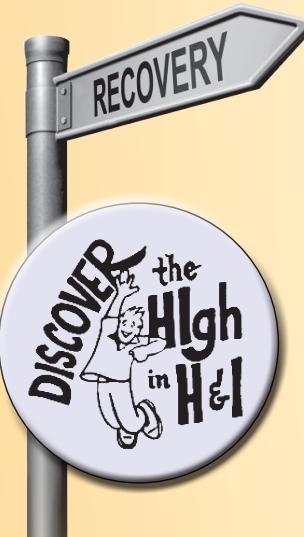


Responsibility Statement: I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.



AREA PANELS served by VCAAHI

AREA 1 Correctional Facilities (CLEARANCE REQUIRED)

Sundays

| | | |
|-----------------|--------------------------|-------------|
| 6:30pm – 7:30pm | Todd Road Jail (WOMEN'S) | Santa Paula |
| 6:30pm – 7:30pm | Todd Road Jail (MEN'S) | Santa Paula |

Mondays

| | | |
|-----------------|-------------------|---------|
| 7:00pm – 8:00pm | Main Jail (MEN'S) | Ventura |
|-----------------|-------------------|---------|

Wednesdays

| | | |
|-----------------|----------------------------|-------------|
| 6:30pm – 7:30pm | Todd Road Jail (MEN'S) | Santa Paula |
| 7:00pm – 8:00pm | CDCR Fire Camp #46 (CO-ED) | Camarillo |

Fridays

| | | |
|-----------------|-------------------|---------|
| 7:00pm – 8:30pm | Main Jail (MEN'S) | Ventura |
|-----------------|-------------------|---------|

AREA 2 Treatment Facilities

Sundays

| | | |
|-----------------|----------------------|---------|
| 4:00pm – 5:00pm | Prototypes (WOMEN'S) | Oxnard |
| 6:00pm – 8:00pm | Malibu Detox (CO-ED) | Topanga |

Tuesdays

| | | |
|-----------------|-------------------------|---------------|
| 7:00pm – 8:00pm | La Ventana (CO-ED) | Thousand Oaks |
| 7:00pm – 8:00pm | Infinity Malibu (CO-ED) | Malibu |

Wednesdays

| | | |
|-----------------|---------------------------|--------------|
| 7:00pm – 8:00pm | Casa De Esperanza (CO-ED) | Camarillo |
| 7:00pm – 8:15pm | La Ventana Detox (CO-ED) | Thousand Oak |

Thursdays

| | | |
|-----------------|------------------------|--------|
| 7:00pm – 8:00pm | Changing Tides (CO-ED) | Oxnard |
|-----------------|------------------------|--------|

Fridays

| | | |
|-----------------|-----------------------------|-----------|
| 7:00pm – 8:00pm | La Ventana Detox #2 (CO-ED) | Camarillo |
|-----------------|-----------------------------|-----------|

Saturdays

| | | |
|-----------------|--------------------------|-----------|
| 7:00pm – 8:00pm | La Ventana Detox (CO-ED) | Camarillo |
| 6:00pm – 8:00pm | Malibu Detox (CO-ED) | Topanga |

AREA 2 Hospital Facilities

Thursdays

| | | |
|-----------------|-------------------------|------|
| 6:45pm – 7:45pm | Providence Ojai (CO-ED) | Ojai |
|-----------------|-------------------------|------|

Fridays

| | | |
|-----------------|-----------------------|---------|
| 7:00pm – 8:00pm | Vista Del Mar (CO-ED) | Ventura |
|-----------------|-----------------------|---------|

The Ventura County Alcoholic Anonymous H&I Committee strives to ensure that all our panels are covered each and every night that we are invited to participate. There is a continual need for additional members to fill panels and service commitments. Come join us and discover all the opportunities to be of service.

VCAAHI Committee Meetings are held the second Sunday of the month.

