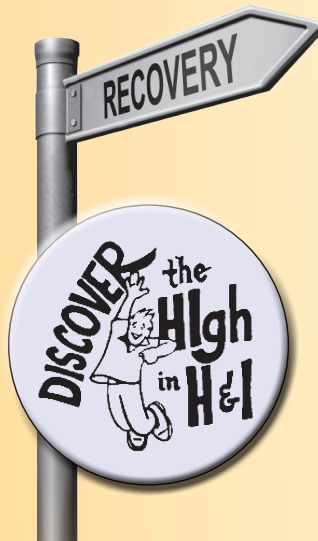


Responsibility Statement: I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.



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 every month.

AREA PANELS served by VCAAHI

SOME OF OUR THESE PANELS ARE TEMPORARILY SERVED VIA ZOOM

AREA 1 Correctional Facilities (CLEARANCE REQUIRED)

Due to Covid Pandemic all Area 1 panels are temporarily suspended

Sundays

6:30pm – 7:30pm Todd Road Jail unit C (WOMEN'S) Santa Paula

Mondays

7:00pm – 8:30pm Main Jail - Pre Trial unit H (MEN'S) Ventura

Tuesdays

7:00pm – 8:30pm Todd Road Jail unit D (MEN'S) Santa Paula

Saturdays

9:30am – 10:30am Todd Road Jail unit B (MEN'S) Santa Paula

AREA 2 Hospital & Treatment Facilities

Sundays

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

Mondays

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

Wednesdays

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

Fridays

7:00pm – 8:00pm Ohana Recovery Cntr.(WOMEN'S) Agoura Hills
(via zoom)

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

All other facilities served by Ventura County A.A. Hospitals & Institutions Committee are temporarily suspended panels due to the Covid pandemic.



H&I-LIGHTS

January 2022
Volume: XXII, Issue: 1



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

Quarterly Edition:

H&I-LIGHTS is published on a semi annual basis Additionally providing special editions for:

The Ventura County A.A. Convention
The Serenity by the Sea Roundup

Join H&I

SAVE THE DATES!

H&I
COMMITTEE
MEETINGS

Second Sundays
of the month

@ 5:30pm

zoom id:

894 2953 3145

pw: 448771

New member
orientation begins
at 6:40pm

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.

VENTURA COUNTY AA H&I

H&I Board Members

Director: Dee V.
Co-Director: April N.
Secretary: Marina V.
Registrar: Gary M.
Treasurer: Amy M.
Area 1 Coordinator: Gary M.
Area 2 Coordinator: Andy M.

H&I Service Members

VCAAC 2022 H&I Chair: Position Stayed
SBTS 2022 H&I Chair: Danny T.
Orientation Chair: Patti B.
H&I Lights: John J.
Literature Chair: Cynthia B.
So. Cal H&I Intergroup Rep: Megan C.
Communications Chair: John J..

Policy Committee

Policy Chair: Open.

VISIT vcaahi.org for much more information regarding H&I service, events and downloadable resources.

DONATIONS
TO THE VENTURA COUNTY
A.A. HOSPITAL AND INSTITUTIONS COMMITTEE
MAY BE SENT TO:
VCAAHI
79 Daily Drive, Box 122
Camarillo, CA 93010-5807
or buy Venmo @vcaahandi
Please include meeting information with the donation.
Thank you for your support!

I Am Truly 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, I 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 a 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-five years ago, May 23, 1976. And in those forty-two years I have not wrecked a car or gone to jail.

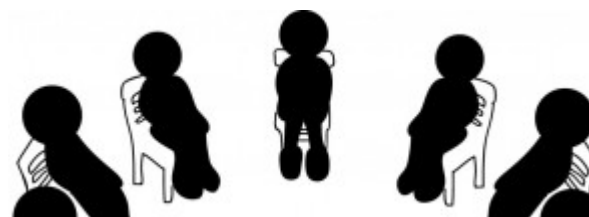
Not once!

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 away, 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 VCAAH Member



who constantly connives for reelection to office, and who continues to be consumed with self-pity. A few hemorrhage so badly that — they get drunk. At times the A.A. landscape seems to be littered with bleeding forms. Nearly every Old-timer in our Society has gone through this process in some degree. Happily, most of them survive and live to become elder statesmen. They become the real and permanent leadership of A.A. Theirs is the quiet opinion, the sure knowledge and humble example that resolve a crisis. When sorely perplexed, the group inevitably turns to them for advice. They become the voice of the group conscience; in fact, these are the true voice of Alcoholics Anonymous. They do not drive by mandate; they lead by example. This is the experience which has led us to the conclusion that our group conscience, well-advised by its elders, will be in the long run wiser than any single leader.”

THE A.A. GROUP PAMPHLET – “This pamphlet is designed as a handy information tool and suggested guide for an A.A. group. It serves as a complement to The A.A. Service Manual, the A.A. Group Handbook and other literature.” THE A.A. GROUP PAMPHLET PAGE 34 – “Traditionally, Rotation keeps AA members from becoming frozen in office. It also ensures that group tasks, like nearly everything else in AA, are passed around for all to share...to step out of an AA office you love can be hard. If you have been doing a good job, if you honestly don’t see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it is especially tough. But it can be a real step forward in growth—a step into the humility that is, for some people, the spiritual essence of anonymity...rotation helps to bring us spiritual rewards far more enduring than any fame. With no AA ‘status’ at stake, we needn’t compete for titles or praise – we have complete freedom to serve as we are needed.”

Frequently asked Questions

Experience, Strength & Hope

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. *However, due to current Covid Pandemic conditions meetings are currently being held on Zoom — ID: 894 2954 3154 pw 448771.* The meetings start at 5:30pm and usually last about an hour. A new member orientation follows at 6:40pm. 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!

QUESTION?

Do we practice rotating leadership, stepping down from continuing to run for a leadership office regardless if we believe others are not available, not willing and not qualified or do we remain frozen in office – ignoring the true principal and spirit of rotation?

ANSWER

TRADITION 2: “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

TWELVE STEPS & TWELVE TRADITIONS PAGE 135 – “Ultimately, they divide into two classes known in A.A. slang as “elder statesmen” and “bleeding deacons.” The elder statesman is the one who sees the wisdom of the group’s decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently awaiting developments. The bleeding deacon is one who is just as surely convinced that the group cannot get along without him, *continued on next page*