

Under the B... BINGO Night!

March 2017

In the excitement of the new season, Harbor Area Central Office (HACO) is hosting its annual Spring Event this year – BINGO NIGHT! – on Saturday, March 18.

With seven rounds of B-I-N-G-O to be played, participants will have many opportunities to win prizes, mingle with the crowd and spend an evening supporting AA activities.

Winners receive gift baskets which include tickets to the Aquarium, gift cards, and much more. A 50/50 raffle will be held and one lucky winner will receive a cash prize.

Liz G, Program Chair, says the event is looking for support from Harbor Area meetings to donate gift baskets as prizes.



As a reminder, this is a fundraising event and all proceedings from the night will go directly to fund HACO. An eight-person planning committee has been meeting on Saturday afternoons at HACO and more volunteers are welcomed and needed. *Will the balls fall your way during the HACO Bingo Night on March 18?*

If you are interested in being of service before or during Bingo Night, please email Liz G at: ProgramChair@hacoaa.org

Bingo Night will take place at the Neighborhood Church in Bellflower. Doors open at 6:30 pm and the games will be played from 7- 9:30 pm. Tickets are on sale now for \$10 each at HACO or through your local service representative.

— Rosa P

LGBT Invites You to 12th Annual KISSAR

The Harbor Area’s premier event for the LGBT community is the Keep It Simple, Simply A Roundup. Otherwise known as KISSAR, the 12th edition takes place March 10-11 at Our Savior’s Lutheran Church on 370 Junipero Ave. in Long Beach.

Event Organizer Al E says that KISSAR is an opportunity for the LGBT sober community to, “learn something about themselves and to learn something about their sobriety.”

KISSAR kicks off Friday evening with a speaker meeting followed by an ice cream social. A full day’s slate of activities begin with a continental breakfast on Saturday morning. Workshops and other activities are being held throughout the day. The evening concludes with a Sobriety Countdown for those celebrating birthdays in February through to March 11.

A two day all access pass to the event can be purchased in advance for \$15. Visit the Events Calendar on the HACO website for a complete synopsis of KISSAR and to contact the organizing committee.

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

Finding the Third Step in an Alley

Many people talk about taking the third step on their knees. I believe I took my first third step on my back. It was the day before my sobriety date and I had just been lifted onto a stretcher and into an ambulance. I remember lying in the alley just before that, so drunk I didn't know if I was alive or dead.

While I was coming to grips with reality in my stupor, I realized that I had chosen the path that had led me to that moment – that I had no one left to blame, and that my life was unmanageable by me. But I remembered that there were people I had interacted with in my life who were sober.

While I was drinking, that concept sounded foreign to me. I had long known that, for me, there was no life worth living that included alcohol, but I couldn't stop drinking. The alcoholic life seemed the only normal life for me. But, for some reason, in that moment, I was so tired and beaten down that, for just a second, a glimmer of sunlight shone in through a crack in the carapace of the alcoholic life. I believed that if others could do it, perhaps I could do sobriety too. I became willing to believe in that moment.

Perhaps I didn't yet believe in God, but I certainly believed that there were sober and relatively happy people, and for me that was truly a power greater than myself. You see, I'm an alcoholic. I can overthink any situation any time, absolutely no assistance needed. You tell me I need to decide to turn my will and my life over to the care of God as I understand Him and immediately the scalpel comes out. I'm dissecting the sentence instead of adhering to the underlying principle.

See Third Step: Bottles Just a Symbol on page 6...

Harbor Light is a monthly publication of the Harbor Area Service Committee of Alcoholics Anonymous.
Send articles, comments, letters and artwork to:

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The Long and Short of It: The Third Tradition in All it's Forms

As beautiful as our short form of the Third Tradition may be – *The only requirement for AA membership is a desire to stop drinking* – our long form provides a much clearer explanation of the principles that are intended.

Our membership ought to include all who suffer from alcoholism. Hence, we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation.

My opinion as to why the long form is so important, is that it creates a distinction between the sole desire to stop drinking and those who believe they have alcoholism. Although my ego provides me with a desire to help everyone in the world, that simply distracts from those who I may have a chance of helping.

