

Made a List...

AUGUST 2016

"Made a list of all persons we had harmed, and became willing to make amends to them all."

I was in a lot of fear when I considered approaching some of the people on my Eighth Step list. When I was between 12 and 14 years old there were many children from my neighborhood whom I had harmed through selfish and inconsiderate acts that I detailed to my sponsor during my fifth step. I also had a lot of anger towards my step father for being heavy handed and a cheat, and putting him on my eighth step list seemed ridiculous. He hurt me and I felt I had done nothing wrong to him. I hadn't been faithful to my wife and had spent family money on my own private excursions. I feared disclosing that to her even though we were then separated. I'm most grateful for sponsorship. There is always an action indicated for me to take that allows me to grow in the image of my creator, but I haven't a clue what it is. A sponsor does.

The day I came to Alcoholics Anonymous was the first day of separation for my wife, kids and me. I had managed, 2 years prior, to white-knuckle 14-day and 29-day stints of not drinking. I can't even say it was sobriety, because I may have been taking other drugs to soften the blow of not drinking; I'm not sure. I didn't have a sobriety date, that's for sure. I've heard in AA, if you don't have a sobriety date, you don't have one. What I had was experience with just not drinking, and I hated it. I was way more intense than usual and I was caustic to everyone around me - especially those closest to me. My family made the eighth step list. My wife. My kids.

Up until step work with my sponsor and getting rooted in a big home group, I hadn't formed a single honest relationship with any other human being. Not one other person did I tell the truth completely to about my inner thoughts, fears and experiences. Mom, coworkers, friends, close and distant family all made the list. So many people made the list that I tried to take advantage of and buy affection from. Many family members made the list that I had ignored and detached from through my drinking life and lies. And I "became willing to make amends to them all."

The transition from my fear to my freedom happened in the depths of step work and accountability to my sponsor. Shortly after reading and sharing my Fourth Step inventory with my sponsor we were discussing the amends I was to do. He had been writing on his own pad of paper and it said "make" or "made" scribbled next to many of the names I had given him. I told him I didn't want to approach the neighborhood kids. I thought, "I can't get in touch with those people from my youth because they will surely hate me and possibly want to hurt me, or my kids even, for what I put them through. I don't want to let them know where I live or even have my name come up in their minds. I never want to open those doors" - all that fear. My sponsor said, "Later."

My stepfather wasn't on my inventory at all, nor was my dad. So deep were my resentments, I wasn't aware of how the fears and anger associated with my "dads" were gravely affecting all my other relationships, most alarmingly my relationship with my own two kids. Fortunately, my sponsor had been through this process and was current with his sponsor who was himself a good member of our home group. So he knew to ask, "What about your dad?" My biological father died in his early fifties from alcoholism. I had one conversation with him in my adult life. I did not know him growing up. My stepdad, who raised me, I chose not to have a relationship with at 15 when he left my mom for his mistress. I was relieved to see him go. I was scared of him. He made it known he didn't like being a father. When I was five years old my entire name was changed. He thought I was effeminate and my name needed to be more masculine. He got pretty rough with his discipline. I

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Harbor Area Central Office

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Harbor Light

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didn't have any resentment that I was aware of; I just wanted to pretend like he had never existed. When my sponsor said I needed to make amends to him—that I had displayed many of the same behaviors in my life—I was pretty close-minded. I couldn't imagine ever being willing to set right the past with him. My sponsor said, "Not yet."

A few financial amends were indicated in the list of actions we made together. Mostly I wrote what I remembered owing various people and institutions. Also what I had cheated my wife and family out of through riotous living off family funds. Then I would submit it to my sponsor and he would approve and decrease or increase the monetary reparations as he felt appropriate. I was willing to make these amends right away. I was told I had to stop talking to my wife rudely, blaming, yelling, cursing or speaking negatively. How he said it was so simple but I will never forget. He said, "You can't talk to her that way any more." I understood it meant so much. I was willing to make a living amends with the mother of my kids and soon-to-be ex-wife by finally treating her with real respect and kindness and consideration even when I didn't think she deserved it. My willingness opened the door to seeing her as the wonderful woman she is and always has been. I didn't need to drag her through the mud by airing extramarital details. I needed to be kind. I need to respond to her promptly and with concern and understanding when she has questions about arrangements for our boys. I needed to be honest with her and forgiving and allow her to be herself without any suggestions from me on how she should parent or spend money or date or anything.

With dad—I call my stepfather "dad" again thanks to AA—I got to set the record straight. A couple of years after my inventory, fate had my boys and I at my brother's house and our dad was there with his youngest son. He had married the mistress and their child was a year older than my oldest son. My two boys were three and eight and his son was nine. His boy had a severe learning disability, seizures and autism. He would light fires and have violent outbursts. He was destructive and nearly uncontrollable. My dad hadn't learned many new tricks in the discipline department and my fears and anger were upon me when he began striking his son. The mood was tense and the get-together ended abruptly. When I got home and spoke with my sponsor he said, "Maybe it's time to clear things up with your dad."

"Impossible!" I thought. "I don't ever want to see him again." I had to become willing. I had to forgive him and take some actions to truly see he was doing the best he could. I had to forgive him and make the amends for being so angry and unforgiving and judgmental all this time to see, as he had done, now, I was truly doing the best I could as a father.

I became willing, and found out once again that AA's fantastic program of action is very powerful. The redemption of the forgiveness in the Eighth Step made me right-sized enough to see my feelings aren't important but having the best possible relations with EVERYONE is. With each person on my list, as I became willing to take actions my sponsor suggested, I began to feel comfortable in my own self. My sponsor said, "It's not what you think about me, it's what I think about you. And I love YOU."

Mike M.

Bellflower Big Book Group



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 8

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

Grey areas persist in Alcoholics Anonymous. Areas where no clear cut answer is good for everyone and where each individual is free to have their own experience. How fast should I go through the steps? What kind of sponsorship is “good?” What constitutes a “solid” meeting?

Traditions guide an AA group and its members through sobriety with lessons our predecessors had to learn through their own painful experience. Not following traditions is not punishable by expulsion from AA, but they are proven guideposts to align members with what is best to preserve the future of Alcoholics Anonymous, the integrity of the group, and the humility of the members.

