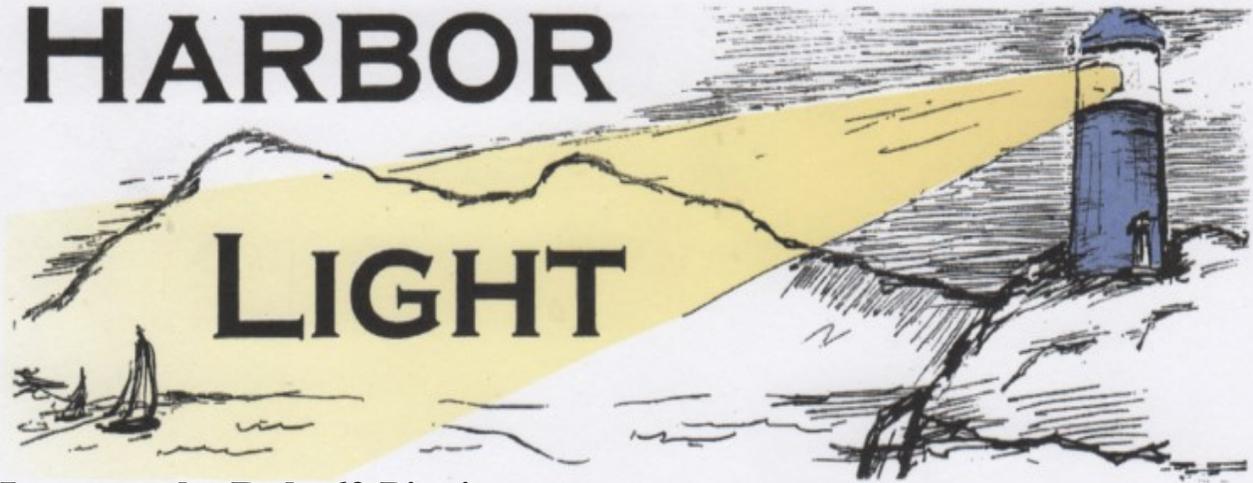


HARBOR

LIGHT



Let Loose at the Rule 62 Picnic

June 2017



Face painting is one of the many activities for children at the Rule 62 Picnic on Saturday July 8 from 9-4.

It's time to mark your calendar for the signature event of the summer for the Harbor Area – The Rule 62 Picnic on Saturday July 8, 2017!

The Rule 62 Picnic is not just an opportunity for family and friends to get together in the great outdoors at El Dorado Park West it is also the main fundraising activity for the Harbor Area Central Office this summer. Your support of the picnic helps support the central office.

“It is a place for people to reconnect outside of the rooms,” says Program Chair Jamie C. “Especially for those who have moved away.”

The carnival like atmosphere will offer up summer favorites such as cotton candy, eating contests, horseshoes and face

See Rule 62 on page 5...

Rule 62 Picnic Needs You!

Come join the fun and help plan the Rule 62 Summer Picnic. Planning meetings are being held on alternate Saturdays in advance of the picnic on July 8 at El Dorado Park West in Long Beach.

Meetings to discuss planning and organization will take place at the Harbor Area Central Office (HACO) at 10:00a.m. on June 3, June 17 and July 1.

Planning committee liaison and Board Chair 3 Ben L states that, “Volunteering for the Picnic is a great way to be of service and have fun!”

For more information contact HACO at 562-989-7697.

See you there!



Harbor Area Central Office
3450 E. Spring St, Ste 109 Long Beach, CA 90806
(562) 989-7697 | www.hacoaa.org | info@hacoaa.org

Working the Surrender Step and Wiping the Slate Clean

“Were entirely ready to have God remove all these defects of character.”

— Step Six

I have suggested that if we are to understand and gain insight into alcoholism from a study of the Twelve Steps we need to do the following things:

- ★ Realize that the steps are a journey that we willingly decide to take.
- ★ That they are interconnected. That is, they do not exist alone but are interconnected.
- ★ The steps are therapeutic and poetic. We all need to bring our imaginations to the table and appreciate that they are “suggested insight” that we need to ponder and apply to our individual lives.

We are now ready to do Step Six. What have we accomplished before we attempt this step?

Well, in Step One we admitted that our problems had been largely caused by alcohol. We are no longer in denial of the severity of our drinking problem.

In Step Two we realized that in seeking a Power greater than ourselves we could achieve a modicum of sanity!

Step Three suggests that we begin to live our lives walking in a new direction. Accepting a God (Power), as we understood Him.

See Cleaning House on Page 5...

Harbor Light is a monthly publication of the Harbor Area Service Committee of Alcoholics Anonymous.
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Contributors:

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Rick R, Steps Six & Seven
Father Leo, Step Six
Barbara H, Concept Six

Defects and Shortcomings — Became Entirely Ready to Work Steps Six and Seven



“The defect was the faulty brakes, and the shortcoming was the behavior of the car. It wouldn’t stop properly. Once the defect was corrected, the shortcoming went away.”

What is the meaning of the word *defect*? What is the meaning of the word *shortcoming*?

Those are two words that we hear often when we are discussing Steps Six and Seven. We sometimes get caught up in the semantics of the words and it distracts us from really getting to the heart of the matter. I can understand why a person could get confused since they both imply that there is something wrong, but if they are intended to be synonymous why did they not include them both in Step Six or Step Seven?

Early in my sobriety I heard one version that implied that they didn’t want to be redundant when they wrote the Big Book and when I think back on it, I see that as a weak explanation. When I read the *Twelve and Twelve*, I see a much more active role expected of us than simply asking God to rid us of these faults.

Understanding that the founders never wanted to edit the Big Book, I can see that these issues had to be addressed and by publishing the *Twelve and Twelve* they could provide amplifying information on these and many other ideas that were unclear to the rest of us.

In order to find a simple framework that makes it easy to get the best results as I addressed these two steps I had to come up with a way to conform to the spirit of the program and rid myself of my obvious character flaws.

To put it in simple terms, I might use an example that we are all familiar with: If a person purchases a new car and several month later they discover a defect in the braking system causing the car to continue to roll forward when you apply the brakes, the car would be recalled, the defect would be corrected, and the brakes would perform properly each time you put your foot down on the pedal.

See What’s the Difference on Page 5...

A Service Junkie Discusses the Sixth Concept

“The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

— *Concept Six*

Hello, my name is Barbara H, and I am an alcoholic. I am also quite the service junkie, so when I was asked to write an article on Concept Six, I jumped at the chance. Many people in Alcoholics Anonymous, dare I say most, are unfamiliar with the Concepts at all. The long version of Concept Six is stated on page 24 of the AA Service Manual (a fascinating read, if you’ve not done so!) and is as follows:

“On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.”

The Sixth Concept reminds me that with responsibility *must* come equal authority. If I am to be the General Service Representative (GSR) for my home group in our District, the group gives me with the right to make decisions for them at a service level, if I am unable to get their informed group conscience on a matter. Sometimes, the matter is too trivial to bring to the group – “Does our District need a new stapler?” – and sometimes there are simply too many matters on the table to effectively share with my group to get their informed opinion!

