

Made a Searching...

APRIL 2015

"Made a searching and fearless moral inventory of ourselves."

The following preface to this subject matter is a poem I wrote after the last fourth step I finished:

The choices I made yesterday are no longer the redeemers of my destiny. I stand today a man not governed by his predisposition to self-doubt and misguided self-will, but as a man lead by faith and courage, love and honesty, patience and integrity.

The choices I made yesterday are but a guiding light into the void from whence I came, they are a series of beacons lighting a ferocious path across the ocean marking my journey as it began at the precipice of eternity. Courage will guide me through the troubled waters of my past and with faith I will persevere in my quest to understand my own true motivations, for these beacons I once looked at them with pain and guilt. These markers will become testaments of hope as I find enlightenment on my journey.

The choices I made yesterday can no longer direct my future. They are only what have lead me to today, and the yesterdays yet to be are new days made possible by my new found trust in the Now. Wisdom is granted to me as a gift to a newborn babe, for I am a child in a life reborn. I can see clearly the path laid before me. I am dry and the waves of the ocean are behind me and the steps I take are towards a warmer climate, on dry land, where the beacons I lay remain steadfast in the ground, unlike those of the past which have drifted into ambiguity....

My name is Robert and I am an alcoholic. My experience with the fourth step is displayed here in the results of my transformation in recovery. Resentment, one definition: taking the poison and expecting the other person to die. Justifiable anger is one of the most hazardous foes of the alcoholic ego mind. I needed much outside help in therapy to discover my own feelings around abuse in order to stop playing victim, own my feelings, and truly identify some defining resentments in the heart of my rage and grief. I did not know how deep seeded my anger was until I made this part of my journey and it became clearer that which I could now form words for in order to participate in my next deep and thorough fourth step, which is still a work in progress.

Discover, uncover and discard. This journey must not be taken alone. Working with others is a must. Without the "We" part of the program, these steps may fail you. A sponsor is needed for the loving guidance of moving

Continued on Next Page

Harbor Area Central Office

3450 E. Spring St, Ste 109 Long Beach, CA 90806 *(562) 989-7697 * www.hacoaa.org *info@hacoaa.org

Harbor Light through the 12 steps. My sponsor suggests prayers from the Big Book, as I often need them to push through my writing. Inventory is taking stock of the products on your shelves as in a store. My ego mind is a store filled with shelves of many products formed by calamity, pomp, and worship of other things. Calamity is the outside chaos in the world. Pomp is pride. Worship of other things is the expression of the seven deadly sins, and all people, places, and things that we place before our needed connection to a Higher Power. The old ideas sprung from these creators of self-will run riot lead us with that warped perception to create a wall of fear, resentment, and belligerent denial. This is the wall that shuts us out from the sunlight of the spirit.

Many years and much damage lead to creating a wall built strong from our resentments. Taking down any wall takes many hands, patience to clear the wreckage, love and security to keep from falling under it, and a desire to see it thoroughly taken down so one can both see and walk hand in hand towards your true self as found in the spiritual path ahead in the remaining steps.

Chapter five in the Big Book outlines clearly the thorough process of doing your fourth step. It also clearly states that it is not something to be rushed. Fearlessness is only found with faith, as many of us arrive in faith with the second and third steps.

Making our mistakes and seeking others to blame is often the most cunning and baffling behavior to see and understand. Liars, cheats, and thieves are we. I lie when I discount miracles which lead to self-judgement. Self-judgement makes me prejudiced towards others, which cheats me from your love. When I am only self-seeking and self-centered I am choosing to play God, and I steal the blanket of his destiny for me from myself. My suggestion, keep it simple and do the work...the alternative is seen in those who do not make it.

Robert C., Long Beach CA



You're Invited to the Party of the Year!!! Your own sober birthday! Share it with your friends, family, home group and sponsor right here with a birthday shout out donation to info@hacoaa.org. In the subject line please write "**Central Office Sober Birthday Party in Print**" so we can be sure to mention your special day on this sober party page. A.A. members may send \$1, \$2, \$3, \$5, \$10, \$20, \$30, \$40 or more for each year of sobriety to any or all of the following A.A. service entities: (1) The Local Office, (2) The District Office, (3) The Area Assembly Office and (4) The General Service Office. Each service component provides information and services to other alcoholics who may be dying and need A.A. life support. Your birthday donations continue to help the Harbor Area Central office provide the following services to A.A. groups:

- A.A. 24 Hour Hotline
- A.A. Archives
- A.A. 12 Step Calls
- A.A. Literature—English & Spanish
- A.A. Grapevine Publications
- A.A. Updated Meeting Directories
- A.A. Speaker Information
- Harbor Light Sobriety Newsletter
- Website•Public Information/CPC Resources
- Harbor Area A.A. Sponsored Events



Mail Your Birthday Donations

Harbor Area Central Office, 3450 E. Spring Street, Suite 109, Long Beach, CA 90806-2461

General Service Office, PO Box 459, Grand Central Station, New York, NY 10163

Contributions are limited to \$3,000 per member per year and are tax deductible under Internal Revenue §Code 501 (3)
©. Page 9—Self-Support Pamphlet.



TRADITION 4

“Each group should be autonomous except in matters affecting other groups or AA as a whole.”

Tradition Four guarantees each AA group the right of self-determination with respect to its own affairs. An AA group can organize itself in any way it pleases so long as its actions do not violate the principles outlined in the first three Traditions. At first glance, this degree of permissiveness would seem to invite endless confusion. Traditionalists sometimes decry the changing face of AA as practiced in other groups, claiming that the “style” of AA they espouse is weakened and ineffective. At the same time, “old school” groups have their own detractors who criticize what they perceive as a blind adherence to outdated forms.

Arguably, in both cases, the critics have missed the point entirely. Let’s take a look at just how the principles of the first three Traditions delimit the behavior of individual AA groups.

