

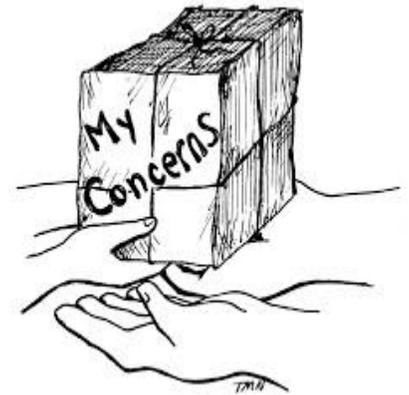
Entirely Ready...

JUNE 2015

"Were entirely ready to have God remove all these defects of character."

Am I entirely ready to have God remove *all* of my defects of character, not just a few? Not always. Some of them are like a security blanket. They are a smelly blanket of comfort and familiarity. The smell keeps people away, forcing me to put my blanket of defects away from time to time. It is when I feel insecure that I reach for its warmth again.

The biggest part of this equation for me is what I truly believe about God. Do I believe that God is strong enough or even cares about me enough to remove these defects? To heal what appears to be broken in me? Sometimes that answer is no. That is when I surrender to the defect and not to God. I was taught that I couldn't stop participating in a behavior without replacing it with something of equal or greater value. Otherwise, I would go back into the behavior. Do I feel God is of equal or greater value than my defect? How can I give up something, even something harmful, if I do not believe in my heart of hearts that I have a sufficient substitute? In order for me to step across a bridge that is shaky and take the hand outstretched, I have to believe that hand is strong enough to not let me fall.



My defects of character have been my identity up to this point. I have already given up drinking. Pride says I should not have to give up anything else. Pride is alcoholism. It will never tell me the truth. It lives in arrogance. It also lives in secrecy; it is not your business. That is how it separates me from you.

The goal of any defect is to make one believe they are a defect. To believe the differences are greater than the similarities. Defects say this exaggerated and twisted manner of operating in the world is normal.

Steeped in delusion and denial, it is unlikely I would be able to identify what has been keeping me in bondage. Fortunately for me, after reading my inventory, I was given a list of my defects of character. The list was taken from the 7 Deadly Sins, then reduced into sub-categories.

Defects are manifestations of fear. Fear is not my truth, but I forget that. A defect of character often times is my attempt to overcompensate for what I feel is lacking. Blinded by desperation to be heard or seen, I trample instead of walk. I just want to feel as if I matter. Since a defect is a natural desire that has been warped, my assertion of worth comes out disfigured.

Proving I am sexy has looked like compromising my values; exploiting and disregarding committed relationships. Desperately seeking attention. Wanting my voice to be heard has looked like raging at someone to make him or her submit. Filling a spiritual void has looked like eating until I become uncomfortable or sick. Not recognizing my own talents and strengths has looked like me behaving in a spiteful manner toward someone whom I believed possessed the talents I did not. These examples are only

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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

Continued from Previous Page

a few defects. Manifestations of Lust, Anger, Gluttony, and Envy. Over the years some of them have been completely removed, after bottoming out spiritually and emotionally. Others have been reduced to a dull murmur.

The way I know which defect is begging for my attention is by a review at days end. If there has been any discord, I examine which of the 7 Deadly Sins were responsible.

Step 6 asks me to believe that I am worthy. It asks me to affirm that I am whole. I get to replace doubt with faith, remembering that I am enough. This step gives me an opportunity to further develop my relationship with God. I get to behave contrary to what my instincts gone astray would have me do. I get to invite God into all of my insecurities. The step reminds me that I am worth fighting for. That is okay to stand in my truth. Being clear that my truth is peace, honor, charity, love, understanding, and compassion.

The longer I stay sober; the meaning of Step 6 looks different. When I was new, I did not pay this step that much attention. Much like when I was growing up, I was taught that I could sin but then ask God to forgive me and my slate would be wiped clean. There was neither real sense of urgency nor awareness of the damage my conduct was doing to others or myself. In sobriety, I thought saying the 7th Step Prayer would wipe my slate clean, but that I did not have to actually change my behaviors. Now, almost 20 years sober, I am clear on the seriousness of how my defects of character keep me living in the bondage of distorted self. The feeling of defeat, which happens when I continually act on these defects, will cause me to get thirsty if I do not surrender them. That is why I become entirely ready, because I do not want to drink again – ever.

How do I become entirely ready to have God remove all of my defects of character? I pray and take contrary action. When I want to rage; I pause. When I want to sell myself short; I stand tall. When I want to fill that God hole with excess food or something else; I pray. When I see someone that has attributes I desire; I ask to be shown how to develop them.

The beauty of this process is that we are given enough moments of peace that we begin to crave more. When something robs us of that, we are quicker to take actions to get the offending thing out of the way. Step 6 is our continuing walk in that quest for a harmonious and purposeful life.

Candice M.
8-16-95



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 6

“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

Whenever I think of the 12 Traditions of AA, two things come to mind and make my heart smile. The first is what I thought of them when I was a newcomer. AA had saved my life and I wanted to change everything about it! My arrogance had no limits! However, every time I proposed a change or had a great new idea for my home group to raise money, the Old Timers would patiently point out that my idea went against one tradition or another and sometimes against several of them at the same time. I was filled with (self) righteous indignation! Every November, Carl and Helen would get up to the podium and give their pitch for the Traditions and the Traditions Banquet and every year I, and my friends, would roll our eyes and giggle.