Tradition Eight states, “Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers,” and is needed more than ever in this era of spin-dry rehabs and money-hungry centers, blurring the lines of recovery and treatment. Our own co-founder, Bill W. was tempted to 12-step work for hire at a well-respected hospital. The lure was so appealing that his own conscience used the scripture “the laborer is worthy of his hire” to justify taking the position. But while his own conscience only saw the benefit, the group conscience was able to see the pitfalls and helped Bill see where our spiritual footwork must be done for fun and for free.

On one hand, it makes sense that we be used to help self-destructive people. We are experts on that subject. Most of us have ruined our own lives and the lives of many others with our drinking, our inconsiderate actions, and our darkness. Who better to reach those still lost? Adding to the fact that a new and wonderful life is available through working the 12 steps, any reasonable person would assume that recovered alcoholics were made to be professional twelve-steppers.

On the other hand, an alcoholic suffers from a spiritual sickness based in selfishness. The driving force for an alcoholic has always been about personal gain and ego boosting. “Sure,” thinks the alcoholic, “helping someone out is a nice thing to do...as long as I get something to show for it.” This mindset can be a death knell in relation to 12 step work. The power needed to achieve and retain continued sobriety must be a Power greater than that of material or human form. Therefore, the motives for why an alcoholic would help another struggling alcoholic cannot be based on any monetary compensation or else the integrity of the process will come into question. Very rarely do spirituality and money make a winning combination. More often than not, the outcome is based on either personal achievement at another person’s expense, or compensation for personal gain. If we of Alcoholics Anonymous are to be carrying out the will of a Higher Power by trying to help His lost and dying children, no price tag can morally or ethically be put on that effort.

I have come to define spirituality as the manner in which something is done. When we can reach out to someone in the spirit of love, consideration, and helpfulness, we are strengthening our relationship with a Higher Power and helping to lay the groundwork for someone else’s journey toward a fulfilling life. If, however, we reach out to those dying of alcoholism with our hands out for recompense, the fruit of our labor will be bitter indeed.

When it comes to professional duties needing to be done so that Alcoholics Anonymous can continue its primary purpose, the distinction between avocation and vocation is very clear. While actual 12-step work is a very personal and intimate endeavor, the responsibilities which make that work possible are large-scale and business-oriented. Our organization could not possibly exist unless an army of capable people were available to make it happen. Accountants are needed to count donations, office personnel are needed to answer inquiries, printers are needed to make literature available etc. Is a worldwide organization expected to run itself with competence on purely volunteer effort? Are the special abilities needed to make Alcoholics Anonymous work at a corporate level expected to be completed by those who are independently wealthy or unemployed? If someone has a knack for certain duties or tasks, and can perform them with more competency than most, it would be arrogant and selfish of us as a group to not let those people share those talents for fair compensation. Tradition 8 applies to actual 12-step work, not the practices which allow the work to be done.

For me, the most important reason why Tradition 8 is so vital to an alcoholic is very simple. I have known several people who have gotten drunk or killed themselves as a result of blurring the lines between working in treatment and living in recovery. It deeply pains me to watch wonderful people crash and burn when their own spiritual/mental/physical/emotional well-being takes a back seat to their job at a rehabilitation facility. Priorities will undoubtedly shift when focus is taken off who God wants us to be, and placed on our next paycheck. We are not still thriving as a fellowship because Ebby visited Bill and then charged a consultation fee. We are not still thriving because Bill sat with Dr. Bob, then billed his insurance. We are still thriving, growing, laughing, relating, caring and healing because one alcoholic who has had a profound change of heart and mind can reach a still suffering alcoholic the way no doctor, therapist, case manager, or relative can.

It will cost you time and gas money to go visit a detox or sit down for step work, but you will leave sober and grateful. It will cost you convenience and energy to sit with someone freshly sober and untreated, but you will stay sober with the reminder of desperation.

Alcoholics Anonymous saved my life when I didn't think my life was worth saving. It is my duty to give back my hope, my time, and my energy to that person with tombstones in their eyes...for fun and for free.

Aaron H.
Garden Grove, CA



Concept VIII

“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

I had the privilege of listening to a Twelve Concepts workshop given July 18, 2015, by former Mid-Southern California Area 09 (our area) Delegate, Jeryl T., and current Class B (for “Boozer”) A.A. Trustee, Billy N. (highly recommended and available for free on 4 CDs from HASBPAA by contacting Julius Y.: hasbypaaa@gmail.com). Jeryl and Billy helped me understand that the first step and first tradition outline a problem at the level of the individual (the problem of powerlessness over alcohol, and unmanageability with or without a drink) and the A.A. group (the problem of disunity); and 2nd through 12th steps/traditions outline the respective solution. The problem defined in Concept I is the problem of how to determine and communicate the “collective consciousness of our whole fellowship,” which is where “the final responsibility and ultimate authority for A.A. world service” resides. Concept II represents a defining moment in A.A. history, 1955 (5 years after the passing of Dr. Bob), when Bill W. gave governance of A.A. to all of us, making the General Service Conference “the actual voice and the effective conscience for our whole society.”

In order to understand Concept 8, we have to understand the General Service Conference, and in order to understand the General Service Conference, it may be helpful to offer a recent experience. This past May, I found myself in Philadelphia, hosted by a sobriety brother from the Philly Speaker Group. We wandered together around Independence Mall, and as we toured the National Constitution Education Center, I had a profound experience - the second floor of the center has a vast multimedia display where you start walking in 1776 across time, and learn about how the “We” of the United States of America has changed from our founding (when “we” was defined as land-owning white males) all the way to the present. And by the time we got to 1935, deep in the Great Depression, I was reminded of the founding of Alcoholics Anonymous, and I wondered, “would it have been possible for the greatest utopian movement of the 20th and 21st centuries to have been birthed and to have thrived for 81 years *in any other nation?*” And I thrilled to the suspicion that, “no, it may have not been possible anywhere else on earth.”