Tradition One tells us that the welfare of the group must take precedence over the welfare of the individual. The reasoning here is based on the hard-won experience of early AAs. As alcoholics, we are dependent upon the fellowship for our very survival. Cut off from our fellows, we have little choice but to rely on our own will to keep us sober. Many of us have already seen where this sort of self-reliance leads! Just as the individual alcoholic faces immediate peril when cut off from the Fellowship, so too may the individual group incur grave problems if it strays too far from the principles that inform AA as a whole. Our history is full of instructive stories about this group or that group, whose members decided to forge ahead into uncharted territory only to find themselves up a creek. Yet many of these same groups managed to weather their respective crises, emerging stronger than before to enrich our common pool of wisdom with the lessons of their experience.

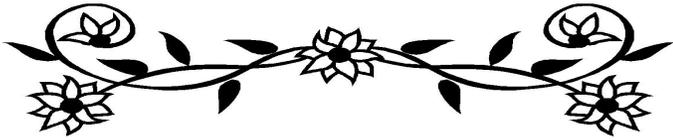
Tradition Two identifies our group conscience as the primary voice of authority in AA groups. Selfless service rather than the pursuit of personal power animates our leadership at

every level. For the individual group, this effectively guarantees that, with respect to their own affairs they will never be subject to control by a centralized governing body. We are free to make our own mistakes and to learn from our errors. Our right to self-determination carries only one caveat: each group agrees to refrain from engaging in behaviors that threaten the rest of the Fellowship. Our paramount concern must always be for our common welfare. In practical terms, this translates as a willingness on the part of each group to consult at the intergroup level before enacting rules whose impact might extend beyond the borders of their meeting. As Bill W. put it in his 1948 *Grapevine* editorial on Tradition Four, “...we A.A.s have universally adopted the principle of consultation. This means that if a single A.A. group wishes to take any action which might affect surrounding groups, it consults them. Or, if there be one, it confers with the intergroup committee for the area.” The examples he provides of actions requiring prior consultation include initiating publicity that “might affect A.A. as a whole” and the creation and circulation of “anything purporting to be A.A. standard literature.” Again, experience has shown that working in tandem, the voice of the group conscience and the opinion of other groups provide effective remediation where unilateral decisions are undertaken without prior consultation.

Tradition Three says that anyone with a desire to stop drinking can join A.A. How does this bear on Tradition Four? History would indicate that many A.A. groups indulge in bouts of rule-making as they grow and change. The reasons vary from intolerance and fear to a desire for perfection and stability. While Tradition Four guarantees each group the right to be wrong, it does not allow a group to turn away or expel any person who expresses a sincere desire to get sober. As recovering alcoholics, “our very lives...depend upon our constant thought of others and how we may help meet their needs.”

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PEACE OF MIND AND A QUIET HEART



In my early days of sobriety, in a small group in Los Angeles CA, I was hearing a lot of words that were unfamiliar to me and I didn't pay much attention to them at the time, since I had bigger fish to fry. I had a drinking problem and everything else took a back seat to that. I was overwhelmed by marital, legal, responsibility, and economic problems. Words like love, patience, spirituality, and forgiveness were foreign to me and I didn't see how they mattered when all I wanted to do was quit drinking. I stayed close to that group and they started calling me **the fortunate one**. At the age of 28, I was the youngest one in that group and it stayed that way for quite a while as drug problems hadn't evolved enough at the time (1969) to affect the influx of younger members. I felt like the elders of that group took a special interest in me and that endeared me to them in a special way.

I was always listening for the magic word that would inspire me and give me a purpose in life, and one day it happened. Tears come to my eyes when I recall the memory of the gentle voice of **an old farmer named Harlan**. As he talked about all of the trials and tribulations in the past that he had endured, he explained how he had stumbled into A.A. and that all the answers were there. He didn't understand it until he had a goal to reach for, and the next words that came out of his mouth changed my life forever. He said, "ALL I WANT FROM LIFE IS PEACE OF MIND AND A QUIET HEART". The next thought that came to me was, "**what more could a person want?**" To this day, I still quote Harlan and credit him with the inspiration. He passed away in 2007, being sober 51 years.

I have been through the Big Book and the 12x12 many times and have made a slow, but very purposeful attempt to rid my mind of all the tormenting memories and regrets of the past. As I processed each and every one of them, the more I realize that **peace of mind** is the natural result of living by these principles. Clearing the wreckage of the past, changing those behaviors that caused such, and practicing unselfish behaviors with the help of seasoned veterans like Harlan, I move closer and closer to the promise: **We will comprehend the word serenity and we will know peace.**

My books are marked and highlighted over the years as I evolved through the step study meetings or checked out the references to the Big Book in the Daily Reflections. Recently, I have been focusing on the word **peace** and underlining it, and it is amazing how often it is linked to other words that seem to get more attention. **Peace of mind encompasses the spirit of recovery in Alcoholics Anonymous**, and I will be forever grateful that God saw fit to lead me to this wonderful program. **Harlan, rest in peace and thank you for the inspiration.**

Rick R.

HONESTY

Life wasn't going well for me when I showed upon the scene

but I was ready for the change, whatever that would mean.

The life I'd lead was scandalous, I think you get the gist,

and to get rigorously honest, was the first thing on my list.

When practicing this principle I was brutal from the start,

but that sometimes caused reactions, and it wasn't very smart.

My wife asked me a question, while trying on some jeans

Did they make her look extended?, Well, you know what I mean.

That put me in a quandary and, I knew I had to lie,

If life has to be that rigorous, well, I guess I'm gonna die.

I told a friend about it and he said "you got it right."

Kindness trumps the *rigorous* clause, and you gotta keep it light.

He gave a definition and for our purpose, I believe

Kind honesty is *Devoid of all motives to deceive.*

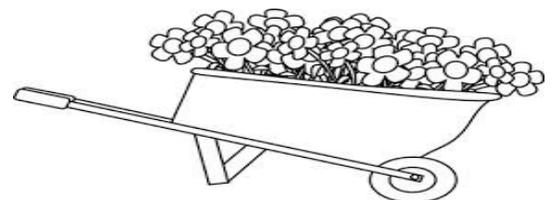
It gives a little wiggle room and, I think God wouldn't mind

if self-righteousness takes a little hit, *if only to be kind.*

I've learned there are few absolutes, and my conscience is my guide

and I must put self-honesty first, when, *these things I must decide*

Rick R.