Therefore, as the GSR, I make these decisions for them and must be empowered to do so by them. If I am serving my Area as a Board Member, the same concept applies – we cannot poll every group on whether the Area Secretary should buy a new printer; decisions must be made by the Board on its own. That is our right *and* our responsibility at every level in the AA service structure. The greater the responsibility, the greater the authority that goes along with it.

Imagine then the level of decisions that must be made by the General Service Board. The service structure of Alcoholics Anonymous resembles that of a large corporation. Bill W felt the business model structure “a far superior vehicle when it comes to the administration of policy and business” (Service Manual, page 26). The AA groups themselves are the stockholders, with delegates representing them at the General Service Conference each April, and our General Service Board Trustees are the business directors. Just like any other board of directors, enormous amounts of

power – along with substantial amounts of trust! – must be given to these trustees in order that they may effectively run the Company that is the world affairs of Alcoholics Anonymous. With that in mind, it is of utmost importance that our trustees – indeed all those of service in AA – be humble and trusted servants. I strive for that in my service work at all levels, remembering always that the ultimate authority here is a loving God as we understand him.

This brings me to the second part of what the Sixth Concept means to me. Namely, that I am not running this show. While I am trusted to do my part with the responsibility and authority mentioned above, that’s all I’m in charge of. My part. Not his, or hers, or theirs – just my own.

The Traditions give us guidance on the “right to be wrong” and I get to do my part without micro-managing those around me. When I was drinking, I was all up in everyone’s business all the time. My nose was always where it shouldn’t be, full of judgment and interference, and through the Steps of Alcoholics Anonymous, the grace of a loving Higher Power, and strong women in this program to guide and inspire me, I don’t have to live that way anymore. The Sixth Concept lets me take responsibility for my actions, and then let go, and let God ... well, God and the Trustees! I get to take care of my part and trust that others are doing the same. And the results? Well, they’re up to God.

I use that principal of the Sixth Concept to apply to all areas of my life. Just like the Steps and the Traditions, the Concepts work beautifully when applied out there in *real life* as well as in the rooms of Alcoholics Anonymous.

At my work, this Concept helps me to do my part. To do my best, and then let others step up and do their parts, without my interference, however well intentioned.

The same is true with my sponsees. I do my part to show them the way I stay sober one day at a time in AA with the unity, recovery, service, and fellowship we offer, but then it’s up to them. I cannot get them sober, I cannot keep them sober. I can extend the loving hand of AA as it was extended to me, but whether or not they grab and hold on is their business. God is in charge, not Barbara. What a revelation that was!

In the service structure of Alcoholics Anonymous, and in my daily life in and out of these rooms, Concept Six teaches me that I am responsible for my part, but only my part. I do the very best I can with what I have to work with at any given time. I take responsibly and the authority that goes along with it, and then I must step back, let others do their part, and trust that God is overseeing the big picture. I need not lay awake at night and worry. The broad shoulders of a loving God are supporting me, and the program of Alcoholics Anonymous. All I need do is show up and do my part!

—Barbara H

Beat the Summer Heat with Lois W's Tasty Summer Treat



Doesn't every good AA dessert recipe begin and end with coffee?

With summer on the horizon here's a cool dessert courtesy of Lois Wilson and Stepping Stones. Of course it contains coffee!

At her home at Stepping Stones, Lois Wilson commonly served coffee gelatin as a dessert.

In fact, it was usually Harriet, Lois' cook and companion, who prepared the gelatin for Lois and her guests. Legend has it that if you wanted to make Harriet happy, which Lois always did, you would stay out of the kitchen!

Ingredients:

2 envelopes gelatin
 ½ cup cold coffee
 2 cups hot coffee
 ¼ - ¾ cup sugar (to taste)
 Pinch of salt
 Whipped cream

Directions:

In large bowl, combine gelatin and cold coffee. Let sit for 10 minutes. Add hot coffee, sugar and salt until dissolved completely. Chill until set. Serve with whipped cream. Enjoy!

(Recipe provided courtesy of Stepping Stones. For more information visit www.steppingstones.org.)

Cleaning House with Father Leo

Continued from Page 2...

Step Four tells us to clean house. Much has happened in our alcoholism that needs to be faced and accepted; now we are becoming responsible people.

Step Five reminds us that we need to talk, admit, what we have done to God and another human being. It is not enough to be sorry; we need to say we are sorry. We need to hear ourselves say the words.

And now...

Step Six: "Were entirely ready to have God remove all these defects of character."

I've sometimes heard people call this step the Surrender Step. I believe there is a point in every alcoholic life when he or she is *entirely ready* (had enough) and now is the time to let go.

Alcoholism is a shame disease. It is not like diabetes or pneumonia that exhibit empathy from society, family or friends. Why? Because over the years we have done or said things we are ashamed of. What things?

- Used violence
- Abused family
- Stolen money to drink
- Been unreliable
- Stolen time from ourselves & relationships
- Lied and been deceitful

Each alcoholic has his/her own list. In Step Six, *we are entirely ready to have God remove all these defects of character.*

Time to let go. We have had enough. We are ready to start the new life, the new journey we call recovery. Let the slate be washed clean!

I think this is important. Now we can have not only the thought but also the *feeling* that things will be different. We are new men and women. Resurrection.

Remember I said that to interpret these steps, we would need to be poetic. Here is an example: Resurrection. New Life. The slate is washed clean. God is removing our past defects.

Notice the word *defect* is used, not sin. We are not bad people, rather we are wounded people who need healing. This is why so many of us cry when we sing *Amazing Grace*.

I once was lost, but now I'm found.
 Was blind, but now I see.

Step Six is a gift that we are ready to receive. Amen.

—Father Leo

Rule 62: Don't Take Yourself Too Damn Seriously!

Continued from Page 1...



painting to name just a few activities.

For people looking for service work, The Rule 62 Picnic is a wonderful experience in working with other service minded individuals from across the Harbor Area. Volunteers are needed for the steering committee which is meeting on alternate Saturday mornings from June 3 through to the week before the picnic.

Enthusiastic volunteers will also be needed onsite for the picnic itself on July 8 with setting up and tearing down. About 20 people will be needed to haul things in and out of storage and to serve as runners and security at the event. "Safe Refuge House will provide a dozen volunteers and they help out tremendously," states Jamie C in giving a shout out to the group's commitment to the Rule 62 Picnic.

Check with your homegroup to see if they are sponsoring a booth, activity or gift basket and contribute your time to your sober circle. "Booths don't cost anything, they come with a table and canopy" says Jamie C reminding that HACO purchased tables, chairs and canopies for fundraising efforts. "It makes it easier for groups to show up and support the picnic. There is less prep time needed. People just need to bring themselves."

In recent years, the Bellflower Big Book Group has sponsored the bounce house for children and the MWA has served up the best pulled pork sandwiches this side of the professional BBQ circuit.

