

THE HARBOR LIGHT

A NEWSLETTER FOR
HARBOR AREA
ALCOHOLIC ANONYMOUS MEMBERS

MAY 2021

HARBOR AREA CENTRAL OFFICE
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HACOAA.ORG



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AA Concept Five

Throughout our service structure, a traditional “Right of Appeal” out to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered. Throughout our service structure, a traditional “Right of Appeal” out to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Newcomers to AA’s General Service Conference are often surprised at the pains taken by the Chair of Conference to make sure the minority has a second opportunity to present its own views. Even after extensive debate on an issue, followed by a vote in which a substantial unanimity is reached those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed its previous decision.

This is AA’s Right of Appeal in action and Bill said the same principle should apply to meetings of our groups, intergroups, regions and boards. On an issue of grave importance, the minority has the actual duty of presenting its views.



The Right of Appeal recognizes the minorities frequently can be right. Even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

According to Bill, trusted servants do for their groups what the groups cannot do for themselves. In exercising their Right of Decision, trusted servants are almost always a small but truly qualified minority, whether in the form of regional committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, therefore, in their own meetings, to pay special deference to the minority voice.

This concept also warns us of the tyranny of the majority and points out that in AA, a simple majority is seldom sufficient basis for a decision. That’s why we usually require at least a two-thirds majority. Lacking this, it is preferable to delay the decision; or in the case of an election following the Third Legacy Procedure to “go to the hat”.

The Right of Appeal also permits any person in the service structure, whether paid or volunteer, to petition for redress of a personal grievance. He or she can complain directly to the General Service Board, without prejudice or fear of reprisal.

AA STEP FIVE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Twelve Steps—Step Five pp. 55-62

My first most exciting AA experience was when I heard a member talk at a meeting and based on what he said I knew I was alcoholic and I also knew that AA was my answer, my solution. It was a tremendous relief to know there was now a way out of the mess of my life!

The second most exciting AA experience was doing my 4th Step. Sober about 6 months I was anxious to continue to move forward with my progress in the AA program, in my life! I did my 4th Step all in a long night, in ink, on many pages of almost unintelligible stories of resentments, fears and weak sex conduct. Once I set the pen down there came an unbelievable overwhelming sense of relief, of joy! It came clearly to me that I was the problem and I also knew deeply that AA was my solution - I was free!

The third most exciting AA experience wasn't as exhilarating as the first two but has probably provided the greatest lesson and living tool of my entire life ... a result of my 5th Step! A couple weeks after I did my 4th Step I was back in town and able to get with my sponsor, Dick M. to do my 5th Step. He had told me we would do this together when he told me to get my 4th Step done, so I knew this was where we were headed. By this time I knew that Dick was only in this to help me to get and stay sober, and that he was interested in my wellbeing. Yet I was still pretty nervous about this ... I wanted Dick to like me and some of this stuff I was planning to reveal might persuade him otherwise.

The time had come. We sat down in the living room of my efficiency apartment, Dick on the couch and me in a chair at the table. I had lots of almost illegible pages beside me and nervously waited for the go signal from my sponsor! We covered a lot in the next several hours, mostly I talked and he often chimed in with a supportive comment or a "I have one better" kind of experience story.

Now for the highlight - the story that really changed my awareness and outlook on life! It was actually the opener in my fifth. At the top of all my pages I had written "I wish my father had loved me more" so I read this and I thought Dick something that I heard as "who the hell are you to want more from your father than he was capable of giving?"

AA CHECKLIST

Traditions Checklist from the AA Grapevine

Tradition Five:

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

- ◇ Do I ever cop out by saying "I'm not a group, so this or that Tradition does not apply to me"?
- ◇ Am I willing to explain firmly to a newcomer the limitations of AA help, even they get mad at me for not giving a loan?
- ◇ Have I today imposed on any AA member for special favor or consideration simply because I am a fellow alcoholic?
- ◇ Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- ◇ Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try to help them and to learn from them?

