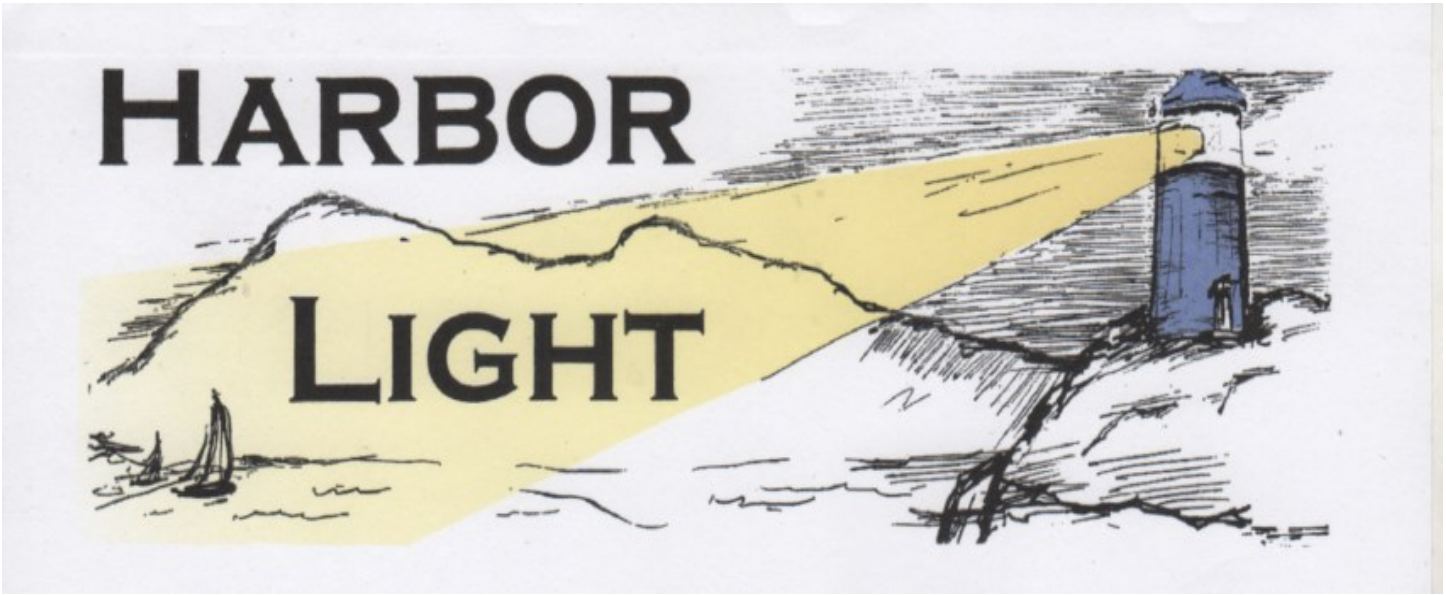

Continued...

OCTOBER 2015

"Continued to take personal inventory and when we were wrong promptly admitted it."

My father was a great believer in the Socratic maxim that "the unexamined life is not worth living." He was convinced that the quest for genuine self-knowledge, though it often reveals unpleasant truths, is still the only workable foundation for a valuable life. I never asked him to explain why he was so attracted to this point of view or what he thought it meant. Had I done so, I don't expect his explanation would have satisfied me or even made much sense. I was not a fearless child and the idea of uncompromising self-honesty made me uncomfortable. Even before I discovered alcohol, I learned to mask the real reasons for my behavior in layers of denial, self-justification and rationalization. I tended to move away from self-knowledge rather than toward it. Not until desperation drove me to the doors of Alcoholics Anonymous did I really begin to grasp the importance of self-examination.

First there was pain. Living hurt. I didn't begin my recovery from alcoholism until I was in my late fifties. By the time I joined the fellowship, I was utterly baffled and confused. I knew next to nothing about myself and what I did know, I didn't much like. I was drinking to blunt a growing sense that my life was a pointless exercise in futility, and slowly but surely, that solution was beginning to break down. Out of pain came willingness. I abandoned myself to the idea that an entirely different way of seeing the world was both possible and necessary. The Twelve Steps provided me with a path to follow and for that I am deeply grateful.

Steps Four through Nine explicitly address the alcoholic's need for accurate and honest self-appraisal. When I first began working the Steps, I couldn't quite see how self-knowledge played such a pivotal role in recovery. Why, I wondered, all this insistence on reviewing our past? I already knew I was messed up, so how was digging through the sordid details supposed to help me stay sober?

In the process of doing the work, an explanation began to emerge. At the most basic level, I cannot begin to constructively address areas in my life that need to change until I've learned to recognize them for what they are. Steps Four through Seven are designed to help me map my character traits, good and bad, helping me to become more aware of them as they play out in daily life. Working through Steps Eight and Nine, making my amends to those I had harmed, I was forced to examine the ways my behavior affects the lives of those around me, gradually opening my heart to the voice of conscience. Liberated at last from the anchor of guilt and shame, I gained a new freedom. But the work of Steps Four through Nine was only the preface to living a principled life.

It is at this point that Step Ten becomes critically important. The Big Book reminds us that, "it is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition " (page 85). Given the impermanent nature of things, including self-awareness, I cannot reach a point of self-enlightenment that places me outside the truth of change. It is

Continued on Next Page

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my desire to create and defend a persistent sense of self-identity that causes most of my problems. To change, I had to let go of my attachment to the past. Step Ten reminds me that only daily practice will ensure continued spiritual growth.