As always, live music will fill the air. Harkening back to the rock and roll roots of the summer picnic, local bands are booked throughout the day – from 9:00am through closing at 4:00pm.

HACO Program Chair Jamie C says that, "The Rule 62 Picnic is great for newcomers to see that we have fun. The picnic is for everybody! It's for friends, family, even pets. Children also get an introduction to a positive experience."

What's the Difference Between a Defect and a Shortcoming?

Continued from Page 2...

The defect was the faulty brakes, and the shortcoming was the behavior of the car. It wouldn't stop properly. Once the defect was corrected, the shortcoming went away.

While talking to a close friend of mine about *gossiping about others* his comment on the matter was that "*All forms of criticism and character assassination stem from low self esteem.*" The low self esteem was the defect that caused the gossip (shortcoming).

Since that conversation, whenever I caught myself wanting to criticize others I replaced the gossip with compassionate understanding and took the fall back position such as: There are two ways to have the tallest building in town. 1) Build the tallest building or 2) Tear all the other buildings down around you.

When I saw how pathetic that behavior was, I quickly started to remove it from my day to day interactions with others. (Stop the gossip) I try to use this type of model on all the defects as I discover them and it seems to have taken all the power out of them. This is a never-ending process and nothing has served me better. Discover and correct the defects and the shortcomings disappear.

My shortcomings were apparent to everyone but my defects of character were not. When I could identify them in myself, all I had to do was to use a little self restraint and the results were amazing. When I asked my higher power to remove my shortcomings, I became *entirely ready* and this process became the answer I was searching for and as a result, most of the guilt and shame has dissolved into nothingness.

I don't let the semantics of the two words, *defect and shortcoming*; stop me from applying a model that works for me. I am a firm believer in step study meetings and have been attending one weekly ever since I got sober in 1969. I liken it to a rock tumbler. Each time you go through a cycle, slowly but surely, the rough edges are worn down and soon you begin to evolve to the finished product that you envisioned. This is one that really worked for me.

—Rick R



HARBOR AREA SPEAKER MEETINGS

High on Life Sunday, 9:00am

835 E. 33rd St./Atlantic, Signal Hill

Sisters in Sobriety Women's Sunday, 2:00pm

835 E. 33rd St./Atlantic, Signal Hill

Signal Hill Speakers Sunday, 7:00pm

835 E. 33rd St., Long Beach

Paramount Speakers Sunday, 7:00pm

8021 E. Rosecrans Ave., Paramount

Carson Speakers Sunday, 7:00pm

23621 S. Main St., Carson

East Bay Group Sunday, 7:00pm

5550 E. Atherton St., Long Beach

June 4 - Patti O — Mission Viejo, CA

June 11 - Scott T — Coldbrook, NY

June 18 - Dodie G — Long Beach, CA

June 25 - Jessica C — Orange, CA

Torrance Speakers Group Sunday, 7:30pm

1422 Engracia Ave., Torrance

Fireside Speakers Sunday, 8:00pm

641 S. Western Ave., Anaheim

Dirty Shirt Group Speakers Monday, 7:30pm

5881 Cherry Ave./E. South St., Long Beach

Bellflower Big Book Monday, 7:30pm

9603 Belmont St., Bellflower

Seal Beach Speakers Monday, 7:30pm

500 Marina Dr., Seal Beach

Speakers (Serenity Hall) Tuesday, 10:00am

12336 Penn St., Whittier

Depth & Weight Group Tuesday, 8:00pm

8021 Rosecrans Ave., Paramount

Arbor Road Speakers Tuesday, 8:00pm

5306 Arbor Road, Long Beach

Speakers (Whittier Art Gallery) Tuesday, 8:00pm

8035 S. Painter Ave, Whittier

Way of Life Speakers Wednesday, 8:00pm

835 E. 33rd St., Long Beach

12 Steps & 12 Traditions Thursday, 7:00pm

5950 E. Willow St., Long Beach

Palos Verdes Speakers Thursday, 7:30pm

2200 Via Rosa/Palos Verdes Blvd.

Big 10 Speakers Thursday, 7:30pm

835 E. 33rd St./Atlantic, Signal Hill

Long Beach Speakers Thursday, 7:30pm

759 Linden /8th St., Long Beach

Lakewood Speakers Thursday, 8:00pm

5306 Arbor Road, Long Beach

June 1 - Joe D

June 8 - Tammy A

June 15 - Tammy R

June 22 - Adam Todd

Downey Thursday Night Thursday, 8:00pm

9813 Paramount Blvd., Paramount

We're Making It Speakers Friday, 7:30pm

23621 S. Main St./Gulf Ave., Carson

La Palma Big Book Speakers Friday, 8:00pm

11600 Los Alamitos Blvd., Los Alamitos

June 2 - Maggie G

June 9 - Thomas P

June 16 - Steve P

June 23 - Mickey C

June 30 - Jim D

Rule 62 Speakers (Thursdays) Saturday, 7:00pm

16865 Pacific Coast Hwy., Sunset Beach

It's Saturday Night Saturday, 7:30pm

5107 E Ocean Blvd, Long Beach

June 3 - Bernardo

June 10 - Paul C

June 17 - Jesse

June 24 - No Meeting

Sober on Seven Speakers Saturday, 7:30pm

3125 E. 7th St./Obispo, Long Beach

True Ambition Women's Saturday, 7:30pm

600 1/2 Redondo Ave., Long Beach

Whittier Speakers Saturday, 7:30pm

15215 Janine Dr./Colima Road, Whittier

New Friends (Little Company of Mary) Saturday, 7:30pm

1386 W. 7th St., San Pedro

South Bay Serenity Group Saturday, 7:30pm

3315 Lomita Blvd., 3rd Fl Med Center, Torrance

Sat. Night Live Open Book Speakers Saturday, 8:00pm

525 E. 7th St./Atlantic Ave., Long Beach

Weekenders Group Saturday, 8:00pm

9630 Mayne St., Bellflower

For a comprehensive Harbor Area meeting directory,
visit: www.hacooa.org

To submit your speaker meeting schedule, email:
harborlightchair@hacooa.org

An Alcoholic's Day — From the Grapevine Vault

You wake up with a start, and as awareness returns, your heart begins to pound and the shakes begin again. Oh God, it's morning and you must leave the safe womb of darkness and the bed. You reach down for the bottle, knowing already that it's empty. It always is, in spite of your nightly resolve to leave a drink for morning. Never mind, there's some in the garage, if you live to get there. A quick gulp of coffee later, you're fumbling for the bottle hidden inside the old tire casing. The whiskey is tepid and revolting, and the first gulps won't stay down. But at last one does, and that wonderful, warm glow starts to spread. A few more quick ones before you back the car out, and at last your heart stops pounding and the shakes begin to die away.

