

Made a Decision...

MARCH 2016

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

There are a lot of angles to this program," the guy said after the meeting. That rang a bell with me. I knew he had been a professional thief while drinking, and I acknowledged the fact that I had probably been a more successful crook in the old days, in terms of the take, than he ever had. I could spare him a quarter that day, bus fare to the employment office. He didn't ask for it.

For me now there are many new and splendid angles to be found in following the 12 steps. Perhaps if I outline some of my recent experiences other alcoholics may benefit: I have accepted my illness, struck bottom, been through the wringer. I was pretty close to a hopeless case. Today, I am a free man.

About 6 weeks ago I found the courage to change my geographical location. This involved taking a plunge--an act of faith. I decided to turn my will and my life over to the care of God, as I was coming to understand Him. I was testing the Third Step and myself--across the board. It seemed like a God-given opportunity, since nobody could possibly be harmed.

I had accomplished all I could, where I had been. I had stayed dependably sober for over 6 months in my job as a night clerk in a small town Maine hotel. The job had been vastly entertaining and was no place for a lazy man. Before that, I had spent 7 months in the Augusta State Hospital. The authorities had secured the hotel job for me during a trial release. Last December, I won my final discharge. I felt guided--impelled--to find work closer to my wonderful wife, who lies paralyzed in a nursing home in the southern part of the state.

Here honesty compels me to mention three minor slips, none leading to disaster, which I had during the summer and winter. By the grace of God, these setbacks taught me that I must forever use relentless caution.

I don't know or much care whether people thought I was being foolhardy or not. I had figured the angles according to the 12 steps. They had already served me well. With little money and employment at an historical low in Portland, on the Sunday before Christmas I set out, carrying an odd assortment of bags, bundles, and a sloppy blanket roll.

Friends had offered me shelter and storage space along the way, people who had known me before as an interminably steady drinker, 'round-the-clock, day-in-day-out. Some loyalty in them, which I marvel at yet, induced them to stand by in just the right way.

This crazy adventure had begun to develop strict rules, to be broken at my own peril. For example, according to one of the rules, to accept hospitality calls for immediate and concurrent repayment of some kind. I must make myself both useful and scarce, respect my hosts' hours and foibles, be unassuming and adaptable. It is wise always to leave sooner than they expect me to. My entertainment value as a bum who has been locked up will soon wear thin. I am learning to deal with normal people on their own terms. I am almost becoming one of them.

Another rule to be respected under Step 3 as I practice it is always to apply for any kind of work I can do through every open channel. I won't get work I don't need. I won't deprive another man or woman. Take a look at my results: right now I have a job as houseman in a sani-



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Harbor Light

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tarium where my aged father is a patient. It pays peanuts but with bed-and-board and a little money it puts me in a place where I can make some amends, get to church, attend AA meetings, write some items like this one, while I wait for a better job to claim me the first of next month.

Two days before Christmas I walked into a good small hotel in Brunswick, cold off the street, and saw the assistant manager. Seventeen days later I was offered a job starting February 1. It's not forever, but 6 good weeks, at 2 1/2 times the pay I made before looks better and better. Does it occur to anybody else that my small act of faith is its own reward?

The strictest rule, which on occasion one must hold to against heavy odds, is this: never beg. Beg only of God. It happens that I set out in a generous season; perhaps unconsciously I was banking on Christmas gifts. Well, I got some and I gave some, too. The one that counted was adequate. I spent the holidays beside the woman I belong with. I had no reason to expect unusual generosity and I had not asked for alms. I had merely informed those who had reason to know where I was going, giving little hint of why.

I was getting the best of care. Within 10 days of Christmas I had received \$60 when it was reasonable to expect about \$25. In the following 10 days, another \$55 had come my way. Some of it, in good conscience, I could only take as a loan. This includes a \$20 bill pressed into my hand on the eve of my birthday by our remarkable parish priest. I am fully aware of his goodness to my wife, indeed his amazing gifts to the whole sprawling parish. But I needed it then; he knew what I was up to after few words. And don't think I forget to pray for him every Saturday!

It was never natural for me to keep track of money before. It would have been too embarrassing. Now it seems to be part of the deal. I can tell you that I have lived in simple comfort for over 2 weeks at the YMCA, 3 nights in a good country inn, other nights clean and warm. I have eaten more than adequately and sometimes with relish. I have spent diverse hours in churches, libraries, museums and in AA quarters. I have had time to write and read, and can afford stamps, change for the kitty and the offering, and minor repairs to equipment. I still have \$2.65 in my pockets, and expect more when I need it. Now this strikes me as close to miraculous--true prosperity.

The pleasure of sobriety is such that I must frequently give thanks for it. At times lately my joy has been so keen that I have had to request serenity. I also find reserves of courage and patience. I must have been made over, converted, by one of those spiritual experiences of which tradition tells us.

If it could happen to me it could happen to a dog. I guess it did.

Allen W., Maine
Grapevine, May 1959



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

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

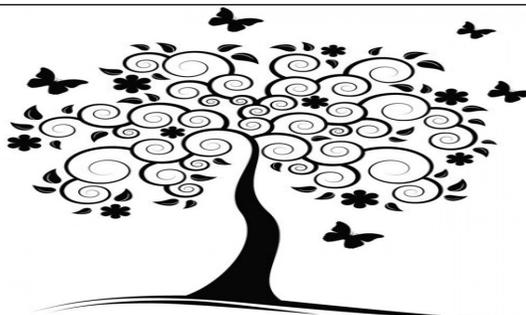


Mail Your Birthday Donations

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

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

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



TRADITION 3

“The only requirement for A.A. membership is a desire to stop drinking.”

On October 7, 1987 I became a member of Alcoholics Anonymous. I was told that the only requirement for membership in A.A. was a desire to stop drinking. Like most of us, I thought there must be more of a requirement. The old-timers told me that I was a member if I said I was. I didn't really believe them. I did, however have a desire to stop drinking.

I was what most would call a “high bottom” drunk. I didn't do “hard drugs,” but I never knew when I started drinking when I would stop. There were a lot of old-timers who looked down on dually addicted members. I didn't have that luxury; you see, I followed a family member to the program who was a cocaine addict. I did not go through a rehab. I still had a job, a home, and a 20-year marriage. I needed to be a member. I was desperate for my life to change. I hated waking up in the morning.