When I was new to sobriety, most of my willingness to try Alcoholics Anonymous came from the fact that everyone knew my pain on a level that outsiders would never be able to understand. It was a safe place from judgement or ridicule. There were no lectures and no people *telling* me what to do, only those who grabbed me by the hand and *showed* me what to do.

In the years that I have been around the program, I have witnessed people who came to AA who wanted to stop drinking but didn't think they were alcoholics. Whether they were alcoholics was not for us to decide anyway, but what if one of them had approached me? What if they told me that AA has helped them stop drinking even though they were not an alcoholic?

Then, what if they offered to sponsor me? I would not have known any better when I was new and may have said yes. Then, when we would sit down to go through the steps, something crucial to this program would be missing. I would not be able to relate to them, their experiences, or what they were offering me.

I could have decided that this program would not work for me, because these people could not possibly know what I have been through. I would have thought I was too far gone and nothing could save me. It was the experience of meeting other people, and working with a sponsor who knew where I was coming from, that got me hooked to Alcoholics Anonymous. That is what, not only saved my life, but what gave me a life worth living, a whole new life.

The other distinction between the short form and the long form of the Third Tradition that I find important is when it states that, *Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation.*

See Third Tradition: Out of the Morass on Page 7...

Sobriety and the Speed of Life

I'm seven years old and every adult in my immediate environment is drinking daily and it isn't hard for me to get a taste of beer, if I wanted, but I don't necessarily like the taste, so it's not a problem.

I'm ten years old and beer is beginning to taste better but it's still not my favorite drink. A little sip of whiskey, now and then, tastes okay but it's harder to get the adults to give it up.

I'm 13 years old and my friend and I talk an old drunk into buying us a few quarts of beer. We get drunk for the first time in our lives, and now I know why all those adults drink this stuff every night. I was giddy, sloppy, stupid, sick and eventually unconscious. I woke up the next morning and went off to school with a nasty hangover. I was in the eighth grade at the time. Still, it was no problem.

From that time on, my mind was consumed with thoughts of how I was going to repeat that wonderful experience. As I started high school I worked in a bowling alley from 6:00 pm until 10:30 pm, setting up pins. When we got off work we would go straight to a sleazy bar where we could get someone to buy beer for us.

From there, we would go to an abandoned school building and drink until all the beer was gone. We'd get into fist fights with each other, wake up the next morning with black eyes, skinned up knuckles and elbows, go back to school and come up with some ridiculous story about what had happened the night before.

I'm 16 years old and I'm allowed to party with the adults. Shortly after getting my driver's license, I am asked to drive someone home. On the return trip, I missed a turn and crashed into a parked car.

I continued to drink unabated and quit high school in May of my senior year with almost no resistance. I joined the navy in August of that same year and in short order I was locked up for gang fighting and had my second drunk driving accident when I drive into a gas station and hit a car parked at the pump.

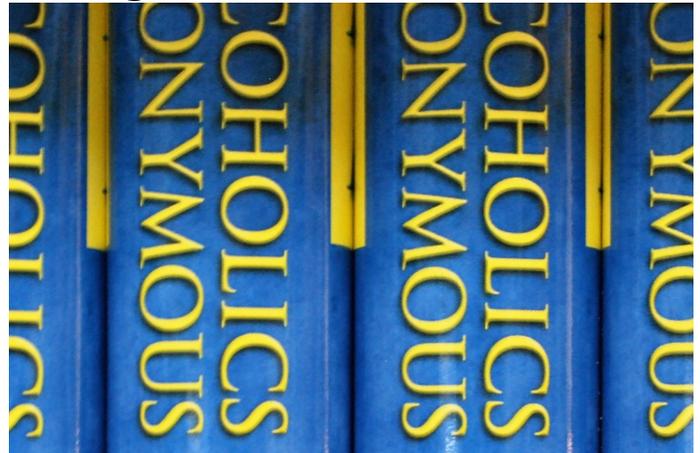
This kind of behavior goes on for 10 more years. I am lucky to have survived after more trips to jail, a failed marriage, broken bones and broken relations with almost everyone that meant anything to me.