You get to your office, where you work for yourself, by yourself, in a field of personal service to the public. Your main supply of liquor is there, and now you have a few more drinks before you begin work--such work as there is. Before you started drinking on the job, you had a thriving business. But now it is dwindling steadily. Between visits of those who still do come, you take controlled nips at the bottle until noon. The thought of food has become nauseating, and you can't face the prospect of lunch at home, so you sit and drink for a half-hour or so, trying to work up a false appetite. When you finally get home, the family glares at you and attacks the delayed meal, while you pick and push at your plate, muttering excuses about this not being your favorite dish. Nothing has been, for a long time now.

After lunchtime, it's back to the office, a few more quick ones, and then to the afternoon appointments. Pleasantly glowing now, you'd rather talk than get down to business, so long, rambling monologues destroy your work schedule and put you far behind. Some of the people who have been waiting impatiently leave quietly, never to return. Occasionally, one may say on the way out that he'll phone later, but you know he won't, and after a brief flash of resentment, you're glad about it. One less person to take up your time. You don't even get upset about some of the ugly things that have started happening: bitter arguments over bills you've been neglecting to mark paid; complaints about the poor quality of service you've been rendering; incidents like yesterday's, when a woman walked out, saying that you didn't look or act fit to be at work.

Some afternoons, in spite of trying to control it, you drink too much and have to lock up the place and lie down. People come, try the door, knock, then go away, many for the last time. But most days you stick it out until the closing hour, then fortify yourself for the ordeal of dinner. Before you go home, though, every few days there's the vital task of replenishing your liquor supply. You have a system of buying in rotation from seven or eight stores in your own and neighboring towns, so that no one will realize how much and how often you buy. Sometimes this involves a twenty-mile drive, at breakneck speed, but then you're secure for a few days more.

See Experiences May Differ on Page 8...

Wit and Wisdom

Words of recovery spoken in the rooms of
Harbor Area AA meetings.

It's time to recount what was heard in the AA herd.

If you tell the truth, then everybody knows where you stand.

You're going to get what you want in what you do.

I don't pray to change God; I pray to change myself.

Everything you need to know is already inside of you.

When you drink it's hard to have spiritual principles – and all the bad things look really good.

If you see someone without a smile, give them yours.

If all you can do today is just not drink – then it's a good day.

I loved to party, but they were never really parties, just people getting drunk.

God doesn't keep me sober – he gives me the strength to do what I have to do to keep sober.

Nobody wants me – except for the IRS.

Alcoholism is a disease where you recover by not taking something.

Get off the cross, we need the wood.

Nobody is born on Skid Row.

In these rooms, I hear me in you.

If I am connected to a higher power, then I too am powerful.

Today I have a lot of choices, and alcohol isn't one of them.

You'd better stand for something or you'll fall for anything.

We're not exempt from the rules of life.

Humility is to seek and do God's will.

There are many ways to run away.

It's OK to make plans but I can't plan the outcome.

This brings us to a close of the words of wisdom as heard in the rooms of AA. June is for Dad's and Grad's, so have a great sober summer.

— Kevin P

*Heard something clever, witty,
even profound at a meeting?*
Send it to: harborlightchair@hacoaa.org

Experiences May Differ

Continued from Page 7...

After dinner comes the best time of your day, an evening of uninterrupted heavy drinking. You have long since become a solitary drinker, so it's back to the office again, where the liquor and privacy are. You used to make excuses to the family for returning there, but now you just go, and be damned to them. Simply drinking and daydreaming would be satisfying enough, but some nights there's a ball game to listen to on the radio, or a new magazine to read. Best of all, maybe there's a letter to write, prompted by a controversial remark heard on the radio or read in the newspaper. You'll put that character straight about things! He won't make that mistake again! So out comes the typewriter and the letter begins, but is never finished. As drunkenness progresses, so do the mistakes in typing. Have a drink and start over, you tell yourself. Have another and do it again. By midnight or later, the floor is littered with crumpled balls of paper. The devil with it! You'll do it some other time. It never gets done. Next time, it's someone else's turn to get the ax.

By now it's safe to go home, with everyone there asleep. Maybe this is a routine night and you make it home safely, with perhaps only some paint scraped off the side of the car from going into the garage at a bad angle. Some other nights aren't so good, and the local police spot you and take you home in the squad car, while one of them drives your car for you. This is a benefit of once having been a respected businessman. The respect is gone now, and only some kindness remains. You don't like to remember those few disastrous times, en route home, when you wrecked your automobile and were lucky not to be seriously hurt. But this night all is well, and finally you lie in bed, a bottle within reach, and drift off into sleep.

Some nights, though, and more often lately, sleep doesn't come. You think, "Oh God, why am I doing this to myself? How long can I keep on this way? What is going to become of me?"

But then your master, cunning-baffling-powerful alcohol, soothes away your fears. And although you know, deep down inside, that you have a bad drinking problem, and your business is nearly ruined, and the small savings you have left are nearly gone, and your family is about through with you. . .in spite of all this, you tell yourself, "Well, I'm getting along all right yet. I go to work every day, and I've still got money in my pocket, and the family hasn't left, so I guess I'm still managing everything okay. Anyway, if things really get bad, I know I can quit the stuff--and I will. But not yet."

Maybe things will be better tomorrow.

(This article first appeared in the February 1973 issue of Grapevine and was sent along to us by a regular contributor to Harbor Light, Joseph W.)

You're Invited to the Party of the Year!



Your own sober birthday! Share it with your friends, family, home group and sponsor in *Harbor Light* with a birthday shout out donation by emailing us at: info@hacoaa.org.

In the subject line please write, "HACO Sober Birthday Party in Harbor Light" so we can be sure to mention your special day on this sober party page.

AA members may send \$1, \$5, \$10, \$20, or more for each year of sobriety to any or all of the following AA service entities: The Local Office; The District Office; The Area Assembly Office and; The General Service Office.

Each service component provides information and services to other alcoholics who may be dying and need AA life support. Your birthday donations continue to help the Harbor Area Central Office provide the following services to AA groups:

- AA 24 Hour Hotline
- AA Archives
- AA 12 Step Calls
- AA Literature—English & Spanish
- AA *Grapevine* Publications
- AA Updated Meeting Directories
- AA Speaker Information
- Harbor Light* Newsletter
- HACO Website
- Public Information/CPC Resources
- Harbor Area AA Sponsored Events

Mail Your Birthday Donations to:

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.