Give it Away to Keep It



I began my journey in sobriety like most other people, with waves of problems following shortly behind me and clinging to physical sobriety in those early days. My saving grace came in the form of a little skid row wino that got sober at the Salvation Army in downtown Los Angeles. Some members of Alcoholics Anonymous came to the facility and brought in a panel to share their stories. This opened his eyes to Alcoholics Anonymous and he began his own personal journey of recovery.

Dave was sober 18 years and believed in strong sponsorship and carrying the message of Alcoholics Anonymous. His sponsor was Singing Sam. As a newcomer, I had a constant feeling of awkwardness and discontent. I spent the majority of my time staring down at my shoes, trying to quiet the voices in my head; God only knows how many voices there were going on at one time. Dave had taken me through the steps, but I still struggled with emotional sobriety. I was very active in the Fellowship and going to lots of meetings, but still felt there was something missing in my life. Dave introduced me to a gentleman by the name of Revo. He invited me to a panel at a local detox center. I walked into that detox and looked around at the people in hospital gowns; at that moment, I was full of gratitude and appreciation. Though I did not feel too zippy about my sobriety, I knew that I was not five days sober in a hospital gown at a detox. I counted my blessings that night and quickly realized that carrying the message was a way for me to give back and begin to feel better about my own personal recovery.

I attended the monthly Hospitals and Institutions business meeting. At first, I was very intimidated with all that was going on. It was most uncomfortable not knowing what the hell was going on with all these panels, leaders, and chairpersons of facilities. I was fortunate to have great mentors at my table to quickly explain the things I didn't understand. Though I was

anxious to get a panel, they told me I did not meet the minimum sobriety requirement in order to have a panel by myself. My heart sank at the news, and I became angry because I realized they just didn't know who I was! As the meeting continued, most of the panels were taken and assigned. There was one panel open, held at Metropolitan State Hospital at 2pm. These were very difficult panels to fill; after a couple elbows to the rib, Revo encouraged me to raise my hand. The committee took a vote, waived the minimum sobriety requirement for the panel, and thus began my journey into carrying the message! It has served me well for many years. Here I am, years later still involved with H&I. The cheesy line, "discover the high of H&I" still applies. It was corny then and still just as corny now, but very applicable!

I often found myself thanking these old-timers for bringing me into the fold and introducing me to Hospitals and Institutions to give back. They would often reply with, "do not thank us, just pass it on; the legacy of Alcoholics Anonymous is based on you passing this along to someone else who needs it." One drunk helping another. This stands true today as much, if not more than it did so many years ago.

I am still running around and following Revo today. To stay on the beam of sobriety, I stay very active in H&I and the Annual Southern California Hospitals and Institutions Conference. If you've never been to one of these events, I challenge you to come and see what we are all about. This year, the event will be held in La Mirada at the Holiday Inn from May 15-17, 2015. For more information, visit us at www.Socalhandi.org. Registration is very affordable and a small price to pay for living on the sunny side of the street. Please joins us! Perhaps you will catch the bug for H&I!

Joseph W., Long Beach CA



Daily Reflections

"The longer we're in AA, the more natural this way of life seems. Our old drinking lives were a very unnatural way of living. Our present sober lives are the most natural way we could possibly live. During the early years of our drinking, our lives weren't so different from the lives of a lot of other people. But as we gradually became problem drinkers, our lives became more and more unnatural. Do I realize now that the things I did were far from natural?" – Twenty Four Hours a Day, page 12

"Alcohol does not make people do things better; it makes them less ashamed of doing them badly." – Grapevine, November 1963

"Each one of us is a child of God, and as such, we are full of the promise of spiritual growth. A young person is like the springtime of the year. The full time of the fruit is not yet, but there is promise of the blossom. There is a spark of the Divine in every one of us." – Twenty Four Hours a Day, page 30

"Reality can be as painful to accept as it was to escape from." – Grapevine, November 1996

"I believe we are all sober and alive for only one reason: God has a job for us to do. I have also come to believe that I must please God first, myself second, and everybody else third. When I can live and feel that way--and it isn't all day every day--things seem to work out. When I try to run the show, everything goes to hell." – Came to Believe, page 97

"God does not grant me material possession, take away my suffering, or spare me from disasters, but He does give me a good life, the ability to cope, and peace of mind." - *Daily Reflections*, November 5

"May we never forget that we live by the grace of God--on borrowed time." – Bill W., April 1948

"I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know" – As Bill Sees It, pg. 37

"By what measure I judge others, I judge myself. By what measure I forgive others, I forgive myself" – Grapevine, March 1997

Wit and Wisdom

Words of recovery spoken in the rooms of Harbor Area AA meetings. By Kevin P.

Stay sober and clean for Twenty-fifteen.

Half the people in the US don't drink- do you know any of them?

I'm a child of God and deserve sobriety.

The thing about the Boogie-man, he never does anything: he's just there.

The difference between an alcoholic and a dog: the dog quits whining when you let him in.

Alcoholism wants me alone and drunk.

None of this means anything if you take a drink.

Any power that can keep me sober for 25 years is some juice.

I hope you have no more "good" ideas.

Resentments only have the power that you give to them.

I was the poor man's Sinatra- I wanted to do it my way.

Don't just be around the program; be a part of it.

Nothing in my life will get better if I take a drink- NOTHING.

When I took a drink I thought I found the thing that God forgot to put in me.

If you take the me, me, me out of blame then you have blah, blah, blah.

I had to put away the blame-thrower.

Part of what we are doing is learning a new way of thinking.

It isn't enough to believe in God; you have to believe in yourself.

We are all tied today- the highest grade you get in this program is sober.

Don't drink, don't die, and don't punch someone in the eye.



