
HARBOR LIGHT

June | | 2019

Big Book of Alcoholics Anonymous Dictionary (dik shun air ee)

Admonish - (ad mon ish) pg 135 :
Warning - warn / To express a warning about or disapproval of something.

Agnostic - (ag noss tik) pg viii, 28, 44,46, 60, 93,181, 287, 365, 369, 373: One who believes the existence or non-existence of God cannot be proven or known/ A person unsure that God or a god exists.

Atheist - (ay thee ist) pg 10, 44, 55, 93,181: One who does not believe in the existences of god.

Chicanery - (sheh kane uh ree) pg 11: artful trickery / deception by trickery or misleading reasoning.

Delicatessens - (del uh kuh tess nuz) pg 5: Diners / Restaurants / a place that sells cooked or prepared foods.

Epoch - (eh pik) xxvi: Age/ Era/ A period of time made special by something or someone.

Its Part of The Mix

by Danny G. page 2

Tradition Six

Alcoholics views in on the prestigiousness of A.A. page 3

What is Contingent Sobriety? page 4

Dating in Sobriety



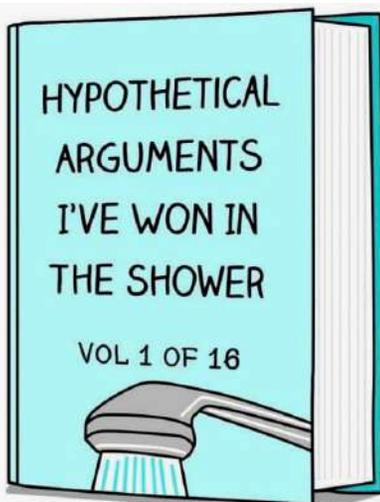
"C'mon, Gina! You really think Jeffrey is hotter than Ted?"

Harbor Area Central Office is

Updating their 12 step phone list!
If you would like to be added or
need to change your information
please contact (562) 989-7697
Or visit them in person they love
visitors !



JUST 4 TODAY.



Its Part of the Mix

My name is Danny Garcia and I am alcoholic. I'm mixed with all sorts of things to the point that I usually get asked what nationality I am. As a child I was called racial slurs; I was never black enough or brown enough or white enough. I stuttered, and I felt like I didn't fit in anywhere. All I wanted to do was be loved

The first time I drank- I was twelve and it was magical. In an instant, I was the perfect color and I fit in. I drank until I ended up homeless and as broken as a

**"My Gift is relief of
my Alcoholism"**

Human can feel on the inside and on the out. I was alone, just the way I thought I wanted it to be.

My alcoholism took me places I never even knew existed- dark, ugly, scary places. In the end; all I wanted was die and I figured suicide would fix that. I attempted, and failed... and that's when I came to Alcoholics Anonymous. I'm learning to take responsibility for the way my life was. I came here to find self control, but You're teaching me that self reliance is not my answer. I came here to get help and You are teaching me to help others. If ur reading this, and you're broken, AA is showing how to fit myself to be of maximum service to God and Others, and THROUGH THAT, my gift is relief of my alcoholism, and a heart peace without parallel. It's available to U also.

- Danny G Alcoholic

Tradition Six

"An A.A group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems or money. property, and prestige divert us from our primary purpose."

Members want to lend a hand and help others in many ways but it's important to do our best to keep it within the traditions because we wouldn't be around like we are if we went outside what tradition six tells us. Tradition six helps us stay connected and fosters the fellowship.

- Emily C.

Tradition Six protects what A.A. is, attraction rather than promotion works far better because who wants to do anything that isn't their idea in the first place?

-Anonymous

On a deep level, money, property and prestige undermine the humility we have and pushes it out of our affairs. A.A. is based on attraction rather than promotion. Even though on a public level it could reach so many, only few would grab on to the idea. So why not reach out to the few personally who search for the hand of A.A.

-Nicole I. Grateful member

Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety. But, to what extent? How far would we go to give so freely what has been given to us. Some of us would shout from rooftops about their newly found freedom, some would collaborate with treatment centers on events and the like and some seek out through hospitals those still sick and suffering. Alcoholics Anonymous is a program of, wait for it..... attraction rather than promotion. We read it all the time yet we get so tuned out to our readings and they start to lose their sense to us unless we continue to pay attention.