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-South California Area 9

Box 5146
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

	Apr 17	Apr 16	Jan-Apr 17
11th Step Study	50.00	0.00	50.00
435 Intergroup	0.00	0.00	50.00
5420 Group	50.00	0.00	100.00
Aloha Women's Group	264.73	0.00	462.05
As Bill Sees It Fri 7 am at Thursdays	45.00	0.00	45.00
As Bill Sees It Thurs Night	0.00	0.00	198.67
Att Adj 7 AM Fri Marina Pacifica	0.00	0.00	300.00
Att Adj 7 AM Mon Marina Pacifica	0.00	0.00	127.84
Att Adj 7 AM Sat Marina Pacifica	0.00	0.00	600.00
Att Adj 7 AM Sun Marina Pacifica	0.00	0.00	555.35
Att Adj 7 AM Thurs Marina Pacifica	0.00	50.00	150.00
Att Adj 7 AM Tues Marina Pacifica	0.00	0.00	257.35
Attitude Adj 645 am Lakewood	65.00	65.00	195.00
Bellflower Big Book Group	1,840.00	887.89	2,976.00
Belmont Hts Closed Womens	0.00	0.00	90.00
Big Book Study Los Alamitos 6pm	0.00	0.00	360.00
Book Study Wed MarPac	0.00	0.00	450.00
Bowling Green	0.00	60.00	0.00
Carry The Message	0.00	0.00	388.00
Compton 401 Bullis Group	25.00	25.00	100.00
Cypress Women's Step Study	96.60	93.00	191.60
Dirty Shirt Group	0.00	0.00	120.00
Discussion, Saturday 1 PM	0.00	0.00	51.50
Downey Men's Stag Wed	0.00	10.00	0.00
Downey Tues Womens Home Group	0.00	0.00	120.00
Drunk Busters	0.00	0.00	50.00
Early Att.Adj Mon IFH	0.00	0.00	45.00
Early Att.Adj Sun IFH	50.00	0.00	100.00
Early Att.Adj. Thurs IFH	0.00	100.00	100.00
Early Attitude Adjustment Sat Morning	0.00	0.00	75.00
Early Bird Att Adj Sun IFH	0.00	0.00	50.00
East Bay Group	0.00	0.00	175.00

	Apr 17	Apr 16	Jan-Apr 17
Faith in Action	0.00	90.00	0.00
Friday Night Men's Stag	0.00	100.00	300.00
Friday Night Men's Stag Long Beach	0.00	0.00	400.00
Full Flight	0.00	0.00	60.00
Full Moon	0.00	0.00	40.00
Girls Night Out	0.00	0.00	140.00
Group #000696740	0.00	0.00	60.00
Group #159497	45.00	0.00	45.00
Group #168356	50.00	0.00	50.00
Group #618265	0.00	659.08	0.00
Happy Hour Mon MWA	50.00	0.00	50.00
Happy Hour MWA Mon	0.00	94.78	50.00
Happy Hour Topic Discussion	180.00	0.00	566.00
Happy Hour Wed MWA	0.00	100.00	110.00
High Hopes Norwalk	28.00	0.00	52.00
Icebreakers / Drydock	0.00	0.00	30.00
In the Can	0.00	0.00	30.00
Indian Charlie Group	0.00	0.00	50.00
Intercity Womens	0.00	30.00	0.00
Intimacy & Recovery Men's Stag	0.00	0.00	57.00
Invisible Spkr Mtg	0.00	110.00	75.00
Keep it Simple	0.00	0.00	300.00
Lakewood Women's Step Study	0.00	0.00	54.52
Living Sober LB	65.63	66.24	125.43
Lomita Wayfarers	0.00	0.00	25.00
Long Beach Mens Stag	98.17	0.00	299.69

Group Contributions

Continued from Previous Page

	Apr 17	Apr 16	Jan - Apr 17
Los Altos Group	0.00	0.00	25.00
Los Altos Open Door	0.00	100.00	0.00
Lucky 13	0.00	0.00	55.00
Marina Pacifica Womens Tues Step Study	0.00	300.00	0.00
Men's Stag Tues MWA	0.00	150.00	0.00
Men's Step Study	0.00	40.00	0.00
Mens Banquet	0.00	0.00	664.64
Mike's Spiritual AA	0.00	50.00	0.00
New Millenium	0.00	0.00	40.00
Nomads Men's Stag	0.00	0.00	272.34
Now is All We Have	0.00	0.00	60.00
On the Way Home	0.00	100.00	0.00
One Hour Men's Stag	0.00	0.00	120.00
Over 50 Group	60.00	0.00	150.00
Paramount Speakers	0.00	0.00	223.75
Phoenix Beginners	0.00	0.00	10.00
POF	100.00	100.00	100.00
Rocky Timers	75.00	0.00	75.00
Rule 62 Daily Att.Adj	0.00	0.00	300.00
Sanctuary Group	35.00	0.00	105.00
Seniors 4 Sobriety	0.00	0.00	120.00
Sisters In Sobriety	0.00	0.00	30.00
Sober on the Sand	50.00	101.74	113.28
Staggers On Monday	100.00	0.00	150.00
Step/Book Study	0.00	100.00	0.00
Sun Spots	0.00	40.00	40.00
Sunday Sundowners	0.00	0.00	60.00
Sunset Bch Sun 1000 AM	120.00	0.00	120.00
Sunset Beach Discussion	73.63	0.00	73.63
Sunset Beach Fellowship	0.00	0.00	60.00
Surrender is Freedom	0.00	600.08	0.00
Thursday Night Big Book Study Los Alamito	0.00	0.00	50.00
Top Discussion Sunday Los Alamos	0.00	144.00	0.00
Tues Night Mens Stag	0.00	0.00	54.50
Tuesday at Thursdays	65.00	0.00	65.00
Tuesday night round robin	0.00	0.00	50.00
Tuesday Night V.A.	100.00	100.00	300.00
Uppity Women	0.00	0.00	232.50

	Apr 17	Apr 16	Jan-Apr 17
VA Sat Nite Wateringhole	100.00	0.00	100.00
Watering Hole VA	0.00	193.00	125.00
We are not a glum lot	0.00	50.00	100.00
Wed Night Men's Stag	0.00	50.00	150.00
Wed Noon SS MarPac	120.00	0.00	120.00
Wednesday Discussion	300.00	207.00	750.00
Wednesday Night West	0.00	200.00	0.00
Wednesday Noon Step Study	0.00	0.00	110.10
Westside Early Risers	200.00	100.00	200.00
Willing to Grow	50.00	55.80	140.40
Winners Circle	120.00	0.00	120.00
Women Achieving Sobriety	0.00	0.00	50.00
Women In Recovery	0.00	100.80	0.00
TOTAL	4,671.76	5,423.41	17,188.14

Thank you to the 21 delegates who attended the May Harbor Area Service Committee Meeting

12 Steps & 12 Traditions — Daniel H

5420 Group — Debbie W

Bowling Green — Eric B

Came to Believe — Matthew L

Carry the Message — Rudy T

Downey Thursday Night — Alan O

East Bay — Bruce E

Harbor Area/South Bay — Julius Y

High on Life — Dale C

Indian Charlie — Frank U

Lakewood Speakers — Chris I

One Hour Men's Stag Monday — Ron W

Over 50 Group — Mark M

Seal Beach Speakers — Sarah E

Signal Hill Speakers — Gilbert G

Sober on the Sand — John S

There is a Way — Ron T

Under the Bridge — Carlina W

Uppity Women's Group — Tamra V

Wednesday Discussion — Brad S

Weekenders — Ann T

Harbor Area Service Board Minutes for April 5, 2017

The meeting was called to order with the Serenity Prayer at 6:01 pm by Jamie C, followed by opening remarks.

