

Admitted to God...

MAY 2015

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

The principle of Step 5 is integrity – an unimpaired condition; soundness; adherence to a code of moral, artistic, or other values; the quality or state of being complete or individual.

What a principle! I don't know about you, but this vocabulary was never a part of me in my drinking days.

As for the fifth step, this was terrifying to me for several reasons. First off, why would I want to tell someone all of the secrets that keep me drunk? Second, I am a coward, and unwilling to walk through fear. Third, why would I tell someone about my sex life? That's none of your business!

During my first fifth step, my sponsor ironed her laundry while I told her what a victim I was, and I believed that you all owed me a living. Looking back, I just needed to be heard. In sharing this, I did get a sensation of relief. I still don't know if she heard a thing I said, but I did get to have a say, and my life began to change.

During my second fifth step, I managed to get some secrets out. When it was all said and done, my sponsor asked me if I was unique. My response was, "can you share your experience with me?" She then suggested I burn it. I knew I didn't tell her everything; I was still afraid of people.

My third attempt at a fifth step was just to relieve myself of pain. I was falling apart. At ten years sobriety, I needed a drink or I needed to be committed. Neither occurred. To this point in my life, I had never done a fear or sexual inventory and I had accrued some resentments. I had the privilege of getting a career, which was a new concept to me. I had a belief that a relationship would fix me, even though I knew I had a problem in that area. Every time I wrote a fourth step, I would get into fear of the fifth as well as the ninth. So I took half measures, which availed me nothing. I did the minimum; just enough to keep me sober. I stopped going to meetings for five years due to my career, was celibate for eight solid years, and as for my fears, I was in management and alluded that I was in control.

I met a woman and convinced myself that my issues were resolved. Six months into it, I knew I was wrong. I was

Continued on Next Page

Harbor Area Central Office

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

Harbor Light

still attracting ugly, untrustworthy souls. I started to get really angry again, which got me back into meetings. I found a sponsor of my dreams, someone who would bring me the truth. I was ready for her to take me through the steps, no questions asked. It took a year to write my fourth step, and a year and a half to get rid of it. I stayed focused on each step as they occurred, not worrying about the next step.

The day came to begin my fifth step. I awoke with such anxiety. I had to pray to get myself out of the house to the bus stop, then I prayed for the ability to get on the bus. By the time I arrived to see my sponsor, I was exhausted and felt sick to my stomach. I told my sponsor, Lavon how I felt and began a long fifth step. As I was sharing the resentments, I started to have all of these feelings besides anger. I had a spiritual experience of absolute unconditional love. The self-centeredness started (I said started) to go away. Piece by piece, I began to see how I self-destructed over other people's bad behavior, and how my fears paralyzed me from getting to that desired place of God. I also saw how my sex life during my drinking days was a way to keep me distracted from the truth; I had no clue what love was. When my body was crying, I thought I was horny. My lust was treated as love; I'd have sex and then ask who you were later. This fifth step was an incredible journey. Discovering that people liked me without being sexual, wanting to live my moral fiber by getting to know people, and truly discovering that I am not that person who walked through the doors on May 6, 1990.

The journey to the heart is long and takes work. Regardless of how I feel, my head is at peace, except to those I owe an amends. Since I stopped drinking, I've been making an amends to myself as well as society.

Today, I am free from most of my past. Today, I accept that God is constantly revealing himself to me. Today, I have love because love is love, whether you remain in my life or not. Today, I can feel an attraction for someone and not have a sexual desire, or have a sexual desire and not act on it. Today, I have a new perspective on people, places, and things. I arrived at this place through a loving God. Today, I have a conscious desire to be kind to myself and others, and the courage to practice this in my daily life.

Cindy F., 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 5

“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers”

“No matter how different our own personal concerns, we are all bound together by one common **RESPONSIBILITY**... to carry the message to the suffering alcoholic.” - *The Twelve Traditions Illustrated* pamphlet

My name is Robert and I am an alcoholic. My experience with the twelve steps has led me to understand that I get to work on moving from ego reliance to God reliance. My true self as an alcoholic is expressed in the “WE” part of the program. I cannot acknowledge my identification as an alcoholic without the daily reprieve found in working with others. I can easily lose the gifts I have freely been given when I stop seeking spiritual fitness. Other alcoholics, especially newcomers, help me see the true nature of my own alcoholic insanity. My life is greatly enhanced through reaching out to help in the recovery process of the alcoholic still suffering.

The “WE” part of the program is guided by the Traditions. These traditions help keep meetings in line with the A.A. message and make it possible for the recovery process to be nurtured at the group level. “Our Traditions are a guide to better ways of working and living,” co-founder Bill W. said. “And they are to group survival what A.A.’s Twelve Steps are to each member’s sobriety and peace of mind... most individuals cannot recover unless there is a group. The group must survive or the individual will not.”

In the 12x12, we get to read in Tradition Five about how the message can easily be convoluted if we are not careful. In my personal experience, I have had to learn that I am not responsible for another’s recovery. I

cannot play God. I cannot play doctor. I cannot give out prescriptions, as there is no cure, only the solution.

