

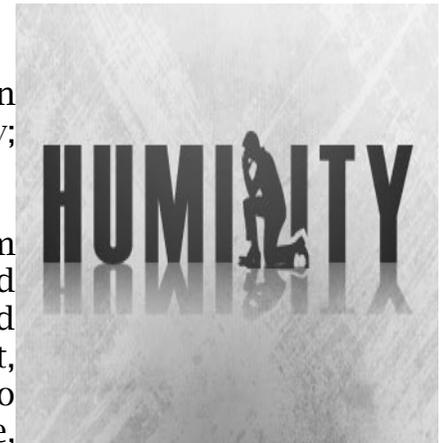
Humbly Asked...

JULY 2015

"Humbly asked Him to remove our shortcomings."

In step 7 of the 12x12 it says that "humility, as a word, is often misunderstood". When asked, what is the opposite of humility; my first guess would be Pride. Who could argue that?

It was in my 22nd year of sobriety, when I had a phone call from my first wife's husband at the time and the conversation started going south. I was trying to refrain from bickering with him and when he couldn't get any traction, he made the statement that, "He had heard stories about me in the past, and that I was no angel." I thought about for a few seconds, and responded "Dave, I've done a lot of things in my life that I'm not proud of, but I'm not ashamed of anything I've done in the last 22 years." The call ended peacefully.



It didn't occur to me at the time, but in that phone call, the *polarity* of pride and shame was evident. About 16 years later, at a meeting, the discussion of Humility came up and I listened to all the different points of view. The memory of that phone call came back and I questioned where humility fits in. In the 12x12 Step 5, it amounts to "a clear recognition of what and who we really are followed by a sincere attempt to become what we could be". With Pride at one extreme and Shame at the other, I see Humility right in the middle. It simply means doing the things we are supposed to be doing every day, and doing them *without fanfare*. I always knew what I was supposed to be doing but with an overbearing sense of insecurity and neediness, seldom was I strong enough to do the right thing. I developed a sense of unworthiness that prevailed until I found a solution in the bottle which only deepened my guilt and shame.

In one of my more recent articles I explained that I was doing a little research to find the definition of the word *happiness* and discovered that it is often described as "*a byproduct*

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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

STEP 7—continued from previous page

of right living, and not an end in itself Happiness is not a goal, but it is the result of living right. A friend once shared at a meeting that, *satisfying his wants will never make a person happy.* Another person shared that she had read something that described it like this: *"happiness is like a butterfly, the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder"*. If my motive is to create happiness, it's probably not going to happen. I believe that this perspective applies to Humility as well. I also believe that right living is a good start. I don't think that anybody can claim humility for themselves but we can see it in others.

I've known some humble people and they have some things in common: They seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are: trustworthy, loyal, helpful, friendly, courteous, kind, obedient.... Sound familiar? I learned it in the boy scouts. I learned the Golden Rule in church, but I was never strong enough to live by it. If you're not sure what you're supposed to be doing, read the 11th Step Prayer in the 12x12 or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a pretty good start. When I found Alcoholics Anonymous, I was reintroduced to these values and helped to rein in my ego, and today I am at peace with myself and with others.

Rick R.



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

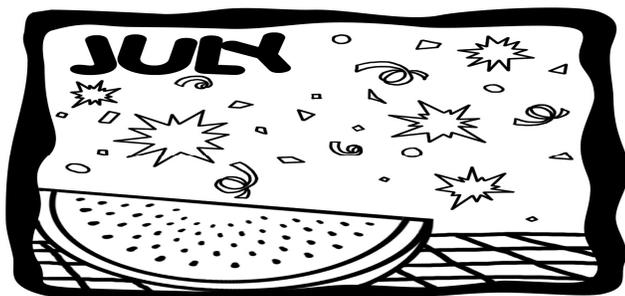
General Service Office, PO Box 459, Grand Central Station, New York, NY 10163

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.

**Birthday Contributions,
Month of May 2015**



Brad S. \$ 21.00
Downey Real AA \$ 185.00
\$ 206.00



TRADITION 7

“Every A.A. group ought to be fully self supporting, declining outside contributions.”

I have seen meetings flourish and fail. The responsibility to pay for the meeting essentials (rent, literature, coffee, medallions, cake, cleaning supplies, and donations to the greater body of AA) rests solely with US: The grateful AA members who seek to continue having meetings. If a meeting cannot be self-supporting, it truly does not deserve to continue.

A particular meeting I grew extremely fond of, a book study, was always teetering on the verge of closing. It was started three and a half years ago and underwent a severe setback in its first few months, when the founding members were unable to attend. There was no prudent reserve, and due to a lack of care with the group's funds, we found ourselves in rental arrears to the tune of over \$200. I was then in my first months of sobriety and depended on the people in this meeting. There was talk of ending it. A longtimer (later to be my sponsor) advised the group that we must be able and willing to pay the expenses if we wanted the meeting to continue. Everyone ponied-up a little more than a dollar per meeting, and in about six months we not only had paid back the negative balance but had a healthy reserve of two weeks' rent.

This same meeting, two and a half years later, underwent more attrition. A number of us were unable to attend anymore due to work commitments and other obligations. There were two other morning meetings, both popular, and people chose to attend those meetings instead of our small group. A friend from that meeting lamented the closure of it. Another longtimer pointed out: “If God wants a meeting to continue, it will continue. All we can do is support it when we can.”

Speaker meetings are where I have seen the attendance factor wax and wane the most. I've seen once-large speaker meetings shrink to nothing. I've seen small meetings grow large from the quality of their speakers. In any meeting, the self-support of AA members is the deciding factor.

From an editorial by Bill W., A.A. Grapevine, June, 1948:

“The A.A. Groups themselves ought to be fully supported by the voluntary contribution of their own

members. We think that each group should soon achieve its ideal: that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.”