As we moved through history from 1935 during the height of the depression, I kept having shiver-inducing realizations about how the “We” of A.A. has changed across time (paralleling and often pre-figuring the changing “We” of the constitution): first from primarily white, privileged, predominantly Protestant, low-bottom drunks, then to women, and then toward increasing diversity (the most recent example of the changing “We” here in the Harbor area may be found in one of the first three gender non-conforming AA meetings registered with NY, currently meeting at the Center in Long Beach). In 1939, the publication of the “Big Book” of *Alcoholics Anonymous*, made possible by the forming of a corporation, the Alcoholic Foundation and Works Publishing, enables people to get sober just by reading it (in fact, as recounted in our official history book, *AA Comes of Age*, pg.93, it turns out that the first meeting in Los Angeles was founded in 1940 at the Cecil Hotel by Mort J., “a book convert, pure and simple,” and Frank R, “another book convert,” and where “Mort insisted on reading from Chapter 5 of the

A.A. book at the start of every meeting,” starting a custom now found throughout A.A.). In 1941 Jack Alexander’s famous *Saturday Evening Post* brings in a flood of inquiries and newcomers. And as soldiers return from overseas 1943-1945 (and as the National Constitution Education Center reveals a changing “We” of the Constitution as women take over the domestic workforce with our “boys” overseas), A.A. for young people is born, more newcomers flood to A.A., and Bill W. receives piles of letters about how to solve problems in A.A. groups, leading to the Grapevine articles of 1946-1948 on the Traditions. 1946 also begins one of the most challenging times in the U.S. since the Civil War nearly a century earlier, with the Iron Curtain, the arms race, and the House Un-American Activities Committee with accusations of Communism with blacklists left and right; and it is *precisely* during this time of great disunity in the nation that Bill W. develops the Twelve Traditions, the solution to disunity in A.A. And in June of 1950, at what would later be known as our first International Convention, Dr. Bob gives his last talk (the Gettysburg Address of A.A.) and the Traditions are adopted (meanwhile in the U.S. the Hydrogen Bomb is created and the Korean War gets into full swing), the General Service Conference is created and meets for the first time the following year, and Bill writes later in 1951, “As I watched all of this grow, I became entirely sure that Alcoholics Anonymous was at last safe—even from me” (*The A.A. Service Manual*, p.S12). *The Twelve Steps and Twelve Traditions* is published in 1953 providing us with the DNA of our individual recovery and group unity, the same year that Crick and Watson discover the double helix structure of DNA. And in 1955, Bill gives governance to the rest of us in A.A. through “The Three Legacies of Recovery, Unity, and Service,” while school children are regularly engaging in “Duck and Cover” exercises, getting under their school desks in case of an atomic bomb. In 1962, smack in the middle of the Cuban Missile Crisis, Bill W. publishes *The Twelve Concepts of Alcoholics Anonymous*, cementing suggestions for the self-governance of our service structure (literally, the constitution) of A.A.’s “spiritual corporation” (pg.19), a truly radical notion. Wow!

So now, returning to Concept II, just *how* is the General Service Conference “the actual voice and the effective conscience for our whole society?” It is through the service structure (described best in *The A.A. Service Manual*), outlined in a nutshell as an upside-down triangle where groups run AA by having a General Service Representative (GSR) who communicates between the group and the District/Area and votes for a Delegate, who along with 92 other delegates (2/3 the conference body), 21 trustees (14 Class B for “boozer” and 7 class A for “amateur”), and staff members, who together form the General Service Conference, and gather each year to make decisions based on the collective conscience that come from the groups through GSRs to the district and the Area, and to the Area Delegate, and then to NY, where the Conference is divided into two corporations, A.A. World Services, Inc. and the A.A. Grapevine, Inc. Whew!

Here’s a brief cartoon of the next concepts:

- 3) Right of Decision: we truly trust our trusted servants to make decisions for us;
- 4) Right of Participation: everyone, even staffers, get to participate;
- 5) Right of Appeal: everyone gets a voice, to prevent the “tyranny of the minority” or the “tyranny of the majority;”
- 6) Trustees run AA and legally have the ability to go against the groups (something they have *never* done); and
- 7) We can exercise power of the purse (stop sending contributions) if they abuse that power.

Which brings us to Concept VIII, which is actually quite simple once you’ve got the idea of the previous 7 concepts: basically, the trustees are legal custodians of AA both financially and as full stockholders. That’s it.

The short form of Concept VIII reads: “The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the

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H&I CHILI COOKOFF

SEPT. 17, 2016



FREE ADMISSION

ALL ARE WELCOME

**HARBOR AREA
HOSPITALS & INSTITUTIONS
CHILI COOK OFF**

**SATURDAY
SEPTEMBER 17, 2016
9AM TO 4PM**

**LONG BEACH RECREATION
PARK
TEEN CENTER
4900 E 7TH STREET
LONG BEACH 90804**

**GROUP BOOTH CONTACT:
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♦ **BOUNCE HOUSE**

♦ **FOOD**

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ALL PROCEEDS GO TO BUY BOOKS FOR H&I PANELS ♦ MUST BE 18 YEARS OR OLDER TO WIN

Daily Reflections

“Impatience with other people is one of my principal failings. Following a slow car in a no-passing lane, or waiting in a restaurant for the check, drives me to distraction. Before I give God a chance to slow me down, I explode, and that's what I call being quicker than God. That repeated experience gave me an idea. I thought if I could look down on these events from God's point of view, I might better control my feelings and behavior. I tried it and when I encountered the next slow driver, I levitated and looked down on the other car and upon myself. I saw an elderly couple driving along, happily chatting about their grandchildren. They were followed by me — bug-eyed and red of face — who had no time schedule to meet anyway. I looked so silly that I dropped back into reality and slowed down. Seeing things from God's angle of vision can be very relaxing.” – Daily Reflections, June 10 reading

“We reacted more strongly to frustrations than normal people.”— As Bill Sees It, pg. 111

“We are sure God wants us to be happy, joyous, and free. We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.” — Alcoholics Anonymous, pg. 133

“The soul would have no rainbow had the eye no tears.” - Grapevine, September 1996

“It's the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because that is the road to freedom. I must walk into darkness to find the light and walk into fear to find peace. By revealing my secrets – and thereby ridding myself of guilt – I can actually change my thinking; by altering my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today.” – Daily Reflections, May 1 reading

Wit and Wisdom

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

Spirituality is a journey, not a destination.

I may not know a whole lot, but I know I'm sober.

If you have fear, you cannot have faith.

I'm the problem, and the problem is having a great day today being sober.

When you have surrendered, then you'll have that sense of okayness.

Everyone has a beautiful person inside, so go find that person.

It's not about resisting alcohol; it's about living free from alcohol.