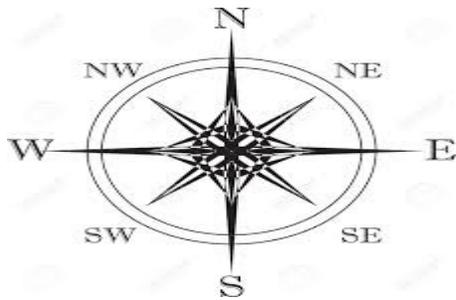
Experience, the part of my story I can share, is what may lead a newcomer to becoming convinced of their alcoholism. I cannot convince them or tell them that they are an alcoholic. They must arrive at that admission. Once they identify with my story and the stories of others, they get to join the “WE” admission of alcoholic as expressed in the first step. My responsibility to reach out comes from the fundamental need to nurture A.A. on a group level. My hand is there when someone is ready and asking for help. Asking for help from this disease is the first white flag in the surrender needed for the first step.

When reaching out to the alcoholic still suffering, I keep in mind the story of Lois Wilson’s advice to Bill W. in his early recovery. He started out proselytizing in his excitement to share the message. It was Lois who suggested after many failed attempts to deliver the message, “tell them what it was like, what happened, and what it is like now.” Experience, strength and hope is all I can share. It has done well for A.A. as a whole to follow in the footsteps of those who came before us.

Robert C.



A New Direction



Neither of my parents were much interested in alcohol, so as Chuck Harper would say, "I had no one to blame but myself for drinking the way I did." I had my first drink at about 14 years of age. I had a few shots at the bar in our family room while I was home alone. It was probably Seagram's 7 or Canadian Club. I don't remember much of it. I next drank at 16 in the back seat of a '54 Ford. It was in the high school parking lot and it felt good to be buzzed at 7:45am. I was a bit afraid that I might get caught in my first class. Well, I got lucky and did not get found out. At 19, it was on. If you could get drafted, you could drink and the hell with anyone that might disagree, including my parents. Beer was what everyone was drinking and that was fine with me. I drank mostly at parties and at friends' houses whose parents weren't so uptight.

I avoided the Army by joining the Navy and got stationed at Camp Pendleton. While I was there, I was loved by the old-timers, particularly the ones who had been wounded, and I was hated by the guys still going through infantry training. Drinks were free. Two years later, Vietnam. I was introduced to a little weed and beer from different parts of the states, like Carlings, Old Milwaukee and others I had never heard of, being from Southern California. So far, alcohol wasn't giving me any problems.

1970 came and so did Okinawa. I found myself not feeling well one day. I went to the doctor who rushed me to the Army Hospital, as my heart rate was 185 a minute. My heart was stopping and starting, and I was having trouble breathing. I spent four days in the ICU; I was still alive. On the fifth day, I was back to work. The doctors told me that they see a lot of this in fellows in their early twenties. They couldn't explain why it happens, but they gave me some pills and told me I'd be fine. From that point on until 1986, I had six more trips to the hospital with similar symptoms. It wasn't until the last visit that anyone would begin to

think that booze was causing these issues. A doctor on a follow up visit mentioned drinking to me, and suggested I reduce my intake. He had to be kidding. I had no control by then. All he was trying to do was to keep me from dying and I wasn't ready.

I think the worst time was the afternoon I drove myself from East Long Beach to St. Mary's Hospital – down PCH, through the traffic circle, and up to Atlantic. I don't remember much of the drive, despite being sober. I do remember that when the doors opened to the Emergency Room, I turned off my car, squeezed between my bumper and the entrance, and I was in. The next thing I remember was being naked on a table, surrounded by a lot of people that were trying to keep me alive. My heart was stopping again; it went from 185 beats per minute down to 40 beats per minute. God must have been driving that day.

I still wasn't done drinking yet because all I had was a bad heart. I certainly didn't think drinking had anything to do with it. My last drunk was at the American Legion. On that same night, I also had one more disagreement with my second wife and I pushed her through the bedroom wall. I called some friends, who came over and simply said, "Pete, you need help." I was ready and called a facility to arrange for an appointment the next day. The following day, I went to work and told my boss that I am going to a place to get help with my problem. On that morning, I started my new life.

I am living today, 25 years sober. I haven't had to drink or use since that day and I'm incredibly grateful that I didn't die or kill myself or anyone else. I have four grandchildren who have never seen me drink. I have 2 homes, a couple of nice cars for my wife and me to drive, and I attend 6-7 meetings a week. I love AA and everything it gives me. Thanks for letting me tell my story, as it helped me stay sober...today.

Peter M.



Give it Away to Keep It



When I was new in sobriety, I would complain a lot. I still complain, but not nearly as much. Back then I would complain to my sponsor, Rick T., about her, about them, and about those damn lawyers. When I would complaint to him, he would just say, "that's great Danny, let's go to Metro." And I would think, "what the #@*% does that have to do with anything?" So, we would go to the Metropolitan State Mental Hospital in Norwalk, California. I hated that. We arrived there to be met by people with badges and guns who took us behind walls with locks and razor wire. And there we met the "patients," who would act out and scare me to death. But I would go, and read, or talk, or whatever it was that we were supposed to do. But when we left, something magic happened to me. As I passed through the sally port and heard that gate "clang" shut behind me, I felt better. I relaxed. I had absolutely nothing to complain about. It took me the longest time to figure that out. My sponsor was teaching me that if I got with you, I could get out of my own head. It was a gift.

The next gift was when he gave me "his" panel at the Navy brig. I think he got it just to make me do it. You see, I had been in the brig when I was in the Navy, and I got to go back in on a panel and see myself across the table. I had that panel until that base was closed down. Not long after that, I got a panel at Juvenile Hall, where I had spent some time when I was fifteen. I had that panel for more than three years.

