

## How should I conduct myself when I'm on a Panel?

First of all, remember that when you are on a panel, it is the only time you actually represent Marijuana Anonymous, not just yourself. How you dress and the language you use reflects back on M.A.

Here are some simple guidelines to follow when you're speaking on a panel:

- Avoid excessive use of profanity.
- Dress appropriately.
- Tell your story, but stay away from long drugalogues.

## What Step and Tradition am I practicing by being on a Panel?

### STEP 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs.

### TRADITION 5

Each group has but one primary purpose, to carry its message to the marijuana addict who still suffers.

## What Traditions should I keep in mind when I speak on a Panel?

### TRADITION 10

Marijuana Anonymous has no opinion on outside issues; hence the M.A. name ought never be drawn into public controversy.

### TRADITION 11

Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow M.A. members.

### TRADITION 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## How can I be on a Panel?

Ask your Group Service Representative how to contact your district H & I Committee, sign up on the list for panel members if your meeting has one, or go to your District Service Committee meeting.

# Why H&I Panels?



## Marijuana Anonymous

### 12 Step Program for Marijuana Addicts

**Australian Helpline 0403 945 083**

**Email: [info@marijuana-anonymous.com](mailto:info@marijuana-anonymous.com)**

**Website: [www.marijuana-anonymous.com](http://www.marijuana-anonymous.com)**

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## **.What is H & I?**

H & I stands for Hospitals & Institutions. The local district committees deal with reaching out to the hospitals and institutions (schools, rehab centers, jails, etc.) in each area. The H & I Committee also plans and arranges to have panels sent to talk to the members of various organisations. H & I is one of our public service groups that works toward spreading the message of recovery in Marijuana Anonymous.

## **What is a Panel?**

A Panel is a group of members of Marijuana Anonymous that goes out to speak to people in various institutions about recovery. Each panel member shares his or her own experience, by telling what it was like, what happened, and what it is like now, with the emphasis on recovery.

The panel is comprised of a panel leader and one or more other members. Some panels are weekly, some are biweekly, some are monthly. The recommended sobriety (free from all mind altering substances, including alcohol) for a panel leader is at least one year, and the panel speakers at least six months.

## **Why should I be on a Panel?**

Can you remember back to the time you first heard about sobriety, a new and better way of life, Marijuana Anonymous, or another 12 Step program? Can you remember the feeling that maybe there was another better, cleaner, happier way of living? Can you remember the desire to change prompted by the hope you saw in someone else's eyes?

Can you remember the person or voice that helped you make that very first step towards sobriety and changed the course of your life?

YOU can be the person or voice that helps change the course of another addict's life. Going to a hospital or institution for one or two hours on a panel, telling your story and sharing your strength and hope, this is what H & I is all about. Giving back some of what we have been given is simply being there for someone else who may hear the miracle of your life. We never, ever know when the sharing of our own story will lead to another miracle.

H & I work is by far one of the most rewarding of all the services we can do in recovery. There is no feeling quite like the feeling of walking away from doing a panel. There is a joy you get from sharing, a feeling of great relief and freedom from participating in your own recovery and helping someone else get started in theirs. There is a glow that encompasses you just because you helped another human being.

When asked how they felt about being on Marijuana Anonymous panels, this is what some of our members said: "Don't wait 'til you're hurting to work with a newcomer". "We owe something to God, to others, to the Fellowship, and to other addicts. We must pass it on in order to keep it".

On page 89 in the Big Book of Alcoholics Anonymous, it is summed up perfectly by saying, "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail". We find this to be a fact for marijuana addicts too.

"DO A PANEL! This program doesn't owe you anything, you owe it. If you are reading this now and you're sober, you owe it to your sobriety to share with others what you've got."

"One of the greatest gifts I've received in my sobriety was when I saw a man take a one year cake in Marijuana Anonymous. One year prior, I had shared at a panel where he had been a patient. He came to Marijuana Anonymous because of that panel and what he heard. To see him take a cake was a feeling like I've never known before!"

"Panels give me the opportunity to share with others my accomplishments in sobriety, and that the same is possible for any addict. If I can do it, you can do it!"

"All I can do is share my own experience strength and hope, to let you know where I came from, and where I am now. My greatest reward from all of this is when someone comes up to me after a panel to say they have felt the same way."

"I had to detox in a hospital, and the main thing that kept me there at a time when I was so miserable all I wanted to do was go home and use, was panels coming in and sharing, showing us by their caring actions that it does get better. The opportunity to return that favor is the most rewarding commitment I can take."