If you don't want to be a liar, just start telling the truth.

It's not about who's right or who's wrong, but who's left.

I prayed to God to get me sober; so the next day I wound up in jail because I prayed for it.

Pain is necessary, suffering is optional.

The book says "Into Action" - not 'Into Thinking.'

Recovery is not an event; it is a process.

You have to give your prayers feet.

If you pray for potatoes, you had better get a hoe.

Let go or get dragged.

Thank God we don't get what we really deserved.

God talks to me through you people.

Change everything but your sobriety date.

There is no solution in complaining.

Hear something clever, witty, even profound at a meeting? Send it to: harborlightchair@hacaaa.org



HARBOR AREA SPEAKER MEETINGS

High on Life 835 E. 33rd St.@Atlantic, Signal Hill 8/7: Jill T., Rancho Palos Verdes 8/14: Jeremy F., Glendale 8/21: Nick G., San Pedro 8/28: Doug R., 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 8/7: Anne T., Long Beach 8/14: Theresa J., Long Beach 8/21: Diane B., Long Beach 8/28: Don N., Los Angeles	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 8/1:Joey G., Long Beach 8/8: Ronald (Cartoon) W., Los Angeles 8/15: Mississippi Mike, Anaheim 8/22: Clarisse W., Los Angeles 8/29: Roy R., Torrance	Monday, 7:30pm
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

Big 10 Speakers 835 E. 33rd St.@Atlantic, Signal Hill 8/4: Glenn B., Gardena 8/11: Lewis A., Signal Hill 8/18: Candice M., Los Angeles 8/25: Joe V., California	Thursday, 7:30pm
Long Beach Speakers 759 Linden @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 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@hacoaa.org

FROM THE EDITOR
FOR THE SEPTEMBER 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: August 10

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

GROUP CONTRIBUTIONS

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

60% to Harbor Area Central Office
 3450 East Spring St., suite #109
 Long Beach, CA 90806

30% to General Service Office
 Box 459, Grand Central Station
 New York, NY 10163

5% to Mid-So. Calif., Area 9
 Box 51446 Irvine, CA 92619

5% to your Local District:
District 1
 Box 10113, Torrance, CA 90505

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

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

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

	Jan - Jun				Jan - Jun		
	Jun 16	Jun 15	16		Jun 16	Jun 15	16
10 Plus Group	0.00	0.00	100.00				
12 Steps & Traditions Thursday 7PM	0.00	0.00	254.46	Downey Tues Womens Home Group	120.00	0.00	120.00
435 Intergroup	0.00	0.00	300.00	Drunks are Us	0.00	0.00	98.00
5420 Group	0.00	0.00	60.00	Early Att.Adj Mon IFH	0.00	0.00	45.00
Aloha Women's Group	0.00	95.98	403.21	Early Att.Adj Sun IFH	50.00	0.00	50.00
Artists Musicians	0.00	150.00	0.00	Early Att.Adj. Thurs IFH	0.00	120.00	100.00
Att Adj 7 AM Fri Marina Pacifica	0.00	0.00	350.00	Early Attitude Adjustment Sat Morn- ing	0.00	0.00	75.00
Att Adj 7 AM Mon Marina Pacifica	0.00	0.00	192.32	Early Bird Att Adj Sun IFH	0.00	0.00	150.00
Att Adj 7 AM Sat Marina Pacifica	0.00	0.00	251.00	East Bay Group	0.00	109.00	0.00
Att Adj 7 AM Thurs Marina Pacifica	0.00	60.00	370.00	Faith in Action	0.00	0.00	90.00
Att Adj 7AM Wed Marina Pacifica	0.00	0.00	510.00	Friday Night Big Book	0.00	0.00	60.00
Attitude Adj 645 am Lakewood	65.00	50.00	375.00	Friday Night Big Book (Lakewood)	0.00	60.00	0.00
Back To Basics	0.00	0.00	50.00	Friday Night Men's Stag	100.00	0.00	1,120.00
Basic Steps	30.00	0.00	30.00	Friday Night Men's Stag Long Beach	0.00	475.00	80.00
Bellflower Big Book Group	0.00	0.00	2,939.92	Full Moon	50.00	0.00	50.00
Bellflower We Care	0.00	10.00	20.00	Group #000654356	0.00	0.00	630.00
Belmont Hts Closed Womens	0.00	0.00	102.60	Group #168467	0.00	0.00	61.50
Book Study Wed MarPac	0.00	0.00	350.00	Group #173054	0.00	0.00	161.86
Bowling Green	0.00	50.00	60.00	Group #178801	150.00	0.00	150.00
Came to Believe	0.00	0.00	50.00	Group #618265	371.70	0.00	1,030.78
Candlewood Group	0.00	0.00	10.00	Group #638140	60.00	0.00	60.00
Candlewood Group -St. Cyprians	0.00	0.00	50.00	Group #670019-09-04	0.00	50.00	0.00
Carry The Message	250.00	0.00	475.00	Group #678432	0.00	0.00	120.00
Coffee Talk	0.00	0.00	120.00	Group #679539	0.00	0.00	60.00
Compton 401 Bullis Group	25.00	25.00	150.00	Group #688436-09-04	0.00	0.00	298.49
Conversations With a Drunk	0.00	0.00	400.00	Group #714996	0.00	0.00	35.72
Courage to Change	50.00	0.00	100.00	Happy Hour Fri MWA	0.00	0.00	125.00
Cypress Women's Step Study	0.00	0.00	165.00	Happy Hour Mon MWA	0.00	0.00	101.52
Discussion, Saturday 1 PM	0.00	0.00	25.00	Happy Hour MWA Mon	0.00	0.00	94.78
Downey 5th Street	25.00	0.00	50.00	Happy Hour Thurs MWA	0.00	0.00	110.00
Downey Beginners	0.00	0.00	120.00	Happy Hour Topic Discussion	171.00	0.00	171.00
Downey Men's Stag Wed	0.00	0.00	10.00	Happy Hour Wed MWA	0.00	0.00	100.00
Downey Real AA	126.00	0.00	267.00	Happy Ms Step Study MWA	0.00	140.00	100.00