Board Members Present

Chair 1: Jamie C; Chair 2: Mark J; Chair 3: Ben L; Chair 4: Jackie P; Chair 5: Mary M

Secretary's Report

Rosa P, secretary, read the minutes from the March 2017 meeting. The minutes were read and approved with corrections, on a motion made by Jamie C and seconded by Mark J. Motion passed 5-0.

Chair 1 Report

Jamie C reported that a new computer that was purchased for the office will be arriving on Monday. She also mentioned that Bingo Night was a big success and thanked everyone for their support. Sue T was also welcomed back to HACO from vacation.

Treasurer's Report

Ralph M read the March 2017 Income Statement as well as the Literature Report for March 2017.

Central Office Reports

Deborah M read the HACO services provided for the month of March 2017:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	120	Paid 87, Expired 54	141	Total calls	164
Newcomer	76	Exchange copies mailed	37	Persons reporting	32
Out of town	0	Expired copies mailed	54	Central Office Receipts	
12 th Step	5	Total mailed	204	Contributions	\$4,043
Other	72	Total printed	208	Literature	\$3,388
Total in-house calls	259	Subscriptions emailed	20	Website visits	4,577

Volunteer Assembling of the February issue of *Harbor Light* is scheduled for Saturday, April 22, 2017 at 9:00 am in Central Office. Call ahead to confirm.

Committee Reports

Program Chair

Liz G, absent. Jamie C read a report stating, "A HUGE Thank you again to everyone that helped with the Bingo event. It was a really BIG success. Here are the numbers for the Bingo Event; Total Expenses \$1,026.00, Total Sales (Tickets, Snacks, Beverages, etc.) \$3,253.00 with a Total Profit of \$2,227.00. FYI- This is triple the amount that was Budgeted (\$750) at the beginning of the year for this event to bring in. All expenses have been paid off and the money has already been deposited into the bank. Our next event is Rule 62 Picnic which will be held at El Dorado Park West on Saturday, July 8. More details coming soon. The next Planning Committee meeting will be held on Saturday, April 29, at 1 pm at Central Office."

Public Information

John S absent. Nothing to report.

H & I

Ron T, absent. Jamie C read a report stating, "Harbor H&I is doing really good these days. We have the Southern California H&I Conference this weekend in La Mirada. Registration for the three-day event is \$15. We'll have a \$500 cash prize at \$1.00 per chance. Winner need not be present. We'll also have a Second Edition Big Book and a 50/50 raffle plus t-shirts. We purchased \$1,179.19 in literature in March. We currently have \$6,497.14 available in our General Fund and \$10,811.57 available for Literature. All panels were full with no dark nights. We had three newcomers. April 19th at 7:00pm will be our first planning meeting for this year's Chili Cook Off on September 23rd at Little Rec Park. City fees and deposits have been paid. All are welcome to participate in the planning and come one and all that day. Thanks so much."

12 Step (In Office)

Dan H, reported that he is having difficulties finding someone to commit to the Saturday slot on a regular basis from 3 - 5 pm. If interested on taking on this commitment please contact Dan H or HACO for more details.

Continued on Next Page

Harbor Area Service Board Committee Reports from February 2017 Meeting

Continued from Previous Page...

Action and Responsibility

Tim R reported that he is working on consolidating the online PDF directories as well as the paper directories to have matching information such as same location addresses, meeting times, and meeting titles. Tim R also reported that he has seen a discrepancy with the MWA meetings location which shows that they are located in Signal Hill and in other directories it shows that the location is in Long Beach. It was discussed that we look at the Google Maps address and include both cities on the directories, (Long Beach and Signal Hill) to eliminate confusion. He continues to visit other meetings.

Archives

Mark J reported that he is working on setting up an interview with Beverly O'Neill, former Mayor of Long Beach. Mark J is also working on gathering more speakers for the archives.

Phones (After Hours)

Carlina W reported that she will be adding all incoming call totals to the monthly Central Office Reports. She then reported that on March 8th, 10 crank calls were received in the morning. Jamie C said to redirect the callers to use other numbers and call other alcoholics.

Harbor Light

Mark B reported that he has access to Harbor Light issues dating back to the 1970s. Discussion had about the possibility of scanning all Harbor Light issues and posting them online in the archives. Mark B then reported that he is working on ways to make the subscription to the Harbor Light more accessible online.

Website

Matthew L, absent. Ben L reported that there is increased activity. There are also push notifications in the works.

Old Business

PayPal Account

Ralph M reported that a PayPal email account has been created and it is linked to the general fund account. Once the PayPal account is linked to the HACO website, donations and Harbor Light subscriptions can be accepted.

New Business

No new business.

Mark J made a motion to adjourn, seconded by Jamie C. The meeting was adjourned with the Serenity Prayer at 7:00pm.

Respectfully submitted by Rosa P, HASB Secretary

Your Donation Helps A Suffering Alcoholic

There are more than 650 meetings listed in the Harbor Area AA Meeting Directory — only 25 percent of those meetings contribute to the Central Office.

Give a little extra to show your support and gratitude for your sobriety.

You can donate any amount — one dollar for each year of your sobriety; one dollar for each year that your home group has been in existence; \$3.65, one penny a day for the past year, or if you can afford it, \$36.50 — one dime a day.

The amount you contribute can be anything! Every penny counts! Spread the word! The sober life you save may be yours!

Mail your contributions to:

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

Harbor Light New Subscriptions and Renewals!

Tom A — Long Beach, CA
Alan C — Reedley, CA
Barbara H — Long Beach, CA
Nicholas P — Long Beach
Allan L — Long Beach, CA
Rosa P — Long Beach, CA

Subscribe online at:
www.hacoaa.org/harbor-light

Harbor Area Service Committee Minutes for April 12, 2017

The meeting was called to order by Mary M at 7:30pm followed by the Serenity Prayer. HASC meeting announcements and rules were announced.

The 12 Traditions were read by Matthew L.

There was one new delegate: Ron W, One Hour Men's Meeting

Julius Y reported that 15 delegates were present, and 11 were needed for a quorum.

Secretary's Report

Rosa P, secretary, read the minutes of the March 8, 2017 meeting. The meeting minutes were accepted with corrections on a motion made by Ron T and seconded by Gina J. Motion passed 16-0.

Treasurer's Report

Ralph M read the Income Statement for March 2017. Liz G made a motion to approve the statement, seconded by Matthew L. Motion passed 16-0. Ralph then read the literature report for March 2017 and the budget sheet.

Chair 1 Report

Sue T read the HACO services provided for the month of March 2017:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	120	Paid 87, Expired 54	141	Total calls	164
Newcomer	76	Exchange copies mailed	37	Persons reporting	32
Out of town	0	Expired copies mailed	54	Central Office Receipts	
12 th Step	5	Total mailed	204	Contributions	\$4,043
Other	72	Total printed	208	Literature	\$3,388
Total in-house calls	259	Subscriptions emailed	20	Website visits	4,577

Volunteer Assembling of the April issue of *Harbor Light* is scheduled for Saturday, April 22, 2017 at 9:00 am in Central Office. Call ahead to confirm.

