

**We
Need
You!**



Santa Barbara North County
**Hospitals and
Institutions**
Committee



**They
Need
Us!**



**Plenty Of
Service
Opportunities:**

Be an H&I Rep for
your Home Group

Be a "Panel
Participant"

Be a "Panel Leader"

Be a "Facility
Coordinator"

Participate in Santa
Barbara North
County H&I and

BE
PART OF THE
MESSAGE!

Donations to support the local
H&I Committee can be sent to:

S.B.N.C.H.I.C.
P.O. Box 813
Solvang, CA 93464

Hospitals & Institutions is a committee whose sole purpose is to carry the message to those confined in hospitals, jails, prisons and other facilities. We share our experience, strength and hope in harmony with the 5th Tradition and are not affiliated with these facilities in accordance with Traditions 6 and 9. These panels and meetings are listed on the H&I calendar and not listed in the meeting schedule.

The feeling of gratitude that you will receive from H&I work is instantaneous and overwhelming. This is the closest action you can find today that is like it was in the very beginning of A.A. when Bill and Bob first went into hospitals searching for drunken outcasts to give them the A.A. message of recovery.

Want To Be A Part Of The Message?

**Join us the 3rd Thursday of the month for our
monthly service meeting at the Freedom Group
113 N. V St., Lompoc at 6:45pm**

**Come On... *Stretch*
Your Comfort Zone**