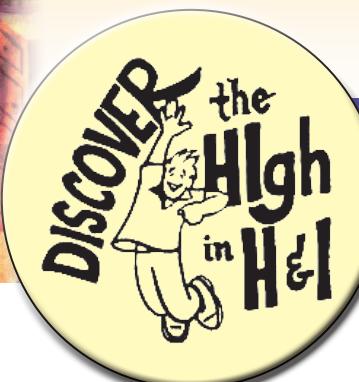


H&I-LIGHTS

September 2017

Volume: XVII, Issue: 2

Ventura County A.A. Hospitals & Institutions Committee (VCAAHI)



Edition Special:

39th Annual Ventura County AA Convention "Enjoying Life"

September 8 to 10, 2017

Hyatt Regency ~ Westlake
880 S. Westlake Blvd.
Westlake Village, CA

**Join H&I
SAVE THE DATE!
H&I COMMITTEE MEETING**

Sunday Sept. 10th

5:30pm

**Central Office
321 N. Aviator St.
Ste. 115, Camarillo
(805) 389-1444**

New member orientation begins at 6:35pm

VENTURA COUNTY AA H&I

H&I Board Members

| | |
|---------------------|----------------|
| Director: | John J. |
| Co-Director: | Michael H. |
| Secretary: | Andy M. |
| Registrar: | David B.. |
| Treasurer: | Darlene Van M. |
| Area 1 Coordinator: | OPEN |
| Area 2 Coordinator: | Ciera W. |

H&I Service Members

| | |
|-----------------------------|-----------------|
| VCAAC 2017 H&I Chair: | Patricia Ben A. |
| SBTS 2018 H&I Chair: | John W. |
| Orientation Chair: | Terrance B. |
| H&I Lights: | OPEN |
| Literature Chair: | Gary M.. |
| So. Cal H&I Intergroup Rep: | Kelly McC. |
| Communications Chair: | Dave B. |

Policy Committee

| | |
|--------|---------|
| Chair: | John W. |
|--------|---------|

DONATIONS TO THE VENTURA COUNTY A.A. HOSPITAL AND INSTITUTIONS COMMITTEE MAY BE MAILED

TO:VCAAHI

79 Daily Drive, Box 122
Camarillo, CA 93010-5807

Please include meeting information with the donation.
Thank you for your support!

VISIT www.aaventuravcounty.org for information of local AA meetings, events and downloadable resources.

A SCHEDULED 12-STEP CALL, I COULD PUT ON MY CALENDAR

I got sober on August 14, 1986. Before sobriety, I had zero social life; after sobriety, I found the fellowship I had craved all along, but didn't know it. I had lots of friends, joined the meetings before and after the meetings, went to social gatherings of all kinds, and learned how to have fun.

Many of my friends would miss our regular AA meeting on the third Thursday of the month and I always wondered where they were. One Thursday, I asked where they were going, and they told me that the San Fernando Valley Hospital & Institutions Committee meeting was that night, and that I could come along if I wanted to. You bet I did!

We met that night in a tiny storage room at the back of one of the large churches. My recollection was that it was almost like a little mountain cabin. But, the next month, we met in the large social hall at the church. The Registrar took attendance; the Director explained that our purpose was to carry the message of Alcoholics Anonymous to people in hospitals, jails and other institutions where they could not get out to meetings. That sounded good to me – a scheduled 12 step call that I could put on my calendar. I went on my first panel at a hospital on a Saturday afternoon in February, 1987. I have no idea what I shared; I was very nervous, but I left there with a feeling of elation better than any I had ever had before. I was hooked on H & I.

Over the years, I have served in many different capacities of H & I because I very much want the Committee to keep taking panels out to recovering alcoholics. My first job was Registrar. I thought that would be a good way

to get to know people. When I raised my hand to do the job, we took attendance on index cards, but when I took over the job they handed me a floppy disc. Good Grief! I knew nothing about computers, but I got to learn. Over the years, H & I has "taught" me lots of computer programs. Thank goodness for that!

