



H&I Lights Newsletter

of the Hospitals & Institutions Committee of CoDA

Beam 7 July, 2021

Have you ever been stuck?

How did you feel when you got unstuck? Sharing the message of CoDA with residents of institutions often brings new freedom to them.

“I really am grateful & hopeful to what I have learned & how it’s going to affect my life, my relationships w/family, children, friends, & how important it is to be able to pass this on to generations after me.”

From an inmate in California expressing her gratitude for CoDA groups in her prison.

What does H&I do?

The CoDA Hospitals & Institutions Committee NEVER runs meetings in prisons, rehab facilities, or jails. It helps and supports CoDA members who care to do the footWORK. We facilitate trusted servants who want to take the message of CoDA recovery to people who are stuck in places where they need to have the message brought to them. We do this by helping get CoDA literature inside, corresponding with those who write to us, providing institutional meeting information, helping to find sponsors for those who want to work their program.

Did you know? **We cannot do this without you.**

CoDA meetings can be found in some prisons, mental health facilities, hospitals, woman’s shelters, etc. after grateful members of CoDA carry the message to those still suffering, or the residents reach out to H&I for resources to start a meeting. Those inside facilities hear about CoDA from fellow residents, family members, and counselors, finding CoDA literature there, and from CoDA members who take the message of recovery from codependence to them.

Opportunities for service:

There are many, and in upcoming issues of this newsletter, some of these will be featured. If you cannot wait, contact the H&I committee after you look at our web pages at <https://coda.org/service-info/h-i-main-page/> .

Or check out the Hospitals and Institutions Service Handbook on the CoDA website the H&I webpage under “Service Info” on www.coda.org for more opportunities.