

## Contact Our Local Committee

[handi.area53@gmail.com](mailto:handi.area53@gmail.com)

Area 53 covers all of Alameda County and is one of 40 areas that make up the Hospital and Institution Committee of Northern California which spans from as far south as Monterey and Fresno and up to the Oregon border. Area 53 is always looking for new volunteers.

H&I is a great way to do AA service and carry the message to another alcoholic. There are many positions available at different times and locations every day of the week, making it easy to find a commitment that works for you. Join us at our business meeting to learn about our exciting open positions.

### Alameda County Area 53 Orientation and Business Meeting

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1st Wednesday of each month on Zoom

Orientation 6:30 pm

Business Meeting 7:30 pm

Meeting ID: 317 259 5765

Passcode: ACTION

## You Can Make a Difference

There are never enough volunteers to respond adequately to the many requests we receive, and so many opportunities to carry the life-saving message of AA go unfulfilled. We urge you to join in our efforts to perform this vital work by volunteering.

## Additional Resources

[www.handinorcal.org](http://www.handinorcal.org)

[www.aa.org](http://www.aa.org)

[www.eastbayaa.org](http://www.eastbayaa.org)

## H&I Policy and Procedure Manuals

[www.handinorcal.org/policies](http://www.handinorcal.org/policies)

## Mail Contributions to:

Hospital & Institution Committee  
P.O. Box 192490 San Francisco, CA  
94119-2490

*Please make checks payable to:  
'NorCal H&I' and write 'Area 53' in the  
memo section*

## Make contributions online at:

[www.handinorcal.org/contribute](http://www.handinorcal.org/contribute)



# Area 53

## Hospital & Institution Committee



*"Practical experience shows that  
nothing so much ensures immunity  
from drinking as intensive work  
with other alcoholics."*

**- Alcoholics Anonymous, p.89**

## Service Positions

### **Meeting Volunteer/Secretary:**

One hour, once a month, you and a partner bring an H&I meeting into a facility of your choice.

### **Meeting Coordinator:**

Maintain a roster for a single meeting, recruit volunteers, liaison with hosting facility.

### **Facility Coordinator:**

Act as resource for Coordinators, Secretaries, and Volunteers for a specific facility.

### **Group Representative:**

Act as liaison between your home group & the Area 53 H&I Committee; make weekly announcements about need for H&I volunteers at your group.

### **Visiting Sponsorship Service Volunteer:**

Bring sponsorship to AA members in San Quentin and local rehabs.

### **Various Administrative Service Positions**

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## Sobriety Requirements

### **Meeting Volunteers/Secretaries & Group Reps:**

six months of continuous sobriety.

### **Volunteers at correctional facilities:**

at least two years and some H&I experience. The ability to obtain a Security Clearance is required for all correctional facility volunteers.

*It is recommended that all main speakers have completed the 12 Steps of AA with their sponsors.*

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## Who We Serve: Adults and Youth

### **Hospitals**

### **Mental Health Facilities**

### **Transitional Living Homes**

### **Rehabs**

### **Prisons and Jails**

## Our Purpose

Our only purpose is to carry the message of AA to alcoholics in Corrections and Treatment facilities and facilities service alcoholics in Northern CA. H&I volunteers provide AA meetings and literature to alcoholics in these facilities. We also provide sponsorship at selected and authorized prisons and institutions.

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## The Pink Cans

Those who are confined usually have no money to buy the AA literature brought in by the H&I volunteers, so the contributions you make to the Pink Cans cover this cost. The Hospital & Institution Committee of Northern California is an organized committee of Alcoholics Anonymous with the purpose of carrying the message of AA to those who are confined. Area 53 H&I alone provides approximately 2,000 meetings a year, servicing state prisons, local jails, hospitals, rehabs and other community facilities.

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## Accountability

The Northern California H&I Committee is a Ninth Tradition service committee directly responsible to those we serve: the AA groups of Northern CA. To that end, we encourage your group to send a voting representative to the monthly Business Meeting (see info on next page). As with other AA Service Committees, the function of the H&I Group Representative is to bring the voice of their individual group to this service committee and to take vital information about H&I back to their group.

## Volunteers Should Always be Aware of the Following

- You must attend one H&I Orientation and Business Meeting to become acquainted with H&I procedures.
- Do not take a commitment at your place of employment
- Do not take a commitment at a facility where you were a resident or client until the people you know have graduated.
- Do not use profanity or off-color language
- Dress appropriately – no logos or symbols
- Introduce yourself ONLY as an 'alcoholic' to avoid confusion with other 12-Step Fellowships which may go into the facility. Observe our singleness of purpose.
- Maintain anonymity of inside and outside members. Do not use last names at any facility.
- Keep your shares short, focusing on the solution and not the problem.
- If you cannot make your commitment, find a replacement from the roster and notify your partner and the Meeting Coordinator in advance. We work in pairs, so if only one volunteer shows up, the meeting cannot take place.
- Notify your Coordinator at once if there are any problems in your facility.
- We do not offer to sponsor people in these facilities, nor do we give out our phone numbers. We are there solely to carry the message of AA.
- There is no Term Limit