There were meetings with rules for sharing, but not for being a member of A.A. I saw people on both sides of the question of drugs or alcohol. I was judgmental of the purists. I went to both A.A. and N.A. At first, I was always just an alcoholic. Then at N.A. meetings, I became an alcoholic/addict, then eventually just an addict at N.A., but I always identified as just an alcoholic at A.A. meetings. For me, Tradition 3 is very simple: *The only requirement for membership is a desire to stop drinking.*

It doesn't say that I have to stop, I only have to have a desire to stop. I don't even have to have an honest desire to stop, just a desire to stop.

I cannot overstate the fact that I only have to have a desire to stop drinking to be a member of A.A. That's it, how simple can it be? Most meetings have rules for the ability to share. I went to a meeting early on that required 2 years sobriety to share. I go to a meeting now that requires you be 50 years old to share. There are closed meetings alcoholics only may attend, men's meetings, women's meetings, gay & lesbian meetings, speaker meetings etc. Most meetings allow only alcoholics to share. Being a member of those meetings is in addition to being a member of A.A. I have never been

involved in any organization so simple to join or to be a member in good standing. In 28+ years, I've always been a member in good standing. If you have relapsed but still have a desire to stop you, too are a member in good standing. You can identify yourself however you want. You can be all sorts of “alcoholic and a's” or just alcoholic.

Early A.A. meetings and groups had lots of rules for membership that eventually were dropped. There are two paragraphs in the 12 & 12 that explain why. I'll include them here.

“Why did A.A. finally drop all its membership regulations? Why did we leave to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that must never compel anyone to pay anything, believe anything, or conform to anything?”

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared to be judge, jury, and executioner of his own sick brother” (Twelve Steps and Twelve Traditions, pg. 141)?

The only requirement for membership is a desire to stop drinking.

I firmly believe that all groups have the right to have requirements of dress, decorum etc., they just can't tell me I have to believe a certain way or identify a certain way to be a member of A.A. I don't have to be a Catholic, a Methodist, a Christian, a Buddhist, a Jew or anything else. I just have to have a desire to stop drinking.

Tom A.



Concept III

“As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional ‘Right of Decision.’”

I am delighted the Concepts are continuing in the *Harbor Light*! It’s important for me to say that I’m not an expert on AA; what follows is just my experience.

As I mentioned in January, my current experience is that the steps exist so I can survive myself and thrive, the traditions exist so that groups can survive and thrive despite being populated by alcoholics, and the concepts exist so that “the spirit of AA can flow through the entire organization” (Paul C. from San Diego, former Trustee).

The concepts exist so that AA can continue long after the passing of Bill and Bob, so that we, the fellowship, can do what Bill and Bob used to do in the shared governance of AA.

Concept III: As a traditional means of creating and maintaining a clearly defined working relationship between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”

Well that’s a lot of verbiage!

Let’s see if the Concepts checklist helps:

- Do we understand what is meant by the “Right of Decision?” Do we grant it at all levels of service or do we “instruct?”
- Do we trust our trusted servants – GSR, DCM, Area Delegate, the Conference itself?

My sponsor reminds me that this is one of the most important concepts in the AA service structure. When my home group elects a Coffee-maker, Treasurer, Secretary, Grapevine Representative, or Intergroup (Harbor Area) Representative, do we trust them to do what we’ve elected them to do? Do we give them the authority to perform their work well? Or do we micro-manage?

While some level of micro-management (instruction) may occur at the group-level, Bill W. saw that it would quickly become unmanageable and unwieldy at the world-service level. He made clear that when we elect people to serve us, “it should be the traditional right” for them “to decide which problems they will dispose of themselves and upon which matters they will report, consult, or ask specific directions. We ought to trust our world servants with these discretions” (Concept III, p.11, emphasis added). We don’t want our world servants to come to us with everything; that’s why we elected them!

The AA service structure makes clear that the groups are in charge of AA: through their General Service Representative (GSR), groups communicate their group conscience to the District

and Area, and then to the General Service Office in New York through the Area Delegate; and the GSR also reports back to the groups to inform them about some of what’s happening in World Service. But groups don’t want to be bothered about everything, they don’t want to decide on everything, nor do they want to instruct on everything; nor do we want World Service to be saddled by so much red tape “to cover every conceivable action or contingency” (Concept III, p. 12).

Bill finds the balanced solution in

“Tradition Two, which provides for ‘trusted servants.’ This really means that we ought to trust our responsible leaders to decide, within the understood framework of their duties, how they will interpret and apply their own authority and responsibility to each problem or situation as it arises” (Concept III, p.12).

Bill points out that if we “instruct” our trusted servants on everything, then they cannot act on their own conscience; and if they cannot act on their own conscience, then they are not trusted servants at all, they are “just messengers.”

We want our General Service Conference to make decisions that we cannot make here in our home group: decisions such as those concerning the ins and outs of how to interpret the Big Book into another language; or the many day-to-day decisions concerning Public Information, working with Correctional Facilities, Cooperation with the Professional Community, Accessibility to meetings, etc.

Bill also warns that the ‘Right of Decision’ should never be used as an excuse to fail to report back to the groups, to exceed authority, or to fail to consult with groups about things they would want to be consulted about.

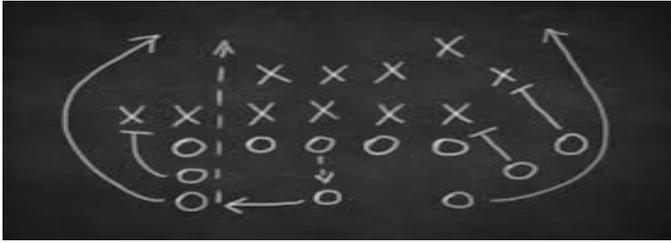
The deepest principle in Concept III may be found in our willingness to trust in our trusted servants: “Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other” (Concept III, p.13). So the principle driving Concept III is mutual trust.

In Step 3, I learned to trust God (first as “Good Orderly Direction” and a “Group of Drunks,” and now as the source of infinite power that results from repeatedly emptying myself of myself by taking all 12 steps and automatically filling up with this power called “God”). In Tradition 3, after I learned to trust my own experience of my own drinking, I learned to trust other people to diagnose themselves, so that anyone who wants to recover from alcoholism is welcome in my home group. And in Concept 3, I learned first to trust our trusted servants; and I then learned how to use the Right of Decision in my roles as elected humble servant.