...Continued



MARIE F.

My name is Marie F and I'm an alcoholic.

Well, hard to believe, but I was a 24/7 blackout drinker. I also was working; I had a job and was on the verge of going away for some reason.

I was born and raised in South Philly. An ex-boyfriend had said that he had made me an alcoholic. Now I wasn't too sure what an alcoholic was.

Alcoholics to me meant, Mr. Riley, down the street who fell asleep on his steps outside his house on Saturday nights. And still there on Sunday morning when we went to church. That's what I identified as an alcoholic and I wasn't that.

I did have a problem with my drinking because I couldn't just have one drink or two drinks. Once I took that first drink, I was off and running. But I thought it was normal for my life.

I saw an ad that Central Office used to place in the Long Beach Telegram in the helped wanted section. Why my eyes were drawn to that, one only knows but, it said, 'are you having a problem with your drinking? And I thought, well yeah, I am. I was on my way to passing out, and I looked in that mirror and said the alcoholics prayer. "God help me." I had said it millions of times before. For some reason the next morning when I got up - when I came to - I took that piece of the paper. I went to work. I called the number from work.

A lady from central office answered the phone and was very surprised when I said yes, I would go to a meeting that night. I think she was concerned that maybe I wouldn't get there. So, she said, "I'll send somebody out for you; pick you up." That night I stepped out to the corner and where I was supposed to meet these people in my high heels and my jangling earrings and my hair, you know, fluffed up and my makeup and - shaking. This big black car pulled up. I got into the back of that car. It was a woman named Eleanor and her husband, the judge, and they each had about five years sobriety. He was a superior court judge in Long Beach, and they drove me to a meeting. MWA on 33rd Street.

A man came up to me right away. He said, "you know, you can go into a program. It's not alcoholics anonymous, but it's over at Memorial hospital and they have a program for people who need it, an educational program."

I had listened to the guys at MWA that night sharing and I decided that I only had a slight case of alcoholism. I couldn't hold the coffee cup without shaking but I didn't make the connection of that to me not drinking.

The next morning, I got up and made it to the intake office at Memorial hospital for alcoholics for addiction problems.

I proceeded to repeat to the lady at the intake that I only had a slight case of alcoholism and I'll never forget the funny look she got on her face. I didn't associate it with anything abnormal. She wanted me to go into the 30-day inpatient program, but I said, "Oh, I couldn't possibly do that. I have a job." So, I went into the outpatient program at that time. That was my introduction to AA.

That was March 17th, 1981 and I am so grateful for AA and all the wonderful people I've met along the way in my 40 years of sobriety.

Check This Out!