The second thing that makes my heart smile came about because I stayed sober and stayed in service to AA. Because of that, I got to see the traditions come to life and to understand how they came about. We AAs are a contentious, opinionated lot, defiant beyond measure, and the Traditions developed over time as we discovered that we'd better find a way to work together or we would return to the bottle and all the bondage that comes with it. I like to say if we, as a group of people didn't have an issue with something we wouldn't have a Tradition for it!

AA learned a powerful lesson from both the Washingtonians and the Oxford Group – when a group, such as ours, loses sight of their primary purpose – to help drunks get and stay sober – the group gets pulled in all different directions. They also learned that we work with others “for free and for fun” or it doesn't work at all; not for the newcomer and not for the sober one.

The pamphlet, *The Twelve Traditions Illustrated* says that there are two major dangers concerning this tradition: affiliation of AA groups with anything a outside AA and any activity that would harm AA as whole.

There is a great story in the 12x12 that describes a group that built an “all purpose” recovery center that, though ultimately failed, taught AA a great lesson in the process. Where money, property and prestige are involved it is best to keep the AA name (and the 12th Step) out of it.

As a newcomer, I thought my local Alano club was AA. People often used the words “the club” and AA interchangeably. It wasn't until the “Club” decided to ban an AA member from their property that I learned the difference. AA meetings rented meeting space from this “Club” just like they do from churches and other places. The conflict came because the “Club” was dictating to the AA

meetings who could and couldn't attend. Of course, everyone had a lot to say about this situation and things got very heated. I learned that “the Club” was a private enterprise and could ban anyone from their property. Each AA meeting could decide if they wanted to follow the dictates of “the Club” or find meeting space somewhere else.

It was a very painful time for all concerned and eventually ended in a court case. What was important for me was learning the distinction between an AA group and an outside enterprise.

The 6th Tradition came into play at another meeting I attended, this one at a church. The minister was glad to have us there and after a few years, started putting a notice in the weekly church bulletin that they now offered an AA meeting for those seeking recovery from alcoholism. By the way the announcement was worded, it implied that the church was sponsoring the AA meeting; that there was an affiliation - church/AA. There was a big turmoil in the meeting, with everyone having an opinion that needed to be heard. The group conscience finely decided that the steering committee should appoint a couple of old timers to present the 6th Tradition to the minister. The minister was quick to understand the point of the Tradition and the wording for the bulletin was changed.

Today, AA, as a whole still faces the same issues - how do we get along with each other and how to we get along with the world outside AA; do we have a role in the affairs of our society? If so, how do we participate without losing our primary purpose? How does your home group (and other meetings you attend) deal with the issues of leadership, money and authority? Has your group ever done an inventory? Are your leaders trusted servants? Does your group have too much money in reserve? Is your group bound to your meeting place? Do all members have a voice in the affairs of the meeting?

In Bill W's article introducing the Twelve Suggested Points of AA Tradition, he stated: “We of Alcoholics Anonymous have never enthusiastically responded to any assumption of personal authority. Perhaps it is well for AA that this is true. So I offer these suggestions neither as one man's dictum nor as a creed of any kind, but rather as a first attempt to portray that group ideal toward which we have assuredly been led by a Higher Power these ten years past.” (AA Grapevine, April, 1946)

I deeply appreciate that there are no bosses in AA. I get frustrated in service meetings where everyone has an opinion that needs to be heard and at the same time I have an opinion that I want heard, too!!! Over the years, I have grown to have deep respect for the Traditions that bind us together. For as the book Alcoholics Anonymous states: “We alcoholics see that we must work together and hang together, or else most of us will finally die alone.”

Judi B., San Pedro C



SPECIAL NEEDS COMMITTEE VOLUNTEERS NEEDED



While there are no special AA members, there are many members who have special needs, some of which include:

- *Those with a hearing, memory, speech, or visual impairment
- *Homebound members
- *Chronically ill members
- *Those who use mobility aids
- *Developmentally disabled members

No matter what challenge or circumstance they face, we hope that they would never be excluded from AA meetings, Twelve Step work, or AA service.

Volunteers are needed for the special needs committee, whose intention is to ensure that alcoholics with special needs are not alone in their efforts to achieve or maintain sobriety. Volunteering may include bringing a meeting to a homebound member, assisting a member with a physical disability get to and from meetings, and any other form of service that would make the AA message more accessible to a member with a special need.

If you are interested in volunteering on this committee, please contact Nick at (562) 746-1936 or by email at District2snc@gmail.com.

"I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."

THE GIFT OF SILENCE

When I consider all the times, I've tried to pick the day

That someone else got sober, and threw the jug away

I realize by my failures and its come completely clear

It seldom goes the way I planned, when others crave their beer

I didn't stop promoting, for I thought I had it right

Their plan for me was simple, they just stayed out of sight.

Then one day while visiting, a loved one out of town

I showed up with laryngitis and, I couldn't speak a sound

I opened up her phone book, and underlined A.A. and after three days silent, I continued on my way

Two months after being home, a brother on a call Said, "you know sis got sober, she doesn't drink at all"

I asked about the details, he said he couldn't say,

The only thing he knew for sure, "she goes to A.A.A." (how cute)

Forty two years later and, she hasn't had a drink

The success of that twelve step call, has made me stop and think

If it's true that things I **Do**, speak louder than things I **Say**

I thank my God for giving me, laryngitis on that day.

Rick R.