Committee Reports

Public Information

John S absent. Nothing to report.

Program Chair

Liz G, reported that the Bingo Night was a big success. A total \$1,026.00 in expenses, and a total profit of \$2,327.00 and the budget was \$750.00. Rule 62 Picnic will be at El Dorado Park. A planning committee meeting will be held on Saturday April 29 at HACO. Liz G then reported that she is resigning from the Program Chair position.

H&I

Ron T reported he attached the last approved treasurer's report to the agenda packet and asked for the committee to look it over. He then read the minutes from the February 15, 2017 H&I meeting. Ron T stated that the Chili Cook Off will be September 23, 2017 at Little Rec. Park. The first planning meeting is April 19th before the regular H&I business meeting.

In Office/Twelve Step

Dan H reported Saturday shifts are needed to be covered. Looking for volunteers to take on the 4th Saturday shift.

Action & Responsibility

Tim R reported that he is continuing to make improvements on the PDF directories and the printed copy directories. He is also checking in on meetings to make sure they are accurate and consistent with the directories.

Archives

Mark J reported that he will be interviewing former Long Beach Mayor Beverly O'Neill about her parents, Flossie Lewis and Clarence Lewis, for the archives.

Phones (After Hours)

Carlina W reported that all shifts are filled.

Continued on Next Page

Harbor Area Service Committee Minutes from February 2017

Continued from Previous Page...

Harbor Light

Mark B reported that May issue is looking promising. May will feature Memorial Day, Gay Pride in Long Beach, and a biography on Marty Mann. There is an update on the HACO website with a PayPal link for new subscribers. Ron T will be writing about the H&I conference.

Website Committee

Matthew L reported that the website traffic increased to 4,577 visitors. He is posting new archives and meeting updates. The Archive links are better and the security is better on the site. There is a possibility of push notifications such as an email which will give alcoholics notifications on events that are coming up. More to come on the Spanish website.

District 2

Chris I reported that they are working on verifying groups more effectively. HASBYPAA chair is open. Public Information Chair is open.

District 4

Gilbert G reported that 37 people were in attendance. Meeting participation has gone down. Julius Y reported that they want to retire the "Too Young" pamphlet.

Area 9

Tanya D absent.

HASBYPAA

Joffrey M absent. Julius Y reported they didn't get ACYPAA. The committee will be disbanding. He will still be serving as representative for HACO.

Old Business

Ralph M reported that, the PayPal link is up online on the HACO website. There is a PayPal email account that is being verified by PayPal. He is also working on paperwork to get a better fee rate. This may be completed by next month. The link is currently active. Discussion had that perhaps the link could be used for meeting donations, but the fee might not be beneficial.

Mary M mentioned that the HASC meeting set-up position is still open and briefly described the commitment. Gilbert G volunteered to set-up chairs before the meeting.

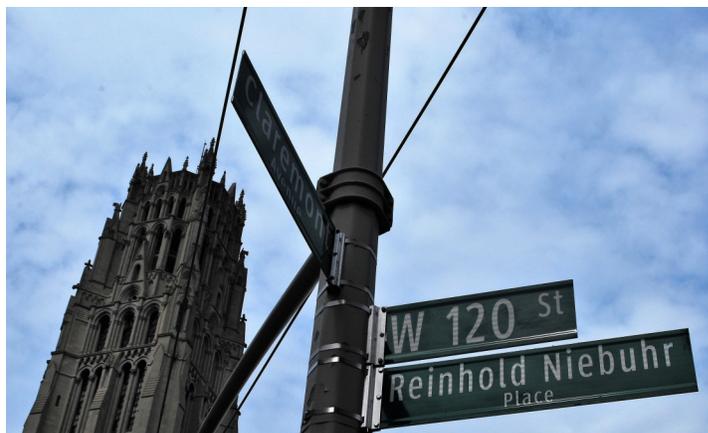
New Business

Mary M read the Program Chair job description. There were no volunteers or nominations made. The position is still open.

Ron W made a motion to adjourn the meeting, seconded by Gina J. Meeting was adjourned at 8:28 pm.

Respectfully submitted, Rosa P, HASC Secretary

Picture of the Month



Remembering Reinhold Niebuhr.

While the name Reinhold Niebuhr may not ring a bell he is the man who wrote *The Serenity Prayer*:

God grant us the serenity
to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference.

Written as part of a sermon in the early 1930s, the *Serenity Prayer* has evolved and devolved over time with many drafts adding and omitting text through the years.

In 1951, the longer version of the *Serenity Prayer* was amended to read as:

God, give me grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.

Amen.

As we remember Reinhold Niebuhr this month as he was born and passed in the month of June he is also remembered today with a street sign in New York City. Directly across the street from the General Service Office of Alcoholics Anonymous.

Do you have a seasonal photo that you would like to share with the readers of *Harbor Light*? Send your picture to: Harbor-LightChair@hacoaa.org and it could appear in a future issue!

Harbor Area Central Office Income Statement

	Apr 17	Apr 16	Jan-Apr 17
Income			
Contribution			
Group Contributions	4,672	5,423	17,188
Personal Contributions	85		222
Birthday Contributions		40	201
HASC Receipts	37	47	164
Bulletin Contributions	82	91	405
Total Contribution	4,876	5,601	18,180
Literature Sales	2,735	2,650	13,522
Event Income	2,352		2,727
Other Income/Interest	1	2	5
Total Income	9,964	8,253	34,434
Cost of Goods Sold			
Cost of Goods Sold		1	12
Cost of Literature	1,889	1,817	9,375
Inventory Adjustment		(24)	(14)
Credit Card Fees	43	45	222
Total COGS	1,932	1,839	9,595
Gross Income	8,032	6,414	24,839
Expense			
Bank Charges			6
Bookkeeping	45	45	180
Computer	503		618
Copy Plan (Xerox)	271	263	1,074
Less Directory & HL copies	(151)	(142)	(530)
Depreciation Expense		42	
Harbor Light	24	59	167
Insurance - General	125	107	501
Insurance - Workers' Comp	78	31	311
Payroll	4,250	3,777	16,001
Postage	49		74
Rent	1,285	1,285	5,140
Rent - HASC	65	65	260
Rent - Storage	60		240
Sales Tax Adjustment	(192)		(192)
State Sales Tax Adjustment		0	
Security System	20	20	81
Shipping Charges	30		45
Supplies	457	115	679
Telephone/Internet		213	427
Utilities - Water	44	53	176
Total Expense	6,963	5,933	25,258
Net Ordinary Income	1,069	481	(419)
Donations			
Total Other Expense			
Net Other Income			
Net Income	1,069	481	(419)