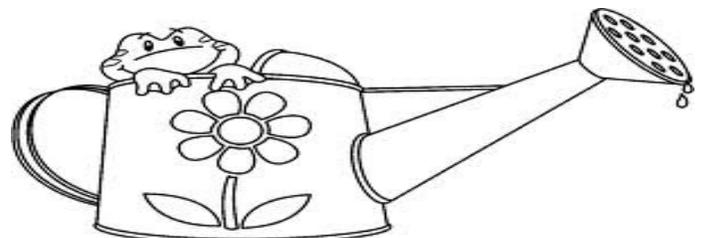
It was about then that I started going into prisons. My first was at Tehachapi, where the prisoners had many AA groups and even had an AA Convention once a year. I got to go there many times with Angie T. and my sponsor. Did I just say that I "got to" go there? More gifts. Although I have never had a panel there of my own, I've been to Chino Prison several times. I once drove half way up the state with Nick M. to

Kern Valley State Prison. That's what my sponsor calls going to any length plus a couple of hundred miles.

The panel that affected me the most was when I went to Calipatria State Prison with Rick. Calipatria is a level four prison, which means that eighty percent of the prisoners are in under a life sentence. The walls have armed guards and electrified fences. You have to sign a hostage waiver to get in. It's the real deal. After heavy security and a long walk across the yard past some very scary people, we arrived at the meeting room. Soon thereafter, the inmates were escorted in. When they started sharing, a world I never knew came into view. Under all the tattoos and scars, there were real people. In prison you can get anything you want, and there are some serious games going on. But these guys had their own Big Books, and the books were obviously much worn and heavily used. These men had AA groups, and sponsors, and did 12 step calls on the yard. They had meetings and fellowship. And boy, were they very glad to see us bring a meeting into them! Some of them had found a freedom inside the walls that many other people want. I wanted what they had. That really put the light of day on me.

Twenty seven years later, I am still doing H&L panels. I currently have a panel at the Salvation Army ARC in Anaheim and at the VA Hospital in Long Beach. I go to Skid row in LA twice a month. I know the secret of Alcoholics Anonymous. You have to give it away to keep it. So in May, I'll be going to the Southern California H&L Convention being held in La Mirada on the 15th, 16th, and 17th. We'll have food, fun, and fellowship. We'll talk about how best to help the suffering alcoholic and we'll stay sober together. We're having a banquet and a dance. Come join us. You can register at <http://www.socalhandi.org> and be part of. "Among them you will make lifelong friends." (Big Book, page 152)

Danny B.



Daily Reflections

"You are so made that you can only carry the weight of twenty-four hours, no more. If you weigh yourself down with the years behind and the days ahead, your back breaks. God has promised to help with the burdens of the day only. If you are foolish enough to gather again that burden of the past and carry it, then indeed you cannot expect God to help you bear it. So forget that which lies behind you and breathe in the blessing of each new day." - Twenty Four Hours a Day, page 2

"I have many times felt I would rather have hope than the things I am hoping for" – Grapevine, November 1970

"On his desk, Dr. Bob had a plaque defining humility: 'Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.'" - Dr. Bob and the Good Old-timers, page 222

"When you think you are overdue for a miracle in your life, just remember: you are right in the middle of one." – Grapevine, November 2004

"The fact that my sobriety has been maintained continuously for thirteen and a half years doesn't allow me to think that I am necessarily any further away from my next drink than any of you people. I'm still very human, and I still think a double Scotch would taste awfully good. If it wouldn't produce disastrous results, I might try it. I don't know. I have no reason to think that it would taste any different—but I have no legitimate reason to believe that the results would be any different either. They were always the same. I always wound up back of the dear old eight ball." – Dr. Bob, Grapevine, June 1989

"Doing, not talking, is love" – Grapevine, July 2007

Wit and Wisdom

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

The only problem with 45 years of sobriety is that you're old.

Life is an adventure and I'm sober to live it.

I thought it was OK to have a drink before going out for a drink.

I drank the value out of drinking.

There is no chapter in the Big Book on how to quit.

There is no tempering-off step.

If you're impressed by all these birthdays then try getting one.

Don't call my God a doorknob- it'll turn on you.

You don't need to find spirituality—you just rediscover it.

There is no problem a drink can't make worse.

My wife was a good housekeeper—she kept the house.

The more I talk about things, the less power they have over me.

Your mind is like an umbrella—it only works when it is open.

I can change my mind and that is a spiritual gift.

Some people are just not going to make it, so all you can do is throw a flower in the hole.

Alcohol turned me into the person I never wanted to be.

I know this is a gift, but it sure didn't feel like that when I first walked in the door.

I was so spiritual, I grew wings and flew right out of the rooms.

There is a high cost to low living.

You're born, you die, and the rest is how well you wait.

Once I call myself an alcoholic, I'm pulled into the solution.