The work of Step Ten guards against the resurgence of unprocessed fears, resentments, anger, selfishness, dishonesty, and self-pity. A daily inventory helps me to keep my ego in check and maintain a sense of emotional balance. How does this translate into action? For me, the cultivation of mindfulness is a key part of daily practice. I pay attention to changes in my mood and try to identify the source of those changes. Before I act, I pause for a moment and reflect. The use of self-restraint appears over and over again in our slogans and sayings for a good reason. If we learn to catch our mistakes before they get loose in the world, we don't have to clean up as many messes. By practicing non-action, I am better able to respond thoughtfully in situations which used to provoke only mindless reaction. Before retiring in the evening, I take time to review my day and gauge my overall emotional state. Am I calm, happy, worried, angry or sad? If I feel out of balance, I try to identify what happened during the day to create the imbalance and to identify exactly what part I played in its creation. I have learned that if something disturbs me emotionally, I must look inward to understand the real source of the problem.

The hardest part of this Step tends to be keeping it a regular part of my daily routines. The performance of repetitive tasks day after day, even if they contribute to my well-being, eventually gets tedious, seeming to add little to my enjoyment of life. But the need for this discipline is undeniable. Without it, I risk losing my sense of direction and without that, my sobriety is on thin ice.

The Twelve Steps point us towards a life marked by the capacity to transcend instinct and desire and to make conscious, ethical choices. This, as far as I can tell, is what it means to be fully human. In a world that is both complex and filled with uncertainty, being fully human can be extremely challenging. Many succumb to the allure of less intrinsically difficult solutions whether they find their answers in alcohol, drugs, established customs, or conventional morality. At the end of the day, it is a personal choice. Step Ten reminds me that in order to grow I must continue to do the work, and it is in that work that I find the highest expression of my purpose for living.

Mark J.
Long Beach, CA

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

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

Mail Your Birthday Donations

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

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

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

Birthday Contributions, Month Of August

Kathleen O.—$31

TRADITION 10

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

In *AA Comes of Age*, Bill W. says, "our Traditions are a guide to better ways of working and living, and they are also an antidote for our various maladies. The Twelve Traditions are to group survival and harmony what AA's Twelve Steps are to each member's sobriety and peace of mind."

For the survival of our entire fellowship, the Traditions ask that every individual, every group, and every area in Alcoholics Anonymous set aside ambitions and inappropriate actions that could create major division among us. In order for our organization to remain effective, it is imperative that we keep the focus on our primary purpose: to stay sober and help other alcoholics to achieve sobriety.

Nearly a century before Alcoholics Anonymous was founded, six drunkards took a pledge of abstinence from all alcohol. This group, known as the Washingtonians, set out with a specific intention: "to snatch the poor inebriate from his destructive habits." They sought out drunkards and shared their experience with them so that they could also achieve sobriety. The Washingtonians held weekly meetings and focused on helping one another, reliance on a Higher Power, and total abstention from alcohol. This group helped thousands of people get sober. Blinded by their success, however, they lost sight of their focus and involved themselves in politics, prohibition, and the abolition of slavery. Nobody could figure out what the Washingtonians stood for; their meetings turned into battlegrounds of conflicting opinions on topics outside of alcoholism. The group disappeared within years after becoming fragmented in their primary purpose.

The demise of the Washingtonian group is a great lesson to Alcoholics Anonymous. Our survival is strictly based on having one primary purpose: to carry the message of sobriety to the alcoholic who still suffers. If we involve ourselves in other issues, we risk alienating the very people we seek to help. When we keep our focus on the disease of alcoholism, the simplicity of this amazing program is preserved, allowing us to continue to help others by sharing our experience, strength, and hope. We can leave the outside issues to outside people.

In my time as a member of Alcoholics Anonymous, I have yet to be told what politician a good member of A.A. would vote for, what charity a good member of A.A. would donate to, what product or service a good member of A.A. would buy, and above all, I have yet to see a trusted servant hit the airwaves to offer support on any of the aforementioned issues.

If we keep our noses out of other persons, places, and things, we can manage to avoid controversial discussions on the best looking presidential candidate, alcohol treatment facilities, managing chronic pain in sobriety, etc. In removing these discussions, we have more time to focus on our common solution for alcoholism. We are people, however, and people have opinions. What if, for example, I was a speaker at a meeting and shared my political views in my pitch? Another member may have different political views, and this outside issue could stand in the way of an alcoholic hearing the A.A. message. I am able to practice the spirit of the Tenth Tradition as long as I am sharing my experience, strength, and hope, and not my opinions.

We do one thing rather well in Alcoholics Anonymous; we present a solution to our drinking problem. We cannot afford to be categorized or defined by taking sides on outside issues. We must remain neutral so that we can remain accessible to the broadest base of alcoholics.

Ham on Wry

Here's one for Halloween:

It was Halloween and 3 vampires bellied up to the bar to celebrate.

"What'll you have?," the bartender asked.

"I'll have a pint of blood," said the first vampire.

"I'll have a pint of blood, too," said the second.

"Make mine a pint of plasma," said the third.

"Okay, let me get this straight," responded the bartender. "That'll be two bloods and one blood light."

Diane M.

Grapevine, October 2003

Interested in the history of A.A.? An offering from the Harbor Area Archives collection is now available. This collection contains historical documents and photographs that can be delivered directly to your inbox! Do you love A.A. history? Sign up by sending an email to ArchivesChair@hacoaa.org and mention the mailing list. You can also register online at http://www.hacoaa.org - scroll down to *From the Archives* and click '*Put me on the list!*'

If you feel you've missed an issue, please re-register!

TRICK or TREAT

Halloween tradition has a bundle of things alcoholics can relate to: tricks, treats, ghosts, skeletons, masks, etc.

When we drank, we had the faces of ghosts, the bodies of skeletons, and used sheets to hide under. We rattled the chains with our own built-in shakes, and the only ones we were fooling were ourselves. The monsters we created, oh man! Pink elephants, snakes, black cats, witches--the list goes on.