I have always had at least one (usually two) committed panels each month. I went to Tehachapi State Prison for 11 years and enjoyed the experience immensely. We had meetings on the 3 hour drive up and the 3 hour drive back. We had a meeting at the prison, and usually shared a meal on the way home at a place in downtown Tehachapi. I have taken panels to detox facilities, work and fire camps, and mental health facilities. I always feel elated when I leave. I feel like they have paid a 12-Step call on me!

H & I is not only organized service, but it is a wonderful fellowship. I belong to two H & I Committees because I feel the work is very worthwhile. We have a common goal – to carry the message to others. The committee meetings may be difficult for some people to sit through, but they keep the chaos at bay and keep us on track. When a panel fails to show up, it's called a "dark night". We used to say that the only reason for a dark night was a death in the family – yours. When we were drinking, we were undisciplined people; now we are responsible citizens of our community. And – it is a life beyond my wildest dreams! Come join us!

Darlene Van M. - VCAAH1 Treasurer

Since its beginning in 1935, the Fellowship of Alcoholics Anonymous has always cooperated with hospitals, treatment facilities and institutions. Bill W. himself was a product of a treatment facility – Towns Hospital in New York City. After he had finally put together several months of sobriety, Bill returned to Towns to try to work with other alcoholics. This was the beginning of A.A.'s Twelfth Step work in hospitals and institutions. After Dr. Bob sobered up, he and Bill W. visited, suffering alcoholics, at St. Thomas Hospital in Akron, Ohio. On that Wednesday the 26th of June in 1935, Bob and Bill shared their experience, strength and hope with Bill D. who became A.A.'s third sober member. With the loving assistance and dedication of Sister Ignatia, Dr. Bob established a ward for alcoholics; together, they reached over 5,000 alcoholics. Our founders knew that; "... nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail" ... "Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail". Big Book pg. 89

VOLUNTEERS NEEDED

Incoming volunteers to VCAAH1, are equally valued as newcomers are to AA, they are - 'the life blood of our fellowship.' From these recent volunteers, panel meetings are kept at full strength, and fresh panel leaders and service members are named. There continues to be a crucial need for active, vital AA members to help with this Twelve-Step work. H&I provides many rewarding opportunities to carry the message of recovery to others. Our coordinated efforts allow us to pool our resources and to make it incredibly easy to get involved. The hand of fellowship is always outstretched at H&I.



Experience, Strength & Hope

Frequently asked Questions

Q: What service opportunities are there?

A: There are many opportunities for service work within H&I. The most popular would be as a panel leader-who acquires eligible panel participants and leads a panel meetings on a regular basis.

Q: How much sobriety do I need to participate?

A: In most cases, a panel participant's minimum sobriety requirement is 90 days. However, you will need to speak with a coordinator for the specific service area to find out for sure. But if you are really interested in doing service work, we will absolutely help you find a commitment no matter how long you are sober.

Q: Can I get involved if I have a criminal record?

A: In many cases, there are no stipulations concerning past legal problems. However, there are some facilities, such as clearances with jails and prisons, where you will need to speak with a coordinator for the specific service area to find out for sure. But again, if you are really interested in doing service work, we will absolutely help you find a commitment.

Q: What kind of commitment is required to participate?

A: Usually it's preferred that volunteers are able to make a commitment of some kind, but we realize that is not always possible. Your initial involvement could be anywhere from being a one time panel participant, to a longer term commitment as a Panel Leader.

Q: When and where are H&I meetings?

A: The H&I business meetings are held every second Sunday of the month at the Ventura County A.A. Central Office - 321 N. Aviator St. Suite 115 in Camarillo. The meetings start at 5:30pm and usually last about an hour. A new member orientation follows at 6:35pm. All are welcome to attend.

Q: How do I get Involved?

A: To get involved, you can join us at our monthly business meeting and let us know that you are looking to be involved in service work. You can also contact the A.A. Central Office and they will put you in contact with the H&I director who would be willing to answer any of your questions.

Q: Where can donations be sent if we are not able to make it to the Business Meeting?

A: Donations may be sent to:

79 Daily Drive Box 122
Camarillo, CA 93010-5870

please include meeting information with donation

Come join us!