Hiro S., dos 11/12/07, Bellflower Big Book Group
Panel 66 (current) Secretary and GSR School, District 4 (Long Beach south of Carson Ave., Rossmoor/Los Alamitos, & Seal Beach); and Mid-Southern California Area 09 DCM School Chair.
Panel 64 District Committee Member Chair, District 4. Panel 62 District 4 Grapevine Representative, and GSR for the Wednesday Night 8pm Book Study in Long Beach



A NEW PLAYBOOK



When I came to AA, I wasn't aware of the changes necessary to recover from alcoholism. Sure, I knew I had a drinking problem and I wanted to find a way to quit and to stay quit. I knew it wasn't going to be easy, as all my previous attempts at going on the wagon only lasted a short time. As soon as the heat was off, I found some lame excuse to have a drink, and I was off to the races again.

At my first meeting, I felt something different that I had never felt before. People held out their hands to me and made me feel welcome. They listened with compassion and empathy. This was different than anything I had ever experienced. *They seemed comfortable in their skin* and I thought that maybe they were onto something. I wanted to learn more, especially while I was still suffering from the withdrawals of a pretty good bender. My introduction to AA couldn't have been better.

I jumped in with both feet and I was on my way to learning why alcohol had such a horrible effect on my life when others could take it or leave it. It wasn't long after I started getting into the 12 steps that I learned that most of my thinking had flaws, and I was going to have to question all my decision making to determine which ideas were sound and which were flawed. One of my mentors mentioned that all my decisions were flawed because they were based on self. Some decisions may offer the right answer, but based on selfish motives, they tend to bolster my ego. That didn't stop me from wanting to be right, and I spent most of my early years debating issues and driving people away from me. Someone said that I would rather be right than be happy. That was true, as my ego was running the show.

I finally evolved enough to see the wisdom in his words and have been focusing my efforts on keeping my ego in check. I often use metaphors to make a point. Let's say for example that I was a professional football player, but something happened that ended my football career. I still had the talent to play baseball and could sign on with a baseball team, which would be great. I show up in my new uniform, and when the game starts I tackle a base runner trying to get to second base. It's obvious to everyone else that I shouldn't do that, but I can't understand what the problem is. After all, I had the right uniform on. Things go on like this for as long as I am still using the old playbook. It seems ridiculous, but we see it every day in AA. We come in thinking that if we jump through the right hoops, we are following the program if we don't pick up a drink. This is shallow alcoholic thinking and usually fails before too long.

The new playbook deals with the deeper emotional problems that cause us to search for relief in the bottle. It suggests a more humble approach to our relationships with others. *It suggests being nonjudgmental. It suggests restraint of pen and tongue. It suggests surrender, patience, acceptance, kindness, love, and many other qualities that are unfamiliar to the average alcoholic, and most of all, it suggests ego deflation.* This is a large order for a person who needs attention and has self-esteem issues. When we see a person in the program that has struggled trying to make the old playbook work, and finally crosses that line to pick up the new playbook, the change is so profound and obvious to many. Be willing to question whether or not you are stuck in the old way of thinking and look deeper into your motives. It may be easier than you think to change those old habits if you persist. Pick up the new playbook and get into the game.

Rick R.



Daily Reflections

“It is no coincidence that the very first step mentions powerlessness: An admission of personal powerlessness over alcohol is a cornerstone of the foundation of recovery. I've learned that I do not have the power and control I once thought I had. I am powerless over what people think about me. I am powerless over having just missed the bus. I am powerless over how other people work (or don't work) the steps. But I've also learned I am *not* powerless over some things. I am *not* powerless over my attitudes. I am *not* powerless over negativity. I am *not* powerless over assuming responsibility for my own recovery. I have the power to exert a positive influence on myself, my loved ones, and the world in which I live.” – Daily Reflections, January 3 reading

“. . . there are only two sins; the first is to interfere with the growth of another human being, and the second is to interfere with one's own growth.” – Alcoholics Anonymous, pg. 542

“Sobriety fills the painful 'hole in the soul' that my alcoholism created. Often I feel so physically well that I believe my work is done. However, joy is not just the absence of pain; it is the gift of continued spiritual awakening. Joy comes from ongoing and active study, as well as application of the principles of recovery in my everyday life, and from sharing that experience with others. My Higher Power presents many opportunities for deeper spiritual awakening. I need only to bring into my recovery the willingness to grow. Today I am ready to grow.” – Daily Reflections, September 1 reading

“But first of all we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun.” – As Bill Sees It, pg. 10

“By the time I had reached Step Three I had been freed of my dependence on alcohol, but bitter experience has shown me that continuous sobriety requires continuous effort. Every now and then I pause to take a good look at my progress. More and more of my garden is weeded each time I look, but each time I also find new weeds sprouting where I thought I had made my final pass with the blade. As I head back to get the newly sprouted weed (it's easier when they are young), I take a moment to admire how lush the growing vegetables and flowers are, and my labors are rewarded. My sobriety grows and bears fruit.” – Daily Reflections, March 4 reading

Wit and Wisdom

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

Don't expect a miracle; you are already one.

I read a lot about alcoholism, but reading doesn't get you sober.

Every time I hit bottom I always seemed to find another shovel.

Today my recovery is stronger than the disease.

My downfall was sloe gin and fast women.

You have to have a higher power but you still need to do the work.

The struggles are my teacher.

If you don't change, your sobriety date will.

Every single organism on the planet is struggling to survive - why should you be any different?

Follow directions because there's an answer behind it.

I got up at 5 this morning; if you got up any earlier, you have more sobriety than I do.

If you're sober then we are all tied for first place today.

Humor is the ultimate expression of the divine.

You can't laugh and think at the same time.

It's time to get clean and grow up.

There are plenty of excuses to drink, but no reason.

I grew up three drinks short of comfortable.

Meetings are the meal we take to stay sober today.