I'm 28 years old and I show up at AA coming out of a blackout. I am greeted by three people who welcome this stranger with open arms as though they are expecting me. They listen patiently to my tale of woe, nodding as they seem to understand. Their eyes are soft and gentle and I feel their compassion.

At the young age of 28, I believed that my life was over but, one of them says, "life isn't passing you by near as fast as you think it is." They say, "come inside and have a cup of coffee." They were right; I had a profound change of

See The Speed of Life on Page 7...

A Woman and Her Mission to Donate 300 Big Books in the Harbor Area



Sunshine D was struck by an idea to help her celebrate 30 years of sobriety on January 10, 2017.

Could she gather and distribute 300 Big Books in the Harbor Area to help alcoholics in need as the Big Book helped her achieve 30 years of sobriety?

"It's a stretch," she said about reaching her target of 300 Big Books. "But what a gift that I received – I get to be sober 30 years. The Big Book of Alcoholics Anonymous is a big part of that and I want to share in that. I have a lot of folks who have made commitments and right now I have commitments for 35 Big Books.

"The challenge now is in the logistics. How do I go about collecting the books? Where do people drop them off? And finally, where do they go? People are coming up to me and telling me that this particular sober living house could use some Big Books and that this other treatment center could use them as well. I need to make lists.

"Maybe I bit off more than I can handle but would it be so terrible if we raised 3000 Big Books? I'm looking at a team approach going forward, so that it's a "we" thing. We're all in this together."

If you would like to help Sunshine with her #carrythemessage2017 to donate 300 Big Books contact us at: HarborLightChair@hacoaa.org and we will put you in touch with her. We will follow up with Sunshine in the months ahead and see how she is coming along with her birthday wish.

January Birthdays!

Neil E—\$165

The Gift of Giving: Serving H&I

When I was new in sobriety, I would complain a lot.

I still complain, but not nearly as much. Back then I would complain to my sponsor, Rick T about Her. About Them. And about those damn lawyers.

When I would complain to Rick, he would just say, “That’s great Joey, let’s go to Metro.” I would think, “What the @#\$\$% does that have to do with anything?”

So, we would go to the State Metropolitan Mental Hospital at Norwalk, California. I hated that. We arrived there to be met by people with badges and guns who took us behind walls with locks and razor wire. And there we met the “patients,” who would act out and scare me to death. But I would go, and read, or talk, or do whatever it was that we were supposed to do.

When we left Metro, something magical happened to me. As I passed through the sally port and heard that steel gate clang shut behind me, I felt better. I relaxed. I had absolutely nothing to complain about. It took me the longest time to figure that out. My sponsor was teaching me that if I got with them, I could get out of my own head. It was a gift.

The next gift I received was when my sponsor gave me *his* panel at the Navy brig. I think he got that panel just to make me do it. You see, I had been in the brig when I was in the Navy, and I got to go back in on a panel and see myself across the table. I had that panel until the base closed.

Not long after that, I got a panel at Juvenile Hall, where I had spent some time when I was 15. I had that panel for more than three years.

It was about then that I started going into prisons. My first was at Tehachapi, where the prisoners had many AA meeting groups. They even had an AA Convention once a year. I got to go there many times with Angie T. and my sponsor.

Did I just say that I “got to” go there? More gifts! Although I have never had a panel there on my own, I’ve been to Chino Prison several times. I once drove half-way up the state with Nick M. to do a panel at Kern Valley State Prison. That’s what my sponsor calls going to any length – plus a couple of hundred miles.

But the panel that affected me the most was when I went to Calipatria State Prison with Rick.

Calipatria is a Level Four prison, which means that eighty percent of the inmates are serving a life sentence. The walls are lined with armed guards and electrified fences. You have to sign a hostage waiver to get in. It’s the real deal.

After passing through heavy security and a long walk across the yard past some very scary people, we arrived at the meeting room. Shortly thereafter, the inmates were escorted in. When they started sharing, a world I never knew came into view.

Under all the tattoos and scars there were real people. In prison you can get anything you want, and there are some serious games going on. But these guys had their own Big Books, and the books were well worn and heavily used.

These men had AA groups, and sponsors, and did 12 Step calls on the yard. They had meetings and fellowship. And boy were they very glad to see us bring a meeting to them. Some of them had found a freedom inside the walls that many other people outside the walls want. I wanted what they had. That really put the light of day on me.