I'M NOT READY YET



Who can positively describe the dynamics of alcoholic thinking? No one can; it is as diverse as the number of alcoholics in the world. So how can anyone have the answers to the multitude of problems that we face? We do find different ideas of how to address so called problems, and that gives us a start towards reducing the effects that those problems have on us, until they are no longer interfering with our mental calmness. If we are diligent about it, we will find a place of acceptance that is hard to describe.

I was in the navy when I entered Alcoholics Anonymous in the late 1960s, and was desperate enough to seek out AA for myself, with no coercion from the outside world. I've never had a problem with step 1 and the drinking part of the program and honestly, have never wanted a drink from the that very first day, which brings us to the rest of the steps. I hear stories all the time about people with long term sobriety who relapse, and that seems to contradict the first sentence of chapter three in the Big Book that says, "rarely have we seen a person fail who has thoroughly followed our path." I've heard it said that the co-founders wanted to change the word "rarely" to "never."

One of the reasons that may answer the question about the old timers that just decide to drink again after long term sobriety, may be the half measures approach to steps four and five. This is not to put them down for being unable to take that risk at the time, for we know that it is difficult to overcome the shame and embarrassment of our past behaviors. These fears are also symptoms of the disease of alcoholism and no one can judge another for not being able to bring themselves to disclose these things too soon.

My first attempt at step four happened right before my one year anniversary, and I was doing the best I could at the time, based on my shallow understanding of this process that we are supposed to go through. I then received orders to be

shipped out to spend four months in the Tonkin Gulf Yacht Club, so I folded up my fourth step composition book and stowed it away. I spent most of that four months on an oil tanker at sea, fueling the war ships and thinking about that loving group that I left behind in La Puente, CA. I had a lot of time to think about what I was going to do when I got back.

When I did arrive home, I unpacked that composition book and started to read what I had written as a fourth step, and I became aware of how shallow my thinking had been at the time I was writing it. I destroyed all that dribble I had written, and went on to revisit all "those tormenting ghosts of yesterday" in a somewhat fearless and thorough way. I believe that doing it that way is the cornerstone of all the rest of my steps. In time, I had addressed the rest of the steps with as much courage and thoroughness as I could muster, and the results created an unshakable framework for life. If, however, I wasn't strong enough to revisit that step after four months, and had gone ahead with the original fourth step prior to my flying out to the far east, I may have convinced myself that I had done it, and went on with a half hearted effort. Such behavior would have amounted to a facade that could have lead me to be satisfied with "just not picking up today."

The only way that I can see how to bridge the difference between the half measures approach, and the fearless and thorough approach, is to be honest about being in fear about the things we are not willing to disclose in steps 4 and 5, and just say, "I'M JUST NOT READY YET." This would be leaving the door open to getting back to it when you have a little more AA under your belt and have had more experience. If, on the other hand, you attempt to slip by with the half measures approach, you may not ever want to admit to it later; that would be tragic, and could end in a relapse after some serious years. Some of these things take time and we should not be made to rush into them at the expense of *self honesty*. The simple term: I KNOW I MUST, BUT I'M NOT READY YET, is an approach that no one, who counts, will ever fault you for. It's very important to keep it clean. "THIS ABOVE ALL, TO THINE OWN SELF BE TRUE, AND IT MUST FOLLOW AS THE NIGHT THE DAY, THOU CANST NOT THEN BE FALSE TO ANY MAN" - William Shakespeare

Rick R.

Daily Reflections

"God irradiates your life with the warmth of His spirit. You must open up like a flower to this divine irradiation. Loosen your hold on earth, its cares, and its worries. Unclasp your hold on material things, relax your grip, and the tide of peace and serenity will flow in. Relinquish every material thing and receive it back again from God. Do not hold on to earth's treasures so firmly that your hands are too occupied to clasp God's hands as He holds them out to you in love." – Twenty-Four Hours a Day, April 6 reading

"A candle loses nothing by lighting another candle" – Grapevine, August 1999

"One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine--both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living." – As Bill Sees It, page 37

"Who we are is not dependent on someone else's opinion of us." – Grapevine, January 1981

"The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails." – As Bill Sees It, page 115

"The best portion of a good life are the nameless, unremembered acts of kindness and love." – Grapevine, December 1950

"Every strong and beautiful flower must have a strong root in the ground. It must send a root down so that it may be rooted and grounded while at the same time it sends a shoot up to be the flower that shall gladden the world. Both growths are necessary. Without a strong root, it would soon wither. The higher the growth upward, the deeper must be the rooting. My life cannot flower into success and helpfulness unless it is rooted in a strong faith, or unless it feels deeply secure in the goodness and purpose of the universe." - Twenty-Four Hours a Day, May 27 reading

"Learn from the mistakes of others. You don't live long enough to make them all yourself." – Grapevine, May 1949

"Who we are is God's gift to us. Who we become is our gift to God." – Grapevine, April 2001

Wit and Wisdom

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

I know you can stop drinking anytime, but can you stay stopped?

I was a Baptist, a Buddhist and a nudist.

I am not a quitter - I got fired from every job.

"F" your feelings; that's why you got drunk in the first place.

Nothing kills ambition like drugs and alcohol.

I was called Boozy Susi and my best friend was Smokeahontas.

It's wonderful to have faith in God, but you must also have faith in yourself.

If life were fair, you'd be dead.

Our Big Book is less rigid than some of our members.

God is in the seeking.

When you are spiritually fit you can do whatever you want.

