

# HARBOR LIGHT

July | | 2019

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

**Erroneous (e row nee us)- pg 567:** mistaken/ false/ containing or from error.

**Fellowship (fell low ship)- 57 entries :** The Leadership members of AA/ groups of or the combined membership of AA/ Association between individuals especially on Pleasant equal or intimate terms

**Headlong pg 126 :** hastily/ at break neck speed/ with uncontrolled force.

**Herbert Spencer - pg 568 :** British philosopher who's nine volume System of Synthetic Philosophy held that the physical, organic and social realms are interconnected and develop according to identical evolutionary principles, a scheme suggested by the evolution of biological species. ("contempt prior to investigation" is falsely attribute it to Herbert Spencer.)

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



**Saturday, July 6th**

**9am - 4pm!**

**El Dorado Park West**

Studebaker Rd & Los Arcos St

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*Sobriety and*

*Overcoming dis-ease.* page 4

*7th Step* page 5

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# A Brief Guide to A.A.



## THE PAMPHLET SERIES.

For many years, alcoholism has been recognized as a highly prevalent and disabling health problem, one that affects far more than just the alcoholic alone. Family, friends and others are hurt by its effects – in the home, on the job, on our highways and roads.

Alcoholism costs lives, as well as costing communities millions of dollars. So, whether or not you ever become an alcoholic yourself, alcoholism can still have a devastating impact on your life. We in A.A. have learned a great deal about alcoholism – how to identify and arrest it, and how to live a life in recovery. But so far, no one has discovered a way

to prevent it; it is still unknown just why some drinkers turn into alcoholics and others do not. Many doctors and scientists in the field have studied this question but have not been able to determine a definitive cause (or causes) of alcoholism. For that reason, we in A.A. concentrate on helping those who are already alcoholics, those who may have a desire to stop drinking, so that they can begin to recover and to learn how to live a normal, happy life without alcohol.

### **What is alcoholism?**

As A.A. sees it, alcoholism is an illness. Alcoholics cannot control their drinking, because they are ill in their bodies and in their minds (or emotions), A.A. believes. If they do not stop drinking, their alcoholism almost always gets worse and worse. Both the American Medical Association and the British Medical Association, chief organizations of doctors in those countries, also have said that alcoholism is an illness.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

- A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

## **What are the symptoms?**

Not all alcoholics have the same symptoms, but many – at different stages in the illness – show these signs: They find that only alcohol can make them feel self-confident and at ease with other people; often want “just one more” at the end of a party; look forward to drinking occasions and think about them a lot; get drunk when they had not planned to; try to control their drinking by changing types of liquor, going on the wagon, or taking pledges; sneak drinks; lie about their drinking; hide bottles; drink at work (or in school); drink alone; have blackouts (that is, cannot remember the next day what they said or did the night before); drink in the morning, to relieve severe hangovers, guilty feelings and fears; fail to eat and become malnourished; get cirrhosis of the liver; shake violently, hallucinate, or have convulsions when withdrawn from liquor.

## **What are A.A. meetings?**

Alcoholics Anonymous is established in approximately 180 countries. The people in each group get together, usually once or twice a week, to hold A.A. meetings, of two main types:

**(1)** At “open meetings,” speakers tell how they drank, how they discovered A.A., and how its program has helped them. Members may bring relatives or friends, and usually anyone interested in A.A. is also welcome to attend “open meetings” as an observer

**(2)** “Closed meetings” are for alcoholics only. These are group discussions, and any members who want to may speak up, to ask questions and to share their thoughts with fellow members. At “closed meetings,” A.A.s can get help with personal problems in staying sober and in everyday living. Some other A.A.s can explain how they have already handled the same problems – often by using one or more of the Twelve Steps.

Our groups endeavor to provide a safe meeting place for all attendees and encourage a secure and welcoming environment in which our meetings can take place. The formation and operation of an A.A. group resides with the group conscience. Our common suffering as alcoholics and our common solution in A.A. transcend most difficulties and help us to create as safe an environment as possible to carry A.A.’s message of hope and recovery to the still-suffering alcoholic.