Hear something clever, witty, even profound at a meeting? Send it to: harborlightchair@hacaaa.org



HARBOR AREA SPEAKER MEETINGS

High on Life 835 E. 33rd St.@Atlantic, Signal Hill	Sunday, 9:00am
Sisters in Sobriety Women's 835 E. 33rd St.@Atlantic, Signal Hill	Sunday, 2:00pm
Signal Hill Speakers 835 E. 33rd St., Long Beach	Sunday, 7:00pm
East Bay Group 6400 E PCH@2nd/Marina, Long Beach	Sunday, 7:00pm
Paramount Speakers 8021 E. Rosecrans Ave., Paramount	Sunday, 7:00pm
Carson Speakers 23621 S. Main St., Carson	Sunday, 7:00pm
Torrance Speakers Group 1422 Engracia Ave., Torrance	Sunday, 7:30pm
Alanza Last Hope 759 Linden Ave, Long Beach	Sunday, 7:30pm
Fireside Speakers 641 S. Western Ave., Anaheim	Sunday, 8:00pm
Dirty Shirt Group Speakers 5881 Cherry Ave./E. South St., Long Beach	Monday, 7:00pm
Bellflower Big Book 9603 Belmont St., Bellflower	Monday, 7:30pm
Seal Beach Speakers 500 Marina Dr., Seal Beach	Monday, 7:30pm
Speakers (Serenity Hall) 12336 Penn St., Whittier	Tuesday, 10:00am
Depth & Weight Group 8021 Rosecrans Ave, Paramount	Tuesday, 8:00pm
Arbor Road Speakers 5306 Arbor Road, Long Beach	Tuesday, 8:00pm
Speakers (Whittier Art Gallery) 8035 S. Painter Ave, Whittier	Tuesday, 8:00pm
Way of Life Speakers 835 E. 33rd St., Long Beach	Wednesday, 8:00pm
12 Steps & 12 Traditions 5950 E. Willow St., Long Beach	Thursday, 7:00pm
Palos Verdes Speakers 2200 Via Rosa/Palos Verdes Blvd, Palos Verdes	Thursday, 7:00pm
Palos Verdes Speakers 2200 Via Rosa@Palos Verdes Blvd.	Thursday, 7:30pm

Long Beach Speakers 759 Linden Ave@8th St., Long Beach	Thursday, 7:30pm
Lakewood Speakers 5306 Arbor Road, Long Beach	Thursday, 8:00pm
Downey Thursday Night 9813 Paramount Blvd, Paramount	Thursday, 8:00pm
We're Making It Speakers 23621 S. Main St./Gulf Ave., Carson	Friday, 7:30pm
La Palma Big Book Speakers 11600 Los Alamitos Blvd., Los Alamitos	Friday, 8:00pm
Rule 62 Speakers 16865 Pacific Coast Hwy., Sunset Beach	Saturday, 7:00pm
Sober on Seven Speakers 3125 E. 7th St./Obispo, Long Beach	Saturday, 7:30pm
True Ambition Women's 2696 Dawson Ave, Long Beach	Saturday, 7:30pm
Whittier Speakers 15215 Janine Dr./Colima Road, Whittier	Saturday, 7:30pm
New Friends (Little Company of Mary) 1386 W. 7th St., San Pedro	Saturday, 7:30pm
South Bay Serenity Group 3315 Lomita Blvd., 3rd Fl Med Center, Torrance	Saturday, 7:30pm
Intercity Saturday Night Speakers 5881 Cherry Ave/E. South St., Long Beach	Saturday, 8:00pm

To submit your speaker meeting schedule, email:
harborlightchair@hacoaa.org

FROM THE EDITOR
FOR THE MAY 2015 ISSUE WE
ENCOURAGE SUBMISSIONS ON THE
FOLLOWING:

- ⇒ Oldtimer Stories
- ⇒ Experience, Strength & Hope
- ⇒ A.A. Sponsored Events
- ⇒ GSRs, Group Conscience Speaks
- ⇒ A.A. Speaker Schedules
- ⇒ Gratitude Stories

Deadline: April 10

For a comprehensive Harbor Area meeting directory, visit:
<http://www.hacoaa.org>

GROUP CONTRIBUTIONS

The General Service Conference of Alcoholics Anonymous suggests that groups support AA by sending excess funds to various service activities. There is no required breakdown of these contributions and each group should take a group conscience in making that decision. Many groups in the Harbor Area divide their contributions according to the percentages below. Also, consider making a personal donation during your birthday month in the dollar amount of years you have been sober.

60% to Harbor Area Central Office
 3450 East Spring St., suite #109
 Long Beach, CA 90806

30% to General Service Office
 Box 459, Grand Central Station
 New York, NY 10163

5% to Mid-So. Calif., Area 9
 Box 51446
 Irvine, CA 92619

5% to your local district:

District 1
 Box 10113, Torrance, CA 90505

District 2 — North of Carson
 Box 8343, Long Beach, CA 90808

District 3
 1840 So. Gaffey St., #251, San Pedro, CA 90731

District 4 — South of Carson
 Box 9972, Long Beach, CA 90810

	Feb 15	Feb 14	Jan - Feb 15
10 Plus Group	0	50	0
12 and 12 Study Meeting	0	346	0
12 Steps & 12 Traditions Sunday	0	0	134
Aloha Women's Group	94	0	181
Artists Musicians	100	250	100
Att Adj 7 AM Tues Marina Pacifica	49	0	124
Att Adj 7AM Wed Marina Pacifica	200	0	200
Attitude Adj 645 am Lakewood	50	50	100
Bellflower Big Book Group	4,000	0	4,000
Bellflower We Care	10	0	10
Big Book Study Los Alamitos 6pm	0	0	180
Big Book Study Sun MarPac	0	60	0
Cabrillo and Friends	50	0	50
Carry The Message	200	187	200
Compton 401 Bullis Group	25	25	50
Conversations With a Drunk	400	0	400
Crossroads Step Study Mon	0	50	0
Cypress Womens	0	0	85
Downey Real AA	122	110	122
Downey Tues Womens Home Group	0	0	140
Early Att.Adj Sun IFH	0	100	0
Early Bird Att Adj Sun IFH	0	0	100
East Side Early Bird	0	55	0
For Fun and for Free	50	0	50
Fri Free for All	0	0	91
Friday Night Fellowship	0	60	0
Friday Night Men's Stag	0	100	200
Friday Night Men's Stag Sunset Beach	0	97	0
Friday Nooners	300	0	300
Grace of God Fri MarPac	140	0	140
Grassroots	23	0	73
Group #1022636-09-06	0	51	0
Group #129414	0	0	50
Group #159497	0	45	0
Group #168356	50	50	100
Group #168467	46	0	166
Group #633873	96	0	96
Group #686071	124	0	124
Happy Days Book Study Downey Saturday	0	0	30
Happy Hour Mon MWA	67	0	67
Happy Hour Wed MWA	0	0	60
Happy Ms Step Study MWA	70	50	70
Harmony Group	0	0	60
I Never Had it so Good	100	0	100
Icebreakers-Long Beach	50	0	50
Indian Charlie Group	50	50	50
Intimacy & Recovery Men's Stag	0	78	0