Then there is the haunted house. In my case I created my own haunted house.

Even though some of the ghosts of the past may still be spooking around, popping up from time to time to scare me, today I can pretty much handle them. Today the only real monster I have to face is myself, that part of me that tries to urge me back to drinking.

J.B.

Grapevine, October 1994

You are cordially invited to the 2015 Harbor Area Central Office **Traditions Banquet**

November 8, 2015
Wardlow Park
3457 Stanbridge Ave Long Beach, CA 90808
Coffee Social: 4:30pm, Dinner: 5pm, Meeting: 6pm

Tickets: $20 presale, $30 at the door
$250 Raffle (winner need not be present)

Need a commitment?
Would you like to reserve a group table?
Contact Mary M. (714) 824-1833

Daily Reflections

"The moment a thing seems wrong to you or a person's actions to be not what you think they should be, at that moment begins your obligation and responsibility to pray for those wrongs to be righted or that person to be changed. What is wrong in your surroundings or in the people you know? Think about these things and make these matters your responsibility. Not to interfere or be a busybody, but to pray that a change may come through your influence. You may see lives altered and evils banished in time. You can become a force for good wherever you are." – Twenty-Four Hours a Day, August 12 reading

"Nothing works so well as the act of moving toward life." – Grapevine, April 1976

"I must live in the world and yet live apart with God. I can go forth from my secret times of communion with God to the work of the world. To get the spiritual strength I need, my inner life must be lived apart from the world. I must wear the world as a loose garment. Nothing in the world should seriously upset me, as long as my inner life is lived with God. All successful living arises from this inner life." – Twenty-Four Hours a Day, March 29 reading

"I can't think of a color for freedom, but I know what it feels like, and it is glorious." – Grapevine, April 2007

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

"There is always a parenthesis of fear in courage." – Grapevine, October 2007

"If we are to find serenity, we must dress our minds each morning as carefully as we dress our bodies." – Grapevine, February 2001

"We talked about how to get more members and how to handle them. Then we talked about the mistakes we had made in telling our stories. We didn't hesitate to criticize each other. We suggested certain words to leave out and certain words to add in order to make a more effective talk. It made a bunch of amateur psychologists and after-dinner speakers out of us." – Grapevine, May 1994

"My stability came out of trying to give, not out of demanding that I receive." – Grapevine, August 1994

Wit and Wisdom

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

It's all about just being OK.

Do not equate how you are feeling with how you are actually doing.

If you have nothing to give, then just give your smile.

This disease talks to me in my own voice.

We get to discover ourselves in a way we never did before.

I always thought that when things got better, I wouldn't drink.

This program refurbishes disposable people.

God is against sin because it doesn't work.

I only drank when I was awake.

Everyone in my life was paying the price for my good time.

Sobriety is by the grace of God.

Prayer is about changing you - not God.

Don't compete over who was the best victim.

I'm not the light- just the prism.

It's not all cotton candy and orgasms.

It is all just one day at a time and one heartache at a time.

You want to talk about hitting bottom; I'm a sailor and I know about bottoms.

My rock bottom became a solid base on which to build my recovery.

Alcohol is the toxic mimicry of spirituality.

Don't get thirsty.

Hear something clever, witty, even profound at a meeting? Send it to: **harborlightchair@hacoaa.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**
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**
Big 10 Speakers 835 E. 33rd St.@Atlantic, Signal Hill	**Thursday, 7:30pm**

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

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**

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

FROM THE EDITOR

FOR THE NOVEMBER 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: October 10

GROUP CONTRIBUTIONS

The General Service Conference of Alcoholics Anonymous suggests that groups support A.A. 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:

