

# HARBOR LIGHT

September | | 2019

## Big book of Alcoholics Anonymous Dictionary (dik shun air ee)

**Cagey - (kay jee) pg 291:** Careful/  
clever/ smart/ wary/ resourceful.

**Dandy - (dan de) pg 188:** Particularly  
excellent one/ exceptionally good of its  
kind.

**Epiphany - (e pif an ee) pg 334:** Flash  
of insight / appearance/ a sudden  
understanding or intuitive insight.

**Miracle - (mere uh kul) pgs xv, 11,  
57, 85, 124, 128, 151, 206, 251,  
207, 272, 336, 364, 375, 380, 430,  
442, 445, 455, 528, 530:** An event  
that appears beyond explanation but  
the laws of nature and so is held to be  
supernatural in origin of an act of God/  
wonder/ marvel phenomenon.

**Wet Blanket - (wet blank ut) pg 106,  
112:** One that discourages or  
dampens enjoyment or enthusiasm.

**Zeal (ze ul) pg 181, 446:** Effort/  
interest/ enthusiasm and devotion in  
the support, or pursuit of, a cause,  
ideal, or goal.

Have something you want in the  
HARBOR LIGHT? Send us what you got  
at: [harborlightchair@hacoaa.org](mailto:harborlightchair@hacoaa.org)



HARBOR AREA CENTRAL OFFICE PRESENTS  
THEIR ANNUAL FUNDRAISER

## Traditions Banquet

NOVEMBER 2, 2019 • 6 - 9 PM

SCOTTISH RITE EVENT CENTER  
855 ELM AVE. LONG BEACH, CA 90813

SEATED DINNER (RESERVE A TABLE - 8 TO A  
TABLE) • 50/50 RAFFLE • SPEAKER MEETING

TICKETS \$30  
FREE PARKING  
ONSITE

WE ARE IN NEED OF VOLUNTEERS, DONATIONS, AND  
GROUP CONTRIBUTIONS.

PLEASE CONTACT PROGRAMS CHAIR  
ESTEFANY ARIAS  
(702) 686-9329 OR [ESTEFANYARIAS42@YAHOO.COM](mailto:ESTEFANYARIAS42@YAHOO.COM)

# Born This Way

As a child, a good portion of my childhood consisted of fear and instability. I was the product of a booty call gone array. Born into a military family, I grew accustomed to constant moves and split time between grandparents. I am of Mexican and Italian descent. I was considered too “white washed” for the projects that I was raised in which made me feel even more separate and apart from. At different periods of their lives parents suffered from this same disease of self.

I watched it destroy them slowly. I wanted to live a better quality of life. If I had a dollar for every time I was told I had potential to do great things I’d have bought my way to freedom. I figured if I had worked hard enough I’d be immune of their same fate, but I was sorely mistaken. I drank away a track scholarship to USC, among other things important in my life. What was once considered a bright future was slowly dimming to a bleak and dim existence. I felt hopeless, lost, and more afraid than ever before. I had no faith in God for he forsaken me and those I’d cherished the most. I had a child at 19. I had made many promises to myself and those around me. A solemn oath to quit the booze and the drugs.

I truly believed that this time it would be different. I’d give her the life that my parents could not afford to give me. However, it seemed that even the love of that little girl could not relieve me of my suffering. Through a series of unfortunate circumstances, I ended up at a meeting of Alcoholics Anonymous.

I met a woman who shared with me her experience and I believed that she had once felt the way that I felt. She had the exact words to describe it. Having nothing more to lose, I had the willingness to listen. I intuitively trusted her.

## Suggestions for the Newcomers

1. Go to meetings check out various types of meetings. Always know the time and place of your next meeting and don’t drink before the meeting. When starting out, many A.A.’s recommending you go to 90 meetings in 90 days.
2. Get phone numbers at the meetings. Use the back of a pamphlet, or anything. Call someone before you take the first drink.
3. Listen for similarities. Most of us tend to be critical. Instead, listen for people who have felt like you are feeling. Hear the message in the stories.
4. Buy a Big Book. Our program is in the first 164 pages.
5. Find a home group and ask for a service commitment. Any level of service will help you feel a part of the group.
6. Look for a temporary sponsor. Find an A.A. member of the same sex who has some sobriety, a working knowledge of the 12 steps and has the sobriety you want.
7. Avoid People, Places and Things that may lead you to drink. If you must go, have a plan to leave early or take another member. If tempted, Think the drink all the way through. Is one doing really going to be enough?