AA court cards and attendance cards are a source of debate with members. Some members say that they would have never found AA if they had not been ordered to attend by a judge or other authority; there is the problem of being affiliated with outside enterprise though. Some judges attempt to impose unenforceable rules on AA: A place where they lack authority. Stories abound about a secretary being subpoenaed to testify that a particular individual attended a meeting. There are criminals who use AA meetings as alibis: They send an accomplice to attend a meeting as them, while they commit a crime elsewhere. These types of problems should not be things the group subjects itself to. There are people sent to AA for non-alcohol-related charges. I met one man who attended by court order on a firearms charge. How does this tie in with the 7th Tradition? By mixing court cards in the basket, the group gives tacit approval to the outside enterprise to exert influence upon AA. Many groups keep cards completely separate from the 7th Tradition basket, in a coffee can. Some groups, such as one I know of in Chicago, ask the new attendee if they have a desire to stop drinking. If they don't, they are sent packing, card or no card.

What if a group has more than a prudent reserve? The group is not just responsible for their own group, but for AA as a whole. Extra blessings in the 7th Tradition basket should be sent to support the local Central Office and AA General Services Office. The donation plan is outlined at the AA website, and the Harbor Area office is happy to explain.

Is it all right for one individual to support a meeting? Most of us have seen versions of this happen: One person, or a small group, supports a meeting that would otherwise fold. Anonymity is the key. I've seen people quietly and secretly give to a meeting to support it, and never try to unduly influence decisions affecting the group. I have seen other meetings where one or more individuals attempt to turn the meeting into their version of AA, including breaking tradition and announcing to a

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THE MEN FROM THE BOYS



When a person has been around the A.A. program for any length of time, they have most likely noticed different interpretations of what is considered recovery. That's the wonderful thing about A.A; each person chooses how he or she interprets what the spirit of the program is for them, and I wouldn't have it any other way. These choices range from "I just don't drink today" to "I've found a spiritual way of life that has solved all of my problems", and everything in between. If all we wanted to do is to stop drinking alcohol we could try that approach, but for most of us, we would not be happy, and sooner or later, most of us would try the old game again. Rarely does an alcoholic succeed simply by abstaining from alcohol.

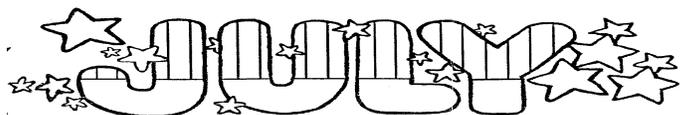
Step six, "*Were entirely ready to have God remove all these defects of character*" may sound like God does all the work in this matter, but if we read further in the 12X12 it says, "*But in no case does He render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work towards ourselves. He asks only that we try as best we know how to make progress in the building of character.*" After identifying my defects of character and shortcomings in step 4 and admitting them in step 5, it is now time, with God's guidance, to start the process of correcting them in step 6 in order to enjoy a happy and peaceful life. I believe that this is

where we separate the men from the boys. It seems easy for me to deal with the more obvious shortcomings, such as being a horse thief. All I would have to do was to stop stealing horses; or as a bank robber, all I would have to do is to stop robbing banks. The more difficult things to correct is the more subtle character flaws, such as: lying, gossip, cheating, neglect, envy, procrastination, and all those little glitches in my character that I think go unnoticed by the outside world. These things do not go unnoticed by my conscience, and if I want to clear that up, I must be willing to seek out the solutions to these problems.

Changing these negative habits does not come easy, but it can be much easier when you recognize that it is our ego that stands in between us and the solution. It is a struggle between our ego and our conscience. There is nothing physically hard about this. It is, however, mentally difficult. This is where we must muster up all the spiritual strength we can, and, one by one, work our way through all of these superficial habits that weigh on our conscience. Once I resolve one of these issues, I find it important to draw a line in the sand and discipline myself to assure that I don't fall into or let myself be tempted into returning to these negative habits.

Practicing principles is a common phrase among AA members. It has been said that if a person lives by principles, 99% of his decisions are made for that person. What separates the men from the boys is how well that person does when the going gets tough. Do they stick to their principles, or do they take the easy way out and fall back into their old, selfish habits? That, I think is the test of our spiritual condition.

Rick R.



TRADITION 7—continued from Page 3

meeting, without a group conscience vote or allowing dissent, how the meeting will be conducted (or where the group funds will go.) One example is a speaker meeting I attended where it was announced to the room that the group was donating a significant sum of money to repair the building's air conditioner. The building is a sobriety club, and while the non-profit club is there to provide an AA meeting place, the club is NOT Alcoholics Anonymous and falls under the distinction of being an outside enterprise.

Another sobriety club, incorporated as non-profit but NOT AA, announced that they were providing literature for all meetings. This is a generous gesture, but a self-respecting group would decline the offer.

Also from Bill W.'s 1948 editorial:

"'But,' some will contend, 'our friends want to give us money to furnish that new club house. We are a new small group. Most of us are still pretty broke. What then?'"

"I am sure that myriads of the A.A. voices would now answer the new group saying, 'Yes, we know just how you feel. We once solicited money ourselves. We even solicited publicly. We thought we could do a lot of good with other peoples' money. But we found that kind of money too hot to handle. It aroused unbelievable controversy. It simply wasn't worth it. Besides, it set a precedent which has tempted many people to use the valuable name of Alcoholics Anonymous for other than A.A. purposes. While there may be little harm in a small friendly loan which your group really means to repay, we really beg you to think hard before you ask the most willing friend to make a large donation. You can, and you soon will, pay your own way. For each of you these overhead expenses will never amount to more than the price of one bottle of good whiskey a month. You will be everlastingly thankful if you pay this small obligation yourselves.'"

Where money and spirituality mix: Our gratitude for being sober, for the wonderful improvements in our lives thanks to our Higher Power and Alcoholics Anonymous, is easily expressed in financial support to the group and AA as a whole. If there's a question about not being of enough service, any self-perceived shortcomings can easily be made up for by simply attending your favorite meetings and giving a little more than a buck in the basket.

Bob F.

FIVE FORTY FIVE AM.