Continued on Next Page

	<u>Jun 16</u>	<u>Jun 15</u>	<u>Jan - Jun 16</u>		<u>Jun 16</u>	<u>Jun 15</u>	<u>Jan - Jun 16</u>
Harmony Group	50.00	0.00	100.00	Rocky Timers	50.00	0.00	50.00
High Hopes Norwalk	10.00	0.00	10.00	Rule 62 Daily Att.Adj	300.00	0.00	600.00
High on Life Group	0.00	125.00	0.00	Sanctuary Group	0.00	0.00	60.00
Hoxie Group	0.00	0.00	24.00	Saturday Big Book Study Kaiser	0.00	200.00	0.00
I Never Had it so Good	100.00	0.00	267.00	Saturday Night Sobriety Seekers	25.00	0.00	76.00
Icebreakers Group	0.00	50.00	0.00	Seal Beach Mens Stag -Wed	75.00	0.00	150.00
In the Can	0.00	0.00	60.00	Seal Beach Speakers	816.80	0.00	816.80
Indian Charlie Group	0.00	0.00	50.00	Seniors 4 Sobriety	104.00	158.00	235.00
Intercity Womens	0.00	0.00	30.00	Signal Hill Speakers	0.00	0.00	240.00
Intimacy & Recovery Men's Stag	0.00	115.00	420.00	Sober on the Sand	0.00	0.00	101.74
Invisible Spkr Mtg	0.00	0.00	110.00	Staggers On Monday	0.00	50.00	152.11
Just Say Thanks	0.00	0.00	176.00	Step Sisters Long Beach Saturday	0.00	0.00	100.00
Just The Steps	0.00	0.00	146.12	Step/Book Study	0.00	0.00	100.00
Keep It Simple Simply A Roundup	0.00	0.00	147.00	Sun Spots	0.00	20.00	40.00
Lakewood Q&A	60.00	0.00	60.00	Surrender is Freedom	427.17	0.00	1,027.25
Living Sober Book Study	0.00	0.00	66.85	Thursday at Thursday's	0.00	0.00	100.00
Living Sober LB	0.00	0.00	66.24	Thursday Night Big Book Study	0.00	80.00	30.00
Lomita Wayfarers	25.00	25.00	50.00	Los Alamitos	0.00	0.00	30.00
Los Altos Group	25.00	0.00	70.00	Thursday Night Men's 10th Step	0.00	0.00	30.00
Los Altos Open Door	100.00	100.00	350.00	Top Discussion Sunday Los Alamitos	0.00	0.00	144.00
Lucky 13	0.00	0.00	100.14	Tuesday Night Live Big Book Study	40.00	0.00	40.00
Marina Pacifica Monday noon	0.00	0.00	200.40	Tuesday night Round Robin	0.00	0.00	60.00
Marina Pacifica Saturday Morning	0.00	0.00	232.52	Tuesday Night V.A.	100.00	0.00	400.00
Marina Pacifica Sunday 10 am	0.00	0.00	125.00	Tuesday Night Women's Downey	0.00	165.00	0.00
Marina Pacifica Womens Tues Step Study	0.00	0.00	420.00	Twin Town 4PM Happy Hour	0.00	0.00	159.60
Men's Banquet	0.00	0.00	930.50	Uppity Women	0.00	0.00	360.00
Men's Stag Tues MWA	0.00	0.00	150.00	VA Attitude Adjustment	0.00	10.00	0.00
Men's Step Study	0.00	46.00	40.00	Watering Hole VA	100.00	0.00	293.00
Mens Step Styd Tues 5633 Wardlow	60.00	0.00	60.00	We are not a Glum Lot	50.00	0.00	150.00
Mike's Spiritual AA	50.00	0.00	150.00	Wed Night Men's Stag	50.00	50.00	300.00
Monday Night Basic Steps Group	0.00	0.00	50.00	Wed Noon SS MarPac	115.00	0.00	115.00
Monday Night Book Study Group	0.00	0.00	88.61	Wednesday Discussion	200.00	202.00	1,269.00
Morning Book Study at Thursdays	0.00	30.00	0.00	Wednesday Night West	0.00	0.00	400.00
New Beginnings	0.00	0.00	103.56	Weekenders Group	0.00	0.00	25.00
Noon Big Book Study (Marina Pac, Mon)	116.40	0.00	116.40	Westside Early Risers	0.00	0.00	650.00
On the Way Home	0.00	0.00	100.00	Willing to Grow	40.80	18.60	248.00
One Hour Men's Stag	0.00	175.00	150.00	Winners Circle	0.00	0.00	80.00
Over 50 Group	0.00	0.00	60.00	Women's Step Study	36.00	0.00	36.00
Paramount Speakers	0.00	0.00	233.50	Women Achieving Sobriety	0.00	0.00	50.00
Participation - Sun 10am MP	0.00	36.00	0.00	Women In Recovery	0.00	0.00	100.80
Participation/Disc Marina Pac Tues 8 pm	0.00	0.00	50.00	Women in Recovery LosAl	0.00	0.00	120.00
Pearls Before Swine	50.00	0.00	50.00	Womens SS Mon Lkwd	0.00	60.00	0.00
POF	0.00	0.00	100.00	Womens SS Tue MarPac	390.00	0.00	390.00
				TOTAL	5,209.87	3,110.58	29,172.30

THE PERSONS WE HAVE HARMED

How many of us show up at the doors of Alcoholics Anonymous ready to start exploring our past and all of the issues that we've had with our fellow man? Not me! I came here with a rationalizing, alcoholic mind and the last thing I intended to do was to go searching for more things to hate about myself. The alcoholic within me was pointing the finger at them in order to minimize the appearance that I was at fault. My mind was constantly spinning yarns in order to have the right answers ready should anyone question why I did the things I did. In all of my waking hours, I got no peace of mind unless I had something to drink in me, and when that happened, it diminished the need to care about other people. As a matter of fact, it immediately sparked a drunken arrogance that often led to verbal and physical confrontations. A life lived by those standards can only end in destruction. When you have the option to drink it away you can put it off indefinitely, but sooner or later you have to pay the piper.

Not everyone can repair all of the damage they have done in the past to our families and friends. That is simply because some of them have moved on and may not be concerned about what our plans are. They don't see a need to be involved in the drama that the alcoholic is going through, especially with their memory of the failed *good intentions* of the past. Until we have a track record of truly changing our way of life and putting some time between us and that snapshot of our last drunken debacle, we can't expect any recognition from them since they aren't following us around every day recording our progress.