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

	Aug 15	Aug 14	Jan - Aug 15
12 & 12 Thursday at 2 PM	0.00	0.00	135.60
12 and 12 Study Meeting	0.00	0.00	164.00
12 Steps & 12 Traditions Sunday	0.00	0.00	266.99
12 Steps & 12 Traditions Tuesday	167.31	0.00	167.31
435 Intergroup	0.00	0.00	50.00
5420 Group	0.00	0.00	120.00
8420 Group	0.00	0.00	75.00
AA Vets	0.00	0.00	10.00
Aloha Women's Group	0.00	0.00	372.48
Artists Musicians	0.00	0.00	350.00
As Bill Sees It Fri 7 am at Thursdays	20.00	0.00	20.00
Atlantic Alano Club	0.00	0.00	4.60
Att Adj 7 AM Fri Marina Pacifica	0.00	403.77	189.17
Att Adj 7 AM Mon Marina Pacifica	0.00	0.00	146.85
Att Adj 7 AM Thurs Marina Pacifica	120.00	77.20	180.00
Att Adj 7 AM Tues Marina Pacifica	107.00	0.00	491.00
Att Adj 7AM Wed Marina Pacifica	0.00	284.00	330.00
Attitude Adj 645 am Lakewood	50.00	50.00	400.00
Basic Steps	0.00	0.00	75.50
Bellflower Big Book Group	0.00	0.00	4,100.00
Bellflower We Care	0.00	0.00	20.00
Belmont Hts. Thurs Men's Stag	0.00	0.00	67.50
Big Book Study Los Alamitos 6pm	0.00	0.00	180.00
Book Study Wed MarPac	250.00	0.00	250.00
Bowling Green	0.00	0.00	50.00
Cabrillo and Friends	0.00	57.50	50.00
Came to Believe	0.00	0.00	50.00
Carry The Message	0.00	206.00	600.00
Compton 401 Bullis Group	25.00	25.00	200.00
Conversations With a Drunk	0.00	0.00	800.00
Courage to Change	70.00	0.00	70.00
Cypress Women's	0.00	0.00	241.40
Discussion, Saturday 1 PM	0.00	0.00	51.50
Downey 5th Street	0.00	100.00	45.00
Downey Beginners	0.00	80.00	0.00
Downey Men's Stag Wed	60.00	0.00	60.00
Downey Real AA	0.00	0.00	249.00
Downey Tues Women's Home Group	0.00	0.00	140.00
Early Att.Adj Fri IFH	0.00	100.00	0.00
Early Att.Adj Sun IFH	0.00	0.00	150.00
Early Att.Adj. Thurs IFH	0.00	0.00	120.00
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	254.00
East Side Early Bird	0.00	0.00	50.00
For Fun and for Free	0.00	0.00	100.00
Free Spirit MWA Sun	0.00	22.00	0.00
Fri Free for All	0.00	60.00	91.31
Friday Night Big Book	0.00	0.00	60.00
Friday Night Big Book (Lakewood)	0.00	0.00	60.00
Friday Night East Willow	0.00	0.00	90.00
Friday Night Fellowship	0.00	210.00	120.00
Friday Night Men's Stag	0.00	200.00	400.00
Friday Night Men's Stag Long Beach	500.00	0.00	1,175.00
Friday Night Participation	89.05	0.00	89.05
Friday Nooners	0.00	0.00	300.00
Girls Night Out	80.00	0.00	150.00
Grace of God Fri MarPac	0.00	110.49	334.00
Grassroots	0.00	0.00	73.39
Group #00692821-05-14	0.00	0.00	30.00
Group #1022636-09-06	0.00	37.75	100.00
Group #129414	0.00	0.00	50.00
Group #150646	0.00	0.00	75.00
Group #168356	0.00	50.00	300.00
Group #168467	0.00	35.42	276.51
Group #618265	0.00	75.60	448.62
Group #633873	0.00	0.00	480.00
Group #648615	102.00	124.36	102.00
Group #670019-09-04	0.00	0.00	50.00
Group #686071	0.00	0.00	124.00
Group #687848	0.00	0.00	188.00
Group #690623	0.00	0.00	115.00
Happy Days Book Study Downey Saturday	0.00	0.00	78.00
Happy Hour Fri MWA	0.00	0.00	180.00
Happy Hour Mon MWA	0.00	0.00	171.57
Happy Hour Thurs MWA	0.00	0.00	115.00
Happy Hour Wed MWA	0.00	0.00	180.00
Happy Ms Step Study MWA	0.00	0.00	210.00
Harmony Group	60.00	0.00	180.00

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	Aug 15	Aug 14	Jan - Aug 15
Harmony Group	60.00	0.00	180.00
High on Life Group	0.00	0.00	125.00
Hour Brown Baggers	200.00	0.00	200.00
I Never Had it so Good	0.00	0.00	150.00
Icebreakers-Long Beach	0.00	0.00	50.00
Icebreakers Group	0.00	0.00	50.00
Indian Charlie Group	0.00	50.00	150.00
Intercity Fellowship Hall	0.00	0.00	45.00
Intimacy & Recovery Men's Stag	0.00	0.00	205.00
Into Action	50.00	0.00	100.00
Invisible Spkr Mtg	0.00	0.00	100.00
Just Say Thanks	0.00	0.00	100.00
Just The Steps	60.00	0.00	135.84
Keep it Simple	0.00	0.00	720.00
Keep It Simple Simply A Roundup	0.00	0.00	196.20
Kiss Grp Fri Artesia	50.00	0.00	50.00
La Palma Big Book Speakers	50.00	0.00	253.50
Labayog	0.00	84.00	0.00
Living Sober Book Study	0.00	0.00	85.05
Living Sober Group	0.00	0.00	123.58
Lomita Wayfarers	0.00	0.00	75.00
Los Altos Group	0.00	0.00	90.00
Los Altos Open Door	100.00	200.00	500.00
Lucky 13	0.00	0.00	116.00
Marina Pacifica Friday	0.00	50.00	70.00
Marina Pacifica Monday noon	0.00	0.00	85.50
Marina Pacifica Sat Noon	0.00	0.00	45.00
Marina Pacifica Sunday 10 am	0.00	0.00	112.80
Maureen H.	0.00	122.00	0.00
Men's Stag - Thurs 1429 Clark	0.00	0.00	60.00
Men's Step Study	0.00	18.00	179.95
Monday Happy Hour	0.00	0.00	111.12
Morning Book Study at Thursdays	30.00	0.00	60.00
Nomads Men's Stag	0.00	0.00	126.00
Noon Big Book Study (Marina Pac, Mon)	0.00	0.00	0.00
One Hour Men's Stag	101.00	200.00	927.00
Outside the Fence	0.00	0.00	130.00
Over 50 Group	0.00	90.00	60.00
P O F	0.00	0.00	100.00
Palos Verdes Men's Stag	0.00	0.00	200.00
Paramount Speakers	81.50	0.00	431.50
Participation - Sun 10am MP	0.00	0.00	36.00
Participation/Disc Marina Pac Tues 8 pm	0.00	0.00	50.00
Pearls Before Swine	50.00	0.00	100.00
Public Information	0.00	0.00	1.28
QuickBooks Customer	0.00	0.00	7.63
Rolling Men's Stag	0.00	0.00	125.00
Rule 62 Daily Att.Adj	0.00	0.00	900.00
Sanctuary Group	0.00	25.00	70.00
Saturday Big Book Study Kaiser	100.00	0.00	450.00
Saturday Nighters AA Group	0.00	0.00	10.00
Seal Beach Men's Stag -Wed	0.00	0.00	50.00
Seal Beach Speakers	0.00	413.62	409.33
Seniors 4 Sobriety	125.00	0.00	283.00
Sisters In Sobriety	0.00	0.00	62.25
Sober on the Sand	0.00	0.00	100.00
Sobriety Seekers	0.00	0.00	95.00
South Gate Participation	10.00	20.00	50.00
Southern California Conference	0.00	0.00	550.00
Staggers On Monday	0.00	0.00	85.00
Step Sisters Long Beach Saturday	0.00	0.00	50.00
Sun Spots	0.00	0.00	40.00
Sunday Morning Participation	0.00	0.00	355.20
Sunday Spiritual Group	50.00	0.00	50.00
Surrender is Freedom	0.00	160.00	1,135.41
The Cove	0.00	0.00	20.00
The Vets AA	0.00	0.00	10.00
Thursday Night Big Book Study Los Alamitos	0.00	0.00	80.00
Thursday Night Men's 10th Step	0.00	0.00	24.00
Top Discussion Sunday Los Alamitos	50.00	0.00	50.00
Topic Discussion - Twin Town	0.00	71.15	61.75
Tues Night Live BB Study	0.00	0.00	98.00
Tues Night Men's Stag	150.00	0.00	300.00
Tuesday at Thursdays	0.00	0.00	20.00
Tuesday Night V.A.	0.00	0.00	100.00
Tuesday Night Women's Downey	0.00	0.00	165.00
Uppity Women	0.01	0.00	411.01
VA Attitude Adjustment	0.00	0.00	10.00
Veterans Hospital	0.00	50.00	150.00
Watering Hole VA	0.00	0.00	122.00
We're Making It	0.00	24.00	0.00
Wed Att Adj Thursdays 7 am	0.00	0.00	141.00
Wed Night Men's Stag	100.00	60.60	450.00
Wednesday Book Study	0.00	669.00	0.00
Wednesday Discussion	0.00	400.00	1,083.00
Wednesday Night West	0.00	0.00	425.00
Westside Early Risers	0.00	182.09	715.00
Willing to Grow	35.40	90.00	165.00
Winners Circle	0.00	0.00	50.00
Women's Step Study Marina Pacifica	150.00	0.00	150.00
Women Achieving Serenity	0.00	50.00	50.00
Women's SS Mon Lkwd	0.00	0.00	60.00
Zig Zag Group	0.00	248.15	405.29
TOTAL	**3,243.27**	**5,586.70**	**34,853.54**