I've had my share of memories, of how life used to be
Before I found my answers, and a new sobriety

While driving down the boulevard, before the break of day
The outside air was cold enough, to take your breath away

In the doorway of a tavern, to stay out of the wind
Three ragtag men were shivering, just waiting to get in

I knew their desperation, for I'd been there before
Soon the keys would jingle, and open up the door

The barkeep wasn't new at this, he'd been around awhile
He'd greet us with sympathy, an a patronizing smile

The craving at Five Forty Five, teeth chattering from the clime
The clock's not ticking fast enough, Six am. is serving time

Bartenders move so slow at dawn, you'd think they'd get a clue
That guys like me, in misery, have got to have that brew

He grabs a glass, draws a beer and puts it in my reach
And you would think I'd snatch it up, and guzzle like a leech

But something strange then happened, before I touched the glass
I'm already getting that relief, as I watched the minutes pass

After some five minutes more, I take two tiny sips
and re-collect my dignity as, I lower it from my lips.

See that! I say, I have control, there is no problem here.
Bartender please, when you get time, I'll have another beer.

RICK R. POWAY, CA.



A Buck In The Basket?

Maybe it's time for a raise.

Take me out to the ball game but I won't expect you to buy me a hot dog, too. Those who participate in the highway robbery of buying refreshments at sports events pay something like \$8.00 for the beers and \$6.00 or more for the hot dog. (I can remember when one got a whole case of beer at that price.)

It's a harsh fact that inflation has us by the throat and is choking us to death. Those of us who are no longer kids feel pinched and distressed by the ongoing soaring prices.

So how does this affect Grapevine readers? In order to keep operating, businesses like the Grapevine must raise their rates to keep this battle against the roaring tiger under control Gasoline hovers around \$3.50 to \$4.00 a gallon. Movies cost in the neighborhood of \$12.00. We are all aware of these facts. Let's look at AA meetings, something dear and essential in our lives, which are treated shabbily by far too many members.

When I first came to AA in 1963, the accepted contribution was \$1.00, which seemed to pretty well cover expenses. That dollar from 1963, the average "dues" paid by most members, when adjusted for inflation is equal to just 12 cents today!

How--and why--should this be you might ask. The cost of food and others essentials, like coffee, has tripled in forty years. The cost of rent for most meeting places has shot up, too. Literature, directories, coffee, cream and sugar, paper cups, it all adds up.

We have not really paid serious attention to inflation in AA, even though we'd have to be blind not to recognize its serious nature. Churches, which so generously make their facilities available, deserve a larger rental fee. The bite of inflation-affects them too. If we aren't paying a fair rental fee, we have to ask ourselves if we are in violation of Tradition Seven: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

Likewise, there have been continuously increasing expenses to maintain our vital intergroup offices, area assemblies, and the General Service Office in New York. They can't carry our message of recovery effectively without adequate funding, and there are millions of alcoholics around the world awaiting a message they may never hear.

Obviously, if the average contribution is only one dollar, a group of fifteen or twenty members will have little, if any, money left over to make badly needed contributions to these AA service units after paying for coffee, rent, and literature.

Does this help explain why only about half of all groups in Canada and the United States contributed to the GSO last year? That lamentable figure--only about fifty percent of the membership--is about the same for my local group's contributions to our intergroup office.

Is this responsibility? Is one dollar--less than the price of a bag of popcorn at a movie --the value that we place on AA?

Let's wake up to the dangers lurking out there. We must not deny our precious life-saving heritage to other alcoholics lurking in the wings for lack of a few more dollars from each of us, not if we truly believe our Declaration of Responsibility: "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

Editor's note: There are no dues or fees in AA. AA is here for anyone who reaches out for help. The program is given freely to anyone who wants to stop drinking, even at times when he or she may not be able to contribute financially.

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What Is It Worth?

That Seventh Tradition dollar ain't what it used to be. First of all, what cost \$1.00 in 1963 costs \$7.72 today. Buying the same product in 2015 for \$1.00 would have cost you just \$0.12 in 1963.

<u>COMPARATIVE COSTS:</u>	<u>1963</u>	<u>2015</u>
A loaf of bread	\$0.21	\$3.75
A gallon of milk	\$0.49	\$3.67
A 6-pack of beer	\$0.86	\$6.50
A carton of cigarettes	\$1.99	\$50.00 (average)
A postage stamp	\$0.04	\$0.49
The Grapevine	\$0.35	\$2.41
Donation	\$1.00	\$1.00 (?)

Happy, Joyous and Free

In 1935, two men met to talk about their drinking and gave birth to a wonderful program

That fateful day 80 years ago in Akron, Ohio, our co-founder, Bill W., could have gone into a bar, but instead he reached out to try and help another alcoholic. That's when he met Dr. Bob. That decision led to the recovery of millions of alcoholics, which continues to this day. This is why we celebrate.

"To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow about you, to have a host of friends—this is an experience you must not miss."

—*Alcoholics Anonymous*

"This is an experience you must not miss." —Bill W., *Alcoholics Anonymous*

"He (Bill) talked my language," said co-founder Dr. Bob.

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What's My Secret? *An oldtimer tells us how she did it*

After receiving a 35 year chip earlier this year, more than one AA member approached me asking: What's your secret?

I responded candidly that I have no 'secret', that I believe that the Big Book and other AA literature clearly spell out how we go about getting and staying sober and living a full and meaningful sobriety. The question did prompt me to reflect on how I live my sobriety.

With 5 or 6 years of sobriety, I moved from New York to California. As I was preparing to leave New York, my sponsor asked me what I would tell him to do to ensure his sobriety if he was moving across the country. In a New York second, I responded: Do 90 meetings in 90 days! And that's what I did. In no time, I began running into AA members at the library, at the bank, in gas stations and restaurants. Newcomers knew their way around the city and driving them to meetings helped me learn my way around. In no time, I felt at home.

Recently, I relocated from the West Coast to the Midwest. We made several house-hunting trips and during each, I went to one or more AA meetings in the area where we expected to settle. To be clear, I didn't arrive in town and excitedly page through a meeting directory, eager to meet some AA peeps. No, like any other self-respecting alcoholic, rather than setting out in unfamiliar area, usually in the dark, to find an AA meeting full of people I didn't know, I would have much preferred to stay cozy in my hotel room, indulging myself in all manner of creature comforts. Yet set out and find meetings, I did. By the time we moved into our new home here in the Midwest, I had an AA home group and a service commitment there.

