

April

Mon, 4/14 - Don't forget the monthly H&I meeting!

4/25-4/27 - The 5th Annual Roundup in Pahrump, NV at the Saddle West Hotel & Casino - "Sober Fun in the New Old West." For more info, email earthart@teknett.com.

4/25-4/27 - The 27th Annual Southern California Hospitals & Institutions Conference "Freedom From Bondage" at the DoubleTree Hotel, Orange, CA, with Al-Anon participation.

May

5/2-5/4 - Fellowship of the Sprit West - Big Bear Lake, CA, at the Northwoods Resort. www.fotswest.com.

Sat., 5/10 - Los Angeles Area Women's 20th Annual Luncheon - "A Vision for You" at the DoubleTree Hotel (formerly the Hilton Hotel), Torrance, CA.

Mon, 5/12 - Don't forget the monthly H&I meeting!

5/16-5/18 - The 24th Annual Tri-State "Fellowship on the River" Roundup at the Riverside Resort Hotel & Casino, Laughlin, NV, with Al-Anon participation, featuring speaker meetings, marathon meetings, banquet, ice cream social, bowling and golf tournaments, and more! www.tristate-roundup.com.

5/23-5/26 - Memorial Day Weekend - "A New World" - The 23rd Annual AALA Roundup, at the Burbank Airport Marriott Hotel & Convention Center. www.aalaroundup.com.

June

Mon, 6/9 - Don't forget the monthly H&I meeting!

6/12-6/15 - AA Desert Pow Wow at the Renaissance Esmeralda Resort, Indian Wells, CA, with Al-Anon participation. Features topic discussion meetings, longtimers meetings, banquet and show, golf tournament, 10k fun run, and more! www.desertpowwow.com.

6/22 - The 5th Annual Freedom Festival - Long Beach's Original Clean and Sober Outdoor Concert, featuring world-class rock and rhythm & blues. 7390 E. Carson Street, Long Beach, CA, 11a-6p. www.freedomfestival.us.

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