AA Event Calendar

Rule 62 Summer Picnic Planning Meetings

June 3, 2017 at 10:00 am
 June 17, 2017 at 10:00 am
 July 1, 2017 at 10:00 am
 Harbor Area Central Office
 3450 E. Spring St., Suite 109,
 Long Beach, CA
 (562) 989-7697 info@hacoaa.org
 www.hacoaa.org

Harbor Area Service Board

June 7, 2017 at 6:00 pm
 3450 E. Spring St., Suite 109,
 Long Beach, CA

AA Desert Pow Wow 2017 with Al-Anon Participation

June 8-11, 2017
 Indian Wells, CA
<http://desertpowwow.com/>

Founders' Day

82nd Anniversary of Alcoholics Anonymous
 June 9-11, 2017
 Akron, OH
www.akronaa.org

General Service — District 4

June 14, 2017 at 7:00 pm
 (new GSR Orientation at 6:30 pm)
 1900 E Carson St.,
 Long Beach, CA

Harbor Area H&I Service Committee

June 21, 2017 at 8:00 pm
 5938 E Parkcrest St.,
 Long Beach, CA

Rule 62 Summer Picnic

July 8, 2017
 9:00 am – 4:00 pm
 El Dorado Park West
 Long Beach, CA
 (562) 989-7697 info@hacoaa.org
 www.hacoaa.org

Harbor Area Hospitals and Institutions Minutes for April 19, 2017

Announcements

Many thanks to Gary for coffee and to those who helped set up. Andrew read the Twelve Traditions. The March minutes were approved with no corrections. Sandra ran the 50/50 raffle.

Newcomers

There were four newcomers tonight. We will have names and phone numbers available next month.

Birthdays

There was one birthday for the month of April: Jamie with seven years. Vicki provided a cake and we all sang Happy Birthday.

Treasurers Report

Ron T gave a detailed treasurers report. In our General Fund, we have \$6,152.64. We have \$10,396.96 available for literature in our Literature Fund.

Information Meetings

Miles E explained how information meetings work and how you can schedule an information meeting at your speaker meeting.

Literature Report

Vern gave a detailed Literature report and explained how to order literature and how to pick it up. We spent \$592.43 on Literature this month.

Intergroup Report

The last Intergroup meeting was held Sunday, April 9th, in La Mirada after the 2017 Conference at the Holiday Inn. The Conference was a great success. We had over 210 registrations. The speakers were great. In addition to the \$5,000 seed for next year's Conference we have approximately \$2,150 to donate to Intergroup's literature fund. The next Intergroup meeting will be on Sunday, May 28th, in Apple Valley and hosted by the High Desert H&I Committee. Lunch will be at 11am. The business meeting starts at 12pm. All are welcome.

Service Committee

The last Service Committee was held on April 8th. There were 16 delegates in attendance. A quorum is 11 and was had. Harbor Area Central Office finished March with a net loss of \$1,777 with a year to date loss of \$1,488 but Central Office is still in good shape. In Office/Twelve Step Chair Dan says we have slots open on Saturdays from 3pm to 5pm. Liz G said Bingo was a great success with a net income of \$2,327. *Harbor Light* is still in need of new subscriptions to keep our USPS Bulk Rate. This month we mailed out 26 Comp and 54 expired subscriptions to avoid paying the much higher First Class rate. Mark B is in need of articles for the *Harbor Light*. After Hours phones are all full. Matthew said the new website is a great success and showed more features. Gilbert G volunteered to be the set-up chair and make coffee. Liz G resigned as Program Chair. The position is now open. Assembling of the May 2017 *Harbor Light* is scheduled for Saturday, April 22nd,

at 9am at Central Office. Please call Central Office the Friday before to see if needed. All are welcome.

Area Assembly

Revo says all is well. The Conference was a good time had by all.

Policy Council

Tom A says all is well. See Tom for any Guidelines copies.

Chili Cookoff

Mark said the Chili Cook Off will be September 23rd at our same location in Little Rec Park. The City fee and deposit has been paid. A cleaning crew is needed to come in at 2pm so the folks there at 5:30am won't have to stay until 7pm. An all-day price for the Bounce House was discussed. Our planning meetings will be at 7pm each month before our regular H&I business meeting.

Spanish Language

Amado is the new Spanish H&I rep. He donated \$40 this month.

Panels

Panels were filled and no dark nights were noted.

Old Business

None

New Business

Motions were made and approved for books.

A new volunteer is still needed to set up the sound equipment and keep it from month to month. Johnny is currently keeping it at his home.

Tom A won the 50/50 raffle and picked up \$38.00. The meeting ended at 8:48pm.

Our next meeting will be Wednesday, May 17th, at the American Legion Hall 5938 East Parkcrest Street, Long Beach, CA 90808. Chili Cook Off planning meeting will be 7:00pm. Newcomer orientation will be at 7:30pm. Our business meeting will be at 8:00pm.

Respectfully submitted by Ron T.

EDITOR'S NOTE

**FOR OUR JULY, 2017 ISSUE
WE ENCOURAGE SUBMISSIONS ON THE
FOLLOWING TOPICS:**

Summer and Sobriety
7th Step, Tradition and Concept
Experience, Strength & Hope

Deadline: June 10th
harborlightchair@hacoaa.org

RULE 62 JULY 8TH **SUMMER PICNIC!**

CALLING ALL GROUPS!!
 WE NEED YOUR HELP!

RULE 62 IS A CENTRAL OFFICE FUNDRAISER, HOSTED BY GROUPS OF HARBOR AREA!

**GROUPS CAN PARTICIPATE BY:
 HOSTING A BOOTH OR DONATING TO:**

FOOD

BEVERAGE

ACTIVITIES

HAMBURGER

SODA

JUMP HOUSE

HOT DOG

WATER

HORSE SHOES

POP CORN

COFFEE

GIANT JENGA

COTTON CANDY

ENERGY DRINKS

FACE PAINTING

(YOUR CHOICE!!)

(YOUR CHOICE!!)

(YOUR CHOICE!!)

GIFT BASKETS ARE ALSO WELCOME!

PLANNING STARTS NOW!

ALL ARE WELCOME TO COME & HELP!

CALL OR EMAIL CENTRAL OFFICE FOR MORE INFO

(562) 989-7697 - INFO@HACOAA.ORG

OR, ASK YOUR GROUPS HARBOR AREA REP FOR MORE INFO

..DONT HAVE ONE? ITS AS EASY AS ELECTING SOMEONE FROM YOUR GROUP!

WWW.HACOAA.ORG

Harbor Light

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

June 2017

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THANK YOU FOR YOUR SUPPORT OF THE *HARBOR LIGHT*.
.....

SPREAD THE WORD AND SUPPORT HARBOR LIGHT! 12 ISSUES FOR \$10.00

HARBOR LIGHT

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Email: _____

I'd like to subscribe to *Harbor Light* via (please check one)

Snail Mail email

Clip this form and mail check for \$10.00 to:

Harbor Area Central Office, 3450 E. Spring St., Ste. 109, Long Beach, CA 90806-2461