So, here is your monthly reminder. One of A.A.'s very own founders, the one who is responsible or so much of what we now have, learned first hand that the A.A. name must remain separate from anything outside of it. Frank Amos and Dick Richardson created the alcoholic foundation, foundation kept us organized, and that came from A.A. requesting funding from the Rockefeller's. The Rockefeller's didn't give us what we asked for, but what we received from them was something better. The story is very interesting and beautiful and seems to have come from a Divine entity, you should look it up. Inter web.

Even out of that sprang more traditions and the way in which they were constructed were not of humans alone. Tradition Six protects us, so long as we follow it, from becoming something that we aren't and potentially taking our focus to things that are not helping others recover. It's best to keep it simple.

You can't sell A.A.

- Anonymous ³

CONTINGENT SOBRIETY

Two Alcoholics talk about their sobriety and the spiritual contingency of it

I had my first drink of liquor when I was 13 years old. I recall saying that it tasted "spicy". I had my next drink at 16 when I began to binge drink on the weekends. I always put a lot of pressure on myself to do well in school so drinking gave me the escape I needed from my daily routine. I refused to believe I had a drinking problem regardless of the hangovers, blackouts, and near death experiences I had on alcohol. Over the next 10 years I struggled with my alcoholism coupled with my addictions. I was in and out of relationships, I dropped out of college, I lost jobs, I was hospitalized multiple times, I had two suicide attempts, and a DUI. I finally found the program once I went to rehab in May of 2018. With A.A. I get a daily reprieve contingent on the maintenance of my spiritual condition. I no longer need to escape. I can accept my life on life's terms. Here I've made real connections with women I can relate to and learn from. I am very grateful to be a part of Alcoholics Anonymous.

-Danielle M

Every day I wake up to my alcoholism, it already had its coffee and wants to tell me just what it thinks of me.

" Oh, look at this lazy loser that can't do anything right. Remember that time you did this super embarrassing thing, and that other time you failed and that other time you were rejected that suck, am I right?... ect."

My alcoholism is always waiting for me to slip, it waits to tell me " I told you so" it wants me to forget what it was like always with the, "it wasn't that bad, remember all the fun we had?". But I can't listen to that voice in my head I will only bring me pain, and eventually lead me to drink. If I am diligent, honest, kind and listen to my sponsor. I will hear the real message, and the rest will fall into place. When I keep up on my spiritual program even when it doesn't make sense I will stay sober, and everything be fine. My sobriety I contingent on my willingness to not listen to my alcoholic mind.

- Alcoholics Anonymous Member

Who is Responsible?

"I am responsible, when anyone, anywhere, reaches out for help I want the hand of A.A. always to be there. And for that I am responsible."

Questions & Answers

Did you ever not take advice from your sponsor, and why?

" Yes, I didn't take the advise to be true to my self in the beginning. I should have listened but my Higher Power saw fit that I only learn the hard way, when I am in a lot of pain and desperate for help. I had to find out again and again that I am not ok with how I let people treat me. But the hardest part was how I was treating myself. I did all these things willingly, happy most the time about it. I was just watching myself act out. Physically sober, and mentally drunk. I don't have to live that way anymore unless I want to, and today I don't want to. I went through enough pain to learn my lesson ... hopefully. "

-Alcoholics Anonymous member

Sober
AF

HARBOR AREA SERVICE BOARD

3450 E. Spring Street #
109, Long Beach, CA
1st. Wed. - 6:00 PM

HARBOR AREA SERVICE COMMITTEE

Resurrection Church
1900 E. Carson St., Long
Beach, CA 90807
2nd. Wed. - 7:30 PM

HOSPITAL & INSTITUTION COMMITTEE

The American Legion
5938 Parkcrest St., Long
Beach, CA 90808
3rd. Wed. - 8:00 PM:
New member
orientation at 7:30.

GENERAL SERVICE - DISTRICT 1

Kiwanis Club
2515 Valley Drive, Hermosa
Beach, CA
2nd. Thurs. - 7.30 PM

GENERAL SERVICE - DISTRICT 2

Imperial Alano Club
8021 Rosecrans Ave,
Paramount, CA 90723
4th Wed. - 7:00 PM

GENERAL SERVICE - DISTRICT 3

25904 Cayuga Ave-Lomita
(church-Rear), CA
2nd Tues. - 7:30 PM

GENERAL SERVICE - DISTRICT 4

Resurrection Church
1900 E. Carson St., Long
Beach, CA. 90807
1st. Wed. - 7:00 PM