8. Remember HALT. Don't get too Hungry , Angry, Lonely , or Tired.

9. Stick with the winners- the people who are staying sober by doing service and practicing the program.

10. Experiment with prayer. Ask your Higher Power for help.

11. Jump in. Risk active participation in your own recovery.

12. Easy does it. We are here to help!

### *The Serenity Prayer*

God Grant me the  
Serenity to accept  
the things I cannot  
change courage to  
change the things I  
can and the  
wisdom to know  
the difference.

She quickly launched me in a vigorous course of action. Slowly my life began to get better. My fear and anger was lifted after a thorough searching and fearless moral inventory. The fellowship surrounded me and I was told I never had to do anything alone again. I have grown up here. I've been taught how to be a better mother, partner, and friend. I was told Faith without works is dead, so I go out from here to pass the baton to the next person, for fun and for free. Alcoholics Anonymous and it's many trusted servants have my life. I hope that my many blessings may never spoil me. I am forever grateful.

*-Sober Member of Alcoholics Anonymous*

## A NEW COMER LOVE STORY



# I Had No Intention of Stopping

My sobriety date is January 19<sup>th</sup> of 2014. Approximately one month after turning 20, I wandered into the rooms of AA. I had rationalized my drinking up until that point with arguments of being a young person doing what young people do. After working the steps and getting honest with another person, I can now see the insanity I had been living in. My drinking was different than others. I always wanted to drink, and when I drank, I had no intention of stopping after a few.

In fact, I couldn't. By the time I was 18 I had gone to 5 different high schools, lived in three different countries and had attempted living with my dad, my mom, and my aunt. After I graduated high school I moved back to America and began to attend a university.

Here, my drinking took new scores. I was drinking as often as I could. I was violent, and I was a danger to others. I lied, cheated and stole to continue to drink. I drunk drove often and was blind to my problem with alcohol. I came to visit my mom during this time and upon visiting her she invited me to a meeting of Alcoholics Anonymous. She had 8 years of sobriety.

I was 19 and honestly admitted I couldn't imagine my life without alcohol. It was the most honest I had been in years. I stayed dry for about a week before picking up where I had left off. I spent 6 more months trying to drink before I surrendered in January of 2014.

I ended up at a late night AA meeting where I met Sam B. Sam shared their experience strength and hope with me while we chain smoked cigarettes. I trusted Sam and so they began taking me through the steps and the book the way their sponsor had done with them. Sam saved my life.

I went to meetings all the time and usually cried a lot. Fear of coming face to face with the actions I had taken while drinking consumed me. I never imagined being free or finding happiness and serenity.

The steps have given me a relationship with a higher power that affords me all of those things. The shadows of shame that clouded me when I came into the rooms have diminished. I have hope today. And so can you.

- Anonymous

## THE "GOD" WORD

Whatever you do, please don't let someone else's religious beliefs prevent you from finding the solution that is available to you through Alcoholics Anonymous.



Taken from 'The "God" Word' Approved by The AA General Service Conference in Great Britain

AA is not a religious organization. Alcoholics Anonymous has only one requirement for membership and that is the desire to stop drinking. There is room in AA for people of all shades of believe and non-belief.

Many member believe in some sort of God and we have members that come from and practice all sorts o religions but also many are atheist or agnostic. It's important to remember that AA is not a religious organization; we have a simple idea that there is a power greater than us as individuals.

What we all have in common is that the program helps us find an inner strength that we were previously unaware of- where we differ is in how we identify the source. Some people have the thought of the word God as standing for "good orderly direction", or even "group of drunks". But many of us believe that there is something bigger than ourselves which is helping us today.

This power may lay within some person's religious beliefs, or it can be completely separate from any religion. For example, one member looks at the sea and accepts that it is a power greater than him. We could ask ourselves 'Do I believe that somehow there is a *power greater than myself?*'

As Bill W wrote in 1965 ... "*We have atheists and agnostics. We have people of nearly every race, culture and religion. In AA we are supposed to be bound together in the kinship of a common suffering. Consequently , the full individual liberty to practice any creed or principle of therapy whatever should be a first consideration for us all. Let us not, therefore , pressure anyone with out individual or even our collective views. Let us instead according each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive: Let us remember that each alcoholic among us is a member of AA, so long as he or she declares*".

## An Atheists Experience in AA

My name is Paul, and I am an alcoholic . I am an atheist. I believe there probably is no God. I cannot prove there is no God, because it is impossible to prove a negative statement like that. I have been an atheist since long before I came to AA. I have a Higher Power. It is very tangible, and easy to understand, and to contact. It is the fellowship of Alcoholics Anonymous.