Twenty-seven years later, I am still doing H&I panels.

I currently have a panel at the Salvation Army ARC in Anaheim and at the VA Hospital in Long Beach. I go to Skid Row in LA twice a month. I know the secret of Alcoholics Anonymous. You have to give it away to keep it.

— Joseph W

(Joseph adds that, on April, 7-9 he’ll be going to the Southern California H&I Convention being held in La Mirada. “We’ll have food, fun, and fellowship. We’ll talk about how best to help the suffering alcoholic and we’ll stay sober together. We’re having a banquet and we’re having a dance. Come join us! You can register at: www.socalhandi.org.”)

Call Out for a HACO Phone Desk Service Opportunity



If you know what this is you can be of service!

One of the basic tenets of continued sobriety is service work. The HACO phone desk is in need for a volunteer to answer the phone between 3-5:00 pm on Saturday afternoons. Always!

If you can commit two hours per week of your time to serve your community, you will know the reward of helping an alcoholic in need while contributing to your sobriety through this much-needed service work.

For more information about phone desk service opportunities contact HACO by phone at (562) 989-7697 or email info@hacooa.org.

Right of Decision: Exploring the Third Concept

Our entire AA program rests squarely upon the principle of mutual trust. We trust God, we trust AA, and we trust each other.

Therefore, one of the most important Concepts we can abide by is the Third Concept which reads, "As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the AA General Service board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional *Right of Decision*."

Bill W took great care to provide those entities, whose function is to serve AA as a whole, the opportunity to make decisions for the best of AA, and to use their conscience and their understanding of God as their guide.

He states that within the framework of their general responsibilities, it should be the traditional right of all world service boards, committees, and executives to decide which issues they will dispose of themselves and upon which matters they will report, consult, or ask specific directions. We should trust our world servants or otherwise no effective leadership can be possible.

We must allow for everyone acting on our behalf to have the ability to arrive at a conclusion, especially after the discussion, debate, and illumination of full facts as well as the rules for voting on issues provided in our traditional substantial unanimity method of deciding important issues that our service structure allows.

We maintain the right to be wrong, and we are not perfect. As a servant of the program, I believe this Right of Decision is one of the greatest safeguards against compromising our warranties, our traditions, and the autonomy of our elected leaders, volunteer and paid staff, as well as our directors.

I use the Right of Decision several times at the General Service Conference as a delegate. There were instances when there was a better approach to issues than my area had determined. I voted as my conscience guided me.

First with trepidation, but later with confidence that I was truly serving my area as the representative of those groups who elected me. They trusted me to make decisions based on facts, discussion and debate while having their voice in my head. I did just that.

This Third Concept boils down to trust. Much like I did in Step Three when I decided to turn my life and will over to the care of God, I trust that He will always have my best interest in all He guides me to. But do I exhibit the same trust in those who serve me in AA? In life in general? Or to those who are in authority over me?

See Exploring the Third Concept on page 8...

Spreading the Word: HACO in Need of Public Information Volunteer



Do you like speaking in front of groups of people about the benefits of Alcoholics Anonymous? Are you looking for a challenging service work opportunity?

If so, HACO is looking for a volunteer to be our next Public Information Committee Chair. The PI Chair is responsible for, informing the non-Alcoholics Anonymous community regarding AA's purpose on behalf of the Harbor Area Service Committee.

Public Information receives requests from corporations, hospitals and/or hospice outreach programs, schools, churches, and synagogues. The PI Chair speaks to the six-year-old as well as the sixty-year-old individual.

If you are still reading this notice and have a minimum of one year sobriety and can commit to a one year term you may have what it takes to be the next Public Information Chair. Contact HACO by phone at (562) 989-7697 or email: info@hacoaa.org for more information on this exciting service opportunity.

Harbor Light New Subscriptions!

Alan O — February 2017

John S — February 2017

Subscribe today! info@hacoaa.org

Third Step: Bottles Just a Symbol... I Have to Turn this Over Too?

Continued from Page 2...