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 3/6: Stephanie R., Sylmar 3/13: Dave M., Las Vegas NV 3/20: Virginia C., Whittier 3/27: Walt H., Long Beach	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
Paramount Speakers 8021 E. Rosecrans Ave., Paramount	Sunday, 7:00pm
Carson Speakers 23621 S. Main St., Carson	Sunday, 7:00pm
East Bay Group 6400 E PCH@2nd/Marina, Long Beach 3/6: Patti O., Mission Viejo 3/13: Eddie C., Long Beach 3/20: Ruth W., Mission Viejo 3/27: Roy L., Santa Monica	Sunday, 7:00pm
Torrance Speakers Group 1422 Engracia Ave., Torrance	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 3/7: Shirley B., Los Angeles 3/14: Kevin B., Huntington Beach 3/21: Jim B., Fountain Valley 3/28: Vanessa B., Los Angeles	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.	Thursday, 7:30pm
Long Beach Speakers 759 Linden Ave@8th St., Long Beach	Thursday, 7:30pm

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

Big 10 Speakers 835 E. 33rd St.@Atlantic, Signal Hill 3/3: Ron S., Harbor City 3/10: Carla R., Tujunga 3/17: Rick G., Long Beach 3/24: Sarah S., Lakewood 3/31: Al G., Seal Beach	Thursday, 7:30pm
Downey Thursday Night 9813 Paramount Blvd., Paramount	Thursday, 8:00pm
Lakewood Speakers 5306 Arbor Road, Long Beach	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 600 1/2 Redondo 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
Sat. Night Live Open Book Speakers 525 E. 7th St./Atlantic Ave., Long Beach	Saturday, 8:00pm

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

FROM THE EDITOR
FOR THE APRIL 2016 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: March 10

GROUP CONTRIBUTIONS

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

60% to Harbor Area Central Office

3450 East Spring St., suite #109
Long Beach, CA 90806

30% to General Service Office

Box 459, Grand Central Station
New York, NY 10163

5% to Mid-So. Calif., Area 9

Box 51446
Irvine, CA 92619

5% to your Local District:

District 1
Box 10113, Torrance, CA 90505

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

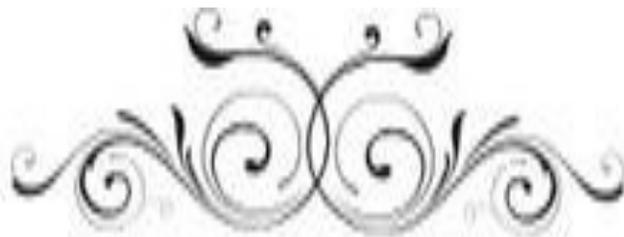
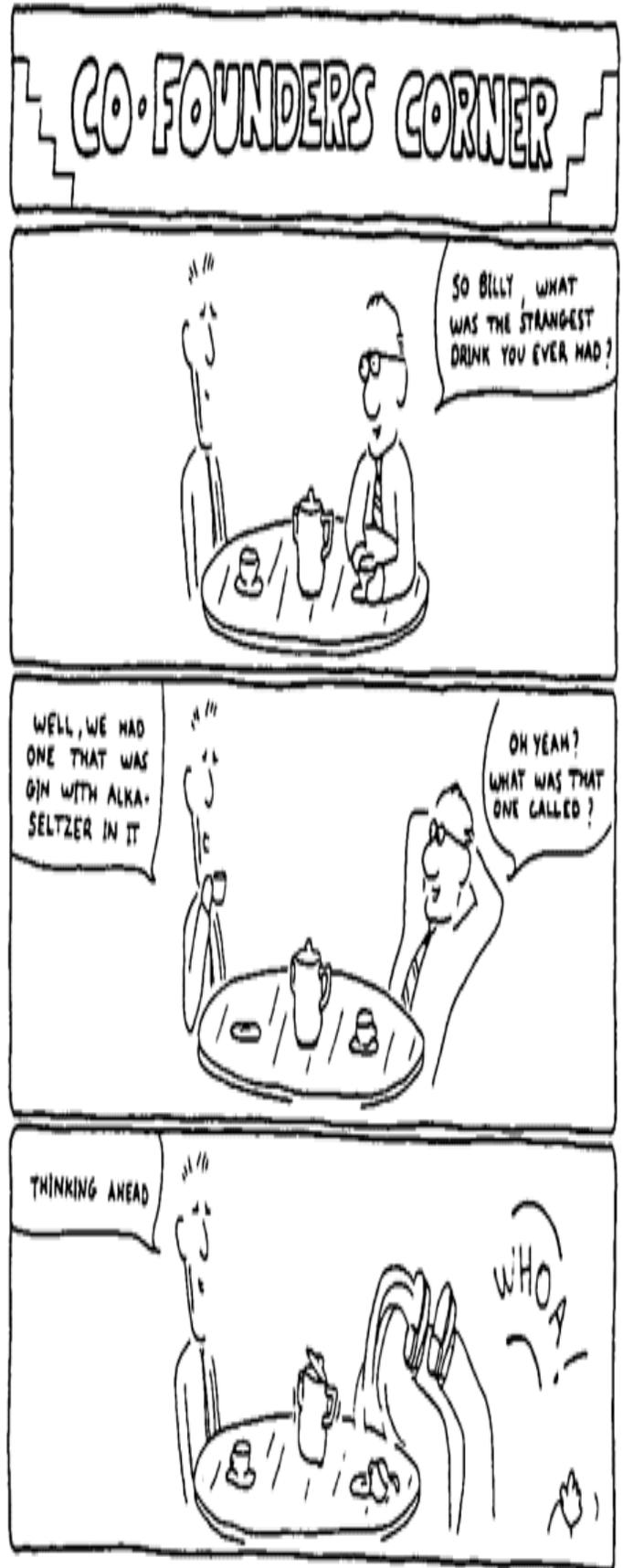
District 3
1840 So. Gaffey St., #251, San Pedro, CA 90731