A.A Pamphlets

B A I L A P C L L I S M Y U Y H B
E A A F O R Y O U A P O S P N J J
J L H G Y F K P A Y I N O K S S H
H Z P A R W H E G T R E O A X O B
D Y U O C O D G F X I Y I B L R C
R W Y H E I U V B J T J V Q E U L
O I Q X S P S P X E U X E N R L W
W T F N N W G I B Q A R N V G C T
D A I I H E P N E H L W Z U F Z J
O B L F Z N O T U X I D Q E C N V
G R L I I R F W G O T N Z Z D O G
E F I I Z F B D U I Y I U U O G R
H N O T S K S A R E M O C W E N A
T W E L V E T R A D I T I O N S W
E G G W W G W D S Y X R J I L H M
K D S I A E I K F N K V F B N Q K
V M I X V H P E X P J C U F Z C O

The God Word

AA GROUP

InsideAA

Twelve Traditions

Money&Spirituality Mix

AA For You

A newcomer Asks

Understanding Anonymity

Young people

Many paths to spirituality

Rule 6 Picnic

Saturday, July 6 | 9-4pm
 El Dorado Park West (Studebaker Road & Los Arcos Street)

Planning Committee is seeking donations & group participation for booths. Please contact programchair@hacoaa.org
\$5 LIVE MUSIC • FOOD • GAMES • RAFFLES

Have an event? Or have more questions about the events in the Harbor Light? Visit our website or let us know what you want to know! If we can not find it I'm sure you can find out from your sponsor.
ww.Hacoaa.org Or email us HarborLightChair.org

District 4 wants to here your voice!

District 4 is putting together a committee with the goal of creating a web site. If you have experience or what to learn how to put together a website come join us at the meeting and meet us!
 First Wednesday of the Month at 1900 E. Carson st.
 Resurrection Church @7 pm

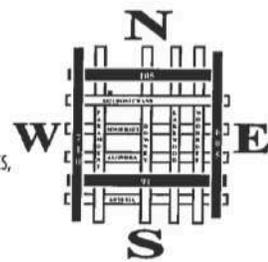
The Paramount Group Presents of Alcoholics Anonymous A BIG BOOK WORKSHOP WEEKEND 2019

with
Bob D. from Las Vegas NV
Mike S. from Riverside CA

Saturday June 22nd 9 am - 5 pm
Sunday June 23rd 9 am - 5 pm

\$15 registration (donation) covers rent, coffee, printed materials, speakers travel, boarding, and all other expenses

WE ASK THAT YOU PLEASE REGISTER NOW SO WE CAN COVER EXPENSES, HOWEVER, REGISTRATION IS NOT NECESSARY TO ATTEND!
 IT IS ONLY TO COVER COSTS, BRING YOUR BOOK AND A NEWCOMER!



Imperial Afano Club
8021 Rosecrans Ave
Paramount CA (Do not send registrations here)

For more info visit <http://www.paramountspeakers.org> or call Maureen at (562) 923-2276

WACYPAA XXIII PRESENTS

19TH ANNUAL YPAA DAY

SIX FLAGS MAGIC MOUNTAIN
26101 MAGIC MOUNTAIN PKWY
VALENCIA, CA 91355
SUNDAY, JUNE 9, 2019
10:00am TO 9:00pm

\$55 for YPAA Day
 ticket price includes lunch - pre-order online wacypaa23.org
\$70 for Scavenger Hunt • WACYPAA Prekey • YPAA Day
\$55 for Scavenger Hunt • YPAA Day • \$5 for Scavenger Hunt

Now some stuff from central office!

HARBOR AREA SERVICE COMMITTEE

APRIL 10, 2019

HASC

Opening Remarks	Elizabeth called the meeting to order at approximately 732pm and the Serenity Prayer. She welcomed new and returning delegates and discussed voting requirements. Eric A. read the 12 traditions. New Delegates introduced themselves: Miguel, We Are Not a Glum Lot (Friday evening) Debbie W. – Women’s Step Study in Lakewood (11am) Gilbert: Quorum is present.
Secretary’s Report	Jay Read the minutes from 3/13/19 corrections were suggested; Janie makes a motion to approve, it is seconded and the motion passes unanimously.
Treasurer’s Report	Chris reported the Income Statement and Balance Sheet for March: \$5,108 contributions; \$3,127 literature sales; gross income \$8,126, net income was negative \$1,096 Matthew made a motion to approve; seconded by Rosie G; motion passes unanimously
Chair 1 Report:	Rosa read the