I cherish the full and meaningful life I live today - a life made rich by a commitment to AA and its principles as a way of life, a design for living. Looking back over the past 35 years for common denominators, I have always been a member of at least one AA home group, one to which I am committed in a special way. While not the only meeting I attend every week, I hold the meeting time of my AA home group as sacred and schedule work and family around it as best I can. I attend the business meetings and hold service commitments in my home group whether I feel like it or not. AA friends always know where to find me on Monday evenings.

You see, I live my commitment to AA as though my life depends on it - because I believe that the full and meaningful sobriety I enjoy does depend on it!

—*Mary Ann R.*

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Daily Reflections

"In the years ahead we shall, of course, make mistakes. Experience has taught us that we need have no fear of doing this, providing that we always remain willing to confess our faults and to correct them promptly. Our growth as individuals has depended upon this healthy process of trial and error. So will our growth as a fellowship. Let us always remember that any society of men and women that cannot freely correct its own faults must surely fall into decay if not into collapse. Such is the universal penalty for the failure to go on growing. Just as each AA must continue to take his moral inventory and act upon it, so must our whole society do if we are to survive and if we are to serve usefully and well" – AA Comes of Age, page 230

"Some days I trudge. Some days I trot. But most days I enjoy the journey" – Grapevine, May 1997

"It is very hard just to sit still trying *not* to do a certain thing, or *not* even to think about it. It's much easier to get active and do something *else*—other than the act we're trying to avoid. So it is with drinking. Simply trying to avoid drink (or not think of one), all by itself, doesn't seem to be enough. The more we think about the drink we're trying to keep away from, the more it occupies our mind, of course. And that's no good. It's better to get busy with something, almost anything, that will use our mind and channel our energy toward health" – Living Sober, page 13

"Life's formidable array of pains and problems will require many different degrees of acceptance" – Bill W., Grapevine, July 1995

"It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison" – Grapevine, August 1991

"A great reform would take place in the world if we tried to live truth instead of preaching it" - Grapevine, September 1997

"If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling liabilities. Then we can be free to live and love; we may then be able to Twelfth-Step ourselves, as well as others, into emotional sobriety" – Bill W., Grapevine, September 1992

"There is a great hue and cry today on the part of some people about those who seek benefits from God. I would like to know where in Heaven's name a bewildered and defeated person is going to go for the help he desperately needs if he doesn't go to God for it. Of course he is concerned about himself. He can't help it. He ought to be. He must be, if he is ever going to be made useful to other people. But later on he must also grow up and stop just *using* God and begin to ask God to *use him*. Stop asking God to do what he wants, and begin to try to find out what it is that God wants" – Dr. Shoemaker, Grapevine, October 1991

Wit and Wisdom

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

We alcoholics think big and live small.

I was continually lowering my bottom.

You want sympathy? It's in the dictionary between sh&t and syphilis.(those old timers can be tough)

If you baby them you bury them

Don't forget to keep God in the deal.

You can't change by yelling at yourself

Religion is man made; spirituality is a gift from God.

Grace is a gift; it's not earned.

The 4th step is easy- every alcoholic knows who they are mad at.

My sobriety date is nine, nine, nine - and in German that means no, no, no.

I just wanted to feel really good all of the time

My life got so small when I was drinking

My primary purpose WAS drinking

I don't need steps, I'm Puerto Rican.

Learn from others because you won't live long enough to make all those mistakes yourself.

It was so scary when I first came to AA because everybody was so shiny and happy.

God is not a codependent.

I thought early sobriety was a dream; but they told me it was a smoking room.

Place your hand in the hand of God, but don't expect him to do your work for you.

I always wondered when will I get mine? Well, I got mine- I'm sober, and everything else is a bonus.

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 7/5: Vern G—Seal Beach 7/12: 69th Anniversary Meeting & Potluck 7/19: Doug R—Tujunga 7/26: Tony S.—Redondo 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

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 AUGUST 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: July 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

	May 15	May 14	Jan - May 15
12 and 12 Study Meeting	164.00	0.00	164.00
12 Step Workshop	0.00	60.00	0.00
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
5420 Group	0.00	50.00	0.00
8420 Group	0.00	0.00	75.00
AA Vets	10.00	0.00	10.00
Aloha Women's Group	0.00	0.00	276.50
Artists Musicians	0.00	0.00	200.00
Atlantic Alano Club	0.00	0.00	4.60
Att Adj 7 AM Fri Marina Pacifica	0.00	0.00	189.17
Att Adj 7 AM Mon Marina Pacifica	45.24	0.00	45.24
Att Adj 7 AM Thurs Marina Pacifica	0.00	109.02	0.00
Att Adj 7 AM Tues Marina Pacifica	66.00	0.00	263.00
Att Adj 7AM Wed Marina Pacifica	130.00	0.00	330.00
Attitude Adj 645 am Lakewood	50.00	50.00	250.00
Basic Steps	0.00	0.00	75.50
Bellflower Big Book Group	0.00	0.00	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 Study Los Alamitos 6pm	0.00	0.00	180.00
Bowling Green	0.00	60.00	0.00
Cabrillo and Friends	0.00	0.00	50.00
Came to Believe	0.00	0.00	50.00
Carry The Message	200.00	0.00	400.00
Cash	0.00	9.00	0.00
Check	0.00	20.00	0.00
Compton 401 Bullis Group	25.00	25.00	125.00
Conversations With a Drunk	0.00	350.00	800.00
Cypress Womens	0.00	0.00	149.40
Discussion, Saturday 1 PM	0.00	0.00	51.50
Downey 5th Street	25.00	0.00	25.00
Downey Real AA	0.00	0.00	122.00
Downey Tues Womens Home Group	0.00	0.00	140.00
Drunk Busters	0.00	30.00	0.00
Early Att.Adj Sun IFH	0.00	100.00	150.00
Early Bird Att Adj Sun IFH	0.00	0.00	200.00
Early Bird Imperial Alano Club	0.00	0.00	50.00
East Bay Group	0.00	0.00	145.00
East Side Early Bird	0.00	0.00	50.00
Faith in Action	0.00	60.00	0.00
For Fun and for Free	50.00	0.00	100.00
Fri Free for All	0.00	0.00	91.31
Friday Night Big Book	0.00	0.00	60.00
Friday Night Fellowship	120.00	240.00	120.00
Friday Night Men's Stag	0.00	260.00	400.00
Friday Night Men's Stag Long Beach	0.00	0.00	200.00
Friday Nooners	0.00	0.00	300.00
Girls Night Out	35.00	0.00	70.00
Grace of God Fri MarPac	0.00	107.70	140.00
Grassroots	0.00	0.00	73.39
Group #00692821-05-14	0.00	0.00	30.00
Group #128102	0.00	180.00	0.00