Freedom is not holding on to old ideas and petting them.

It's not just not drinking; it's raising the dead.

I was born without an 'off' button.

Spirituality is an experience of God.

When I came here I wasn't looking for God, but that is what I found.

The monkey is off my back; but the circus is still in town.

It's the ego that holds on and won't let go.

If you don't let go, you can't let in.

I love it when people cry at a meeting; it's liquid prayer.

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 JULY 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: June 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

	Jan - Apr		
	Apr 15	Apr 14	15
12 Steps & 12 Traditions Group Thursday	0.00	0.00	135.60
12 Steps & 12 Traditions Sunday	0.00	0.00	133.78
435 Intergroup	0.00	0.00	50.00
8420 Group	0.00	0.00	75.00
AA Daily Readings MWA	0.00	5.00	0.00
Aloha Women's Group	95.50	0.00	276.50
Artists Musicians	0.00	0.00	200.00
Atlantic Alano Club	4.60	0.00	4.60
Att Adj 7 AM Fri Marina Pacifica	0.00	0.00	189.17
Att Adj 7 AM Mon Marina Pacifica	0.00	102.00	0.00
Att Adj 7 AM Tues Marina Pacifica	73.00	0.00	197.00
Att Adj 7AM Wed Marina Pacifica	0.00	0.00	200.00
Attitude Adj 645 am Lakewood	50.00	50.00	200.00
Basic Steps	75.50	0.00	75.50
Bellflower Big Book Group	0.00	4,000.00	4,000.00
Bellflower We Care	0.00	0.00	10.00
Belmont Hts. Thurs Mens Stag	0.00	0.00	67.50
Big Book Comes Alive	0.00	22.40	0.00
Big Book Study Los Alamitos 6pm	0.00	0.00	180.00
Cabrillo and Friends	0.00	0.00	50.00
Came to Believe	50.00	0.00	50.00
Carry The Message	0.00	170.00	200.00
Coffee Talk	0.00	60.00	0.00
Compton 401 Bullis Group	25.00	25.00	100.00
Conversations With a Drunk	400.00	0.00	800.00
Cypress Womens	64.80	105.27	149.40
Discussion, Saturday 1 PM	0.00	0.00	51.50
Downey Real AA	0.00	0.00	122.00
Downey Thursday Speakers	0.00	240.00	0.00
Downey Tues Womens Home Group	0.00	0.00	140.00
Early Att.Adj Sun IFH	150.00	0.00	150.00
Early Bird Att Adj Sun IFH	0.00	0.00	200.00
Early Bird IAC	0.00	10.00	0.00
Early Bird Imperial Alano Club	0.00	0.00	50.00
East Bay Group	0.00	140.00	145.00
East Side Early Bird	50.00	55.00	50.00
For Fun and for Free	0.00	0.00	50.00
Fri Free for All	0.00	60.00	91.31
Friday Night Big Book	0.00	0.00	60.00
Friday Night Big Book Step Study	0.00	60.00	0.00
Friday Night East Willow	0.00	19.20	0.00

	Jan - Apr		
	Apr 15	Apr 14	15
Friday Night Men's Stag	0.00	100.00	400.00
Friday Night Men's Stag Long Beach	200.00	0.00	200.00
Friday Nooners	0.00	0.00	300.00
Girls Night Out	0.00	0.00	35.00
Grace of God Fri MarPac	0.00	0.00	140.00
Grassroots	0.00	57.70	73.39
Group #000118589	0.00	60.00	0.00
Group #00692821-05-14	15.00	0.00	30.00
Group #129414	0.00	0.00	50.00
Group #168356	0.00	50.00	100.00
Group #168467	95.67	0.00	261.23
Group #633873	0.00	0.00	192.00
Group #678432	0.00	140.00	0.00
Group #686071	0.00	0.00	124.00
Happy Days Book Study Downey Saturday	0.00	90.00	78.00
Happy Hour Fri MWA	60.00	0.00	120.00
Happy Hour Mon MWA	104.11	0.00	171.57
Happy Hour Wed MWA	0.00	0.00	60.00
Happy Ms Step Study MWA	0.00	0.00	70.00
Harmony Group	0.00	0.00	120.00
High on Life Group	0.00	69.00	0.00
I Never Had it so Good	0.00	0.00	100.00
Icebreakers-Long Beach	0.00	40.00	50.00
Indian Charlie Group	0.00	50.00	50.00
Intercity Fellowship Hall	45.00	0.00	45.00
Intimacy & Recovery Men's Stag	0.00	0.00	90.00
Into Action	0.00	0.00	50.00
Invisible Spkr Mtg	0.00	0.00	100.00
Just The Steps	0.00	146.50	0.00
Kaiser Big Book	0.00	200.00	0.00
Keep it Simple	0.00	851.20	720.00
Keep It Simple Simply A Roundup	0.00	0.00	196.20
La Palma Big Book Speakers	0.00	0.00	103.50
Lakewood Women's Step Study	0.00	26.20	0.00
Living Sober Group	0.00	0.00	123.58
Lomita Wayfarers	0.00	0.00	50.00
Los Altos Group	0.00	0.00	45.00
Los Altos Open Door	100.00	100.00	300.00
Lucky 13	0.00	0.00	45.00
Marina Pacifica Monday noon	0.00	38.75	0.00
Marina Pacifica Sat Noon	0.00	140.00	45.00
Marina Pacifica Saturday Morning	0.00	95.00	0.00