Hear something clever, witty, even profound at a meeting? Send it to: harborlightchair@hacooa.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 JUNE 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: May 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, Torance, 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

	Jan - Mar				Jan - Mar		
	Mar 15	Mar 14	15		Mar 15	Mar 14	15
12 Steps & 12 Traditions Group Thursday	135.60	0.00	135.60	Harmony Group	60.00	70.00	120.00
12 Steps & 12 Traditions Sunday	0.00	0.00	133.78	Hill Street Blues	0.00	30.00	0.00
435 Intergroup	50.00	0.00	50.00	I Never Had it so Good	0.00	0.00	100.00
8420 Group	75.00	0.00	75.00	Icebreakers-Long Beach	0.00	0.00	50.00
Aloha Women's Group	0.00	150.00	181.00	Indian Charlie Group	0.00	0.00	50.00
Artists Musicians	100.00	0.00	200.00	Intimacy & Recovery Men's Stag	90.00	0.00	90.00
Att Adj 7 AM Fri Marina Pacifica	189.17	400.00	189.17	Into Action	0.00	0.00	50.00
Att Adj 7 AM Tues Marina Pacifica	0.00	0.00	124.00	Invisible Spkr Mtg	0.00	0.00	100.00
Att Adj 7AM Wed Marina Pacifica	0.00	0.00	200.00	Kaiser Big Book	0.00	100.00	0.00
Attitude Adj 645 am Lakewood	50.00	50.00	150.00	Keep it Simple	720.00	0.00	720.00
Bellflower Big Book Group	0.00	0.00	4,000.00	Keep It Simple Simply A Round-up	196.20	0.00	196.20
Bellflower We Care	0.00	10.00	10.00	La Palma Big Book Speakers	0.00	0.00	103.50
Belmont Hts. Thurs Mens Stag	67.50	75.00	67.50	Lakewood Speakers	0.00	50.00	0.00
Big Book Study Los Alamitos 6pm	0.00	0.00	180.00	Living Sober Group	123.58	0.00	123.58
Cabrillo and Friends	0.00	0.00	50.00	Lomita Wayfarers	25.00	0.00	50.00
Came to Believe	0.00	75.00	0.00	Los Altos Group	45.00	0.00	45.00
Carry The Message	0.00	0.00	200.00	Los Altos Open Door	100.00	100.00	200.00
Compton 401 Bullis Group	25.00	25.00	75.00	Lucky 13	0.00	0.00	45.00
Conversations With a Drunk	0.00	200.00	400.00	Marina Pacifica Friday	0.00	50.00	0.00
Cover to Cover	0.00	30.00	0.00	Marina Pacifica Monday noon	0.00	20.45	0.00
Cypress Womens	0.00	0.00	84.60	Marina Pacifica Sat Noon	0.00	0.00	45.00
Discussion, Saturday 1 PM	51.50	0.00	51.50	Marina Pacifica Tues Noon	0.00	0.00	0.00
Downey Real AA	0.00	0.00	122.00	Brown Baggers	0.00	50.00	0.00
Downey Tues Womens Home Group	0.00	0.00	140.00	One Hour Men's Stag	150.00	250.00	451.00
Early Att.Adj. Thurs IFH	0.00	150.00	0.00	Outside the Fence	0.00	0.00	30.00
Early Bird Att Adj Sun IFH	100.00	0.00	200.00	P O F	100.00	0.00	100.00
Early Bird Imperial Alano Club	50.00	35.00	50.00	Paramount Speakers	200.00	0.00	200.00
East Bay Group	145.00	175.00	145.00	Participation/Disc Marina Pac	50.00	0.00	50.00
Faith in Action	0.00	100.00	0.00	Tues 8 pm	0.00	152.00	0.00
For Fun and for Free	0.00	50.00	50.00	Rule 62 Daily Att.Adj	0.00	300.00	300.00
Fri Free for All	0.00	0.00	91.31	Sanctuary Group of Seal Beach	0.00	25.00	0.00
Friday Night Big Book	60.00	0.00	60.00	Sat Big Book Stdy Kaiser	0.00	0.00	50.00
Friday Night Big Book Step Study	0.00	30.00	0.00	Saturday Nighters AA Group	0.00	0.00	10.00
Friday Night Fellowship	0.00	180.00	0.00	Seal Beach Mens Stag -Wed	50.00	0.00	50.00
Friday Night Men's Stag	200.00	200.00	400.00	Seal Beach Speakers	0.00	0.00	188.55
Friday Nooners	0.00	0.00	300.00	Sisters In Sobriety	0.00	0.00	30.00
Girls Night Out	35.00	0.00	35.00	Sober on the Sand	100.00	0.00	100.00
Grace of God Fri MarPac	0.00	0.00	140.00	Sober Sunday Sunrise- Sunset	0.00	60.00	0.00
Grassroots	0.00	0.00	73.39	Beach	95.00	0.00	95.00
Group #000101165	0.00	30.00	0.00	Sobriety Seekers	0.00	0.00	30.00
Group #00692821-05-14	15.00	0.00	15.00	South Gate Participation	0.00	0.00	550.00
Group #129414	0.00	0.00	50.00	Southern California Conference	0.00	0.00	50.00
Group #1630630904	0.00	84.41	0.00	Step Sisters Long Beach Saturday	0.00	0.00	217.80
Group #168356	0.00	50.00	100.00	Sunday Morning Participation	0.00	0.00	648.20
Group #168467	0.00	18.57	165.56	Surrender is Freedom	100.20	120.00	20.00
Group #633873	96.00	0.00	192.00	The Cove	0.00	0.00	61.75
Group #686071	0.00	128.00	124.00	Topic Discussion - Twin Town	0.00	0.00	98.00
Happy Days Book Study Downey Saturday	48.00	0.00	78.00	Tues Night Live BB Study	48.00	0.00	98.00
Happy Hour Fri MWA	60.00	0.00	60.00				
Happy Hour Mon MWA	0.00	0.00	67.46				
Happy Hour MWA Mon	0.00	50.00	0.00				
Happy Hour Wed MWA	0.00	0.00	60.00				
Happy Ms Step Study MWA	0.00	0.00	70.00				