When it comes to making a list of all the persons we have harmed, the first thought that comes to mind is how far do we go with this list? My response is: "How much peace of mind would you be satisfied with?" The most obvious people are the ones that are closest to us such as family, friends, and employers. As we list those, we can spiral out-

ward to the more distant connections like relatives, friends from the past, and so on.

The last question I often hear is: "To whom do I owe amends?" Again, the peace of mind issue seems to set the standard for who goes on the list. First off, if I have truly changed those old behaviors and have put them behind me, I have already mended my ways and all that's left to do is to acknowledge my past mistakes in the presence of the person I have wronged. I find it relatively easy to level the playing field by simply asking the question: "Have you ever done something that you really regretted?" The answer usually goes: "Of course, who hasn't?" Next I say, "Can we talk?" You can do this with anyone that you feel uncomfortable about, when you hear their name mentioned. Eventually you will run out of people that are constantly renting room in your brain. On the rare occasion that you get a bad reaction, just realize that you've done all you can and you can put it behind you. All of that free space in your head adds up to *peace of mind* and you have the rest of your life to complete it.

Rick R.



Get Into Service This Summer

Harbor Area Hospitals & Institutions Needs You!

We have lots of new panels – join us at the next

H&I meeting and put your faith to work.

Newcomer orientation starts at 7:30 pm.

3rd Wednesday of every month

American Legion Hall

5938 Parkcrest St, Long Beach, CA 90808

Harbor Light

Continued from Page 4

separately incorporated and constantly active Services, exercising this through their ability to elect all the directors of these entities.”

Long Form: “The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

So instead of going into further details of Concept VIII, here are some remarkable foundations upon which Concept VIII is built: the General Service Conference and the Corporations in it are a combination of a legal corporation and spiritual democracy. Our charter and bylaws--the two documents upon which we're formed--are truly remarkable. Here's what brings me to tears about our Conference Charter:

“BE IT THEREFORE RESOLVED: That the General Service Conference of Alcoholics Anonymous should become, as of this date, July 3, 1955, the guardian of the Traditions of Alcoholics Anonymous, the perpetuators of the world services of our Society, the voice of the group conscience of our entire Fellowship, and the sole successor of its co-founders, Doctor Bob and Bill.” (*The AA Service Manual*, Appendices B and C).

In other words, as soon as an A.A. Group elects a GSR, suddenly the group begins to participate in 1) guarding the Traditions, 2) perpetuating world services, 3) communicating the voice of the group conscience of our ENTIRE fellowship, 4) and most remarkably of all, actively working as successors of Dr. Bob and Bill. (A brief note on perpetuating world services: if your group has contributed to New York over the last few years, then your group helped support the creation of the Navajo Big Book, which the General Manager of A.A. handed over to the Chief of the Navajo Nation in May!)

One last word, and I'll turn off my typing program. The bylaws of A.A.'s General Service Board, Inc. is a legal document. And here's what blows my mind. It's a *legal* document...with a *spiritual* foundation. You may not know you know, but.... You all already know what's on page one: the Twelve Steps of Alcoholics Anonymous. And you all already know what's on page two: the Twelve Traditions of Alcoholics Anonymous. And you can probably guess what's on page three: the Twelve Concepts of Alcoholics Anonymous. The first three pages of our bylaws are A.A.'s thirty-six spiritual principles of Recovery, Unity, and Service. We are a corporation with a spiritual foundation, and a spiritual movement with a corporate structure. What a concept!

Hiro S., Long Beach, CA
DOS 11/12/07
Bellflower Big Book Group
Mid-Southern California Area 09 DCM School Chair
District 4 Secretary and GSR School Chair

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

10+ Group—Robert C.

12 Steps & 12 Traditions—Daniel H.

Bellflower Big Book—Mike S.

Carry the Message—Ron W.

East Bay—Gil G.

High on Life—Dale C.

La Palma Big Book—Pete K.

Lakewood Speakers—Chris I.

Los Altos Open Door—Manuel J.

MWA Men's Stag—Bill G.

RT Monday AM—Bruce E.

Seal Beach Speakers—Mary M.

Signal Hill Speakers—Gilbert G.

Sober on the Sand—John S.

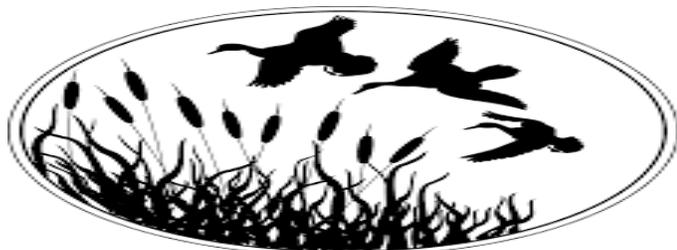
There is a Way—Ron T.

Tuesday Night Women's Downey—Adriana F.

Uppity Women's Group—Chris P.

Wednesday Book Study—Hiro S.

Wednesday Discussion—Brad S.



HARBOR AREA SERVICE COMMITTEE

Minutes for June 8, 2016

<http://www.hacoaa.org>

The meeting was called to order by Jackie P. at 7:30pm followed by the Serenity Prayer. HASC meeting announcements and rules were announced. The 12 Traditions were read by Manuel J. There were no new delegates. Julius Y. reported that 24 delegates were present, and 15 were needed for a quorum.

Secretary's Report: Rebecca F., secretary, read the minutes of the May 11, 2016 meeting. The meeting minutes were accepted with corrections on a motion made by Ron T. and seconded by Robert C. Motion passed 20-0.

Treasurer's Report: Ralph M. read the Income Statement for May 2016. Robert C. made a motion to approve the statement, seconded by Ron T. Motion passed 23-0. He then read the literature report for May 2016.

Chair 1 Report: Amethyst J. read the HACO services provided for the month of May 2016:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	117	Paid copies mailed	169	Total calls	81
Newcomer	38	Exchange copies mailed	38	Persons reporting	34
Out of town	0	Comp copies mailed	18	Central Office Receipts	
12 th Step	1	Total mailed	208	Contributions	\$4,653
Other	80	Total printed	235	Literature	\$2,509
Total in-house calls	236	Subscriptions emailed	18	Website visits	3,597

Assembly of the July 2016 Harbor Light is scheduled for Saturday, June 25, 2016, 9:00am at Central Office

Committee Reports

Public Information: Mary M. reported that the committee continues to send letters out to DUI offices and that she has no new updates at this time for any upcoming health fairs. She asked the committee to let her know if they hear of any upcoming events where she can host a booth.