Continued on Next Page

	Apr 15	Apr 14	Jan - Apr 15
Men's Step Study	52.95	24.50	52.95
One Hour Men's Stag	0.00	0.00	451.00
Outside the Fence	0.00	0.00	30.00
P O F	0.00	0.00	100.00
Palos Verdes Men's Stag	100.00	0.00	100.00
Paramount Speakers	150.00	60.00	350.00
Participation/Disc Marina Pac Tues 8 pm	0.00	0.00	50.00
Rule 62 Daily Att.Adj	300.00	0.00	600.00
Sanctuary Group of Seal Beach	35.00	0.00	35.00
Sat Big Book Stdy Kaiser	0.00	0.00	50.00
Saturday Big Book Study Kaiser	100.00	0.00	100.00
Saturday Nighters AA Group	0.00	0.00	10.00
Seal Beach Mens Stag -Wed	0.00	0.00	50.00
Seal Beach Speakers	0.00	0.00	188.55
Sisters In Sobriety	0.00	0.00	30.00
Sober on the Sand	0.00	0.00	100.00
Sobriety Seekers	0.00	73.70	95.00
South Gate Participation	10.00	0.00	40.00
Southern California Conference	0.00	0.00	550.00
Step Sisters Long Beach Saturday	0.00	0.00	50.00
Sunday Morning Participation	137.40	0.00	355.20
Surrender is Freedom	136.81	175.00	785.01
The Cove	0.00	0.00	20.00
The Vets AA	10.00	0.00	10.00
Topic Discussion - Twin Town	0.00	0.00	61.75
Tues Night Live BB Stdy	0.00	0.00	98.00
Tues Night Mens Stag	0.00	0.00	150.00
Tuesday Night V.A.	0.00	0.00	50.00
Uppity Women	171.00	98.00	261.00
Veterans Hospital	50.00	50.00	50.00
Watering Hole VA	0.00	0.00	122.00
Wed Night Men's Stag	0.00	0.00	200.00
Wednesday Discussion	218.00	0.00	668.00
Wednesday Night West	0.00	0.00	175.00
Westside Early Risers	120.00	100.00	415.00
Willing to Grow	0.00	0.00	49.20
Women Achieving Sobriety	0.00	50.00	0.00
Womens Step Study	0.00	0.00	60.00
Zig Zag Group	0.00	0.00	172.98
TOTAL	3,249.34	8,009.42	19,827.97

Thank you to the delegates who attended the May Harbor Area Service Committee Meeting 10+ Group—Cindy F.

12 Steps & 12 Traditions—Ben L. /Eric T.

Bowling Green—Mark J.

Carry the Message—Ron W.

Dirty Shirt—Carrie A.

East Bay—Gil G.

High on Life—Dale C.

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./Ron R.

Over 50 Group—Howard M.

South Gate Participation—Tim S.

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.



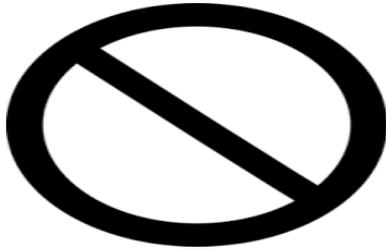
Grapevine, June 1946



13th Stepping: It Should Be a Criminal Offense

Phoenix (After Hours): Esme V. reported that there had been volunteers shifted around. The back-up list of volunteers has been utilized a lot this month.

Criminal Offense



Well into 20 years of being sober, I knew of the 13th step, but never knew anyone who was out there doing it or anyone who got stepped on. Well, now I do and I am grateful that I was not told who did the dastardly deed. When I was told that this did happen, I was very distressed. In my opinion, few things are worse than 13th stepping a vulnerable human being in the stages of recovery.

If you're new to AA, 13th stepping is the act of someone who has been around a while finding someone who is new or relatively new to try to sweep them off their feet with some line of bull. We all know the lines that are used. Once the newcomer is hooked, the 13th stepper proceeds to enjoy the other person's time, body, and money, leading them to believe they care about them. Once the 13th stepper gets what he is after (usually sex) from the newcomer, the 13th stepper typically dumps them like a ton of dead rats. That's not being sober, it's not being a decent person, it's not honest, and it's not what 99% of the AA's I know are like.

It's disgusting behavior by anyone's measurements. I write this to urge new people to slow down when it comes to finding that new love of their life. Get sober for a year or two first. Develop a foundation. If you are "hit on," check with your sponsor and listen when your new friends tell you that this is the wrong way to head.

There are some real low life scumbags out there who only want to get theirs and the hell with anyone else and their feelings. If you know one of these "heart and soul rapists," don't keep it a secret. Tell your sponsor and don't feel like you did something wrong. You got taken by someone who does not have a decent bone in their body, and this is a way of life for them. Not all AA's are working the steps and trying to be better human beings, fathers, mothers, brothers, sisters, uncles, etc.

Beware and be careful out there.

Pete M.



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 BOARD

Minutes for April 1, 2015

<http://www.hacoaa.org>

The meeting was called to order with the Serenity Prayer at 7:00 pm by Bruce E. followed by opening remarks.

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 March 2015 meeting. Tammi R. made a motion, seconded by Jamie C. to accept the minutes as corrected. Motion passed 4-0.

Chair 1 Report: Bruce E. asked for feedback from the group and had nothing new to report. Ira C. expressed his excitement for Mary M. to come on board to fill our position as Program Chair.