HARBOR AREA SERVICE COMMITTEE
Minutes for August 12, 2015
http://www.hacoaa.org

1. The meeting was called to order by Mark J. at 7:40pm followed by the Serenity Prayer.
2. HASC meeting announcements and rules were announced
3. The 12 Traditions were read by Ron W.
4. There were 4 new delegates:
   Andrew K., Sobriety Seekers
   Eric B., Bowling Green
   Chris P., Uppity Women's Meeting
   John S., Sober on the Sand
   Christina C., Belmont Heights Women's Group
5. Gilbert G. reported that 18 delegates were present, and 13 were needed for a quorum.

Secretary's Report: Rebecca F., secretary, read the minutes of the July 8, 2015 meeting. The meeting minutes were accepted as read on a motion made by Alan O. and seconded by Gilbert G. Motion passed 14-0.

Treasurer's Report: Ralph M. announced that we never voted on the June Income Statement, but it was already posted in the Harbor Light. He read the Income Statement for July 2015. Gil G. made a motion to accept the Income Statement as read, seconded by John R. Motion passed 13-0. Ralph M. then read the Literature Report and then summarized our actual versus budget report.

Chair 1 Report: Bruce E. stated that the numbers in after hours phone calls have decreased due to the website restructuring. It has allowed people with Androids and iPhones to access more information. He mentioned that Matthew L. is securing the website to buy literature from Central Office that can be shipped to you. Bruce E. then read the Central Office report for June 2015 as follows:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	170	Paid copies mailed	152	Total calls	145
Newcomer	45	Exchange copies mailed	38	Persons reporting	28
Out of town	2	Expired copies mailed	10	Central Office Receipts	
12th Step	0	Total mailed	200	Contributions	$5,935
Other	77	Total printed	250	Literature	$3,964
Total in-house calls	314	Subscriptions emailed	16	Website visits	6,846

Assembly of the September 2015 Harbor Light is scheduled for Saturday, August 29, 2015, 8:30 am at Central Office.

Committee Reports

Public Information: Pete K. reported that he has two events coming up at CSULB.

Program Chair: Mary M. wanted to thank everyone for contributing to the summer event. Mary M. read the numbers from the Income statement for the summer event and stated we had an income of $2,991.30. She also informed the committee that the Traditions Banquet is tentatively set for November 7th and is waiting to secure a location for the event. Committee meetings for the banquet will be one hour meetings from 11am-12pm. They are scheduled for September 12, 26, and October 3,10, and 17. Mary M.'s goal is to have flyers available by the next Board Meeting that state the committee meeting times, open commitments for service, and our speakers.

H&I: Ron T. sent a report stating, "All is well with H&I. We are fired up for the Chili Cook off on September 19th at Little Recreation Park, same place as last year. There is free admission. We have two speakers, at 9am and at 2pm. We now have raffle tickets out to sell for a $500 cash prize at $1 per chance. Winner need not be present, but must be 18 years of age to win. Those selling tickets can turn in their sold stubs and money to Central Office. We also have T-shirts out now for sale at $20 each. This is our only annual fundraiser. All proceeds go to buy literature from Central Office for our hospital and prison panels. Speaking of prison panels, we are doing great at Calipatria prison and are looking for more volunteers to help with our coverage on the 4th Saturday of each month. H&I purchased $544.95 worth of Literature this month. We have $5,053.33 left in our Literature Fund for the rest of 2015. At the last Intergroup meeting results from the 2015 Conference were given. The Intergroup Literature Fund received a donation in the amount of $8,114 with $5,000 left for seed for Conference 2016 and $345 in scholarship fund. The Conference was a great success. Our next H&I business meeting will be on August 19th at the American Legion Hall at 8pm. Our Chili Cook off planning meeting is at 7pm and our Newcomer Orientation is at 7:30pm. All are welcome."