	Feb 15	Feb 14	Jan - Feb 15
Into Action	50	0	50
Invisible Spkr Mtg	0	0	100
Kaiser Big Book	0	100	0
La Palma Big Book Speakers	0	0	104
Lomita Wayfarers	0	0	25
Los Altos Open Door	100	0	100
Lucky 13	45	0	45
Marina Pacifica Sat Noon	0	0	45
Marina Pacifica Sunday 10 am	0	240	0
Mp Thursday Nooner	0	190	0
On the Way Home	0	25	0
One Hour Men's Stag	200	0	301
Outside the Fence	30	0	30
P O F	0	100	0
Paramount Speakers	0	100	0
Rule 62 Daily Att.Adj	300	0	300
Sat Big Book Stdy Kaiser	50	0	50
Saturday Nighters AA Group	0	0	10
Seal Beach Speakers	189	0	189
Seniors 4 Sobriety	0	134	0
Sisters In Sobriety	0	0	30
South Gate Participation	20	0	30
Southern California Conference	0	0	550
Step Sisters Long Beach Saturday	0	0	50
Step/Book Study	0	100	0
Sunday Morning Participation	136	0	218
Surrender is Freedom	258	180	548
The Cove	20	0	20
Topic Discussion - Twin Town	0	100	62
Tues Night Live BB Stdy	50	0	50
Tues Night Mens Stag	0	150	0
Tuesday Night V.A.	50	0	50
Uppity Women	90	0	90
Veterans Hospital	0	50	0
Watering Hole VA	122	0	122
We're Making It	0	18	0
Wed Attitude Adjustment Intercity	0	50	0
Wed Night Men's Stag	0	100	100
Wednesday Discussion	450	0	450
Wednesday Night West	175	0	175
Westside Early Risers	145	89	295
Willing to Grow	0	56	31
Women's Step Study Marina Pacifica	0	96	0
Womens Step Study	60	0	60
Zig Zag Group	173	0	173
TOTAL	9,179	3,741	12,505



HARBOR AREA SERVICE BOARD

Minutes for February 4, 2015

<http://www.hacoaa.org>

The meeting was called to order with the Serenity Prayer at 7pm by Bruce E.

Board Members Present: Chair 1: Absent, Chair 2: Bruce E.; Chair 3: Amethyst J.; Chair 4: Ira C. Chair 5: Tammi R.

Secretary's Report: Rebecca F., secretary, read the minutes from the January meeting. Tammi R. made a motion to accept the minutes as corrected, Ira C. seconded, motion passed 5-0.

Chair 1 Report: Absent. Amethyst J. spoke for Chair 1 stating that Rodney W. was planning on sending a letter of resignation to step down from Chair 1 due to sobriety requirements.

Treasurer's Report: Ralph M. read the Income Statement. Ralph also read the Literature Report.

Central Office Reports: Sue T. and Tim S.:

Newcomers	31	Out of Town Calls	0	Fellowship Calls	145
Miscellaneous	33	Total Office Calls	209	After Hours Calls	
Visitors	0	12 Step Calls	1	Persons Reporting	
Harbor Lights Published	232	Harbor Lights Mailed Harbor Lights Emailed	207 20	Web Site Visits	4,150

Assembling of the March 2015 Harbor Light is scheduled for Saturday, February 28, 2015 at 8:30 am.

Committee Reports

Program Chair: Christina F. is just getting started with her new position to host three functions for the year. Two are already in planning, and the spring event may not happen or may be pushed back a month or two until she can get aquatinted and comfortable with her new position. Hoping to talk with Gilbert and Amethyst for more help in how to do the events.

Public Information: Pete K. had no report. Ira C. reported that there is a new pamphlet that Central Office just got in that would be really beneficial for Pete to be informed about.

H & I: Ron T. sent a report that the 34th annual H&I Conference will be held on May 15th, 16th, and 17th at the Holiday Inn in La Mirada. There is also a Free Dinner Fundraiser for the conference on Saturday, March 7th in Fullerton that will be hosting 3 speakers. The 2015 Chilli Cook-Off will be Saturday, September 19th at Little Rec Park. The first planning meeting for the Chilli Cook-Off will be held on March 18th at 7pm before the business meeting at the American Legion Hall.

12 Step (In Office): Dennis S. reported that there are currently no openings!

Action and Responsibility: Absent.

Archives: Mark J. is slowly going through electronic records and correcting what they really have in the boxes. Getting the materials protected, organized, and useful. Gone through about 3000 out of 6000 entries and will have things cataloged properly. Finding some really interesting signatures on meeting attendance sheets from meetings years ago.

Phones (After Hours): Esme V. reported that there is an opening for the 5th Tuesday of the month from 6pm-9am.

Harbor Light: Carrie A. reported that she is working on the March *Harbor Light*. Looking for an article for step 4 due March 10th.

Website: An email was sent out by Matthew projecting his latest plans for the new website.

Old Business:

Ralph M. read the proposed budget for 2015.

Ron T. sent out email to ask for permission to use the printer in the back room and the board recommends he is allowed to do so.

The HASB recommends Tim S. donate the old Grapevines to H&I.

New Business:

Amethyst J. is working on updating job descriptions and asked new board and chair members if they are aware of their duties and if they need a copy to not leave without one.