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

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

HACO services provided for the month of March 2015:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	184	Paid copies mailed	128	Total calls	
Newcomer	42	Exchange copies mailed	39	Persons reporting	
Out of town		Expired copies mailed	41	Central Office Receipts	
12 th Step		Total mailed	208	Contributions	\$4,295
Other	73	Total printed	230	Literature	\$3,910
Total in-house calls	299	Subscriptions emailed	22	Website visits	5661

Assembling of the May 2015 Harbor Light is scheduled for Saturday, April 25, 2015, at 8:30 am.

Committee Reports

Program Chair: Jamie C. reported for Gilbert G in regards to the Rule 62 Picnic. Gilbert G. made up fliers and volunteer sign-up sheets that he plans on handing out during the Service Committee meeting. He is planning on printing raffle tickets this week when he can get the approved funds from the service board.

Public Information: Pete K. reported that the Job Corps plan got cancelled. He said that he contacted someone from Torrance College for us to come in for their mental health days on May 6th and 7th from 10am-2pm. Pete K. also got ahold of a guy from Temple Baptist Church located on 10th and Gladys. The church wanted to start their own recovery program and asked Pete K. to come give his opinion on a meeting they are wanting to start.

H & I: Ron T. sent a report of the minutes of the last H&I meeting. There were 12 newcomers and birthdays equated to 43 total years. The 34th annual Southern California H&I conference will be held on May 15th-17th at the Holiday Inn in La Mirada. Registration is \$15 and there will be a raffle. Hotel rates are very affordable. The 2015 Chilli Cook-off will be on Saturday, September 19th at South Recreation Park in Long Beach. The next planning meeting will be held on April 15th at 7pm at the American Legion Hall. New Business for the H&I Committee was that they accepted a new panel of young people at the Salvation Army.

12 Step (In Office): Dennis S. reported no vacancies

Action and Responsibility: John R. absent

Archives: Mark J. absent with no report

Phones (After Hours): Esme V. absent

Harbor Light: Carrie A. reported that she is working on the May Harbor Light. The next article she needs a writer for is step 9 and tradition 9 due August 10th.

Website: Matthew L. absent

Old Business

None

New Business

Ira C. made a motion, seconded by Tammi R. to cut a check to Gilbert G. for \$150 to print raffle tickets for the Rule 62 Picnic. Motion passed 5-0.

Ira C. made a motion to adjourn and Tammi R. seconded it. The meeting was adjourned with the Serenity Prayer at 7:44pm.

Respectfully submitted, Rebecca F., HASB Secretary

HARBOR AREA SERVICE COMMITTEE**Minutes for April 8, 2015**<http://www.hacoaa.org>

1. The meeting was called to order Jamie C. at 7pm followed by the Serenity Prayer.
2. HASC meeting announcements and rules were announced.
3. The 12 Traditions were read by Tanya D.
4. There was 1 new delegate: Mary M., Seal Beach Speakers.
5. Gilbert G. reported that 28 delegates were present, and 14 were needed for a quorum.

Secretary's Report: Rebecca F., secretary, read the minutes of the March 8, 2015 meeting. The meeting minutes were accepted as corrected on a motion made by Gilbert G. and seconded by Matthew L. Motion passed 21-0.

Treasurer's Report: Ralph M. read the Income Statement for March 2015. On a motion made by Brad S. and seconded by Tanya D., the income statement was accepted, 23-0. Since Ralph M. did not have the accurate balance statement numbers due to software problems, a motion was made by Judi B. and seconded by Carrie A. that Ralph M. would bring the accurate numbers to the committee at next month's meeting to be voted on. Motion passed, 21-1. Ralph M. also stated that he will present the actual vs. budget next month.

Chair 1 Report: Bruce E. thanked all delegates and committee members for showing up and then read the Central Office report for March 2015 as follows:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	184	Paid copies mailed	128	Total calls	148
Newcomer	42	Exchange copies mailed	39	Persons reporting	36
Out of town	0	Expired copies mailed	41	Central Office Receipts	
12 th Step	0	Total mailed	208	Contributions	\$4,295
Other	73	Total printed	230	Literature	\$3,910
Total in-house calls	299	Subscriptions emailed	22	Website visits	5,661

Assembly of the May 2015 Harbor Light is scheduled for Saturday, April 25, 2015, 8:30 am at Central Office.

Committee Reports

Public Information: Pete K. reported that he got an inquiry for El Camino College in Torrance. He was able to let them know he will be able to attend their event on May 6th and 7th.

Program Chair: Vacant

H&I: Ron T. read the minutes of the last H&I meeting. There were 12 newcomers and birthdays equated to 43 total years. The 34th annual Southern California H&I Conference will be held on May 15th-17th at the Holiday Inn in La Mirada. Registration is \$15 and there will be a raffle. Hotel rates are very affordable. The 2015 Chilli Cook-off will be on Saturday, September 19th at South Recreation Park in Long Beach. The next planning meeting will be held on April 15th at 7pm at the American Legion Hall. New Business for the H&I Committee was that they accepted a new panel of young people at the Salvation Army.

In Office/Twelve Step: Dennis S. reported that there is one opening on Saturday afternoon from 12pm-5pm.

Action & Responsibility: John R. reported that there are three meetings that are most likely dark and he is looking into confirming this.

Archives: Mark J. reported that he is very pleased with how the cross checking is going. In June, he is hoping to start a monthly project of offering materials and archives to those interested. He will provide us more details in the near future.