*Please join us at the
Harbor Area Service
Committee*

2nd Wednesdays

7:30pm

*For more information
visit: www.hacoaa.org*

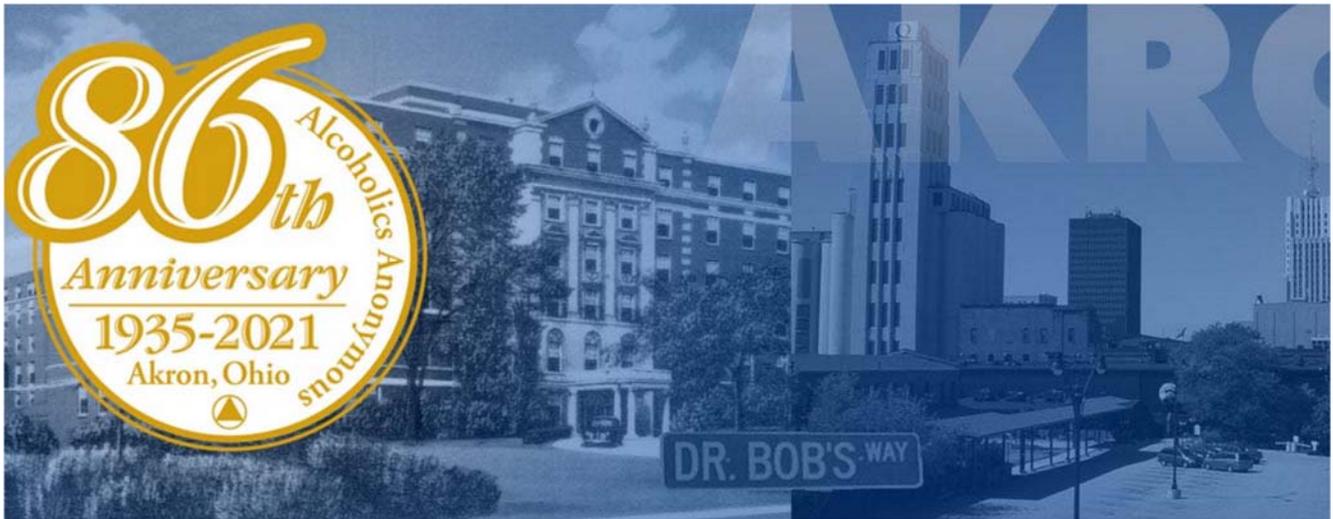
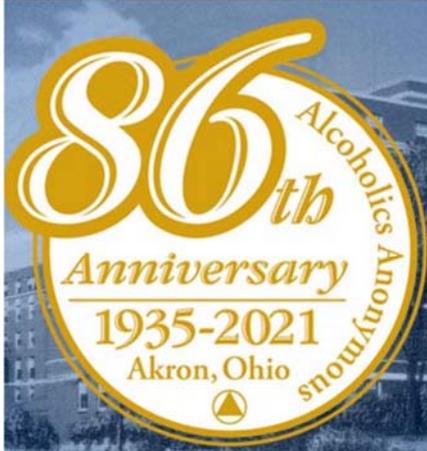


FROM THE EDITOR:

The Harbor Light is for you, the reader and member of Alcoholics Anonymous. We encourage your participation and hope you will consider submitting your stories, experiences, and humor to this newsletter.

Submit to: Erica O.

HARBORLIGHTCHAIR@HACOAA.ORG



FOUNDERS' DAY

JUNE 12 & 13

2021

The Annual three-day celebration in Akron, Ohio commemorates AA co-founder Dr. Bob's last drink and the birth place of Alcoholics Anonymous. The event, which began in 1941, is held in early June and today draws about 10,000 visitors from around the world.

For information about this year's celebration, visit: foundersday.org



Dr. Bob's Home

855 Ardmore Ave
Akron, OH 44302-1240
(330) 864-1935

<https://drbobshome.org>

Dr. Bob & Anne lived here until their passing; Anne in 1949 and Bob in 1950. Open to the public Noon to 3:00 PM everyday but Christmas. *(Special hours Founders' Day weekend).*

Do you ever get drunk?

Yes

No

X

Step Five continued ...

Your father loved you as much as he possibly could; if he could have loved you more he would have!" I was rocked and immediately thought "this is not going well!" With no discussion nor any debate he said something like "next." I was not able to dwell on my shock and concern for my well being - on to the next item.

Just for clarity "I wish my Father loved me more" when word-smith'ed to fit our suggested 5th Step format would be something like "I resent my father because he didn't love me enough or pay enough attention to me." Dick never took issue with my lack of appropriate format - he stayed focused on the substance of what I was telling him.

So the lesson that was so important ... after the turmoil of the 5th Step settled down I came to realize that I expected more of my Dad than he was capable of giving - he was giving the best that he had! In other resentments discussed I saw that I most often expected more of others than I had a right to expect. And equally as important I expected less of me than I could offer to most situations. It was clear that I needed to flip that kind of living around.

Another most important part of my 5th Step was the love and acceptance I felt after having done my fifth! I was sure I was still Dick's top pigeon, and also that I was a good member of AA! This was the foundation for my sense of well being as a participating member of society!