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In Office/Twelve Step: Dennis S. - absent.

Action & Responsibility: John R. reported that he has four meetings to follow up on that have been reported dark.

Archives: Mark J. reported that the mailing for the monthly archives went well. He said he is working with Matthew L. closely so the monthly archives can be available through our website. He also informed us that anyone can sign up to receive the monthly archives through the website.

Phones (After Hours): Esme V. reported no new openings. She did mention that her committee is having technical difficulties with Google Voice. She is going to speak with Matthew L. in hopes to find a solution to resolve the issue. Esme V. is also going to contact some of the volunteers to follow up if they are still willing and able to fill their positions. She is also thinking about hosting a workshop by the end of September and will inform the committee of future plans.

Harbor Light: Carrie A. wanted to thank Eric T. and Ben L. for putting together the Harbor Light while she was recovering. She reported that she is working on the September issue and all the articles for the remaining steps and traditions are covered. She welcomes articles anyone would like to contribute on a topic of their own choosing. Articles are due by the 10th of any month to appear in the next issue.

Website Committee: Matthew L. - absent. Tim S. reported that the new directories came out and that they feature a scannable barcode on the front of the directories that will take you directly to the meetings page.

District 2: Revo M. - absent.

District 4: Gilbert G. reported that there were 45 ½ people in attendance. The meeting received feedback on the Area Service Committee meeting. He mentioned that 4 motions were passed. One of the motions was to start a new committee to help other committees come up with and write out motions they would like to make. Gilbert G. also mentioned that he and Jamie C. will be hosting the AA booth at the OC Fair this weekend.

Area 9: Jamie C. reported that the ASC meeting was held in Wilmington last Sunday and there were about 200 people in attendance. She encourages people to get involved with General Service because of all the great things to learn and all the opportunities to reach out and help get others involved in AA. Jamie C. also informed the committee that GSO recently published a Big Book in Ghana. Male correspondents are still in high demand for writing male inmates in prisons.

Old Business: None

New Business: None

Gil G. made a motion to adjourn the meeting, seconded by Esme V. The meeting was adjourned at 8:35pm.

Respectfully submitted, Rebecca F., HASC Secretary

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

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

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

General Service Office
PO Box 459
New York, NY 10163

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

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

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

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

Dr. Earle M. Grapevine, 1964

HARBOR AREA SERVICE BOARD
Minutes for August 5, 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: Tammi R; Chair 4: Jamie C; Chair 5: Mark J.

Secretary's Report: Secretary was absent. Bruce E. read the minutes from the July 1, 2015 meeting. A motion was made to accept the minutes and was approved 4-0.

Chair 1 Report: Bruce E. had no report.

Treasurer's Report: Ralph M. apologized for missing last month. He then read the income statement for July 2015, there were no questions. Ralph M. did state that the program money was not reflected yet. He then read the literature report. He is currently working on the actual vs budget report and will have it ready for the Service Committee meeting.

Central Office Reports: Sue T. read the **HACO** services provided for the month of July 2015:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	170	Paid copies mailed	152	Total calls	145
Newcomer	45	Exchange copies mailed	38	Persons reporting	31
Out of town	2	Expired copies mailed	10	Central Office Receipts	
12th Step	0	Total mailed	200	Contributions	$5,935
Other	77	Total printed	25	Literature	$3,964
Total in-house calls	314	Subscriptions emailed	16	Website visits	6,846

Assembling of the September 2015 Harbor Light is scheduled for Saturday, August 29, 2015, at 8:30 am.

Committee Reports

Program Chair: Mary M. read the profit/loss income statement from the Rule 62 picnic. She stated that there was good attendance and the bands were great. Mary M. stated that all the sandwiches were sold by noon. Amethyst J. asked for a breakdown of money collected from individual booths, but Mary M. did not have that information. Mary M. let the board know that she is trying to secure a location for the Traditions Banquet that has a tentative date of 11/7. She said that she needs an application completed in order to secure the date, Amethyst J. will complete the application. Mary M. said that in order to solidify the date and speakers, she first needs to secure the location.

Public Information: Pete K. - absent.

H & I: Ron T. sent a report stating, "All is well with H&I. We are fired up for the Chili Cook off on September 19th at Little Recreation Park, same place as last year. There is free admission. We have two speakers, at 9am and at 2pm. We now have raffle tickets out to sell for a $500 cash prize at $1.00 per chance. Winner need not be present but must be 18 years of age to win. Those selling tickets can turn in their sold stubs and money to Central Office. We also have T-shirts out now for sale at $20 each. This is our only annual fundraiser. All proceeds go to buy literature from Central Office for our hospital and prison panels. Speaking of prison panels, we are doing great at Calipatria prison and are looking for more volunteers to help with our coverage on the 4th Saturday of each month. H&I purchased $544.95 worth of literature this month. We have $5,053.33 left in our Literature Fund for the rest of 2015. At the last Intergroup meeting results from the 2015 Conference were given. The Intergroup Literature Fund received a donation in the amount of $8,114 with $5,000 left for seed for Conference 2016 and $345 in scholarship fund. The Conference was a great success. Our next H&I business meeting will be on August 19th at the American Legion Hall at 8pm. Our Chili Cook off planning meeting is at 7pm and our Newcomer Orientation is at 7:30pm. All are welcome."