Program Chair: Liz G. thanked all members who showed up to the planning meeting this past Saturday. She informed the Committee that she will be hosting planning committee meetings every Saturday at The Library Coffee shop on Broadway in Long Beach at 11am. She also mentioned that the sound guy and bands have confirmed for the picnic. She asked the committee to spread the word that she needs extension cords for the event as well as volunteers. She made new flyers and encouraged the committee to take them to their groups. Jamie C. reported that 57 entry tickets and 192 raffle tickets have been sold for the Rule 62 picnic. There are more raffle tickets for sale at \$1 a piece and the winner does not need to be present to win. Jamie C. also asked for a few volunteers that would be willing to help out in hosting a booth on the day of the picnic.

H&I: Ron T. reported that Harbor Area Hospitals and Institutions is doing really well. At our last meeting we had five newcomers and 2 members celebrated birthdays for a total miracle of 64 years. We spent \$1,868 in literature this month. We picked up 3 new panel requests: Harbor View Hospital, LA Community Hospital in Bellflower, and Augustus Hawkins Hospital in Willowbrook. We will fill them with panel leaders at our next meeting. The H&I Conference on April 8-10 was a great success and everybody had fun. Our next H&I business meeting will be May 18th.

In Office/Twelve Step: Dan H. reported that there is an opening on Saturday between 12pm-3pm that he will split up by weeks. He will need volunteers for this open slot for the 1st, 3rd, 4th, and 5th Saturdays of the month.

Action & Responsibility: Gilbert G. reported if meetings want to send information on meeting changes or moves please give him the specifics so he can find it in the directory to make the changes. There were reports that the Saturday morning VA meeting was dark but it was not in fact dark. The meeting was not actually being held in the room it says in the directory due to electricity problems but they met outside on the park bench. Gilbert G. also stated he needs one more committee member that has been coming to the HASC for more than 7 years to join him at a meeting with the church we used to meet at for our monthly meetings to discuss re-renting from them. The meeting will be held on June 21st at 7pm at Resurrection Lutheran Church.

Archives: Mark J. reported that the June mailing will be going out in a week. He also mentioned that the online speaker archives will be expanding.

Phones (After Hours): Gil G. reported that he has one opening on the 5th Tuesday.

Harbor Light: Hiro S. reported that this month's Harbor Light is out and Mark J. covered for the traditions. Next month's articles should be in this week and all is going well.

Website Committee: Matthew L. reported that 1/3 of our visitors to the website are desktop users and 2/3 are mobile users. He posted more

Harbor Light

Continued from Previous Page

speaker tapes and added a “really cool swipe action” feature. He has been doing meeting and security updates. The “Blue Lightning” speed and security has been successful and he added an ASL meeting type to the directory. He also mentioned that we have the #2 slot when users search for AA meetings. Matthew L. also introduced an idea of setting up a 800 # that would possibly get more calls in to Central Office and wanted to present this to the committee. Jackie P. stated that we would discuss this in new business.

District 2: Chris I. reported that their May meeting discussed the Area meeting conference. They have a new Bridging the Gap representative and there will be an upcoming presentation at the Snake Pit done by Area delegate Joe who just returned from the conference. Chris I. also informed the committee that their new GSRs are quite inexperienced and they are developing a library of AA publications for their records to help orient the new representatives.

District 4: Gilbert G. reported that 48 people showed up to their last meeting. The Area delegate came to the meeting and gave a presentation on the conference that was just held and this is available through email for those interested. 10 people came to GSR orientation, 4 in attendance at the DCM school, and 8 people stayed for the concept study.

Area 9: Gilbert G. reported that their meeting had their Area delegate share back from the latest conference where multiple items were discussed and voted on for the future of AA. He gave some highlights from the decisions made at the conference. The conference committee suggested the spread of plain language literature of Alcoholics Anonymous and this idea was voted not appropriate at this time. Hiro S. added that Joel C. gave a talk about the Area meeting and spoke about the strategic plan. As we are looking at finances for AA, we are in trouble, but should not “freak.” We have relied on literature sales to make up for groups not donating. Hiro S. informed the committee that AA membership has flatlined and we need to carry the message as outlined in the big book, not rely so much on treatment centers, and encourage people to get involved in general service. Another way we can ease our worries about our finances is to come up with more ways to donate and send money to GSO. One thought is the “Birthday Plan.”

Old Business

Amethyst J. reported that she is going to step back and do an overhaul on the amendments to the by-laws to make sure she is doing it correctly. She asked the committee if they wanted to table this issue until next month or take it off the agenda until she reviews them and gets more clarity. Ron T. made a motion to remove the “written amendments to the by-laws” off the agenda until Chair 1 is ready, seconded by Matthew L. Motion passed 24-0.

New Business

Gil G. made a motion to authorize the expenditure of \$300 for a new computer for the office for the volunteers to use. Ron T. seconded, and motion passed 23-0.

Matthew L. made a motion to set up an 800# that Central Office can use, seconded by Ron T. Motion passed 20-0.

Julius Y. asked the committee if HASBYPAA could be listed as a service committee in the back of the directory.

Bruce E. made a motion to add the HASBYPAA Service committee information to the back of the directory, seconded by Gil G. Motion passed 23-0.

Bruce E. made a motion to add HASBYPAA as a committee report to the agenda for the monthly service committee, seconded by Gilbert G. Motion passed 20-0.

Gil G. made a motion to adjourn the meeting, seconded by Chris I. Meeting was adjourned at 8:39pm.