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

	Jan 16	Jan 15	Jan 16		Jan 16	Jan 15	Jan 16
12 Steps & 12 Traditions	0.00	133.78	0.00	Harmony Group	50.00	60.00	50.00
435 Intergroup	100.00	0.00	100.00	HASC	51.89	0.00	51.89
Aloha Women's Group	0.00	87.00	0.00	Indian Charlie Group	50.00	0.00	50.00
Att Adj 7 AM Thurs Marina Pacifica	110.00	0.00	110.00	Intimacy & Recovery Men's Stag	300.00	0.00	300.00
Att Adj 7 AM Tues Marina Pacifica	0.00	75.00	0.00	Invisible Spkr Mtg	0.00	100.00	0.00
Att Adj 7AM Wed Marina Pacifica	230.00	0.00	230.00	Just Say Thanks	40.00	0.00	40.00
Attitude Adj 645 am Lakewood	50.00	50.00	50.00	La Palma Big Book Speakers	0.00	103.50	0.00
Back To Basics	50.00	0.00	50.00	Living Sober Book Study	66.85	0.00	66.85
Bellflower Big Book Group	2,052.03	0.00	2,052.03	Lomita Wayfarers	0.00	25.00	0.00
Big Book Study Los Alamitos 6pm	0.00	180.00	0.00	Los Altos Group	45.00	0.00	45.00
Book Study Wed MarPac	350.00	0.00	350.00	Los Altos Open Door	50.00	0.00	50.00
Came to Believe	50.00	0.00	50.00	Marina Pacifica Monday noon	82.80	0.00	82.80
Candlewood Group -St. Cyprians	50.00	0.00	50.00	Marina Pacifica Sat Noon	0.00	45.00	0.00
Coffee Talk	120.00	0.00	120.00	Marina Pacifica Womens Tues Step Study	120.00	0.00	120.00
Compton 401 Bullis Group	25.00	25.00	25.00	Men's Banquet	930.50	0.00	930.50
Cypress Women's Step Study	72.00	0.00	72.00	Monday Night Basic Steps Group	50.00	0.00	50.00
Cypress Womens	0.00	84.60	0.00	Monday Night Book Study Group	88.61	0.00	88.61
Downey Tues Womens Home Group	0.00	140.00	0.00	New Beginnings	103.56	0.00	103.56
Early Attitude Adjustment Sat Morning	75.00	0.00	75.00	One Hour Men's Stag	0.00	101.00	0.00
Early Bird Att Adj Sun IFH	150.00	100.00	150.00	Saturday Nighters AA Group	0.00	10.00	0.00
Fri Free for All	0.00	91.31	0.00	Seniors 4 Sobriety	131.00	0.00	131.00
Friday Night Men's Stag	500.00	200.00	500.00	Signal Hill Speakers	240.00	0.00	240.00
Grassroots	0.00	50.00	0.00	Sisters In Sobriety	0.00	30.00	0.00
Group #129414	0.00	50.00	0.00	South Gate Participation	0.00	10.00	0.00
Group #168356	0.00	50.00	0.00	Southern California Conference	0.00	550.00	0.00
Group #168467	61.50	120.00	61.50	Staggers On Monday	39.67	0.00	39.67
Group #679539	60.00	0.00	60.00	Step Sisters Long Beach Saturday	0.00	50.00	0.00
Group #688436-09-04	62.69	0.00	62.69	Sunday Morning Participation	0.00	82.20	0.00
Happy Days Book Study Downey Sat	0.00	30.00	0.00	Surrender is Freedom	0.00	290.00	0.00
Happy Hour Mon MWA	101.52	0.00	101.52	Thurs Night BB Study Los Alamitos	30.00	0.00	30.00
Happy Hour Thurs MWA	60.00	0.00	60.00	Topic Discussion - Twin Town	0.00	61.75	0.00
Happy Hour Wed MWA	0.00	60.00	0.00				

Continued on Next Page

	Jan 16	Jan 15	Jan 16
Tuesday Night Round Robin	60.00	0.00	60.00
Twin Town 4PM Happy Hour	159.60	0.00	159.60
Uppity Women	120.00	0.00	120.00
Wed Night Men's Stag	125.00	100.00	125.00
Wednesday Discussion	272.00	0.00	272.00
Wednesday Night West	200.00	0.00	200.00
Weekenders Group	25.00	0.00	25.00
Westside Early Risers	0.00	150.00	0.00
Willing to Grow	44.40	31.20	44.40
Women in Recovery Los Alamitos	120.00	0.00	120.00
TOTAL	7,925.62	3,326.34	7,925.62



God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.

Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!



HARBOR AREA SERVICE BOARD
Minutes for January 6, 2016
<http://www.hacoaa.org>

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

Board Members Present: Chair 1: Amethyst J.; Chair 2: Tammi R.; Chair 3: Jamie C.; Chair 4: Mark J.; Chair 5: Ben L.

Secretary's Report: Rebecca F., secretary, read the minutes from the November 2015 meeting. The minutes were accepted as corrected on a motion made by Jamie C., and seconded by Mark J. Motion passed unanimously.

Chair 1 Report: Amethyst J. inquired if the Christmas Club check for the HACO employees is ready for review. Ralph M. explained the checks are ready for review and inquired if we should run the checks through payroll or not to determine if the employees or Central Office will be taxed. Amethyst J. stated that she will be reviewing the checks.

Treasurer's Report: Ralph M. read the November 2015 Income Statement. Ralph M. then read the December 2015 Income Statement. Ralph M. read the Literature Report for December 2015. Tammi R. stated that she spoke with the bank in the regards to the potential overdraft in relation to the literature fund and due to the bank not being able to get a hold of Chair 1, Chair 2 was contacted and authorized the transfer of \$500 to the account. Ralph M. then read and explained the 2015 Budget vs. Actual for the 4th Quarter.

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

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	158	Paid copies mailed	130	Total calls	119
Newcomer	22	Exchange copies mailed	38	Persons reporting	32
Out of town	3	Expired copies mailed	32	Central Office Receipts	
12 th Step	0	Total mailed	200	Contributions	\$6,194
Other	54	Total printed	215	Literature	\$2,834
Total in-house calls	237	Subscriptions emailed	18	Website visits	6,489

Assembling of the February 2016 Harbor Light is scheduled for Saturday, January 23, 2016, at 8:30 am.

Committee Reports

Program Chair: Mary M. reported that she had an idea for a Valentine's Day Dance, and if she did not have to raise funds due to extra funds lying around then she will coordinate the event no problem. She will have a flyer next week for committee meetings that will be held every Saturday leading up to the event.

Public Information: Mary M. contacted a few different groups to create volunteer lists of members that can be available to be of service during events. She is planning on making flyers to recruit volunteers that are willing to help spread the message during special events. She also plans on having booths at Long Beach Pride, OC Health Fair, LA Fair and any other upcoming events in the community.