Ira C. made a motion to adjourn and Dennis S. seconded it. The meeting was adjourned with the Serenity Prayer at 7:55 pm.

Respectfully submitted, Rebecca F., HASB Secretary

HARBOR AREA SERVICE COMMITTEE Minutes for February 11, 2015

<http://www.hacoaa.org>

1. The meeting was called to order by Tammi R. at 7pm followed by the Serenity Prayer.
2. HASC meeting announcements and rules were read.
3. The 12 Traditions were read by John R.
4. There were three new delegates: Teresa G., Uppity Women's Meeting; Lee Z., Belmont Heights Closed Women's Group; Ben L., 12 Steps and 12 Traditions.
5. Gilbert G. reported that 27 delegates were present for a quorum, 14 were present this month.

Secretary's Report: Rebecca F., secretary, read the minutes of the January 14, 2015 meeting. The meeting minutes were accepted as corrected on a motion made by Gilbert G. and seconded by Tanya D. Motion passed 23-0.

Treasurer's Report: Ralph M. read the Income Statement for January 2015. Ron T. suggested we change "gross profit" back to "gross income." On a motion made by Ron T. and seconded by Dennis S. the Income Statement was accepted as corrected, 24-0. Ralph M. then read the Literature Report.

Chair 1 Report: Bruce E. thanked everyone for support in attending the meeting. He reported for the month of January, 2015. Bruce E. also read a letter from Harbor Area Service that thanked Rodney W. for his commitment and service and wishing him only the best.

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	171	Paid copies mailed	122	Total calls	110
Newcomer	25	Exchange copies mailed	39	Persons reporting	29
Out of town	3	Expired copies mailed	41	Central Office Receipts	
12 th Step	0	Total mailed	202	Contributions	\$3,647
Other	50	Total printed	222	Literature	\$3,897
Total in-house calls	249	Subscriptions emailed	22	Website visits	4,678

Assembly of the March 2015 Harbor Light is scheduled for Saturday, February 28, 2015, 8:30 am at Central Office.

Committee Reports

Public Information: Pete K. had no report.

Program Chair: Christina F. reported she is planning on having the spring event. She needs some committee members to join her committee. She is thinking either a movie and ice cream night or a 5k/10k race. Hoping to have decided on the event by March 10th so it can be published in the Harbor Light.

H&I: Ron T. read the minutes of the last H&I meeting; he described the 34th the annual H&I Conference coming up in May and encouraged attendance; Chilli Cook-Off scheduled for September.

In Office/Twelve Step: Dennis S. reported that there are no open positions!

Action & Responsibility: Jamie C. has no report.

Archives: Mark J. reported that they are cross checking archives for what is actually there and making sure it corresponds with what has been logged electronically and is looking for people that want to come and help with the process.

Phones (After Hours): Esme V. reported that all spots are filled for now. She is planning on introducing herself to all the volunteers as the new chair of after hour phones.

Harbor Light: Carrie A. reported she is working on the March issue and is looking for an article on Tradition 7 by June 10th.

Website Committee: Matthew L. reported he has been doing meeting updates and event updates for our website.

Continued on Page 12

Continued from Page 3

Tradition Four reposes complete confidence in the power of those common bonds of trust and love that inform A.A. groups everywhere. It assures us that our autonomy is tempered and guided by a singleness of purpose so absolute and enduring that no formal governance is required to ensure the survival of the Fellowship. In his closing remarks at the 1986 General Service Conference, Bob Pearson, G.S.O. senior advisor and former director of both The Grapevine and AAWS, shared his views about the future of Alcoholics Anonymous: *"I echo those who feel that if this Fellowship ever falters or fails, it will not be because of any outside cause...it will be simply because of us. It will be because we can't control our own egos or get along well enough with each other. It will be because we have too much fear and rigidity and not enough trust and common sense."*

The Harbor Area encompasses a diverse and vibrant recovery community. There are hundreds of meetings to choose from: speaker meetings, newcomer meetings, discussion groups, book studies - venues for just about every flavor of alcoholic imaginable. Sometimes the sheer variety can be a little bewildering to the newcomer. Some groups clap, others don't. Some hold hands, others won't, and some favor intergroup ties while others prefer to focus on local matters. It took me a while to understand that all these differences in procedure and style in no way detract from the basic purpose that informs AA groups wherever they gather: to carry the message of hope and recovery to those still suffering from the disease of alcoholism. All our differences resolve into a common desire to stay sober. The persistence of trial and error speaks to a healthy, dynamic Fellowship whose willingness to grow and change, to admit mistakes and learn from them are the best guarantees we have that Alcoholics Anonymous will remain a beacon of hope for the suffering alcoholic.

Mark J., Long Beach CA



Thank you to the delegates who attended the March Harbor Area Service Committee Meeting

10+ Group—Cindy F.

5420 Group—Esme V.

12 Steps & 12 Traditions—Ben L.

Bowling Green—Mark J.

Carry the Message—Ron W.

Dirty Shirt—Carrie A.

Downey Thursday Night—Alan O.

Early Attitude Adjustment ICFH—Revo M.

Hill Street Blues—Gary S.

Indian Charlie—Frank U.

La Palma Big Book—Pete K.

Lakewood Speakers—Gilbert G.

One Hour Men's Stag—Joe W.

Over 50 Group—Howard M.

Sobriety Seekers—Larry M.

South Gate Participation—Tim S.

There is a Way—Ron T.

Thursday Night at the Fights—Jim K.

Tuesday Night Men's Stag—Thomas W.

Uppity Women's Group—Theresa G.

VA Hospital Tuesday Night—Dennis S.

Wednesday Night West—John R.

Wednesday Discussion—Brad S.



(Continued from Page 10)

District 2: Tanya D. reported that the first Monday in March at 7pm at 6500 E. Del Amo Blvd in Lakewood, there will be a presentation by Area 9 on the Bridging the Gap program. She urges that anyone from meetings in cities surrounding Long Beach to come and participate for District 2 representation. She also mentioned that there will be an area assembly held in June.