Continued on Page 14

HARBOR AREA HOSPITALS AND INSTITUTIONS**Minutes for April 15, 2015**

<http://www.hacooa.org>

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

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

BIRTHDAYS: There were five birthdays for the month of April: Marty with 2 years, Jamie with 5 years, Gabrielle with 11 years, Julie with 17 years and Jim with 26 years. This is a total miracle of 61 years. We provided a cake and sang Happy Birthday.

TREASURERS REPORT: Johnny gave a detailed treasurers report. In our General Fund we have \$3,651.20. We have \$7,434.65 available for literature in our Literature Fund. Ron T. made a motion to move \$1,500 from General Fund to Literature Fund to cover the increase in the Chili Cook off seed approved last month. The motion was approved.

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 \$1,690.14 on literature this month. There is a new literature form that allows us to order Big Books, 12 and 12's, pamphlets and directories only.

INTERGROUP REPORT: The last Intergroup meeting was held on Sunday, March 22, in Hermosa Beach and hosted by South Bay H&I. The Literature Fund was \$4,860.41. The General Fund was \$1,401.74 for a combined balance of \$6,262.15. The third month of LaVina's 200 subscriptions were made available and distributed in total to all Intergroup members present. Guideline changes approved to include Voluntary Advisory Task Force and the NorCal Liaison as well as travel reimbursement. The 2015 Conference planning meetings are going well. The next planning meeting will be on Sunday, April 12 in Fullerton at 12pm. 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 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 Al-Anon Luncheon and Speaker Meeting. There will be a Saturday night dance as well. The next Intergroup meeting will be on Sunday, April 26 in Oceanside and hosted by San Diego North H&I Committee. Lunch will be at 11am. The business meeting starts at 12pm. All are welcome.

SERVICE COMMITTEE: There were 21 delegates in attendance. A quorum is 14 and was had. Central Office finished March with a net loss of \$68 and has a year to date income of \$3,463. There is a temporary glitch in the bookkeeping system. Motion approved to have the First Quarter Balance sheet as well as this month's Literature Report presented next month with April's Income Statement and Literature Report. Mary M. volunteered to be Program Chair. Gilbert G. said the Rule 62 Picnic will be July 11 at the Bandstand in Recreation Park. Adults are \$5.00. Children 10 and under are free. Flyers will be out soon. In Office/12 Step volunteers have one position open on Saturdays from 12pm-5pm, contact Central Office. After Hours Phone volunteer positions are full. Jamie will prepare a list for Esme of after hour volunteers who can take over a difficult call from Esme during the night. Call Central Office to be on this list. Carrie A., the Harbor Light editor, is in need of Tradition 9 articles to be received by August 10th for publication. Harbor Light is still in need of new subscriptions to keep our USPS Bulk Rate. This month we mailed out 41 expired subscriptions to avoid paying the much higher First Class rate. Assembling of the May 2015 Harbor Light is scheduled for Saturday, April 25th, at 8:30am at Central Office. All are welcome.

Continued on Next Page

Continued from Page 12

Harbor Light: Carrie A. reported that she is working on the May issue of the Harbor Light. The next article she needs a writer for is Tradition 9 due August 10th.

Website Committee: Matthew L. reported that the website visits were up a thousand!! The website was changed mid last month and Matthew L. has been working hard on meeting and event updates, as well as updating the security framework. Everything is secure and extremely user friendly. System has been made to be easy to pass on whenever someone takes over the position.

District 2: Revo M. reported that there were only 12 people in attendance at the last meeting. District 2 covers 9 cities and there is not enough participation and they need support. He suggested that as service committee members we try to find out which meetings do not have GSRs and try to encourage them to get involved. Revo M. also showed us the shirts that were made that are being sold for \$20. The sale of one shirt would buy 2 big books for newcomers in need.

District 4: Gilbert G. reported that there were 37 people in attendance at the last meeting and that there were 2 new GSRs. He also let us know that District 15 will be hosting a Pre-Conference Workshop on Sunday, April 12, 2015 at the UFCW Union Local in Buena Park from 9am-3:30pm. The workshop will be discussing annual contributions, updated pamphlets, an introduction to the 12x12x12, and more. Gilbert G. also reminded the committee about 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: Tanya D. added to the importance of getting involved. She mentioned that the Pre-Conference Workshop is a great place to investigate what being a GSR is all about without too much of the business aspect. She also stated that it is important to know what changes are being made. Tanya D. let the committee know that GSR gives us the tools on how we, as a whole may carry the message better.

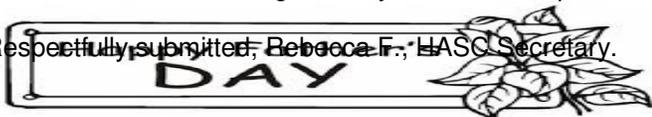
Old Business: None

New Business

Mark J. nominated Mary M. for the Program Chair Position and it was seconded by Thomas W. Mary M. accepted the position. There were no other volunteers or nominations and Mary M. was accepted into the position unanimously.

Ron T. made a motion to adjourn the meeting, Tanya D. seconded it. The meeting was adjourned at 8:34pm.

Respectfully submitted, Rebecca F., HASC Secretary.



Continued from Previous Page

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 second 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. Volunteers are needed to get involved, either before the day of or during the Cook off. Our next planning meeting will be held on May 20 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 BUISNESS: Motions were approved for books. Johnny P. made an announcement about Willy Webb who, as of tonight's meeting, has been missing for 6 days. If you have any information please contact Johnny P. Motion was made to add Tarzana Treatment Center in Long Beach on Magnolia, the panel will be at 3 pm on the 4th Sunday of the month.