One more thing of importance ... it is important to be complete per the instructions found in the Big Book. I did not knowingly withhold anything but while sitting at a meeting one night I realized that I had forgotten about an item under sex conduct. I resolved to tell Dick at my first opportunity. After a few more rounds of "forget and remember" I finally unloaded it with him ... relief again!

Terry L., Victoria, MN. for the MIRUS

Daily Reflections

May 01, 2021

Healing Heart and Mind

Admitted to God, to ourselves, and to another human being the exact-nature of our wrongs.

Twelve Steps and Twelve

Traditions Page 55

Since it is true that God comes to me through people, I can see that by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way.

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.

From the book Daily Reflections

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Anonymous World Services, Inc.

Harbor Area Service Committee

Minutes March 10, 2021

Email: info@hacoaa.org / Phone: 562-989-7697

1. Meeting called to order by Debra L. at 7:31 P.M. followed by the Serenity Prayer.
2. HASC meeting announcements and rules.
3. Reading of the 12 Traditions. (Stewart read)
4. Two new delegates introduced themselves. (Syd L. from Friday Night Participation, Chelsea O. from Friday Night Fellowship)
5. Confirmation of the presence of a quorum. Kristen stated there is a quorum. 7 were needed; we have 12.

Secretary's Report (Debbie W.): Sue T. read minutes.

Change spelling to "In Memoriam"

Matthew L. made motion to approve, Kristin S. seconded. Motion passed.

Treasurer's Report (Chris I.): Chris read the Income Statement and Literature Report. Matthew L. made motion to approve, seconded by Kristin S.

Chair 1 Report (Dan H.): Following is for February 2021:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	88	Paid	4	Total calls	157
Newcomer	58	Total mailed	4	Persons reporting	35
12 th Step	0	Total printed	5	Website visits	9,561
Other	16	Subscriptions emailed	145	Central Office Receipts	
				Contributions	\$5,544
Total in-house calls	162			Literature	\$471

Committee Reports

Public Information: Open -

Program Chair: Rosa P. (Estefany A., Alt.) – Estefany posted flier for Bingo to be held April 24th, 2-3:30PM. They are looking for cash donations from groups to purchase gift cards. Will have six rounds of Bingo. They learned a lot from the last Bingo and said this should be an even smoother virtual event. It will have a disco theme, so please dress in '70's attire. Personal cash donations are also fine. You can send to central office or donate through the program Venmo. Syd asked how to register to participate. Estefany stated flier is on chat and on website. There will be a planning meeting Sunday at 10AM. Contact Rosa at 310-894-0185 or Estefany at 702-886-9329 for login info.

H&I: Sandra H. – Still working on filling panels. Getting more newcomers attending. Hoping things will turn around soon and get back into rooms. Reminded all that H&I Committee meeting is every third Wednesday at 7:30PM. There are currently fewer panels than before. She's has been doing H&I almost 10 years. Feels her spirituality, gracefulness and being to interact with newcomers has grown. Encouraged all to fulfill your AA growth and feel part of. Contact aapanel@gmail.com

In Office/Twelve Step: Sue T. announced all shifts are covered.

Action & Responsibility: Brad S. – Stated A&R provides support for meetings in the area, encouraging them to support our Traditions. Working on making sure meetings stay safe during pandemic. Brad is only filling in on this position and asked to let him know if someone is interested in taking it over.

Archives: Gerry W. – Reported he has flier for MidSoCal Open House. It will be virtual on April 3rd, 1-3PM. It will be Zoomed through Archives in Riverside. He will do update to his 1980 Convention talk, PRAASA was held virtually and had great

workshops on Archives. They have asked for pandemic stories, but may be too soon. Washington has website where you fill in a questionnaire that goes right to Archives. Will work with Matthew to put one on our website. May come up with way to do "sit down" interviews on Zoom.

Phones (After-Hours): Carlina W. – Reiterated what an important position this is. All spots are currently full and we have some back up. Suggested people with commitments more than one time a month possibly give up a day so others can fill them. Brad offered to give up his 5th Sunday (days) spot. Would also give up his 5th Wednesday (5P-9A). If you would like to be on back up list, contact Carlina or Sue. Need holiday help also.