## **How does A.A. help the alcoholic?**

Through the example and friendship of the recovered alcoholics in A.A., new members are encouraged to stay away from a drink “one day at a time,” as the A.A.s do. Instead of “swearing off forever” or worrying about whether they will be sober tomorrow, A.A.s concentrate on not drinking right now – today. By keeping alcohol out of their systems, newcomers take care of one part of their illness – their bodies have a chance to get well. But remember, there is another part. If they are going to stay sober, they need healthy minds and healthy emotions, too. So they begin to straighten out their confused thinking and unhappy feelings by following A.A.’s “Twelve Steps” to recovery. These Steps suggest ideas and actions that can guide alcoholics toward happy and useful lives. To be in touch with other members and to learn about the recovery program, new members go to A.A. meetings regularly.

# Sobriety Living in the *dis-ease* of more

Sobriety today my life centers in the being. Before that would have sounded so boring, now looks inviting- limitless. My spiritual condition is the foundation for all the possibilities, for my sense of well-being. I have always loved doing things in the extreme. Bigger, better, more dramatic. I would have a pitcher of beer instead of a glass, carton of cigarettes was essential. More of everything living in the dis-ease of more. I'm living more in balance today I'm closer to my spirit. My spiritual practice starts in the morning as soon as I open my eyes or have those first thoughts. I pause and start my prayers so I have a chance for the day to start right. I ask to be helpful, I ask, for service that I might be free of self for the day. I try not to think of self centeredness saying for sure; thy will be done. I strive to be in tandem with my spirit.

I go to meetings, I have a few commitments, I have an H& I panel and I love that panel. I work the steps, and *Live* in the steps as best I can with the help of my sponsor. I give back, my presence at a meeting is helpful to myself, the newcomer and my friends in the program. I do what is suggested of me often or as best I can.

I feared life before entering the program, I was so afraid of being alone with myself and my thinking. Now I have all I need, and it is thanks to expanding my spiritual life. I'm happy to leave the super sizing alone and look for satisfaction and just being in the moment. Whatever I am doing in and out of Alcoholics Anonymous I feel truly treasured. I treasure myself, my program and my friends thank you for letting me share.

-Carroll S.



## Questions to ask yourself when in doubt

What can I do for my sobriety?

Who can I help today?

How can I be of service?

What is the next indicated right thing?

# Now some stuff from central office!

## HARBOR AREA SERVICE COMMITTEE

APRIL 10, 2019

<b>Opening Remarks</b>	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.
<b>Secretary’s Report</b>	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.
<b>Treasurer’s Report</b>	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
<b>Chair 1 Report:</b>	Rosa reported on the following information:

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

### Committee Reports

<b>Public Information (Corey P)</b>	Corey can’t continue with this position; thanks the group for letting him be of service.
<b>Program Chair (Estefany)</b>	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.
<b>H&amp;I</b>	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,
<b>12<sup>th</sup> Step In Office (Eric B.)</b>	Every Saturday of the month, needed in-house, 9a-noon  HASB offered some comments to the Guidelines that Eric prepared last month; the main comment was to avoid referring callers to treatments and recovery homes. Central Office does have a list of referrals.

## Seventh Step : “Humbly asked”

In working with my sponsor, I learn a lot about myself and how I deal with my relationships with my family, friends, and acquaintances. With step Four I see the issues that cause me discomfort in my daily life. I see the weeds sprouting and growing in the garden where they aren’t wanted. I see their nature and why they are there with step Five. Step Six, if done right, I reconnect with my Higher Power on a more meaningful and more grateful level.

Placed and executed in this order, the steps introduce me to a new perspective. I see my past experiences in refreshing light, not as failures or crippling actions done to me fueling self pity. They become experiences of strength. Lessons that I may not shut the door on so that I may avoid repeating them and also help others with similar experiences.