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	102	Paid copies mailed	54	Total calls	136
Newcomer	57	Total mailed	54	Persons reporting	40
Out of town	1	Total printed	56	Website visits	13,801
12 th Step	0	Subscriptions emailed	92	Central Office Receipts	
Other	66			Contributions	\$5,108
Total in-house calls	226			Literature	\$3,127

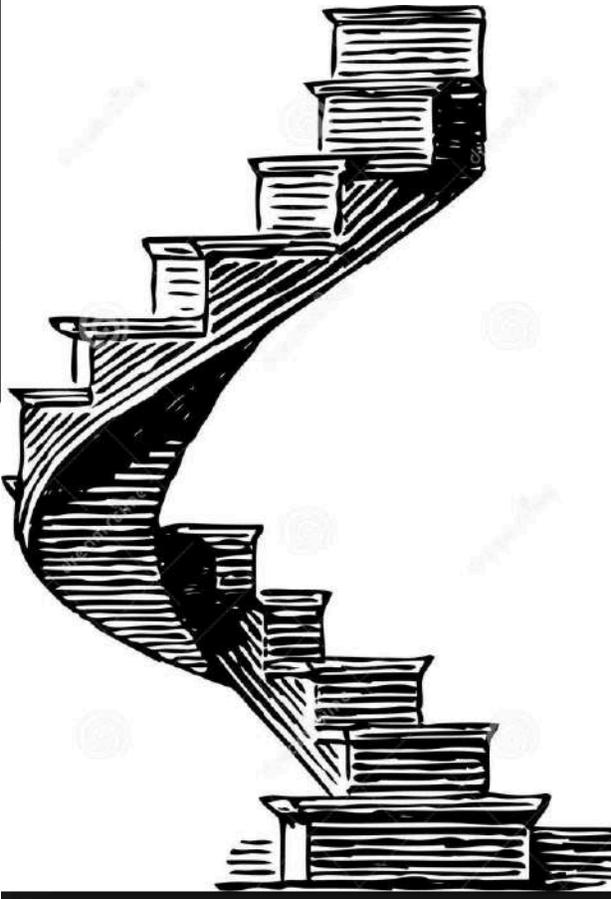
Committee Reports

Public Information (Corey P)	Corey can’t continue with this position; thanks the group for letting him be of service.
Program Chair (Estefany)	Bingo Night is on Saturday April 13, Neighborhood Church in Bellflower, Volunteers should show up at 3pm. If anyone has money for tickets that were sold, please give it to Estefany or Central Office.
H&I	Bob came to the last HSAB meeting and the goal is to expand H&I and grow the number of panels that are being run. Over 200 panels happen a month – in other words, 50 meetings a week at locations where people cannot get out (hospitals, rehabs, jails, etc.). In order to do that, we need new people to join H&I and to expand H&I,
12 Step (in Office)	Every Saturday of the month, needed in-house, 9a-noon HASB offered some comments to the Guidelines that he prepared last month; the main comment was to avoid referring callers to treatments and recovery homes. Central Office does have a list of referrals, but the addition to the Guidelines was to