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 CENTRAL OFFICE INCOME STATEMENT

Upcoming Event Calendar

	Jun 16	Jun 15	Jan - Jun 16
Income			
Contribution			
Group Contributions	5,210	3,111	29,172
Personal Contributions	25	459	1,155
Birthday Contributions		10	288
HASC Receipts	54	48	278
Bulletin Contributions	51	103	414
Total Contribution	5,340	3,731	31,307
Literature Sales	3,631	3,439	22,538
Other Income/Interest	2	14	78
Total Income	8,973	7,184	53,923
Cost of Goods Sold			
Cost of Goods Sold	24		58
Cost of Literature	2,556	2,605	16,358
Inventory Adjustment	69		(21)
Credit Card Fees	50	44	233
Total COGS	2,699	2,649	16,628
Gross Profit	6,274	4,535	37,295
Expense			
Bookkeeping	45	45	910
Computer	580		780
Copy Plan (Xerox)	258	538	1,593
Less Directory & HL copies	(153)	(169)	(802)
Depreciation Expense	42	42	253
Donations			
Government Reporting		15	
Harbor Light		147	234
Insurance - General	125	125	659
Insurance - Workers' Comp	31	37	183
License/Permits			1
Payroll	3,813	5,330	24,979
Postage			147
Rent	1,285	1,264	7,647
Rent - HASC	65	65	390
Rent - Storage	68		130
State Sales Tax Adjustment			404
Security System	20	20	120
Shipping Charges			24
Stipulated Travel Expense		30	
Supplies	288	114	820
Telephone/Internet	249	199	833
Utilities - Water	39	31	270
Total Expense	6,755	7,833	39,575
Net Income	(481)	3,298	(2,280)

Harbor Area Service Board
August 3, 2016 at 6pm
3450 E. Spring St., Suite 109, Long Beach, CA

General Service—District 4
August 3, 2016 at 7pm (new GSR orientation at 6:30pm)
1900 E Carson St., Long Beach, CA

Harbor Area Service Committee
August 10, 2016 at 7:30pm
1900 E. Carson St., Long Beach, CA

Harbor Area H&I Service Committee
August 17, 2016 at 8pm
5938 Parkcrest St., Long Beach, CA

49th Annual District 22 Convention
August 26-28, 2016
Veterans Memorial Building
801 Grand Ave., San Luis Obispo, CA 93408
<http://www.district22convention.org>

South Bay Roundup
September 2-5, 2016
Torrance Marriott
3635 Fashion Way, Torrance, CA 90503
<http://www.southbayroundup.org>

H&I Chili Cook-Off
September 17, 2016
Long Beach Recreation Park
4900 E 7th Long Beach, CA 90804

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
Jamie C., HACOAA Liaison
Angie B., Dale C., Neil E., Harbor Light Committee

Contributors:
Kevin P., Wit and Wisdom
Rick R., The Persons We Have Harmed
Mike M., Step 8
Aaron H., Tradition 8
Hiro S., Concept 8

HARBOR AREA HOSPITALS AND INSTITUTIONS

Minutes for June 15, 2016

<http://www.hacoaa.org>

ANNOUNCEMENTS: Many thanks to Gary for coffee and to those who helped set up. Joe read the Twelve Traditions. The May minutes were approved with no corrections. Amanda ran the 50/50 raffle.

NEWCOMERS: There were 6 newcomers tonight. We will have names and phone numbers available next month.

BIRTHDAYS: There were 6 birthdays for the month of June: Mark with 4 years, Kliment with 5 years, Joe with 13 years, Mike with 15 years, Laura with 21 years and Rosalind with 24 years. This is a total miracle of 82 years. Amanda provided a cake and we all sang Happy Birthday.

TREASURERS REPORT: Ron T. gave a detailed treasurers report. In our General Fund we have \$2,287.00. We have \$7,396.10 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. There are two meetings scheduled next month: Mother's Group and East Bay.

LITERATURE REPORT: Vern gave a detailed Literature report and explained how to order literature and how to pick it up. We spent \$371.31 on literature this month.

INTERGROUP REPORT: The last Intergroup meeting was held Sunday, May 22nd in Covina and hosted by Inter Valley H&I. General Fund is \$1,289.27. Literature Fund is \$10,974.83 for a total \$12,264.10. The 2017 Conference will be held in La Mirada at the Holiday Inn in the second week of April. The next Intergroup meeting will be on Sunday, June 26th in Morro Bay and hosted by the Central Coast H&I Committee. TAKE NOTE. Lunch will be at 1pm. The business meeting starts at 2pm. All are welcome.

SERVICE COMMITTEE: At the last Service Committee meeting on June 8th there were 20 delegates in attendance. A quorum is 15 and was had. Harbor Area Central Office finished May with a net loss of \$3,518 with a year to date loss of \$1,662. But take note that Central Office is still in good shape. In Office/Twelve Step Chair Dan says we have openings on Thursdays from 12pm-3pm and Saturdays from 12pm-3pm. Call Central Office. Liz G. said Rule 62 Picnic will be July 2nd at El Dorado Park. Adults are \$5.00. Children 10 and under are free. Harbor Light is still in need of new subscriptions to keep our USPS Bulk Rate. This month we mailed out 18 comp subscriptions to avoid paying the much higher First Class rate. Also Hiro is in need of articles for the Harbor Light. After Hours phones have one slot open on the 5th Tuesday. Call Central Office. There will be a meeting at Lutheran Resurrection Church on June 21st at 7pm to discuss AA moving back after their fire. Motion passed to spend up to \$350 for a new Internet Tower for the first volunteer desk. Motions passed to have the Young People Committee added to the last page of the directory and to be added as a monthly committee report. Assembling of the July 2016 Harbor Light is scheduled for Saturday, June 25th, at 9am at Central Office. All are welcome.

AREA ASSEMBLY: Revo spoke of 65th AA Convention to be held in San Diego this September.

POLICY COUNCIL: No report

CHILI COOKOFF: Mark said the date for the Chili Cook Off 2016 will be Saturday, September 17th at our same location in Little Recreation Park. We are in need of volunteers, booths and auction items. Planning meetings will continue each month before the regular business meeting. All are welcome.

SPANISH LANGUAGE: Angel spoke of Spanish speaking volunteers available for any panels needed.

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

OLD BUSINESS: None

NEW BUSINESS: Motions were made and approved for books.

Kliment won the 50/50 raffle and picked up \$49.
The meeting ended at 8:52pm.

Our next meeting will be Wednesday, July 20th at the American Legion Hall 5938 East Parkcrest Street, Long Beach, CA 90808. Chili Cook Off planning meeting will be at 7:00pm. Newcomer orientation will be at 7:30pm. Our business meeting will be at 8:00pm.

Respectfully submitted by Ron T.



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

AUGUST 2016

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