12 Step (In Office): Dennis S. reported that there is 1 opening every other Friday from 9am-12pm. The sobriety requirement for this position is 6 months.

Action and Responsibility: John R. - absent

Archives: Mark J. sent a report stating that the inaugural mailing of the Archives Report went out and was well received. The email included a copy of the 1941 Jack Alexander Article, a 1950 follow-up, and the 1945 issues where he explained how he came to write the original article. Mark J. stated that he is working on trying to get a link on the website that if clicked, will take you right to the archives page.

Phones (After Hours): Esme V. - absent.

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Harbor Light: Carrie A. reported that she is working on the September issue. The remaining steps and traditions have all been covered. She currently has two people submitting Step & Tradition 9 and she may use both entries..

Website: Matthew L. brought a tablet and phone to "show-and-tell." He showed the work he has done including the front page of the website showing the Chili Cook-Off. He showed how it is displayed on the tablet and the smartphones. When you click on a meeting from the website it will bring up a map with

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red flags that show the meeting's locations. Matthew L. also stated that we have literature on the website now. He showed everyone that when you google aa.com, it has a website link, directions, phone number, and address to Central Office. Bruce E. asked why SIRI does not bring up information for Central Office when asked. Matthew L. also stated that he is setting up the website for literature to be purchased using third party billing. A secured version of the Harbor Light could be an all-inclusive, and may increase subscriptions. Would need to establish how to put money into Quickbooks. Bruce E. felt it could bring sales back to local versus Amazon. Tammi R. asked how to add events to the website, Mark J. stated that she just needs to inform Matthew L. and he would add them. Matthew L. also stated that Tim L. also has HTML and website experience and that all information is stored in Cloud and that he could assist.

Old Business

Tim S. asked board to consider hiring a third worker for Central Office. Bruce E. spoke with board members and all agreed that there are enough volunteers to cover for now. Amethyst J. stated that the bylaws provide for volunteers to cover sick/and or vacation time for employees. Bylaws also state that if someone steps in, we are to pay them. They do not need to be officially hired and they would be covered by workman's comp. Dennis S. suggested having one person on stand-by basis in the event that an employee of HACO is out. Amethyst J. stated that volunteers are "on-call" and would be paid. There was a discussion if it might be good to have someone trained in case a person left. Decision was that person would do a W9 to generate a 1099 if they earned over $600 and they would be considered an outside contractor. Ron T. was still willing to volunteer and all board members still felt it was not necessary to hire someone new. No motion was made to hire a third person. A general announcement could be made for the list of people that would be "on-call." Job description would be the same. No problem exists to be fixed, so this discussion was tabled.

There was talk about where to meet next week for the committee meeting, but so far no response was given from the current location to see if the 3rd Wednesday would be available. Jamie C. suggested the Atlantic Alano Club. Sue T. and Tim S. will contact them and MWA to see if either has space on such short notice.

Dennis S. wanted to now if we can put information in the Harbor Light as to what actually takes place at Central Office. It was stated that the Committee members are the liaisons between the Board and Central Office. If someone has specific questions, they should be advised to bring them to the meeting. Bruce E. stated that meetings need delegates to attend the service committee meetings to report information back to members at meetings. Bruce E. reminded everyone that you DO NOT have to be a delegate to attend the committee meeting, non-delegates just can not vote.

New Business

Amethyst J. did a brief overview of the bylaws regarding donating old literature to H&I. Bylaws state that a box is to be in place for old literature that automatically goes to H&I. It will be re-implemented and Ron T. will be made aware.

Some positions have sobriety requirements and some do not. Program Account position is able to sign their checks, and a new signature card for Program Account needs to be obtained.

Tim S. stated his concern that our non-profit status could be in jeopardy. Bylaws state that the Board should periodically have a third party auditor, familiar with non-profit, ensure that we are acting correctly and that business practices and reporting are kept in line with the non-profit rules. If someone has concerns, they should report to Chair 1. Ralph M. stated he will pursue auditing for non-profit and ensure we are in compliance. He will research a person and cost before bringing to Committee. The third party auditor cannot be affiliated with the Board or the Committee. Matthew L. will be sure Bruce E. is covered in all emails.

Tammi R. made a motion to adjourn and Amethyst J. seconded it. The meeting was adjourned with the Serenity Prayer at 8:15pm.

Respectfully submitted, Sue T., Acting HASB Secretary

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

5420 Group—Esme V.

12 Steps & 12 Traditions—Ben L.

Carry the Message—Ron W.

Dirty Shirt—Carrie A.

Downey Thursday Night—Alan O.

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.

Los Altos Group—Terrence W.

Los Altos Open Door—Mark S.

Over 50 Group—Howard M.

Seal Beach Speakers—Mary M.

Sober on the Sand—John S.

Sobriety Seekers—Andrew K.

There is a Way—Ron T.

Thursday Night at the Fights—Jim R.

Tuesday Night Live Big Book—Gene G.

Tuesday Night Men's Stag—Thomas W.

Uppity Women's Group—Chris P.

Wednesday Discussion—Brad S.

HARBOR AREA HOSPITALS AND INSTITUTIONS
Minutes for August 19, 2015
http://www.hacoaa.org

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

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

BIRTHDAYS: There were six birthdays for the month of August: Stephanie with 5 years, Bambi with 6 years, Christina with 6 years, Sandra with 7 years, Vern with 7 years, and Carmen with 17 years. This is a total miracle of 48 years. We provided a cake and we all sang Happy Birthday.

TREASURERS REPORT: Johnny gave a detailed treasurers report. In our General Fund we have $2,531.17. We have $5,598.28 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 $544.98 on literature this month.