H & I: Ron T. sent a report stating, "The last Intergroup meeting was held on Sunday, October 25th, in Canoga Park and hosted by the San Fernando Valley H&I Committee. The Literature Fund had a balance of \$8,076.48. The General Fund had a balance of \$1,309.89 for a combined balance of \$9,386.37. The 35th Annual Southern California Conference will be April 8-10, 2016 at the same location, the Holiday Inn, in La Mirada. Planning meetings continue on the first Sunday of each month at the same location in Fullerton at 11 am. The next Intergroup meeting will be on Sunday, November 22nd, in Ojai and hosted by the Ventura H&I Committee. Lunch will be at 1 pm. The business meeting starts at 1:30pm. All are welcome. All panels were filled and no dark nights were noted. In our General Fund we have \$2,746.10. We have \$2,070.86 available for literature in our Literature Fund. We netted \$14,006.15 for Literature Fund 2016.

12 Step (In Office): Vacant. Sue T. reported that there is one opening on Saturday from 3pm-5pm.

Action and Responsibility: Gilbert G. - absent. Jamie C. reported that the District 4 meeting and Central Office board meeting are
 Continued on Next Page

Harbor Light

Continued from Previous Page

held on the same night and it is conflicting for the members that have commitments for both committees. She expressed the importance and benefit of having our service committee chairs as well as board members present for our Central Office meetings. She suggested changing the day of our board meetings so the other members could attend. This was tabled to new business.

Archives: Mark J. reported that archives are doing well. He bought a unit to convert cassette tapes that Central Office has on hand, to CDs. Mark J. and Matthew L. have decided to upload the bulk of the CD collection to the Central Office website so anyone can download speaker tapes from our websites. They will both be working on this in the upcoming months.

Phones (After Hours): Vacant

Harbor Light: Carrie A. reported that she is currently working on the February issue. The next article she is looking for is Tradition 4 due March 10th. She welcomes articles on the topic of your choosing due by the 10th of any month.

Website: Matthew L. - absent. He did send a flyer showing how 999+ people were able to access the HACO website through google for the month of December.

Old Business

None

New Business

Amethyst J. stated that we received 2 checks made out to Central Office. One was made out to Central Office from a law firm with no name of a known AA member. Amethyst J. agreed to call the name on the check and inquire about who sent the check and explain to them we cannot accept any money from non AA members. The other check was from a men's AA banquet that we will accept as a donation.

Board members discussed the possibility of changing the day of the monthly board meeting since the District 4 meeting and Central Office board meeting are on the same night. Jamie C. suggested the change due to service committee chairs not being able to make it to the Central Office meeting due to this conflict. The board and committee members present agreed on changing the board meeting to the 1st Tuesday of the month at 8pm starting in February.

Amethyst J. presented Ron T's letter about terminating her or putting her on probation for not answering his phone calls during an emergency situation. A few board members expressed their concerns that they have tried to contact Chair 1 multiple times for multiple issues and they have not been able to get a hold of her. Mark J. made a motion to put Chair 1 on a 30 day probationary period, seconded by Tammi R. After a lengthy discussion between board and committee chairs, Mark J. retracted his motion and Amethyst J. expressed the actions she was going to take to improve her involvement as Chair 1.

Jamie C. made a motion to adjourn, Mark J. seconded. The meeting was adjourned with the Serenity Prayer at 9pm.

Respectfully submitted, Rebecca F., HASB Secretary

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

10+ Group—Robert C.

12 Steps & 12 Traditions—Daniel H.

Bellflower Big Book—Mike S.

Belmont Heights Closed Women's—Christina C.

Came to Believe—Matthew L.

Carry the Message—Ron W.

Early Attitude Adjustment ICFH—Revo M.

East Bay—Gil G.

Friday Night Participation—Keith S.

Harbor Area/South Bay—Julius Y.

High on Life—Dale C.

Indian Charlie—Frank U.

La Palma Big Book—Pete K.

Lakewood Speakers—Chris I.

Over 50 Group—Mark M.

RT Monday AM—Bruce E.

Seal Beach Speakers—Mary M.

Signal Hill Speakers—Gilbert G.

Sober on the Sand—John S.

There is a Way—Ron T.

Tuesday Night Men's Stag—Bill G.

Under the Bridge—Thomas P.

Uppity Women's Group—Chris P.

Wednesday Discussion—Sean A.

HARBOR AREA SERVICE COMMITTEE

Minutes for January 13, 2016

<http://www.hacoaa.org>

1. The meeting was called to order by Ben L. at 7:00pm followed by the Serenity Prayer.
2. HASC meeting announcements and rules were announced.
3. The 12 Traditions were read by Thomas P.
4. There were 5 new delegates: Keith S. – Friday Participation; Patrick Y – High On Life; Bill G. - Tuesday Night Men's Stag; Mark M. – MWA 50+; Bruce E. – Monday 8am Round Table.
5. Julius Y. reported that 17 delegates were present, and were 12 needed for a quorum.

Secretary's Report: Rebecca F., secretary, read the minutes of the December 9, 2015 meeting. The meeting minutes were accepted as read on a motion made by Matthew L. and seconded by Gilbert G. Motion passed 17-0.

Treasurer's Report: Ralph M. read the Income Statement for December 2015. Terrance W. made a motion to accept the Income Statement as read, seconded by Ron T. Motion passed 18-0. Ralph M. then read Literature Report for December 2015. Ralph M. read the balance sheet for the 4th quarter for 2015 and stated that the checking account reserve is a little high and suggested that the committee possibly donate some of the extra funds to live by the traditions.

Chair 1 Report: Amethyst J. welcomed everyone to the service committee meeting. She wanted to thank Gilbert G. for finding our service committee meeting location. Amethyst J. also thanked Sue T. and Deborah M. for their service. Amethyst J. stated that this new location is just temporary. She also addressed to the committee the concern that other members were having with not being able to reach her when contacted and she assured the committee that the issues are being addressed. She then read the Central Office report for December 2015 as follows:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	158	Paid copies mailed	130	Total calls	119
Newcomer	22	Exchange copies mailed	38	Persons reporting	32
Out of town	3	Expired copies mailed	32	Central Office Receipts	
12 th Step	0	Total mailed	200	Contributions	\$6,194
Other	54	Total printed	215	Literature	\$2,834
Total in-house calls	237	Subscriptions emailed	18	Website visits	6,489

Assembly of the February 2016 Harbor Light is scheduled for Saturday, January 23, 2016, 8:30am at Central Office.
Committee Reports

Public Information: Mary M. introduced her fliers that were made to help engage other members in volunteering for her committee. Mary M. stated that the LA County Fair is coming up as well as the OC Fair and she is looking to have information booths inside these 2 locations. She is waiting on a call back from the rep to see if they will be having any information booths inside. Long beach Pride was contacted and they are in the early stages of their planning and she is waiting for a call back from their committee as well.