I came to AA a beaten man, in February 1995. I am a very lucky, grateful person. I have not had a drink since that first meeting one day at a time. When I came to that first meeting, the word God in the Steps, and subsequently when I read the Big Book did trouble me, but I was desperate. I went to lots of meetings, listened and read, and did not pick up that first drink. I started on out program of recovery.

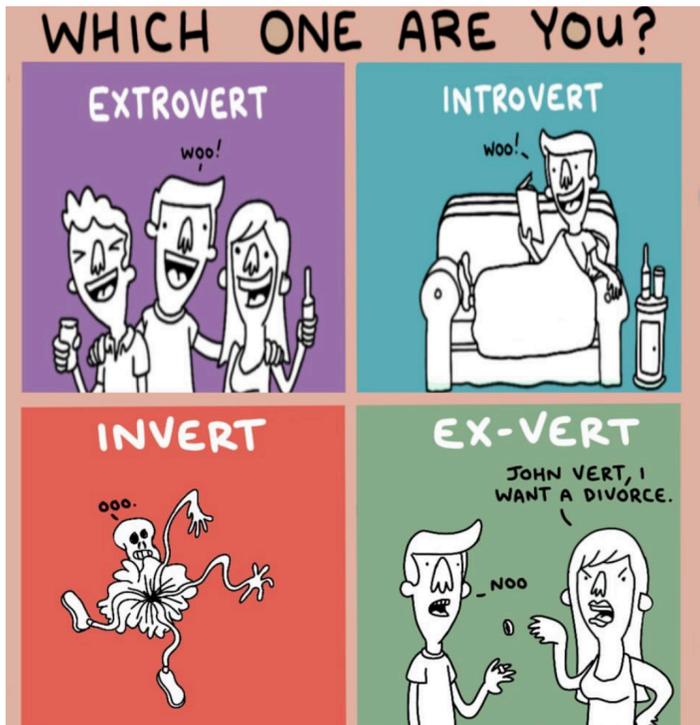
In the following years I realized that Bill W is very clear in the BigBook, he refers repeatedly to the God or Higher Power 'Of your understanding' The God in the Big Book is the God of Bill W's understanding.

## Living Sober as an Agnostic

My lack of religious belief sometimes made me feel I was on the margins of AA rather than properly plugged in, but I went regularly to meetings and did service where I could. Gradually AA worked for me despite my misgivings. I developed a conscience in AA and learnt how to be honest with myself and other I learnt the value of service and how to make friends in sobriety.

I haven't had a drink for 25 years and I am no longer waiting for my religious conversion. I am still an agnostic. I don't know whether or not there is a supernatural power, but I can't believe that there is and having a few years of sobriety behind me gives me the confidence to be open about my lack of belief.

There is a place for atheists and agnostics in AA: a way through to a happy sober life and we should help each other to find it.



# Concept IX:

## Principles before personalities in our Leaders

## Literature and resources you may find useful

### Tradition 3, short and long form Alcoholics Anonymous (Big Book):

- Foreword
- Chapter 2, 'There is a Solution'
- Chapter 4, 'WeAgnostics'
- Story, "The Vicious Cycle"
- Appendix 11, 'Spiritual Experience'

Alcoholics Anonymous has long been thought to have no real leadership and no orders to be followed. Then why do we need leadership? No society can function without it at all levels and A.A. is no exception. Here in A.A. we have wrapped ideas around the thought of the principles before personalities. To

**“Good service leaders together with sound and appropriate methods of choosing them are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the trustees and general service Board of Alcoholics Anonymous.”**

### WHAT DOES THAT MEAN!?

The basic principle behind this particular concept is: how can we best strengthen leadership of A.A. and its future. With leadership we shall have continuous problems. Good leadership can be here today and gone tomorrow. Furnishing our service structure with able and willing workers has to be a continuous activity.

That means GSR, our delegates and our board of Trustees have an indispensable job ensuring our doors stay open. The reason it is important to have these positions because these are the links between the A.A. group conscious and our fellowship at World Service.

How else would we find out that we need to change a pamphlet, change wording, add sections or remove sections, and stay updated with the world as it changes. They also protect the A.A. name, get new literature update our old literature and help countless hopeless alcoholics.

When groups making a choice for their GSR's representative A.A. members should have a few facts in mind. It is up to the GSR to choose, and the group assembly, our Delegates. This means that these people choose who votes for us who adds, changes and try to make A.A. more accessible to the next suffering alcoholic. It is important to name who is best qualified for the GSR's position.