Continued on Next Page

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

	Mar 15	Mar 14	Jan - Mar 15
Tues Night Mens Stag	150.00	0.00	150.00
Tuesday Night V.A.	0.00	0.00	50.00
Uppity Women	0.00	0.00	90.00
VA Sat Nite Wateringhole	0.00	217.00	0.00
Watering Hole VA	0.00	0.00	122.00
Wed Night Men's Stag	100.00	60.00	200.00
Wed Womens Step Study Seal Beach	0.00	323.00	0.00
Wednesday Discussion	0.00	150.00	450.00
Wednesday Night West	0.00	0.00	175.00
Westside Early Risers	0.00	0.00	295.00
Willing to Grow	18.00	14.40	49.20
Women in Recovery LosAl	0.00	138.00	0.00
Womens Step Study	0.00	0.00	60.00
Zig Zag Group	0.00	0.00	172.98
TOTAL	4,073.75	4,575.83	16,578.63

10+ Group—Cindy F.

5420 Group—Esme V.

Bowling Green—Mark J.

Came to Believe—Matthew L.

Carry the Message—Ron W.

Depth & Weight—Tanya D.

Dirty Shirt—Carrie A.

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.

No BS—Judi B.

One Hour Men's Stag—Joe W.

Over 50 Group—Howard M.

Seal Beach Speakers—Mary M.

South Gate Participation—Tim S.

The Common Welfare Group—Marty H.

There is a Way—Ron T.

Thursday Night at the Fights—Jim R.

Tuesday Night Men's Stag—Thomas W.

VA Hospital Tuesday Night—Dennis S.

Wednesday Night West—John R.

Wednesday Discussion—Brad S.



HARBOR AREA SERVICE BOARD
Minutes for March 4, 2015
<http://www.hacoaa.org>

The meeting was called to order with the Serenity Prayer at 7:10 pm by Bruce E.

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

Secretary's Report: Rebecca F., secretary, read the minutes from the February meeting. Ira C. made a motion to accept the minutes as corrected, which was seconded by Tammi R. Motion passed 4-0, with 1 abstention.

Chair 1 Report: Bruce E. reported that a letter signed by board and committee members was taken to the previous Chair 1, Rodney W. He also mentioned that the new website has been launched and is compatible with smart phones. He also briefly introduced new business regarding the program chair being unable to fulfill the requirements for her position and that this will be discussed in the service committee meeting.

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

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

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	141	Paid copies mailed	114	Total calls	113
Newcomer	45	Exchange copies mailed	39	Persons reporting	29
Out of town	1	Expired copies mailed	49	Central Office Receipts	
12 th Step	0	Total mailed	202	Contributions*	\$9,328
Other	64	Total printed	225	Literature*	\$3,139
Total in-house calls	251	Subscriptions emailed	21	Website visits	4,695

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

Committee Reports

Program Chair: Vacant

Public Information: Pete K. announced that he has two engagements planned at the Long Beach Job Corps talking to the residents. They are scheduled for March 11th and March 18th at 3pm. The location for the Job Corps is on Santa Fe and PCH.

H & I: Ron T. sent a report that the 34th annual H&I conference will be held on May 15th - 17th at the Holiday Inn in La Mirada. There is also a free fundraiser dinner for the conference on Saturday, March 7th at the First Christian Church Meeting Hall, at 109 E. Wilshire Ave. in Fullerton from 5-7pm. There will be 3 speakers. All the proceeds go to the H&I Intergroup literature fund to purchase literature to take into Southern California prisons and hospitals. The 2015 Chilli Cook-Off will be Saturday, September 19th at South Recreation Park in Long Beach. 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 no vacancies!

Continued on Next Page

Action and Responsibility: Vacant

Archives: Mark J. told us there was nothing new or astonishing to report.

Phones (After Hours): Esme V. was absent. Tim S. reported that there is an opening for the 5th Tuesday and 5th Saturday of the month. He mentioned that the back-up list of volunteers was empty and asked for help in spreading the word for volunteers. Tammi R. volunteered for filling the 5th Saturday of the month slot.

Harbor Light: Carrie A. reported that she is working on the April Harbor Light. She was happy to report that she has a lot of writers that have volunteered to write articles for the next few months. The next article she needs a writer for is step 8 due July 10th.

Website: Matthew L. was absent.

Old Business: None

New Business

Tim S. reported that we have 49 expired subscriptions to the Harbor Light. He handed out subscription forms and encouraged the board and chair members to take them back to meetings and help get more people to subscribe to our newsletter.

Bruce E. suggested that we defer any recommendations about what to do with the program chair position and leave it entirely up to the committee to decide on who should fill the position. Sue T. planned on sending an email to the previous program chair to clarify if she was still interested in the position or if she was not. Bruce E. suggested that Sue ask the previous program chair to come to the committee meeting.

Amethyst J. brought to the board members her concern with no board member, office staff, or chair member knowing how fulfill Tom's voluntary position regarding emails and other IT jobs. Her concern was that if he were to be unable to fulfill this voluntary position in the event of an emergency no one would know how to take it over. She was hoping that someone would be available to be trained or learn what Tom does so we have a back-up plan. She volunteered to call Tom and get more information.

Jamie C. made a motion to adjourn and Ira C. seconded it. The meeting was adjourned with the Serenity Prayer at 7:53 pm.