Program Chair: Open position. Mary M. reported that there is an available flier for committee planning meetings that begin on January 23. The committee will be hosting 3 events; a spring event in February, a summer event in July, and a fall event in November.

H&I: Ron T. read a report, "In our General Fund we have \$2,746.10. We have \$2,070.86 available for literature in our Literature Fund. The 35th Annual Southern California Conference will be April 8-10, 2016 at the same location, the Holiday Inn, in La Mirada. Planning meetings continue on the first Sunday of each month at the same location in Fullerton at 11am. The next Intergroup meeting will be on Sunday, November 22nd, in Ojai and hosted by the Ventura H&I Committee. Lunch will be at 1pm. The business meeting starts at 1:30pm. All are welcome. We netted \$14,006.15 for Literature Fund 2016. All the bills and the deposit refund from the city are in. With the HACO donation, we will be in good shape for 2016. Panels were filled and no dark nights were noted."

In Office/Twelve Step: Open position.

Action & Responsibility: Gilbert G. reported that he is getting familiar with his position. Next month on the 10th, the current meeting room may be occupied until the start of our meeting.

Archives: Mark J.- absent, no report.

Continued on Next Page

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Phones (After Hours): Open position. Sue T reported that the 2nd Sunday 6pm-9am and the 4th Thursday 6pm-9am are open and need to be filled.

Harbor Light: Carrie A. reported that she is currently working on the February issue. She is currently looking for an article on step 5 due by April 10th.

Website Committee: Matthew L. reported that he has prevented hacking for 2016, did meeting updates, security updates, posted new AA conventions for 2016 on the events page and explained the accessibility improvements.

District 2: Revo M. reported that he had nothing to report. but stay tuned for next month's report.

District 4: Gilbert G. reported that 37 people showed up for the meeting last week. He suggested that people come to their GSR orientation, DCM school, and concept study to find out what their service jobs entail.

Area 9: Tanya D. – absent. Gilbert G went to the meeting in HB and the meeting was electing the committee members. He informed the committee that all open positions were filled and if anyone had any more questions about the area meeting to come see him.

Old Business

Ben L. presented the 3 open committee positions available that were tabled from last month. Ron T. volunteered for the In Office/Twelve Step Committee Chair position and was advised he should not hold 2 positions. Ron T. recanted his offer.

Ben L. read the description for the Program Chair position. With no nominations, Ben L. mentioned the importance of filling this position. Terrance W. made a motion to table this until next month seconded by Chris I. Motion passed 13-0.

Ben L. read the After Hours Phone Chair job description. Bruce E. nominated Ron W. Ron W. respectfully declined. Bruce E. nominated Gil G., seconded by Mary M. Gil G. accepted the position.

New Business

Mary M. stated that we have \$49 extra and she made a motion to move \$18 from our general account to our program account with the intention to make 2016 events free, seconded by Gil G. Discussion was had. Gil G. rescinded his second, motion did not hold and there was no further motions.

Gilbert G. clarified that next month the HASC meeting will be in the same location and same time.

Gil G. made a motion to adjourn the meeting, seconded by Alan O. The meeting was adjourned at 8:42pm.

Respectfully submitted, Rebecca F., HASC Secretary



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

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

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

General Service Office
PO Box 459
New York, NY 10163

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

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

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

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

Dr. Earle M. Grapevine, 1964

HARBOR AREA HOSPITALS AND INSTITUTIONS**Minutes for January 20, 2016**

<http://www.hacoaa.org>

ANNOUNCEMENTS: Many thanks for coffee and to those who helped set up. Herb read the Twelve Traditions. The December minutes were approved with no corrections. Marilyn ran the 50/50 raffle. **Our meeting will be bumped in April for a Wounded Warrior Project. We will meet on the 4th Wednesday, April 27th at the same place, same time. Pass it on.**

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 January: Stephanie with 1 year, Will with 3 years, Johnny with 13 years, Mike with 17 years, Anavette with 33 years and Revo with 34 years. This is a total miracle of 101 years. We all sang Happy Birthday.

TREASURERS REPORT: Ron T. gave a detailed treasurers report. In our General Fund, we have \$2,413.08. We have \$12,338.60 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 \$893.15 on literature this month.

INTERGROUP REPORT: The 35th Annual Southern California H&I Conference will be April 8-10, 2016 at the same location, the Holiday Inn in La Mirada. Planning meetings continue on the first Sunday of each month at the same location in Fullerton at 11 am. The last Intergroup meeting was in December. The next Intergroup meeting will be on Sunday, January 24th, and hosted by the Harbor Area H&I Committee at the MWA Club. Lunch will be at 11 am. The business meeting starts at 12pm. All are welcome.

SERVICE COMMITTEE: 21 delegates were in attendance at the last meeting held January 13th. A quorum is 12 and was had. We ended December with a negative \$645 and a negative \$1,695 for the year. Gil G. is the new After Hours Chair with the 2nd Sunday and the 4th Thursday open, call Central Office. Program Chair tabled until next month. Mary M. will help out to get the fundraisers going. Planning meetings will be at 11 am on Saturday at Central Office. In Office/12 Step Chair tabled until next month. Matthew L. got the OK to upgrade our website at no cost. Harbor Light is still in need of new subscriptions to keep our USPS Bulk Rate. This month, we mailed out 32 comp subscriptions to avoid paying the much higher First Class rate. The assembling of the February 2016 Harbor Light is scheduled for Saturday, January 23, at 8:30am at Central Office.

AREA ASSEMBLY: Revo had no report, but most info can be found on the msca09aa.org website.

POLICY COUNCIL: Johnny said the first Policy Council will be on Sunday, January 24, at the MWA Club at 2pm after the Intergroup meeting. Policy Council members will be Tanya D., Jack J., Ron T., and new volunteers Gilbert G. and Jamie C.

CHILI COOKOFF: Ron T. said the date for the Chili Cook Off 2016 will be Saturday, September 17th at our same location in Little Rec Park.

SPANISH LANGUAGE: Angel said they are available at any time to help us with Spanish speaking groups.