	Apr 19	Apr 18	Jan - Apr 19
Ordinary Income/Expense			
Income			
Program Income			1,870
Contribution			
Group Contributions	8,803	6,535	23,307
Personal Contributions	182	111	861
Birthday Contributions	68	43	172
Total Contribution	9,053	6,689	24,340
Literature Sales			
Los Angeles Lit Sales	163	91	323
Orange Cty Literature	57	64	171
AA Books	5,035	2,135	14,695
AA Pamphlets	281	173	973
Grapevine Lit	65	149	336
Harbor Area Lit	544	437	2,290
Merchandise Sales	97	29	165
Other Sales	79	33	155
Total Literature Sales	6,321	3,111	19,108
Other Income/Interest		1	1
Total Income	15,374	9,801	45,319
Cost of Goods Sold			
Cost of Goods Sold		0	10
Cost of Literature			
Orange Cty Lit.	23	7	(48)
Los Angeles Lit	118	66	234
A.A. Books	3,823	1,605	11,090
A.A. Pamphlets	201	122	707
Grapevine Literature	51	102	271
Harbor Area Literature	233	189	935
Merchandise	86	20	140
Other Goods		17	
Total Cost of Literature	4,535	2,128	13,329
Inventory Adjustment		(230)	1
Credit Card Fees	33		298
Total COGS	4,568	1,898	13,638
Gross Income	10,806	7,903	31,681
Expense			
Website			312
Bank Charges		102	
Bookkeeping	50	200	196
Computer	585		1,062
Copy Plan (Xerox)	239	274	1,038
Less Directory & HL copies	(71)	(50)	(430)
Insurance - General			374
Insurance - Workers' Comp			106
License/Permits			4
Payroll			
Payroll - Wages	5,669	5,543	17,297
Federal Payroll Taxes	429	415	1,277
State Payroll Taxes	3	4	14
Christmas Club	60	60	180
Payroll Service		3	144
Total Payroll	6,161	6,025	18,912
Postage			150
Rent	1,389	2,672	5,586
Rent - HASC	130		325
Rent - Storage	80	350	320
State Sales Tax Adjustment			48
Security System	20		40
Shipping Charges			20
Supplies			
Drinking Water	61	52	174
Paper	243	166	424
Less Directory & HL paper	(23)	(16)	(138)
Office Supplies	8	306	42
Total Supplies	289	508	502
Telephone/Internet	151		454
Total Expense	9,023	10,081	28,989
Net Ordinary Income	1,783	(2,178)	2,692
Net Income	1,783	(2,178)	2,692

	Jackie. P encouraged <i>including</i> the Alanon website as a referral. It was discussed whether or not this was the kind of referral that are generally discouraged. Bruce mentioned that the Big Book does mention Alanon. Damien – agrees that Alanon is mentioned in the Big Book. Eric B. will <i>remove</i> the Alanon referral from the Guidelines, but he will make sure that Alanon is in the Referral list.
Action & Responsibility (Nichole)	An A&R rep will be checking on some meetings that may be dark, one of which appears to be hosted in an apartment. A complaint about round table was addressed by Nichole and Bruce discussed the busy area where Round Table is stationed, and how some difficult situations are out of Round Table's control.
Archives (Gerry W)	Gerry is working with the Area 9 Archivist and the Chair of Area 9, in order to get the 1960 Convention film available for viewing. Previous requests were denied by the Archives Trustees because of anonymity concerns. Gerry is hoping to address those concerns.
Phones (After Hours) (Carlina)	Very strong possibility that the third Sunday (daytime (9a-5p)) is available and first Friday (evening (6p-9a)) available. Also looking for more backup volunteers.
Harbor Light (Michele)	There's a brief delay in getting out the March edition. If anyone has art or poems that she would want included, they can be sent to Michele. Elizabeth asked who proofreads the Harbor Light before it is printed, and Michele reports that it is proofread by Board members and other alcoholics. Bruce
Website (Matthew)	Security updates to website, modified meeting display code, meetings near me is now more prominently displayed; we're staying current with cloud technologies. Estefany asked if we can include Spanish meetings in the same meeting directory. Matthew says he would like to do that, to make "Spanish-Speaking" a meeting type.
District 2 (Chris I)	District 2 has new GSRs and is working to build attendance. Planning for the Foro continues.
District 4 (Jamie C)	Gilbert G. read Jamie. C.'s report: There is a workshop planning meeting on the 27 th of April at the Coffee Bean (Traffic Circle), the workshop topic is Technology and AA. Jamie C. should be contacted to confirm the time.
Area 9 (Gilbert G.)	Next Area meeting is this coming Sunday; Debra L. praised the district area roundtable she recently attended. Gilbert. G. encourages everyone to sand when s/he speaks, as is the protocol for this meeting.
Young People (Michele)	Saturday morning at 9am there is a bunny run, it's a 5k, to raise money for WACYPAA; and on May 4 th there's a Mustache Ball, at the Share Center in Culver City Debra L. asks Michele to define HASBYPAA, and Michele needs the help of Chris I. (a non-young person), to assist her.
Old Business	New copier was approved by the Board; and Rosa signed the contract tonight
New Business	We need to vote in a new Registrar. Elizabeth D reads the position description. Michele nominates Debra L; she accepts. Damien moves to close nominations. Debra L. is elected unanimously (19-0). We need a new PIPS Chair. This is tabled for next month. Damien asks about including the open H&I panels in the Harbor Light and Michele says she can make space.
Motion to adjourn	Matthew makes a motion to adjourn at approximately 8:50

I didn't have a drink today do and what could be better?



Respectfully submitted, Jay P, HASB Secretary