	May 15	May 14	Jan - May 15
Group #129414	0.00	0.00	50.00
Group #168356	100.00	50.00	200.00
Group #168467	15.28	0.00	276.51
Group #633873	192.00	0.00	384.00
Group #648615	0.00	100.00	0.00
Group #686071	0.00	0.00	124.00
Group #690623	115.00	0.00	115.00
Happy Days Book Study Downey Saturday	0.00	0.00	78.00
Happy Hour Fri MWA	0.00	0.00	120.00
Happy Hour Mon MWA	0.00	0.00	171.57
Happy Hour MWA Mon	0.00	75.00	0.00
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
I Never Had it so Good	0.00	0.00	100.00
Icebreakers-Long Beach	0.00	0.00	50.00
Indian Charlie Group	50.00	50.00	100.00
Intercity Fellowship Hall	0.00	0.00	45.00
Intimacy & Recovery Men's Stag	0.00	180.00	90.00
Into Action	0.00	50.00	50.00
Invisible Spkr Mtg	0.00	60.00	100.00
Just The Steps	75.84	0.00	75.84
Keep it Simple	0.00	0.00	720.00
Keep It Simple Simply A Roundup	0.00	0.00	196.20
La Palma Big Book Speakers	100.00	0.00	203.50
Living Sober Group	0.00	0.00	123.58
Lomita Wayfarers	0.00	0.00	50.00
Los Altos Group	45.00	0.00	90.00
Los Altos Open Door	0.00	0.00	300.00
Lucky 13	71.00	0.00	116.00
Marina Pacifica Sat Noon	0.00	0.00	45.00
Men's Stag - Thurs 1429 Clark	60.00	0.00	60.00
Men's Step Study	0.00	0.00	52.95
Mens Step Stdy Tues 5633 Wardlow	0.00	29.00	0.00
One Hour Men's Stag	100.00	300.00	551.00
Outside the Fence	100.00	0.00	130.00
Over 50 Group	60.00	0.00	60.00
P O F	0.00	0.00	100.00
Palos Verdes Men's Stag	0.00	0.00	100.00
Paramount Speakers	0.00	0.00	350.00
Participation/Disc Marina Pac Tues 8 pm	0.00	0.00	50.00
Pearls Before Swine	50.00	50.00	50.00
Positive in Sobriety	0.00	50.00	0.00
Public Information	1.28	0.00	1.28
QuickBooks Customer	0.00	0.00	7.63
Rolling Mens Stag	125.00	0.00	125.00
Rule 62 Daily Att.Adj	0.00	0.00	600.00
Sanctuary Group of Seal Beach	0.00	0.00	35.00
Sat Big Book Stdy Kaiser	0.00	0.00	50.00
Saturday Big Book Study	0.00	100.00	0.00
Saturday Big Book Study Kaiser	0.00	0.00	100.00
Saturday Night Lite	0.00	150.00	0.00
Saturday Nighters AA Group	0.00	0.00	10.00

Continued on next page

Group Contributions—continued from Page 10

	May 15	May 14	Jan - May 15
Seal Beach Mens Stag -Wed	0.00	0.00	50.00
Seal Beach Speakers	220.78	0.00	409.33
Sisters In Sobriety	0.00	0.00	30.00
Sober on the Sand	0.00	60.00	100.00
Sobriety Seekers	0.00	70.00	95.00
South Gate Participation	0.00	0.00	40.00
Southern California Conference	0.00	0.00	550.00
Staggers On Monday	0.00	100.00	0.00
Step Sisters Long Beach Saturday	0.00	0.00	50.00
Step/Book Study	0.00	50.00	0.00
Sun Spots	20.00	0.00	20.00
Sunday Morning Participation	0.00	0.00	355.20
Surrender is Freedom	0.00	130.00	785.01
The Cove	0.00	0.00	20.00
The Vets AA	0.00	0.00	10.00
Thursday Night Men's 10th Step	24.00	0.00	24.00
Top Disc. Sunday Los Alamos	0.00	100.00	0.00
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 at Thursdays	20.00	0.00	20.00
Tuesday Night Live Big Book Study	0.00	25.00	0.00
Tuesday Night V.A.	50.00	0.00	100.00
Uppity Women	0.00	0.00	261.00
Veterans Hospital	0.00	0.00	50.00
Watering Hole VA	0.00	0.00	122.00
We're Making It	0.00	25.00	0.00
Wed Night Men's Stag	100.00	120.00	300.00
Wednesday Discussion	0.00	400.00	668.00
Wednesday Night West	150.00	0.00	325.00
Westside Early Risers	180.00	370.00	595.00
Willing to Grow	12.00	49.80	61.20
Women Achieving Serenity	50.00	0.00	50.00
Womens Step Study	0.00	0.00	60.00
Zig Zag Group	0.00	0.00	172.98
TOTAL	3,007.42	4,454.52	22,843.02

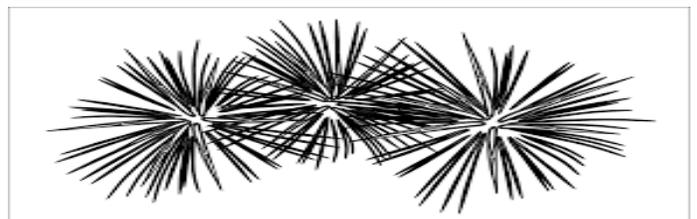


In an effort to preserve the AA message and the history of our fellowship, a monthly offering from the Harbor Area Archives collection will be available. This collection contains historical documents and photographs that can be delivered directly to your inbox, beginning August 2015. Do you love AA history?