District 4: Jamie C. reported that there is new information coming from GSO that groups are going to be encouraged to vote on. GSO is taking suggestions on our pamphlets. They are wondering if there are any pamphlets we think we should discontinue and if there are any pamphlets we do not already have that should be implemented. GSO is also wanting thoughts about the possibility of updating our 12x12 to include the 12 Concepts.

Area 9: Revo M. discussed what is the best approach to taking people getting released from institutions to meetings. He urged everyone to come to the assembly.

Old Business

Ralph M. went over the 2015 budget worksheet. Amethyst J. explained stipulated travel expense and seminars/orientations expense. On a motion by Judi B. and seconded by Matthew L., the budget was accepted, 27-0.

New Business

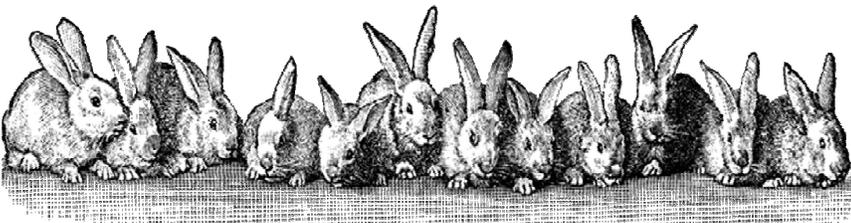
Matthew L. presented a flyer with the latest draft that made our website mobile optimized, with easy multilingual translations, and more informative. He discussed the cost was only \$25. Ron T. made a motion to approve the design and get it started, Gilbert G. seconded. Motion passed 19-1.

Tim S. discussed that we have a surplus of Grapevines that are not being used and was hoping to donate them. Tanya D. made a motion to donate the old Grapevines to H&I, Christina F. seconded it and the motion was passed 24-1.

Rodney has informally given his resignation and Chair 5 is now open due to his resignation. Tammi R. read the Chair 5 job description. Rebecca F. nominated John R. and it was seconded by Dennis S. John R. accepted. Carrie A. nominated Jamie C. and was seconded by Judi B. Jamie C. accepted. Both John R. and Jamie C. spoke on their behalf and a vote was held. Jamie C. was voted into the position.

Tanya D. made a motion to adjourn that was seconded by Gilbert G. The meeting was adjourned at 8:45pm.

Respectfully submitted, Rebecca F., HASC Secretary



Approximately 600 meetings are listed in the Harbor Area directory; only 25 percent of those meetings are contributing to Central Office.

Give a little extra to show your support and gratitude for your sobriety. You can donate any amount—a dollar for each year sober; a dollar for each year your home group has been in existence; \$3.65, a penny a day for this past year, or if you can afford it, \$36.50 or a dime a day. The amount can be anything! Every penny counts! Spread the word!

Harbor Area Central Office
3450 E. Spring St., #109
Long Beach, CA 90806

General Service Office
PO Box 459
New York, NY 10163

Southern California Area 05
PO Box 481193
Los Angeles, CA 90048

Mid Southern California Area 09
PO Box 51446
Irvine, CA 92619-1446

District 4
P.O. Box 9972
Long Beach, CA 90810

Tradition Seven tells me how to obtain peace of mind. It shows me how to regain my self-respect. At long last I understand the inner peace that comes from being responsible for myself, and to myself. Tradition Seven says, "Every AA group ought to be fully self-supporting, declining outside contributions." What a relief that is! No longer do I need to wait for contributions. I am now free to give contributions.

Dr. Earle M. Grapevine, 1964

HARBOR AREA HOSPITALS AND INSTITUTIONS**Minutes for February 18, 2015**

<http://www.hacooa.org>

ANNOUNCEMENTS: Many thanks to Gary for coffee and to those who helped set up. Jessica read the Twelve Traditions. The January minutes were approved. Marty ran the 50/50 raffle.

NEWCOMERS: There were twelve newcomers tonight. We will have names and phone numbers available next month.

BIRTHDAYS: There were six birthdays for the month of February: Jeff with 1 year, Kaylin with 3 years, Sahar with 3 years, Brett with 3 years, Tanis with 11 years, and Randy with 22 years. A total miracle of 43 years. We provided a cake and sang Happy Birthday.

TREASURERS REPORT: Johnny gave a detailed Treasurers Report. In our General Fund, we have \$3,756.99. We have \$11,541.62 available for literature in our Literature Fund.

INFORMATION MEETINGS: Miles explained how information meetings work and how you can schedule an information meeting at your speaker meeting.

LITERATURE REPORT: Vern gave a detailed Literature Report and explained how to order literature and how to pick it up. We spent \$1,226.71 on literature this month.

INTERGROUP REPORT: The last Intergroup meeting was held on Sunday, January 25th, at the MWA Club in Signal Hill and hosted by our own Harbor H&I. The Literature Fund was \$10,023.41. The General Fund was \$1,355.74 for a combined balance of \$11,379.15. Motion passed to order 200 Grapevine subscriptions at a 20% discount for \$4,636.00. They will be delivered to our PO Box in Long Beach and distributed through the Intergroup. The 2015 Conference planning meetings are going well. The next planning meeting will be on Sunday, March 1st, in Fullerton at 11am. The 34th Annual Southern California Hospitals and Institutions Conference will be held May 15th, 16th and 17th 2015 at the Holiday Inn in La Mirada. Registration is \$15.00 per person. There will be T-shirts, a \$500 raffle (winner need not be present), a Second Edition Big Book raffle as well as a 50/50 raffle. All proceeds will go to the Literature Fund to buy books for those Committees in need who take them into hospitals and prisons. Hotel rates are \$89 double occupancy and \$99 for four people per night. This is a really good rate. There will be a Saturday night Banquet and Speaker Meeting, a Saturday AI-Anon Luncheon and Speaker Meeting. There will be a Saturday night dance as well. The next Intergroup meeting will be on Sunday, February 22nd, hosted by Antelope Valley H&I in Lancaster. Lunch will be at 11am. The business meeting starts at 12pm. All are welcome.