“You mean turn my whole life over? Not just the drinking thing?” “Who is God?” “I really don’t think I believe in an imaginary friend who can solve my problems.” “Is this some church group?” “Even if I did believe in a so-called ‘God’ why would I believe that he is caring?” “I don’t understand God, so how could I possibly work this step?” My alcoholism and selfishness run so deep that I cannot see past my own myopic worldview.

Thank God at that moment I had no fight left in me. Not a question ran through my mind. I saw that I was doomed if I continued to behave the way I had always behaved – 1. I saw that there were people in whom the problem had been solved – 2. I made a decision to do what they did.

That was the Third Step experience for me. Good bad or indifferent, that’s what happened. There were no whispered prayers, there was no kneeling or talk of the Divine – just a broken man in an ambulance and the presence of his Creator, still misunderstood.

The next day, when I went to my first meeting, scabs on my face and my hair unwashed, the men and women of alcoholics anonymous gave me a cup of coffee, shared some of their experience and encouraged me to share mine.

I remember leaving the meeting, and someone told me that I never had to drink again. It’s the kind of phrase that I just kind of brush off now that I’m not a newcomer. At the time, though, I remember feeling like such a simple sentence smashed my perception of the world.

I had been drinking out of a perceived necessity. I had never, for a moment considered, that there was even a possibility that I didn’t *have* to drink. I felt set free.

And once again at that meeting, I was brought through the first three steps. I was powerless and my life was unmanageable, but I saw AAs sober and believed it could work for me too. I made a decision to continue to come to Alcoholics Anonymous. For me, it is a simple and daily action. I hope to God I never forget.

In the *Twelve Steps and Twelve Traditions*, Bill talks about how, in a way, every AA has worked up to step three by the time they’ve come to Alcoholics Anonymous and experienced some sobriety. That we of an alcoholic temperament have admitted our powerlessness over alcohol and the unmanageability we have wrought in our own lives. We have come to believe that there is another option, and we have made the decision to stay sober with the help of a Higher Power.

It was not until I was physically sober for four months that I realized just making a decision to turn over my drinking would only get me so far. More had to go. I again had to realize that my life was unmanageable. This time I had no

alcohol to hide behind. This time I was forced to understand and admit that my problems were of my own making – bottles were just a symbol. Once again, I made a decision to turn it over – this time my life, not just my drinking.

“This too? I have to turn this over too?” I would squeak. “God can have the rest, but I want to hold onto this.” But sure enough, I find that when I empty me of me, God cannot help but to come in. I make the same decision every morning.

Most importantly, I try not to complicate my third step. I can quickly find myself in wordy theological debates but what’s the point? The irony of the third step is that the more I think I understand God, the more shut off I tend to feel from the Sunlight of the Spirit.

My spiritual experience is characterized by the bewilderment in seeing God where least expected, or finding the Divine in the mundane. If I could be so lucky as to just experience God and not need to understand it... well that would just be grand.

Action and Responsibility Committee Needs Volunteers for Service Goals

The Action & Responsibility Committee of the Harbor Area Central Office (HACO) is looking for volunteers to help meet our objectives for the year.

Our mission is twofold: 1) To make sure the AA meeting information that HACO has on file is correct regarding time/place and contact person. 2) To encourage groups to contribute to HACO and the importance of having a delegate from the group to represent their group's conscience at Harbor Area Service Committee meetings. We would ask the meeting secretary to allow us to introduce ourselves during the time set aside for, "AA-related announcements" at the end of their meeting.

If you've been looking for a reason to visit different meetings to mix up your routine a little, this is a great opportunity and it's for a good cause.

We'll try to visit each of the groups listed in the *Harbor Area AA Meeting Directory* this year. If we have enough volunteers in service it may mean a commitment to visit at least one additional meeting per week.

For more information, please contact Tim R at: dtim2000@aol.com or through HACO at: info@hacoaa.org.

Third Tradition: Out of the Morass

Continued from Page 2...

This part of the Third Tradition gives me a safety net, that no matter where in the world I go, I will always be welcome at AA meetings there. My age, gender, religion, beliefs, things I've done, or not done, will not get me turned away.

I have not had a desire to drink in a long time, but when life continues to show up and get hard, there is always a safe place for me to go and I am beyond grateful for that. My sobriety date is May 5th 2008, and I got sober a week after my 19th birthday.