Harbor Light: Erica O. – Thanked everyone for kind words. People have contacted her with items she will incorporate into next issue. Still learning her role and thanked all for their patience. Currently working on April draft.

Website Comm. Report: Matthew L. – Went to PRAASA. Said tech committee was great. Has an archive PDF he will post. He and Rosa decided new site was ready deploy and launched it this past Saturday night. Bingo registration is on there. Did screen share of new site and received many compliments.

District 2: Chris I. – They finally had a meeting, with four in attendance. Approved that if you attended PRAASA, they will refund you the \$15. Will have better meeting next month when PRAASA attendees attend.

District 4: Gerry W. - Spotlight on service. Everyone is getting their questions lined up for April, to bring to our delegate. General Service meeting this Sunday.

Area 9: As Gilbert has not been attending, it was agreed Debra, Gerry and Matthew attend enough meetings to keep us informed about Area 9.

HASBYPAA: Still need delegate for young people.

Old Business: None.

New Business: Matthew asked if current events could be sent to Harbor Light and website.

Chris I. made a motion to close, seconded by Matthew L.

Debra L. – Meeting closed with the Serenity Prayer at 8:32PM

Respectfully submitted by Sue T.

p4/06/21

Harbor Area Central Office Income Statement

	Mar 21	Mar 20	Jan - Mar 21
Ordinary Income/Expense			
Income			
Contribution			
Group Contributions	7,850	6,257	22,293
Personal Contributions	441	1,310	2,046
Birthday Contributions		200	
Total Contribution	8,291	7,767	24,339
Literature Sales			
Los Angeles Lit Sales		5	
Orange Cty Literature		14	
AA Books	363	928	1,452
AA Pamphlets	3	39	29
Grapevine Lit			54
Harbor Area Lit	21	250	22
Merchandise Sales		1	22
Other Sales		3	
Literature Sales - Other		19	
Total Literature Sales	387	1,259	1,579
Event Income			
Program Income			786
Total Event Income			786
Other Income/Interest	1	0	2
Total Income	8,679	9,026	26,706
Cost of Goods Sold			
Cost of Literature			
Orange Cty Lit.		19	
Los Angeles Lit		3	
A.A. Books	272	709	1,088
A.A. Pamphlets	2	7	21
Grapevine Literature			42
Harbor Area Literature	21	128	22
Merchandise		0	16
Other Goods		2	
Total Cost of Literature	295	868	1,189
Credit Card Fees	9	31	54
Total COGS	304	899	1,243
Gross Income	8,375	8,127	25,463

04/06/21

Harbor Area Central Office Income Statement

	Mar 21	Mar 20	Jan - Mar 21
Expense			
Website			430
Bank Charges	10	50	152
Bookkeeping	50		915
Computer	13	119	664
Copy Plan (Xerox)	238	238	715
Less Directory copies		(35)	
License/Permits	4	4	4
Insurance - General	100		300
Insurance - Worker's Comp	46		126
PayPal Fees	50		184
Payroll			
Payroll - Wages	4,634	6,960	12,636
Federal Payroll Taxes	351	523	938
State Payroll Taxes	1	6	8
Christmas Club	20	120	60
Payroll - Other			53
Total Payroll	5,006	7,609	13,695
Rent	1,444	1,440	4,332
Rent - HASC		65	
Rent - Storage		85	
Security System	20	60	60
Supplies			
Drinking Water	45	76	87
Paper		110	
Less Directory Paper		(11)	
Office Supplies		18	
Total Supplies	45	193	87
Telephone/Internet	180	176	539
Total Expense	7,206	10,004	22,203
Net Ordinary Income	1,169	(1,877)	3,260
Other Income/Expense			
Other Expense			
Total Other Expense			0
Net Other Income			0
Net Income	1,169	(1,877)	3,260