SERVICE COMMITTEE: There were 24 delegates in attendance. A quorum is 15 and was had. Central Office finished January with a net loss of \$989. Rodney W. resigned as Chair One. Bruce E. became Chair One, opening up Chair Five. After a two candidate election Jamie C. became the new Chair Five. Christina F., the Program Chair, is planning a Movie Night for the Spring Fundraiser Event. More details next month. In Office/12 Step volunteer positions are all full. After Hours Phone volunteer positions are all full. Carrie A., the Harbor Light editor, is in need of Tradition 7 articles to be received by June 10th for publication. Motion approved to donate old Grapevines to H&I. Motion approved to roll out a new hacooa.org website and go online immediately. Assembling of the March 2015 Harbor Light is scheduled for Saturday, February 28th, at 8:30am at Central Office. All are welcome.

AREA ASSEMBLY: Revo gave a detailed report on Area Assembly.

POLICY COUNCIL: A meeting was held January 25th and discussion topics were tabled for a future meeting.

CHILI COOKOFF: Mark stated that this year's Chili Cook-off will be held on September 19th at the same location at South Recreation Park. Our first planning meeting will be held on March 18th at 7 pm at the American Legion Hall before the regularly scheduled business meeting.

SPANISH LANGUAGE: None

PANELS: Panels were filled and no dark nights were noted.

OLD BUSINESS: None

NEW BUSINESS: The committee accepted a new panel requesting young people at the Salvation Army on Wednesdays at 7pm. A motion was passed to donate \$500 to the 34th Annual Southern California H&I Conference. Motions were approved for books.

Fred won the 50/50 raffle and took home \$57.00. The meeting ended at 9:03 pm.

The next meeting will be on March 18th at the American Legion Hall 5938 East Parkcrest Street, Long Beach, CA 90808. Chili Cook Off Planning meeting is at 7pm. Newcomer Orientation is at 7:30pm and the business meeting is at 8pm.

Respectfully submitted by Chris T.

DISTRICT 4 MSCA09 PRESENTS

HOW'S YOUR GROUP DOING?

****A Workshop on Group Inventory****



Saturday, May 2, 2015

11:30am-3:30pm (*continental breakfast provided)

SeaPort Marina Hotel

6500 E Pacific Coast Highway

Long Beach, CA 90803



Topics Include:

GROUP UNITYATTRACTING THE NEWCOMER**KEEPING THE
LONG TIMER**ROTATING SERVICE COMMITMENTS**DOES
YOUR GROUP EXIST OUTSIDE OF THE MEETING? and more...**

ALL GROUPS ENCOURAGED TO PARTICIPATE

****YOUR FEEDBACK IS VITAL****

"Each Group, as well as each individual, is a special entity, not quite like any other... each group does have its own special atmosphere, its own peculiar state of development." - Bill W., January 1948 (Tradition 2, The Language of the Heart)

To reserve seating please RSVP by email to: District4WCC@yahoo.com

HARBOR AREA CENTRAL OFFICE INCOME STATEMENT

Upcoming Event Calendar

	Feb 15	Feb 14	Jan - Feb 15
Income			
Total Contribution	9,328	4,200	12,975
Total Literature Sales	3,139	4,577	7,036
Other Income/Interest	2	14	4
Total Income	12,469	8,791	20,015
Cost of Goods Sold			
Total Cost of Literature	2,141	3,523	4,778
Shipping	30	30	30
Inventory Adjustment	56		278
Credit Card Fees	29	69	86
Total COGS	2,256	3,622	5,172
Gross Income	10,213	5,169	14,843
Expense			
Donations	37		37
Bank Charges		8	
Bookkeeping	45	45	90
Computer	45		45
Copy Plan (Xerox)	274	(604)	536
Less Directory & HL copies	(191)		(389)
Depreciation Expense	42	84	84
Total Harbor Light	303		390
Insurance - General	125	125	251
Insurance - Workers' Comp	38	(17)	76
Total Payroll	3,375	3,556	7,031
Postage	49		49
Rent - Office	1,244	1,244	2,488
Rent - HASC	65	65	130
Security System	20	(20)	40
Total Supplies	83	(81)	93
Telephone/Internet	104		295
Utilities - Water	31	30	62
Total Expense	5,689	4,435	11,308
Net Income	4,524	734	3,535

Harbor Area Service Board
 April 1, 2015 at 7pm
 3450 E. Spring St., Suite 109, Long Beach, CA

General Service—District 4
 April 1, 2015 at 7pm (new GSR orientation at 6:30pm)
 1900 E Carson St., Long Beach, CA

Harbor Area Service Committee
 April 8, 2015 at 7:30 p.m.
 1900 E. Carson St., Long Beach, CA

Harbor Area H&I Service Committee
 April 15, 2015 at 8:00 p.m.
 5938 Parkcrest St., Long Beach, CA

38th Annual San Diego Spring Round Up
 April 2-5, 2015
 Town and Country Hotel & Convention Center
 500 Hotel Circle North, San Diego, CA 92108
<http://www.sandiegospringroundup.com>

30th Annual OCAAC Convention
 April 3-5, 2015
 Hilton Hotel
 3050 Bristol St., Costa Mesa, CA 92626
<http://www.oaac.org>

29th Annual Miracle of Women Conference
 April 9-12, 2015
 Torrance Marriot South Bay
 3635 Fashion Way, Torrance CA 90503
<http://www.miracleofwomen.com>

Harbor Light is a monthly publication of the Harbor Area Service Committee of Alcoholics Anonymous. Send articles, comments, letters and artwork to:

Editor, *Harbor Light*
 3450 E. Spring St., Ste. 109
 Long Beach, CA 90806
E-mail: harborlightchair@hacoaa.org

The deadline for submissions is the 10th of the month prior to publication.

Harbor Light trusted servants:
 Carrie A., Editor
 Amethyst J., HACOAA Liaison
 Angie B., Dale C., Neil E., Harbor Light Committee

Contributors:
 Kevin P., Wit and Wisdom
 Robert C., Step 4
 Mark J., Tradition 4



Harbor Light
3450 E. Spring St., Ste. 109
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