Sign up by sending an email to ArchivesChair@hacoaa.org.

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

10+ Ten Group	Cindy F.
12 Steps & 12 Traditions	Ben L. & Eric T.
5420 Group	Esme V.
Bellflower Big Book	Mike S.
Bowling Green	Mark J.
Came to Believe	Matthew L.
Carry the Message	Ron W.
Depth & Weight	Tanya D.
Downey Thursday Night	Alan O.
EastBay	Gil G.
High On Life Speakers Meeting	Dale C.
Indian Charlie	Frank U.
La Palma Big Book	Pete K.
Lakewood Speakers	Gilbert G.
Los Altos Group	Terrence W.
Los Altos Open Door	Mark S.
Over 50 Group	Howard M.
Paramount Speakers	Nick O.
Seal Beach Speakers	Mary 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.
Wednesday Night West	John R.
Wednesday Discussion	Brad S.
Women's Common Welfare	Marty H.
Women's Step Study	Renee D.



HARBOR AREA SERVICE COMMITTEE
Minutes for May 13th, 2015
<http://www.hacoaa.org>

1. The meeting was called to order by Jamie C. at 7:30pm followed by the Serenity Prayer.
2. HASC meeting announcements and rules were announced
3. The 12 Traditions were read by Ira C.
4. New Delegates: Gil G., East Bay Group
5. Gilbert G. reported that 21 delegates were present, and 13 were needed for a quorum.

Secretary's Report: Rebecca F., secretary, read the minutes of the April 8, 2015 meeting. The meeting minutes were accepted as corrected on a motion made by Pete K. and seconded by Gilbert G. Motion passed 17-0

Treasurer's Report: Ralph M. read the Income Statement for April 2015. Amethyst J. inquired about three discrepancies in the income statement. Ralph M. assured the committee that this would be fixed before given to the Harbor Light for publication. John R. made a motion to accept the income statement as corrected, seconded by Mark J. Motion passed 16-2. Ralph M. then read the balance sheet for March 2015 that was supposed to be read last month. This was the statement that was able to be fixed because of QuickBooks. John R. made a motion to accept the balance sheet as submitted, seconded by Ron T. Motion passed 18-0. Ralph M. then gave us a quick synopsis of the actual vs. budget for the first quarter. Ralph M. then read the literature report for April 2015.

Chair 1 Report: Bruce E. thanked the board members for accountability and transparency. He also thanked the committee members for their continued service. Bruce E. brought to the groups attention that the central office received a check from an outside enterprise and unfortunately we could not accept the check due to our traditions. There was no way to confirm that this check came from an alcoholic because the check was cut by Costco. Bruce E. also mentioned to the committee that there has been a man calling the after hours phones multiple times a night, for a few nights, tying up the lines. The gentleman was asked to stop calling for chat time and given meeting information so he had somewhere to go meet people to talk. Bruce E. then read the Central Office report for April 2015 as follows:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	208	Paid copies mailed	134	Total calls	184
Newcomer	56	Exchange copies mailed	39	Persons reporting	28
Out of town	2	Expired copies mailed	30	Central Office Receipts	
12 th Step	3	Total mailed	203	Contributions	\$3,438
Other	66	Total printed	225	Literature	\$4,279
Total in-house calls	335	Subscriptions emailed	21	Website visits	5,297

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

Public Information: Pete K. reported that he attended El Camino College in Torrance on May 6th and 7th. He was able to get a lot of contacts for other agencies, talk to a few people, and give away some literature. This event was a success.

Program Chair: Gilbert G. reported for Mary M. Gilbert G. introduced a packet to committee members for the Rule 62 Picnic. Each packet contained tickets for entrance, tickets for the raffle, volunteer sign up sheets, and event information. He encourages committee members to go out and sell tickets and get volunteers to sign up. He stated that we have one month to make as many sales as we can. He is also looking for 9 gift baskets that groups would like to contribute. Jamie C. added that they are looking for people interesting in playing music during the picnic and encouraged committee members to ask around call her with any leads.

H&I: Ron T. read a report that all panels are full. Calipatria Level 4 Prison is now open again. H&I will be doing four panels once a month on the fourth Saturday. It's a four hour drive to the prison, four panels, and a four hour drive back. It's a 6am-8pm commitment. Gabrielle C. is the Panel Chair and is looking for panel members to sign up and have fun. Ron T. encourages members to send him an e-mail at rtaylor3@verizon.net and he will forward you a four page application. No felonies permitted except DUIs. The H&I Conference will be held on May 15th-17th at the Holiday Inn in La Mirada. Banquet and Luncheon tickets available through May 6th. Early Bird registration is \$15.00. On site registration is \$20.00. There will be a HASBYPAA young people's dance for \$10.00 which is free with registration. Also there will be a \$500 raffle (winner need not be present).

In Office/Twelve Step: Dennis S. reported that there are no vacancies

Action & Responsibility: John R. reported that he is still trying to confirm a dark meeting. He also stated that a gentleman from a meeting was inquiring about a meeting he went to that read non-approved AA literature. John R. was

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HASC Minutes—continued from Page 12

able to direct the gentleman to the AA service manual that mentions what conference approved literature is. He also suggested that the man go to his group conscious for further discussion.

Archives: Mark J. reported that he is very happy to announce the kick off of the monthly email of "interesting stuff" in regards to the history of AA. He made fliers to take back to the group for anyone interested in being added to the email list.

Phones (After Hours): Esme V. absent

Harbor Light: Carrie A. reported that she is working on the June issue of the Harbor Light. She is also trying to get ahead on the July issue due to an upcoming planned surgery. She does not need any step or tradition articles but is always looking for interesting articles if anyone is willing to write something. The articles for the Harbor Light are due by the 10th of any month.