Respectfully submitted, Rebecca F., HASB Secretary

*Upon recent review, it has been brought to our attention that the HASB Minutes were approved containing incorrect figures in both Literate and Contributions. Please see the Income Statement on page 15 for the correct amounts.



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 SERVICE COMMITTEE

Minutes for March 11, 2015

<http://www.hacoaa.org>

1. The meeting was called to order by Jamie C. at 7pm followed by the Serenity Prayer.
2. HASC meeting announcements and rules
3. The 12 Traditions were read by Thomas W.
4. There were 3 new delegates: Howard M. Over 50 group MWA, Larry M., Sobriety Seekers 8pm Saturday, Brad S., Wednesday Night Discussion at St. Cornelius.
5. Gilbert G. reported that 20 delegates were present, and 14 needed for a quorum.

Secretary's Report: Rebecca F., secretary, read the minutes from the February 11, 2015 meeting. The meeting minutes were accepted as corrected on a motion made by Thomas W. and seconded by Ron T. Motion passed 18-0.

Treasurer's Report: Ralph M. read the Income Statement for February 2015. On a motion made by Joe W. and seconded by Alan L., the Income Statement was accepted, 18-0. Ralph M. then read the Literature Report.

Chair 1 Report: Bruce E. expressed his gratitude to everyone that showed up to the meeting. He also stated that our program chair had to resign and we will be holding elections at the end of the meeting. He stressed the importance of filling this position so we can hold our events that raise money for Central Office. Bruce turned his time over to Tim S. who emphasized the importance of maintaining subscriptions to the Harbor Light to keep our costs down. He encouraged all committee members to take subscription forms back to their groups to get members to subscribe.

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	141	Paid copies mailed	114	Total calls	113
Newcomer	45	Exchange copies mailed	39	Persons reporting	29
Out of town	1	Expired copies mailed	49	Central Office Receipts	
12 th Step	0	Total mailed	202	Contributions*	\$9,328
Other	64	Total printed	225	Literature*	\$3,139
Total in-house calls	251	Subscriptions emailed	21	Website visits	4,695

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

Public Information: Pete K. announced that he reached out and contacted LBCC, CSULB, Boeing, and Long Beach Job Corps. He had engagements booked with the Long Beach Job Corps and they unfortunately canceled on him.

Program Chair: Vacant

H&I: Ron T. read the minutes of the last H&I meeting. The 34th annual H&I Conference will be held May 15th-17th at the Holiday Inn in La Mirada. There is a free fundraiser dinner for the conference on Saturday March 7th at the First Christian Church Meeting Hall located at 109 E. Wilshire Ave., in Fullerton from 5-7pm. There will be three speakers and all the proceeds will go to the H&I Literature Fund to purchase literature for Southern California prisons and hospitals. The 2015 Chilli Cook-off will be on Saturday, September 19th at South Recreation Park in Long Beach. The first planning meeting will be held on March 18th at 7pm at the American Legion Hall.

In Office/Twelve Step: Dennis S. reported that there are no vacancies. Tim S. encouraged people to call in and be added to the volunteer list of back up names. Ira C. reported that he has to give up his slot from 12-3pm on Tuesdays. Dennis S. retracted his statement and reported that there is 1 new opening on Tuesdays from 12-3pm.

Action & Responsibility: Ira C. reported that Hill Street Blues is listed in the directory on Thursday nights and is only held on Friday nights.

Archives: Mark J. has created a new, free PDF file. It is a 40 page pamphlet published by Chuck C. He encouraged anyone who wants a copy of this pamphlet to email him.

Phones (After Hours): Esme V. reported that there is an opening for the 5th Saturday of the month. She is keeping track of people who are not filling their position and will continue to watch if we need to re-fill those time slots. She expressed her gratitude to Sue T. and Tim S. for their help and expertise in mentoring her with her chair position.

Harbor Light: Carrie A. reported that she is working on the April issue of the Harbor Light. She was happy to announce that she has a lot of writers that have volunteered to write articles for the next few months. The next article she needs a writer for is step 8 due by July 10th.

Website Committee: Matthew L. - absent

Continued on Next Page

Harbor Light
Continued from Previous Page

District 2: Revo M. had a surprise for us! He introduced Joe W. who reported that he is the GSR and finance chair for District 2. He shared that the Bridging the Gap presentation was a huge success with a lot of people in attendance. The goal of the program is to receive 900 phone calls a month from various facilities that are releasing people. Bridging the Gap is designed to help introduce these newly released people to Alcoholics Anonymous. Bridging the Gap needs people available to help them and encourages members to be added to their call log to receive calls from these newly released individuals.

District 4: Gilbert G. reported for Jamie C. He reported that there were 35 people in attendance. He handed out fliers for District 4's workshop that is being held on Saturday, May 2nd from 11:30am-3:30pm at the Sea Port Marina Hotel. The workshop will be focusing on Group Inventory.

Area 9: Revo M. reported for Tanya D. on the P.R.A.A.S.A. service assembly that just passed. He reported that 9 states were in attendance and 9 people from our area District 2 were present. He informed us that our very own Tanya D. was one of the speakers and did a phenomenal job. Revo M. stated the importance of getting involved in recovery in whatever way we can. Jamie C. added that while attending the assembly, she learned that we are in dire need of men alcoholics to be pen pals for male inmates. To get involved, she suggested contacting AA.org and to search corrections correspondence to fill requests.

Old Business: None

New Business:

Action and responsibility commitment open. Jamie C. asked for volunteers for this position. Teresa G. nominated John R., and seconded by Mark J. John R. accepted the position.

