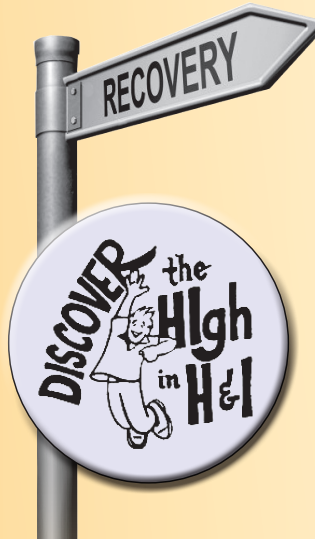


Responsibility Statement: I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.



The Ventura County Alcoholic Anonymous H&I Committee strives to ensure that all our panels are covered each and every night we are invited to participate. There's 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.

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

Mondays

6:30pm – 7:30pm	Prototypes (WOMEN'S)	Oxnard
-----------------	----------------------	--------

Tuesdays

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

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
-----------------	-----------------------	---------



H&I-LIGHTS

Spring 2018
Volume: XVIII, Issue: 1



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

The purpose of VCAAHI is to carry the message of Alcoholics Anonymous to the alcoholic in hospitals, jails, prisons, treatment centers and recovery homes. The VCAAHI Committee operates in accordance with the Twelve Traditions and the Twelve Concepts of Alcoholics Anonymous. Panel Meetings are held at the invitation of respective hospital and institution administrations. Although we are not affiliated with these institutions, we strive to maintain the spirit of cooperation in our service.

VISIT vcaahi.org

For much more information regarding H&I service, events and downloadable resources.

Join H&I

SAVE THE DATES!

H&I COMMITTEE MEETING

Sunday May 20th
Sunday June 10th
5:30pm

Central Office
321 N. Aviator St.
Ste. 115, Camarillo

New member orientation begins at 6:40pm

VENTURA COUNTY AA H&I

H&I Board Members

Director:	John J.
Co-Director:	Michael H.
Secretary:	Lisa M.
Registrar:	David B..
Treasurer:	Darlene Van M.
Area 1 Coordinator:	John W.
Area 2 Coordinator:	Richard G.

H&I Service Members

SBTS 2018 H&I Chair:	John W.
Orientation Chair:	Wendy D.
H&I Lights:	John J.
Literature Chair:	Gary M..
So. Cal H&I Intergroup Rep:	Kelly McC.
Communications Chair:	Dave B
VCAAC 2018 H&I Chair:	John J.
VCAAC 2018 H&I Co-Chair:	Amy M.
VCAAC 2018 H&I Co-Chair:	Vanesa G.

Policy Committee

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

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

TO: VCAAHI
79 Daily Drive, Box 122
Camarillo, CA 93010-5807
Please include meeting information with the donation.
Thank you for your support!

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 A.A. 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. - VCAAHI Treasurer

I AM TRULEY GRATEFUL EACH DAY - "Whenever anyone, anywhere, reaches out for help I want the hand of A.A. to be there." In all the time I spent in jails and correctional institutions in the '50's and early '60's there was no mention of Alcoholics Anonymous, no hand of A.A. Would it have made a difference? Well, all I can say is that when A.A. and I finally got together it completely changed my experience of life. I was provided with a program perfectly designed for people like me, someone who had lost the ability to control his drinking and who, due to ignorance, and in spite of repeated episodes of pitiful and incomprehensible demoralization, continued to drink, thinking this time it would be different. Ironically the incident that caused me to ask for help was just a little fender bender, a modest whiskey bump. But I had just bought the car, an older car, but it was in perfect condition with low mileage and now it had a busted headlight and tore up fender. I'd had much worse consequences as a result of drinking; cars completely totaled, hospital stays, months of jail time, many, many months. By comparison this little whiskey bump was nothing, but it devastated me. I was at the end of my rope and in utter despair. I asked whatever powers greater than myself there might be for help, and that very same day I was invited to go to an A.A. meeting and the adventure began. That was forty-one years ago, May 23, 1976. And in those forty-one years I have not

wrecked a car or gone to jail. Not once. In fact, I managed to have a successful career in the construction industry, built my own company, married a wonderful woman who is also a grateful member of A.A., and we are living a meaningful life, clean and sober. I look back on the person I was during my drinking days with great empathy. He wasn't a bad person, he was an alcoholic who was completely uninformed of what to do about it. That's a nice way of saying, "he was ignorant."

I am truly grateful each day for this life A.A. made possible for me. It's not without its challenges but I have a program that has served me well for many years, providing guidance and encouragement that helped me weave my way through some very trying times.

This is the program I love to share with those who are still suffering, especially those who are incarcerated and are looking for a better way. I want them to know without a doubt that a better way is just a decision a way, that a fulfilling and meaningful life is available, the life of their dreams. I want the hand of A.A. to be there.

Gary R. - active VCAAHI Member

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.

Come join us!