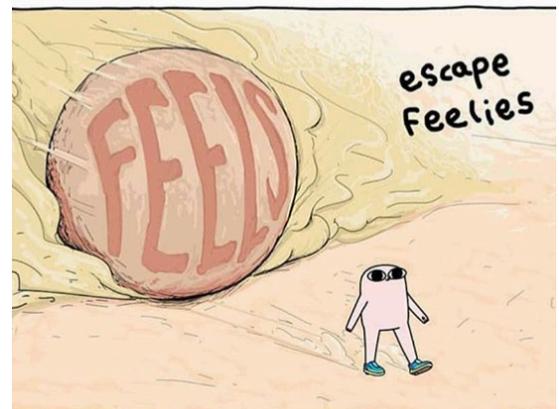
To see where we have come from at our lowest moments, to see the the defects we still harbor that ail us and to see who we could be, who we want to be and to ask our Higher Power to remove our shortcomings, that is true humility. This, if we take it, is the path that leads us to who we can be, who we want to be. Humbly asked Him to remove our shortcomings. Once we ask we must be ready to act towards our new idea. For it is a program of action, and actions speak louder than words.

*-Anonymous member*

	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. Dimian – agrees that Alanon is mentioned in the Big Book.  Eric B. will <i>remove</i> the Alanon referral from the Guidelines. And, he will change the script to clarify that there's a single referral list that Central Office uses (it includes Alanon).
<b>Action &amp; Responsibility (Nichole)</b>	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.
<b>Archives (Gerry W)</b>	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.
<b>Phones (After Hours) (Carlina)</b>	Very strong possibility that the <b>third Sunday (daytime (9a-5p))</b> is available and <b>first Friday (evening (6p-9a))</b> available. Also looking for more backup volunteers.
<b>Harbor Light (Michele)</b>	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.
<b>Website (Matthew)</b>	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.
<b>District 2 (Chris I)</b>	District 2 has new GSRs and is working to build attendance. Planning for the Foro continues.
<b>District 4 (Jamie C)</b>	Gilbert G. read Jamie. C.'s report: There is a workshop planning meeting on the 27 <sup>th</sup> of April at the Coffee Bean (Traffic Circle), the workshop topic is Technology and AA. Jamie C. should be contacted to confirm the time.
<b>Area 9 (Gilbert G.)</b>	Next Area meeting is this coming Sunday. Debra L. praised the district area roundtable she recently attended. Gilbert. G. encourages everyone to stand when s/he speaks, as is the protocol for this meeting.
<b>Young People (Michele)</b>	Saturday morning at 9am there is a bunny run, it's a 5k, to raise money for WACYCAA; and on May 4 <sup>th</sup> there's a Mustache Ball, at the Share Center in Culver City Debra L. asks Michele to define HASBYCAA, and Michele asks for help from a non-YPAA (Chris I.) to define
<b>Old Business</b>	New copier was approved by the Board; and Rosa signed the contract tonight
<b>New Business</b>	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.
<b>Motion to adjourn</b>	Gilbert makes a motion to adjourn, to which Matthew seconds. Unanimously passes at 8:50

	May 19	May 18	Jan - May 19
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
Program Income			1,870
Contribution	7,105	3,604	31,444
Literature Sales	2,899	3,842	22,008
Event Income	1,920		1,920
Other Income/Interest	1	1	3
<b>Total Income</b>	<b>11,925</b>	<b>7,447</b>	<b>57,245</b>
<b>Cost of Goods Sold</b>			
Cost of Goods Sold			10
Cost of Literature	3,186	2,663	16,516
Inventory Adjustment		326	1
Credit Card Fees	63		403
<b>Total COGS</b>	<b>3,249</b>	<b>2,989</b>	<b>16,930</b>
<b>Gross Income</b>	<b>8,676</b>	<b>4,458</b>	<b>40,315</b>
<b>Expense</b>			
Archive Expense	125		125
Website			312
Bank Charges	35	87	140
Bookkeeping	100		296
Computer		99	1,062
Copy Plan (Xerox)	244	248	1,282
Less Directory copies	(133)	(112)	(563)
Insurance - General	125	332	624
Insurance - Workers' Comp	35	78	177
License/Permits			4
Payroll	4,339	4,665	23,252
Postage	(77)		73
Rent	1,389	1,336	7,195
Rent - HASC	65	65	325
Rent - Storage	80	80	400
State Sales Tax Adjustment		(39)	48
Security System	20	20	60
Shipping Charges			20
Supplies	52	26	554
Telephone/Internet	151	287	604
Other Expenses			141
<b>Total Expense</b>	<b>6,550</b>	<b>7,172</b>	<b>36,131</b>
<b>Net Ordinary Income</b>	<b>2,126</b>	<b>(2,714)</b>	<b>4,184</b>
<b>Net Income</b>	<b>2,126</b>	<b>(2,714)</b>	<b>4,184</b>