Amethyst J. expressed the importance of the program chair position. The events put on by this position is what generates the funds to keep Central Office open and running. Mark J. nominated Howard M., Gilbert G. seconded it. Howard M. respectfully declined. Ron T. made a motion to table this until next month, Mark J. seconded. Motion passed 13-1. Gilbert G. volunteered to help put on the Rule 62 picnic.

Revo M. made a motion to adjourn to adjourn the meeting, Ron T. seconded it. The meeting was adjourned at 8:37pm.

Respectfully submitted, Rebecca F., HASC Secretary

*Upon recent review, it has been brought to our attention that the HASC Minutes were approved containing incorrect figures in both Literate and Contributions. Please see the Income Statement on page 15 for the correct amounts.



“You gotta be desperate...” Eulogy for David Louis O.



P. Louie, also known as "Pinché Louie" (which is not a nice word) was actually born David Louis O. in the early 1950s in Fresno. He was a decorated, then an "undecorated" military man. It seems that his drinking in the service kept getting him in trouble. But once he demonstrated his sharpshooting skills in target practice, they would feel compelled to give him back his stripes. He fought in Vietnam and was decorated for his service.

On March 10, 2003, Louie got sober; in AA, he took to identifying himself by his middle name. He was a few days shy of his thirteenth AA anniversary when he passed away in his sleep due to natural causes. He left as "an AA member in good standing." When asked, he would state that, in his journey into AA, it all started out with just one "pinché beer."

Louie lost his leg in sobriety. They told him at the VA Hospital that amputation would be needed. He remained sober even after he had suffered such a life-changing incident. He never complained about it. He took that loss "in stride," so to speak; and as our book states, "he did not grow a new one." He mostly used a prosthetic leg, though sometimes he was confined to a wheelchair.

Louie frequented many Harbor Area meetings, including the Monday Night and Tuesday Night MWA Men's Stag meetings. He was a fixture at the Round Table and the MWA Happy Hour as well as its "Over 50" group. Louie had a passion for the program and demanded that we have nothing less. He would say that the program was only for those who were desperate for it and sobriety. He exhorted us to not play penny ante with a million dollar program. He had been known to limp or sometimes even wheel himself across a crowded meeting room to encourage and congratulate a newer member on a great, honest share.

He is survived by three spouses, including Elaine, and nine children, including Anita.

Louie was known for his extreme kindness. He gave both time and money, and also food and clothing, to the folks in Alcoholics Anonymous; his donations included free auto repair, which more than one member was grateful for. He was also known for being opinionated, and even outspoken at times. He always wanted to speak the truth, sometimes not so quietly. But we never had to worry since he always made it clear where he stood.

In parting, to you, Louie, we say "Semper Fi," "always faithful" in your journey on this side and into the next. And may God bless you and keep you until then...

HARBOR AREA HOSPITALS AND INSTITUTIONS

Minutes for March 25, 2015

<http://www.hacoaa.org>

ANNOUNCEMENTS: Many thanks to Gary for coffee and to those who helped set up. Dave B. read the Twelve Traditions. The February minutes were approved. Marty ran the 50/50 raffle. There were many apologies regarding the Ladies of the American Legion shutting us out of our regular third Wednesday meeting on March 18th at the last minute. The Legion gave us free rent for the month and promised we would be given at least one month's notice if the ladies needed the Hall in the future. In years past, the ladies have used the Hall once a year, sometimes on the third Wednesday, and we were most always given adequate advance notice.

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

BIRTHDAYS: There were five birthdays for the month of March: Jessica with 1 year, Aaron with 5 years, Herb with 5 years, Titus with 20 years and Damien with 23 years. This is a total miracle of 54 years. We provided a cake and sang Happy Birthday.

TREASURERS REPORT: Johnny gave a detailed treasurers report. In our General Fund we have \$3,374.95. We have \$10,314.91 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. The next Information Meeting will be Saturday, April 11th at the Weekender Group in Bellflower.

LITERATURE REPORT: Vern gave a detailed Literature report and explained how to order literature and how to pick it up. We spent \$1,380.26 on literature this month.

INTERGROUP REPORT: The last Intergroup meeting in February was held on Sunday, February 22nd in Lancaster and hosted by Antelope Valley H&I. The Literature Fund was \$10,023.41. The General Fund was \$1,425.99 for a combined balance of \$11,449.40. The 200 Grapevine subscriptions approved in January were ordered. The third month of LaVina's 200 subscriptions will be delivered to our PO Box in Long Beach soon after March 15th. David B. was given a set of box keys so he can pick up and deliver the LaVinas as soon as they arrive. Jack J. was voted in as 2015 alternate Treasurer. 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 as well as a Saturday Al-Anon Luncheon and Speaker Meeting. There will be a Saturday night dance as well. There will be a FREE dinner fundraiser with three speakers on March 7th at the church meeting hall in Fullerton. The next Intergroup meeting will be on Sunday, March 22nd, in Hermosa Beach and hosted by South Bay H&I. Lunch will be at 11am. The business meeting starts at 12pm. All are welcome.