Shannon won the 50/50 raffle and took home \$55.00. The meeting ended at 9:10pm.

The next meeting will be on May 20th 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 8:00pm.

Respectfully submitted by Chris T.



****CALLING ALL BANDS****

HARBOR AREA CENTRAL OFFICE NEEDS YOU!!

**We are looking for bands to perform at our annual
Central Office Fundraiser!**



July 11, 2015

**Recreation Park - Band Shell
4900 E. 7th St, Long Beach CA**

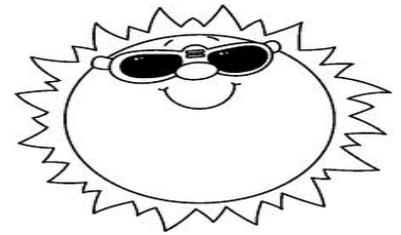
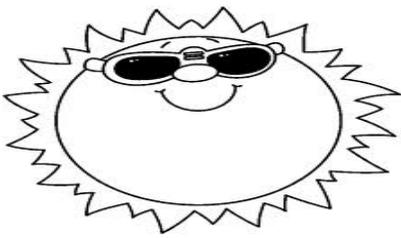
Event time: 9am-3:30pm

Admission—\$5, children 10 and under are free



**If your band is interested, contact Jamie C. at (323) 377-7974
Rule62Picnic2015@yahoo.com**

RULE 62 PICNIC



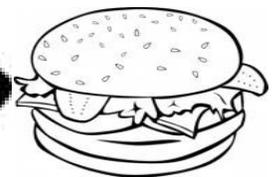
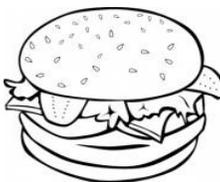
JOIN US FOR SUMMERTIME FUN!

Saturday, July 11, 2015 from 9am-3:30pm

Recreation Park—Band Shell

4900 E. 7th Street, Long Beach CA

Adults—\$5, Children 10 and under are free



LIVE BANDDJ**MUSIC**FACE PAINTING**RAFFLE PRIZES**50/50 DRAWING**WATERMELON EATING CONTEST**ACTIVITIES****



GROUP PARTICIPATION ENCOURAGED!

We are requesting group donations, wrapped gift baskets, gift cards, and other raffle prizes

Harbor Central Office: 562-989-7697

Program Chair: Mary M. 714-824-1833

Event Coordinator: Gilbert G. 949-514-3716

Rule62Picnic2015@yahoo.com

HARBOR AREA CENTRAL OFFICE INCOME STATEMENT

Upcoming Event Calendar

	Jan - Apr		
	Apr 15	Apr 14	15
Income			
Contribution			
Group Contributions	3,249	8,009	19,836
Personal Contributions		275	219
Birthday Contributions		173	
H.A.S.C. Receipts	44	70	232
Bulletin Contributions	145	94	428
Total Contribution	3,438	8,621	20,715
Total Literature Sales	4,279	6,316	15,224
Other Income/Interest	61	45	67
Returned checks			
Total Income	7,778	14,982	36,006
Cost of Goods Sold			
Total Cost of Literature	3,099	4,614	10,580
Shipping			30
Inventory Adjustment			278
Credit Card Fees	40	45	166
Total COGS	3,139	4,659	11,054
Gross Income	4,639	10,323	24,952
Expense			
Donations			37
Bank Charges		13	
Bookkeeping	45	45	180
Computer			45
Copy Plan (Xerox)	266	41	1,085
Less Directory & HL copies	(213)		(744)
Depreciation Expense	84	42	211
Government Reporting		35	
Harbor Light			
Total Harbor Light	197		675
Insurance - General	125	125	502
Insurance - Workers' Comp	37	(57)	151
Total Payroll	3,392	2,669	13,851
Postage	49		98
Public Information			43
Rent - Office	1,244	1,244	4,976
Rent - HASC	65	65	260
Security System	20	20	80
Total Supplies	77	149	294
Telephone/Internet			394
Utilities - Water	31		124
Total Expense	5,419	4,391	22,262
Net Income	(780)	5,932	2,690

Harbor Area Service Board
 June 3, 2015 at 7pm
 3450 E. Spring St., Suite 109, Long Beach, CA

General Service—District 4
 June 3, 2015 at 7pm (new GSR orientation at 6:30pm)
 1900 E Carson St., Long Beach, CA

Harbor Area Service Committee
 June 10, 2015 at 7:30 p.m.
 1900 E. Carson St., Long Beach, CA

Harbor Area H&I Service Committee
 June 17, 2015 at 8:00 p.m.
 5938 Parkcrest St., Long Beach, CA

AA Desert Pow Wow
 June 4-7, 2015
 Renaissance Indian Wells Resort
 44400 Indian Wells Lane Indian Wells, CA 92210
<http://www.desertpowwow.com>

Movie Night at the Archives
 7111 Arlington Ave Suite B, Riverside, CA 92503
<http://www.hacooa.org>

2015 International Convention of Alcoholics Anonymous
 July 2-5, 2015
 Georgia World Congress Center Atlanta, GA
<http://www.aa.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@hacooa.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
 Candice M., Step 6
 Judi B., Tradition 6

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

JUNE 2015

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