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

OLD BUSINESS: None

NEW BUSINESS: Motions were made and approved for books. Los Padrinos was approved for another panel on Monday nights to be filled next month.

Herb won the 50/50 raffle and picked up \$47.00.
The meeting ended at 8:40pm.

The next meeting will be on February 17th at the American Legion Hall 5938 East Parkcrest Street, Long Beach, CA 90808. Newcomer orientation is at 7:30pm and the business meeting is at 8:00pm.

Respectfully submitted by Ron T.



**YOU ARE CORDIALLY INVITED TO THE 2016
HARBOR AREA CENTRAL OFFICE SPRING
FUNDRAISER**

**COME JOIN US FOR A PANCAKE BREAKFAST
AND SPEAKER MEETING!**

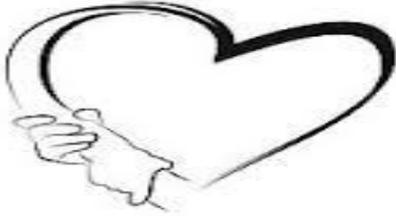


**Saturday, March 26, 2016
9am-12pm
\$15**

**Recreation Park
4900 E 7th Street
Long Beach, CA**

**Breakfast 9am-10am
Speaker meeting 10am-11:30am
Raffles 11:30am-12pm**

GIVE IT AWAY TO KEEP IT



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

The next gift was when he gave me “his” panel at the Navy brig. I think he got it just to make me do it. You see, I had been in the brig when I was in the Navy, and I got to go back in on a panel and see myself across the table. I had that panel until that base was closed down. Not long after that, I got a panel at Juvenile Hall, where I had spent some time when I was 15. I had that panel for more than 3 years.

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

up the state with Nick M. to Kern Valley State Prison. That’s what my sponsor calls going to any length plus a couple of hundred miles.

The panel that affected me the most was when I went to Calipatria State Prison with Rick. Calipatria is a level 4 prison, which means that eighty percent of the prisoners are in under a life sentence. The walls have armed guards and electrified fences. You have to sign a hostage waiver to get in; it’s the real deal. After heavy security and a long walk across the yard past some very scary people, we arrived at the meeting room. Soon thereafter, the inmates were escorted in. When they started sharing, a world I never knew came into view. Hidden under all the tattoos and scars were real people. In prison you can get anything you want, and there are some serious games going on. But these guys had their own Big Books, and the books were obviously much worn and heavily used. These men had AA groups, sponsors, and did 12 step calls on the yard. They had meetings and fellowship. And boy were they glad to see us bring a meeting into them. Some of them had found a freedom inside the walls that many other people want. I wanted what they had. That really put the light of day on me.

Twenty seven years later, I am still doing H&I panels. I currently have a panel at the Salvation Army ARC in Anaheim and at the VA Hospital in Long Beach. I go to Skid Row in LA twice a month. I know the secret of Alcoholics Anonymous. You have to give it away to keep it. In April, I’ll be going to the Southern California H&I Convention being held in La Mirada on the 8,9 and 10th. We’ll have food, fun, and fellowship. We’ll talk about how best to help the suffering alcoholic and we’ll stay sober together. We’re having a banquet and we’re having a dance. Come join us. You can register at <http://www.socalhandi.org> and be part of. “Among them you will make lifelong friends” (Big Book of Alcoholics Anonymous, pg152).

Joe W., Long Beach CA



HARBOR AREA CENTRAL OFFICE INCOME STATEMENT

	Jan 16	Jan 15	Jan 16
Income			
Contribution			
Group Contributions	7,926	3,326	7,926
Personal Contributions		204	
H.A.S.C. Receipts		48	
Bulletin Contributions	62	69	62
Total Contribution	7,988	3,647	7,988
Literature Sales	3,629	3,898	3,629
Other Income/Interest	(2)	2	(2)
Total Income	11,615	7,547	11,615
Cost of Goods Sold			
Cost of Goods Sold	21		21
Cost of Literature	2,788	2,637	2,788
Inventory Adjustment		223	
Credit Card Fees	35	58	35
Total COGS	2,844	2,918	2,844
Gross Profit	8,771	4,629	8,771
Expense			
Bookkeeping	45	45	45
Copy Plan (Xerox)	243	262	243
Less Directory & HL copies	(20)	(198)	(20)
Depreciation Expense	42	42	42
Harbor Light	28	87	28
Insurance - General	107	125	107
Insurance - Workers' Comp	31	38	31
Payroll	3,970	3,656	3,970
Postage	49		49
Rent - Office	1,264	1,244	1,264
Rent - HASC	65	65	65
State Sales Tax Adjustment	404		404
Security System		20	
Shipping Charges	9		9
Supplies	(9)	10	(9)
Telephone/Internet	101	191	101
Utilities - Water	34	31	34
Total Expense	6,363	5,618	6,363
Net Income	2,408	(989)	2,408

Upcoming Event Calendar

Harbor Area Service Board
 March 1, 2016 at 8pm
 3450 E. Spring St., Suite 109, Long Beach, CA

General Service—District 4
 March 2, 2016 at 7:30pm (new GSR orientation at 7pm)
 1240 E Carson St., Long Beach, CA

Harbor Area Service Committee
 March 9, 2016 at 7:30pm
 1240 E. Carson St., Long Beach, CA

Harbor Area H&I Service Committee
 March 16, 2016 at 8pm
 5938 Parkcrest St., Long Beach, CA

San Diego Spring Roundup
 March 24-27, 2016
 Town and Country Hotel
 500 Hotel Circle North, San Diego, CA 92108
<http://www.sandiegospringroundup.com>

31st Annual Orange County AA Convention
 March 25-27, 2016
 Double Tree Hilton
 100 The City Drive, Orange, CA 92868
<http://www.oaac.org>

Harbor Area Pancake Breakfast
 March 26, 2016 from 9am-12pm
 Recreation Park
 4900 E 7th St., Long Beach CA
<http://www.hacoaa.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
 Tammi R., HACOAA Liaison
 Angie B., Dale C., Neil E., Harbor Light Committee

Contributors:
 Kevin P., *Wit and Wisdom*
 Rick R., *A New Playbook*
 Joe W., *Give it Away to Keep It*
 Allen W., *Step 3*
 Tom A., *Tradition 3*
 Hiro S., *Concept 3*

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