Website Committee: Matthew L. absent

District 2: Revo M. absent

District 4: Gilbert G. reported that there were 42 in attendance and 12 new GSR's were in GSR school. The new GSR's were a direct result of the workshop held the week prior. 33 different groups showed up at the workshop and there were 47 people in attendance. He is looking forward to doing more workshops in the future as this last one was a huge success.

Area 9: Tanya D. was absent and Jamie C. reported that she will be attending the meeting in San Bernardino this weekend and she will bring back some information about what is going on in New York.

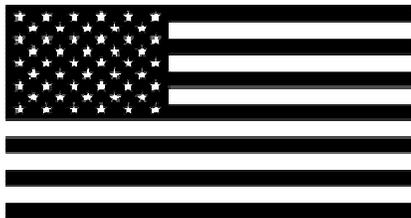
Old Business: None

New Business:

Jamie C. mentioned that we need a temporary Harbor Light editor for July 2015. Carrie A. will not be able to assemble the Harbor Light for July and explained that all the articles and information for that issue will be ready and available but she needs help putting it together. Eric T. volunteered to help out and put the July issue together.

Ron T. shared with the group his concern with the board cutting a check to Ralph M. for his labor in fixing the QuickBooks program. He believes it is a violation of Tradition 8 and read a portion of it from the 12x12. He then proceeded to read a portion of Tradition 2. Ron T. made a motion that Ralph M. return the check or resign. Brad S. seconded the motion. Meeting was open for discussion. Amethyst J. discussed with the committee the thoughts behind the board's decision to pay Ralph M. for the labor he invested to try to fix the QuickBooks problem. Motion did not pass 1-9, with 3 abstentions.

Gil G. made a motion to adjourn the meeting, John R seconded it. The meeting was adjourned at 8:56pm.



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

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

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

General Service Office
PO Box 459
New York, NY 10163

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

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

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

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

Dr. Earle M. Grapevine, 1964

HARBOR AREA HOSPITALS AND INSTITUTIONS**Minutes for May 20th, 2015**

<http://www.hacoaa.org>

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

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

BIRTHDAYS: There were eight birthdays for the month of May: Ariel with One Year, Brenda with Three Years, Matt with Three Years, Thomas with Three Years, Jason with Four Years, Susan with Nine Years, Tanya with Sixteen Years, and Miles with Thirty-Three Years. This is a total miracle of 72 years. Louie provided a cake and we all sang Happy Birthday.

TREASURERS REPORT: Johnny gave a detailed treasurers report. In our General Fund we have \$2,721.57. We have \$7,244.51 available for literature in our Literature Fund.

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

LITERATURE REPORT: Vern gave a detailed Literature report and explained how to order literature and how to pick it up. We spent \$316.17 on literature this month with a credit from last month of \$27.25 for a net expenditure of \$288.92.

INTERGROUP REPORT: The last Intergroup meeting was held on Sunday, May 17th, in La Mirada at the Holiday Inn after the 34th Annual H&I Conference. The Literature Fund was \$2,987.41. The General Fund was \$1,929.59 for a combined balance of \$4,917.00. Dave B. distributed the available 200 Grapevines and 200 LaVinas in total to all Intergroup members present. Jeff from Northern CA won \$200 from the 50/50 raffle. Don C. won the \$500 raffle and picked up his check at the Intergroup meeting. The panels were all wonderful. The banquet food was great. The speaker, Walt, was excellent. The next Intergroup meeting will be on Sunday, June 28th, in Santa Barbara and hosted by the South Santa Barbara H&I Committee. Lunch will be at 11am. The business meeting starts at 12pm. All are welcome.

SERVICE COMMITTEE: The last Service Committee meeting was May 13th. There were 21 delegates in attendance. A quorum is 13 and was had. Central Office finished April with a net corrected loss of \$780 and has a year to date income of \$2,690. Volunteer Treasurer Ralph charged Central Office approximately \$600 to fix the temporary glitch in the bookkeeping system. It was advised that the normal labor rate to fix this type of problem would be \$100 per hour. It took Ralph 20 hours to fix the problem. Ralph charged the Board 12 hours of labor at \$50 per hour. This was approved without the Service Committee approval because the Board has a \$1,000 discretionary budget. Gilbert G. said the Rule 62 Picnic will be July 11th at the Bandstand in Recreation Park. Adults are \$5.00. Children 10 and under are free. Flyers and tickets are out now. In Office/12 Step volunteer positions are all full. After Hours Phone volunteer positions have one slot open on the 4th Sunday afternoon. Backup volunteers are always needed. Call Central Office to be on this list. Harbor Light is still in need of new subscriptions to keep our USPS Bulk Rate. This month we mailed out 30 expired subscriptions to avoid paying the much higher First Class rate. Motion made by Ron T. to have Ralph return the \$600 or resign as treasurer. Rationale was that nobody in AA charges anybody in AA for labor as a volunteer. It is against Traditions 2 and 8 citing professionalism. Motion failed 1 for, 9 against, 4 abstained. Assembling of the June 2015 Harbor Light is scheduled for Saturday, May 30th, at 8:30am at Central Office. All are welcome.

AREA ASSEMBLY: Revo gave a detailed report on Area Assembly and said everybody had a good time and ate well.

POLICY COUNCIL: No Report

CHILI COOKOFF: Mark said there was a good turnout for our third 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

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H & I Minutes—continued from Page 14

meeting will be held on June 17th 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 BUISNESS: None

NEW BUISNESS: Motions were approved for books. Ron T. presented the General Fund Budget Analysis as to where we stand with our monthly expenses and income. The next analysis will be presented July 15th. Motion approved to reimburse Ron T. \$185.00 for his book donation made to missionary group in Africa. After much loving discussion from dissenting voters, Ron T. realized he was wrong to ask for the money and withdrew his motion.

Marty won the 50/50 raffle and took home \$54.00. The meeting ended at 9:05pm.

The next meeting will be on June 17th 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 Ron T.

HARBOR AREA SERVICE BOARD Minutes for May 6th, 2015 <http://www.hacoaa.org>

Due to the untimely passing of a Harbor Area Service Board trusted servant, Ira C, the June 3rd, 2015, HASB Meeting was cancelled. Minutes for the May 6th, 2015 HASB could not be approved.