When A.A. groups vote for their general service representative it is not a popularity contest personal ambitions should be cast aside. This position comes with responsibility, it is usually rather faceless and sometimes thankless. The GSR service positions in my opinion separates us from the herd. We get to participate in a large business meeting, argue passionately, tried to abide by Roberts rules of order, nitpicked this is meeting minutes, to all those who need it. Where only other GSR's and delegates see our dedication. Because of that this position helps create humility, and truly trying to reach the next suffering alcoholic.

*-Alcoholics Anonymous member.*

Notes taken from "The A.A. Service Manual"

## Who is Responsible?

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"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

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**Tradition Nine, whats that about?**

**"We are a fellowship of equals. No one is better or worse than their fellow alcoholic."**

*-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



**HARBOR AREA SERVICE COMMITTEE**

<b>Opening Remarks</b>	Elizabeth called the meeting to order at 7:31, followed by the serenity prayer. Morgan – Willing to Roam Shannon B – Friday Night Participation Debrah L. determined that a quorum was not present.
<b>Secretary's Report</b>	Gilbert G. makes motion to pass the minutes as amended; Gloria seconds, and the minute are approved as amended
<b>Treasurer's Report</b>	Chris gave the Treasurer's Report Matthew asks about PayPal frequency, and Chris indicates these are summed quarterly. Liz asked about the Matthew makes motion to approve, Dimian seconds, motion passes 12-0-0
<b>Chair 1 Report:</b>	

In-house phones	Harbor Light	After-hours phones
Fellowship calls	Emailed copies	Total calls
Newcomer	Total mailed	Persons reporting
Out of town	Total printed	Website visits
12 <sup>th</sup> Step	Subscriptions emailed	Central Office Receipts
Other		Contributions
Total in-house calls		Literature
		\$

**Committee Reports**

<b>Public Information - Miguel C.</b>	Absent, no report.
<b>Program Chair – Estefany</b>	Revenue continues to trickle in from the picnic; Estefany will try to book the Scottish Right for the Traditional Banquet, a nice dinner in November
<b>H&amp;I – Jay</b>	Jay gives an update about how to sign up for H&I Larry F. asks Remo -
<b>12 Step – Eric B</b>	First Saturday of the month, 12-3pm, opening. Dimian asks to verify the time.
<b>Action &amp; Responsibility – Gilbert G.</b>	Gilbert G. called district 3 to verify a Torrance Speaker Meeting, and this was removed from the schedule until it could be verified
<b>Archives - Gerry W</b>	
<b>Phones (After Hours)</b>	Sandra reported on the position, and it's basically answering the phone for people who call Central Office after hours; people will answer on their own cell phone; and the caller won't get the private cell number of the There's probably no sobriety requirement Laura B. asks about sobriety requirements

<b>Harbor Light (Michele)</b>	Morgan asks to clarify, and it turns out there's no sobriety requirement. First Tuesday is available 6p-9a and Second Wednesday 6p-9a Estefany asked a question about how the phones are setup [absent, no report] Jackie reported that she reviewed the new draft
<b>Website (Matthew)</b>	Matthew showed that he enabled new functionality so that the schedule could be viewed when someone lacks internet access
<b>District 2 – Chris I.</b>	Chris stood to give his report; 11 people attended the last meeting. Foro was a big success. There's a meeting Aug 28, Imperial Aliano Club, 7pm, Shareback.
<b>District 4 Jamie C</b>	Gilbert G. shared that his District is doing its chili-runoff for the chili-cookoff; Chris Remo informed the group the
<b>Area 9 – Gilbert G.</b>	Gilbert did self-care last month, and did not attend the Hemet
<b>Young People - Michele</b>	[absent, no report] Morgan – the next event will be in November; it'll be a rap competition;
<b>Old Business</b>	Debrah L - there was a motion on the floor, last week, about posting the minutes and budget so that we can conserve meeting time at the HASC
<b>New Business</b>	Liz asks if this HASC is interested in running its own chili cookoff booth Dimian Rosa encourages participation at the Chili Cookoff, at which Traditions Banquet could be Jackie encourages HASC to check with H&I about the role HASC can play at the Chilli Cookoff. Anyone who wants to help should talk to Estefany, and Estefany will bring this up at the H&I business meeting next week. We will check back on this issue at the first HASC in Monday. Dimian encourages us Stewart L – his meeting wants to know if there's any effort to organize groups to go to the international convention in Detroit. [we circled back to Old Business ]
<b>Motion to adjourn</b>	Motion to adjourn duly made, seconded, and passes at 8:50