SERVICE COMMITTEE: There were 20 delegates in attendance on March 11th. A quorum is 14 and was had. Central Office finished February with a net income of \$4,519 and has a year to date income of \$3,517. Christina F. resigned as Program Chair. There will probably not be a Spring Fling/Movie Night. Gilbert G. volunteered to set up and run the July 11th Rule 62 Picnic only. Motion approved to table Program Chair election until next month. John volunteered to be Action and Responsibility Chair. In Office/12 Step volunteers have one position open on Tuesdays from 12pm-3pm. Contact Central Office. After Hours Phone volunteers have one open position on the 5th Saturday. Contact Central Office. Carrie A., the Harbor Light editor, is in need of Step 8 articles to be received by July 10th for publication. Harbor Light is in need of new subscriptions to keep our USPS Bulk Rate. This month 49 expired subscriptions were mailed to make Bulk Rate so that there would be no need to mail paid subscriptions at first class, a much higher rate. Assembling of the April 2015 Harbor Light is scheduled for Saturday, March 28th, at 8:30am at Central Office. All are welcome.

AREA ASSEMBLY: Revo gave a detailed report on Area Assembly and sold as many Conference t-shirts as possible out of the trunk of his car.

POLICY COUNCIL: No report

CHILI COOKOFF: Mark said there was a good turnout for our first Chili Cook-Off planning meeting. It will be held on September 19th at the same location at South Recreation Park. The permit and deposit have been paid. He advised the committee that last year he had to use \$1,000 of his own money for the t-shirt deposit and made a motion that we increase the Chili Cook-Off seed from \$2,500 to \$4,000. After much loving discussion it was approved, effective immediately. He assured the committee that all efforts will be made to effectively track all expenses. Mark is hoping for a net \$15,000 Chili Cook-Off which will be our Literature Fund for 2016 and not used before that time. If we run low on 2015 Literature Funds we can transfer excess money from the General Fund with committee approval to hold us through December. Our next planning meeting will be held on April 15th at 7pm 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: Motions were approved for books. Salvador volunteered to be Area Supervisor again.

John won the 50/50 raffle and took home \$45. The meeting ended at 9:12pm.

The next meeting will be on April 15th 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 Ron T.

HARBOR AREA CENTRAL OFFICE INCOME STATEMENT

Upcoming Event Calendar

	Jan - Mar		
	Mar 15	Mar 14	15
Income			
Total Contribution	4,295	4,880	17,270
Total Literature Sales	3,910	3,766	10,945
Other Income/Interest	2	2	6
Returned checks			
Cash over/(short)		32	
Total Income	8,207	8,680	28,221
Cost of Goods Sold			
Total Cost of Literature	2,703	2,711	7,483
Shipping			30
Inventory Adjustment			278
Credit Card Fees	40	36	126
Total COGS	2,743	2,747	7,917
Gross Income	5,464	5,933	20,304
Expense			
Donations			37
Bank Charges		14	
Bookkeeping	45	79	135
Computer		209	45
Copy Plan (Xerox)	283	261	819
Less Directory & HL copies	(142)		(531)
Depreciation Expense	42	42	127
Total Harbor Light	88		478
Insurance - General	125	125	376
Insurance - Workers' Comp	38		114
Total Payroll	3,428	3,683	10,458
Postage		49	49
Public Information	43		43
Rent - Office	1,244	1,244	3,732
Rent - HASC	65	65	195
Security System	20	20	60
Total Supplies	123	188	217
Telephone/Internet	99		394
Utilities - Water	31	39	93
Total Expense	5,532	6,018	16,841
Net Income	(68)	(85)	3,463

Harbor Area Service Board
 May 6, 2015 at 7pm
 3450 E. Spring St., Suite 109, Long Beach, CA

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

Harbor Area Service Committee
 May 13, 2015 at 7:30 p.m.
 1900 E. Carson St., Long Beach, CA

Harbor Area H&I Service Committee
 May 20, 2015 at 8:00 p.m.
 5938 Parkcrest St., Long Beach, CA

Group Inventory Workshop
 May 2, 2015 from 11:30am-3:30pm
 SeaPort Marina Hotel
 6500 E PCH , Long Beach CA 90803

34th Annual H&I Conference
 May 15-17, 2015
 Holiday Inn
 14299 Firestone Blvd, La Mirada CA 90638
<http://www.socalhandi.org>

Woodstock West
 May 15-17, 2015
 Four Points by Sheraton LAX
 9750 Airport Blvd, Los Angeles CA 90045
<http://www.woodstockwest.org>

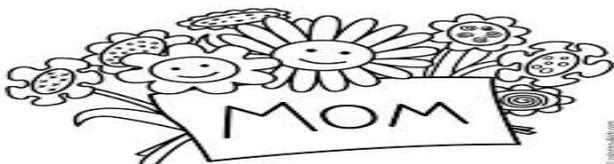
Harbor Light is a monthly publication of the Harbor Area Service Committee of Alcoholics Anonymous. Send articles, comments, letters and artwork to:

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
 Cindy F., Step 5
 Robert C., Tradition 5



Harbor Light
3450 E. Spring St., Ste. 109
Long Beach, CA 90806-2461

MAY 2015

NONPROFIT ORG.
U.S. POSTAGE
PAID
LONG BEACH, CA
PERMIT NO. 5257

.....
Please pass on this subscription to others!
Thank you for your support of the *Harbor Light*.
.....

**** SPREAD THE LOVE! GIVE THE HARBOR LIGHT! 12 ISSUES FOR \$10.00 ****

HARBOR LIGHT

Name _____
Address _____
City _____
State _____ Zip _____
email _____

I'd like to subscribe to *Harbor Light* via (please check one)

Snail Mail email

Cut out form and mail check for \$10.00 to:

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