Approved minutes for the May 6th, 2015 will appear in the August 2015 issue of the Harbor Light

In Memoriam

The Harbor Light would like to take a moment and remember Ira C who passed suddenly this past June.

Ira was Chair 3 on the Harbor Area Service Board. Previously, Ira held other positions within the Harbor Area Service Structure like Action & Responsibility Chair, In-house phone Chair and of course representing his meeting as a delegate.

Ira was known for his relentless commitment to his sobriety. Usually 2 meetings a day and always another alcoholic in the car.

Ira will be missed

12 Steps in Reverse

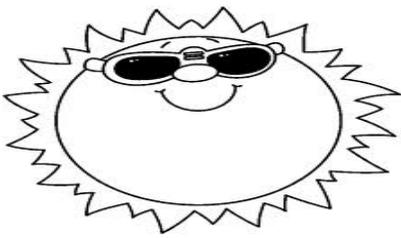
Everyone is always talking about the 12 Steps in A. A. Another way of thinking about it are the 12 Mis-Steps of A. A. Here they are:

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can drink again and become a controlled drinker.
4. Let the other fellow do the 12th Step work in your group. You are too busy.
5. Become conscious of your A. A. seniority and view every new member with a skeptical, jaundiced eye.
6. Become so pleased with your own views of the program that you consider yourself an "elder statesman."
7. Start a small clique within your own group, composed only of a few members who see eye-to-eye with you.
8. Tell the new member in confidence that you yourself do not take certain steps seriously.
9. Let your mind dwell more and more on how much you are helping others rather than on how much the A. A. program is helping you.
10. If an unfortunate member has a slip, drop him at once.
11. Cultivate the habit of borrowing money from other members; then stay away from meetings to avoid embarrassment.
12. Look upon the 24-hour plan as vital to new members, but not for yourself. YOU have outgrown the need of that long, long ago.

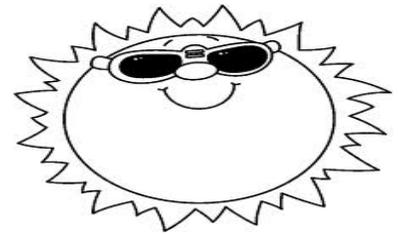
C. L. Chicago, Illinois

The Grapevine March 1947
Vol. 3 No. 10

RULE 62 PICNIC



**JOIN US FOR
FUN!**



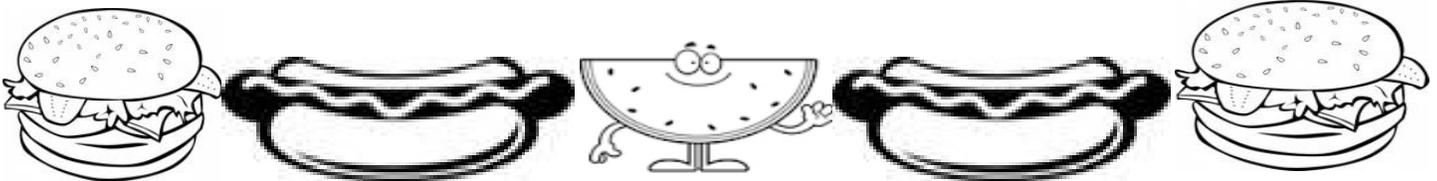
SUMMERTIME

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 DRAWINGWATERMELON EATING CONEST**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

	<u>May 15</u>	<u>May 14</u>	<u>Jan - May</u>
Income			
Contribution			
Group Contributions	3,007	4,455	22,843
Personal Contributions	10	754	230
Birthday Contributions	206	136	206
H.A.S.C. Receipts	48	75	281
Bulletin Contributions	104	89	531
Total Contribution	3,375	5,509	24,091
Total Literature Sales	3,148	4,164	18,372
<hr/>			
Total Event Income		383	
Other Income/Interest	21	8	88
Returned checks			
Total Income	6,544	10,064	42,551
Cost of Goods Sold			
Total Cost of Literature	2,292	2,838	12,782
Shipping			30
Inventory Adjustment		845	278
Credit Card Fees	29	58	194
Total COGS	2,321	3,741	13,284
Gross Income	4,223	6,323	29,177
Expense			
Donations			37
Bank Charges		13	
Bookkeeping	1,333	720	1,513
Computer	262	70	307
Copy Plan (Xerox)	263	85	1,348
Less Directory & HL copies	(182)		(926)
Depreciation Expense	84	42	295
Government Reporting	25		25
Total Harbor Light	133	284	808
Insurance - General	125	125	627
Insurance - Workers' Comp	37		187
Total Payroll	3,548	3,202	17,399
Penalties & Interest		100	
Postage			98
Public Information	52		95
Rent - Office	1,264	1,244	6,240
Rent - HASC	65	65	325
Security System	20	20	100
Total Supplies	30	7	324
Telephone/Internet	99	118	493
Utilities - Water	31	39	155
Total Expense	7,189	6,134	29,450
Net Income	(2,966)	189	(273)

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

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

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

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

2015 International Convention of Alcoholics Anonymous
 July 2-5, 2015
 Georgia World Congress Center Atlanta, GA
<http://www.aa.org>

Rule 62 Picnic
 July 11, 2015 from 9am-3:30pm
 Recreation Park, 4900 E. 7th St. Long Beach CA 90804
<http://www.hacoaa.org>

South Bay Family RoundUp
 August 27-30, 2015
 Torrance Marriott South Bay
 3635 Fashion Way Torrance, CA 90503
<http://www.southbayroundup.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:
 Eric T., Editor (pro tempore)
 Amethyst J., HACOAA Liaison
 Angie B., Dale C., Neil E., Harbor Light Committee

Contributors:
 Kevin P., *Wit and Wisdom*
 Rick R., *Step 7*
 Bob F., *Tradition 7*
 Rick R., *Five Forty-five AM, p. 5*
 Jamie C., *12 Steps in Reverse, p. 15*

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