Respectfully submitted, Jay P, HASB Secretary



Area 09 Medio-Sur de California  
FORO ANUAL # 28  
<TODOS INCLUIDOS>

**DOMINGO 14 DE JULIO 2019**

An triones: Distrito 2 y Distrito 21  
de 8 am - 2:30 pm

28<sup>TH</sup> MSCA 09 FORUM

"ALL INCLUSIVE"

Hosted by District 2 & 21

**Sunday July 14th, 2019**

from 8 am - 2:30 pm



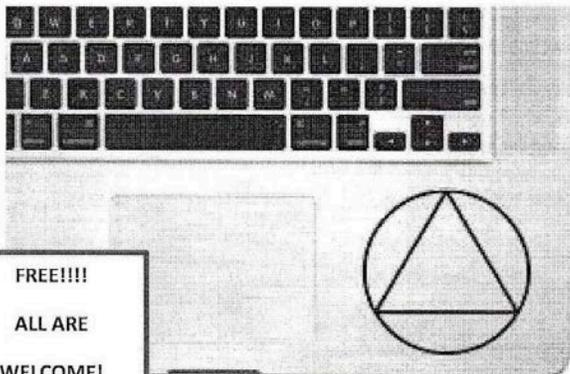
City of Hawaiian Gardens Recreation & Community Services

21815 Pioneer Blvd. Hawaiian Gardens, CA 90716

## TECHNOLOGY

## IN ALCOHOLICS ANONYMOUS

*with Curt S. from South Bay*



**Saturday, August 24, 2019**

2:30 - 5:30 pm at M.W.A.

835 E. 33rd St. Signal Hill, CA

Featuring roundtable discussions, a sober speaker, pie, coffee, tea, water, and great fellowship and information.

Please park either behind MWA, or on 33rd St, or at the southwest corner of the Target lot.

## MEETING GUIDE APP

Hey check this out. Ever been wondering where the closest meeting is to you. What time does that meeting on Tuesday Night start? Ever need to find just a specific meeting type, like Big Book study? Or where that awesome meeting Willing to Grow Group @7pm meets?

**Well fret no more Drunkard!**

Download the FREE Meeting Guide Application. This One-Stop-Shop has the meetings in your area listed located and even some important details. Check it out on your smart phone.

CO-HOSTED BY DCYPAA, HASBYPAA, SOCALYPAA  
NSDYPAA, AOCYPAA, PASYPAA, SBYPAA

COMFY AF **PAJAMALOOZA** COMFY AF  
WACYPAA XXIII LA

**SATURDAY JULY 20** **8PM MEETING**  
**6666 GREEN VALLEY CIRCLE** **9:30PM DANCE**  
**CULVER CITY, CA 90230** **\$15 OR FREE**  
**W/ WACYPAA REG**

**WEAR YOUR SWAGGIEST PAJAMAS**

**ONESIE DANCE OFF**  
**PILLOW FIGHT ARENA**

## 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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### How do you stop the racing thought?

" My racing thoughts I have given a name 'Toilet bowl Thinking'. This is because They are thoughts that keep circling the drain and are most the time pretty crappy. I will watch them spin around the toilet bowl and wish them away. Usually without much success. IF and that's a Big if, I can recognize that's happening I stop and pray for my higher power to take these thoughts or ideas away. That my best thinking is pretty stinky and need some help. Then I call a sober sister, my sponsor, or sponsees. I try to get out of self, and weirdly enough that problem seems to work its self out."

*-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



# Mistakes

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

Drinking  
Trouble  
Sorry  
Resentment  
Rear  
Ego

Mistake  
Right  
Correct  
Harboring  
Selfish  
Squander

Dating  
Accidents  
Haunts  
Hesitancy  
Seething  
Spite