INTERGROUP REPORT: The last Intergroup meeting was held on Sunday, July 26th in Culver City and was hosted by the Los Angeles H&I Committee. The Literature Fund had a balance of $2,480.56. The General Fund had a balance of $2,137.09 for a combined balance of $4,617.65. The 34th Annual Conference was a great success with approximately 275 paid attendees. The Conference earned $8,114.00 for the Intergroup Literature Fund while retaining a $5,000 seed and $345 scholarship funds in the Conference account for 2016. The date and place for the 35th Annual Southern California Conference has been decided with a $1,500 deposit paid. It will be April 8-10, 2016 at the same location, the Holiday Inn, in La Mirada. Planning meetings will begin on Sunday, September 13th, at the same location in Fullerton at 11am. The next Intergroup meeting will be on Sunday, August 23rd, in San Diego and hosted by the San Diego/Imperial Area Institutions Committee. Lunch will be at 11am. The business meeting starts at 12pm. All are welcome.

SERVICE COMMITTEE: 19 delegates were in attendance. A quorum is 13 and was had. Central Office had a net income for July of $1,403 with a net loss for the year of $2,099. Mary M. said the Rule 62 Picnic was a success. She thanked all who participated and said we earned a net income of $2,991. In Office/Twelve Step volunteer positions have one opening every other Friday from 9am-12pm; call Central Office. After Hours Phone volunteer positions are all full. Some positions will be replaced with backup volunteers. Backup volunteers can call Central Office. Harbor Light is in still in need of new subscriptions to keep our USPS Bulk Rate. This month we mailed out 10 expired subscriptions to avoid paying the much higher First Class rate. Assembling of the September 2015 Harbor Light is scheduled for Saturday, August 29th, at 8:30am at Central Office. All are welcome.

AREA ASSEMBLY: No report

POLICY COUNCIL: No report

CHILI COOKOFF: Mark said there was a good turnout for our Chili Cook off planning meeting. The Chili Cook off 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. Flyers and raffle tickets are available for pick up. If groups are interested in signing up they need to contact Ron T. or Jen R., their numbers are on the Chili Cook-off Flyers. Booths must be 10ft by 10ft. Groups must have 10 gallons of chili and be able to heat the chili as well. Bowls, spoons, and napkins will be provided. There will be two speakers, Sarah V. & Joe H., in the morning and Joe C. in the afternoon. Our next planning meeting will be held on September 16th at 7pm at the American Legion Hall before the regularly scheduled business meeting.

SPANISH LANGUAGE: Rafael said his members continue to cover La Casa Metro Spanish meeting and are available for any other Spanish needs.

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

OLD BUSINESS: None

NEW BUSINESS: Motions were made and approved for books.

Patrick won the 50/50 raffle and took home $56.00. The meeting ended at 8:57pm.

The next meeting will be on September 16th at the American Legion Hall 5938 East Parkcrest Street, Long Beach, CA 90808. Chili Cook off planning meeting is at 7pm. Newcomer Orientation is at 7:30pm and the business meeting is at 8pm.

Respectfully submitted by Chris T.

HARBOR AREA CENTRAL OFFICE INCOME STATEMENT

	Aug 15	Aug 14	Jan - Aug 15
Income			
Contribution			
Group Contributions	3,243	5,587	34,854
Personal Contributions		10	843
Birthday Contributions	31		247
H.A.S.C. Receipts	34	75	398
Bulletin Contributions	103	66	825
Contribution - Other			0
Total Contribution	3,411	5,738	37,167
Literature Sales	2,791	4,213	28,558
Event Income	2,991		2,991
Other Income/Interest	13	8	118
Returned checks			
Total Income	9,206	9,959	68,834
Cost of Goods Sold			
Cost of Literature	2,014	3,109	20,331
Shipping		30	60
Inventory Adjustment		72	278
Credit Card Fees	31	44	292
Total COGS	2,045	3,255	20,961
Gross Profit	7,161	6,704	47,873
Expense			
Donations			61
Bank Charges		17	
Bookkeeping	45	45	1,648
Computer			307
Copy Plan (Xerox)	292	101	2,439
Less Directory & HL copies	(119)		(1,411)
Depreciation Expense	42	42	337
Government Reporting			40
Harbor Light	49	107	1,142
Insurance - General	125	125	1,003
Insurance - Workers' Comp	37		298
Payroll	3,230	3,273	29,544
Postage		49	147
Public Information			95
Rent - Office	1,264	1,244	10,032
Rent - HASC	20	65	475
Security System	20	20	160
Stipulated Travel Expense			30
Supplies	165	293	645
Telephone/Internet	101	97	892
Utilities - Water	31	21	247
Total Expense	5,302	5,499	48,131
Net Income	**1,859**	**1,205**	**(258)**

Upcoming Event Calendar

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

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

Harbor Area Service Committee
October 14, 2015 at 7:30 p.m.
1900 E. Carson St., Long Beach, CA

Harbor Area H&I Service Committee
October 21, 2015 at 8:00 p.m.
5938 Parkcrest St., Long Beach, CA

64th Annual Southern California AA Convention
October 2-4, 2015
Westin Resort and Spa
71333 Dinah Shore Drive Rancho Mirage, CA 92270
http://www.aasocal.com

Central Coast Roundup
October 9-11, 2015
313 W. Tunnell Santa Maria, CA 93458
http://www.centralcoastroundup.org

SOCALYPAA 7 Conference
October 30-November 1, 2015
Woodland Hills Marriott
21850 Oxnard St Woodland Hills, CA 91367
http://www.socalypaa7.org

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

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

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

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

Contributors:
Kevin P., Wit and Wisdom
Mark J., Step 10
Carrie A., Tradition 10

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

OCTOBER 2015

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