I did everything "wrong" when I was new; I hit on boys, cussed people out, I even got into a physical altercation at my homegroup, but not once did anyone tell me I could not come back. Most people would laugh, pat me on the shoulder, and tell me they would see me next week.

Meetings taught me more than just principles, love, kindness, forgiveness, and moral behaviors. They showed me that no matter how messed up I may get on my life's journey, there is always a way out of the "bitter morass of self-pity" that Bill talks about in our book *Alcoholics Anonymous*. The way out of the bitter morass starts in a room full of members of AA that welcome anyone who suffers from the same malady, regardless of anything else.

Although I got sober eight years ago, I went to my first AA meeting when I was four years old as my father got sober in these rooms. When I was younger, I wanted to participate at AA events and help sell raffle tickets. My father told me I was not allowed to because I was not an alcoholic.

At the time, I thought that my dad was being mean to me. I did not understand the importance of this Tradition. Today, I am grateful that he protected our principles, even if it was from his four-year-old girl. Now, I get to sell raffle tickets any time I want.

If I had tried to help back then, I would have taken an important job away from a member of AA, or I would have distracted alcoholics from their primary purpose — to help alcoholics who still suffer. If people are focused on the little girl selling raffle tickets, then they are not focused on those they can help.

All our Traditions are tied to one another, and breaking one of them also means you are likely breaking another as well. They say the Steps are for us and the Traditions are for our groups, but had the Traditions not existed, I may not have been able to find the life in these rooms I have today.

I may never have had the pleasure of growing up, slowly but surely, into the woman I am so proud to be, even on my worst days. Thank you, Traditions of Alcoholics Anonymous.

— Kelly A
Redwood City, CA

The Speed of Life

Continued from Page 3...

perception and all those bad days are but a distant memory.

The obsession was gone and it has never returned.

In my first year of sobriety I met a young lady who was not an alcoholic but was curious about a fleet sailor who was divorced, had a young child, and was an alcoholic, and I suppose she sensed something in me that intrigued her. The more we talked about my aspirations and the type of principles I was learning to live by, the closer we became.

We were married on October 31, 1970 and have been together ever since. She is the happiest wife I know and needless to say, I hit the jackpot! Since embracing the program of Alcoholics Anonymous we have gained the love and respect of my first wife and we have been kind and understanding towards her as well. My son has been witness to all of this.

Since that very first day in AA I have been practicing the Twelve Steps to the best of my ability and understanding. It has been a wonderful experience and I wouldn't trade places with the richest man on this planet.

I couldn't be more grateful for the way I was welcomed when I needed hope and understanding. For the first time in my life I felt safe. My hope is that all who arrive at the doors of AA can be accepted with the same love and kindness that I experienced.

I'm 75 years old and on my way to 100+. Life is awesome!

— Rick R

Pleading the Sixth

As the Sixth Traditions states: "An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

Therefore the names of groups and meetings in the *Harbor Light* are listed and included for news and informational purposes only. The *Harbor Light* does not endorse any group or meeting in the Harbor Area, nor should any inference of endorsement be read into these pages. The views expressed are of the individual writers.

We do encourage all members to visit as many meetings and groups as possible to better inform one's own sobriety.

Exploring the Third Concept and the Right of Decision

Continued from Page 5..

I need to see that I release others with love to their own decision especially when I disagree with them. I now see you as a trusted servant so I trust your right to act in accord with your conscience. I really practice this principle in the workplace, on the teams I play on, bands I play with and the housing complex I live in.

I believe this endowment contains great responsibility, trust and faith that I have placed myself in the Hand of God and am doing and being what He would have me be in any situation.

I need to be aware of my Right of Decision throughout my program life. The Third Step, Third Tradition and Third Concept all remind me of that right: I turn my will and life over to the loving care of God, I admit my membership in the Fellowship and live in service to others through the love of God. All of this is done through my daily decision to stay sober and serve Him!

I have the capacity to allow others their Right of Decision to be who they are. In working with others, I learn to respect the alcoholic's right to drink. At work, I have learned to accept a superior's right to be wrong in how they choose to run their company. I have experienced honor of quietly observing another's Right of Decision with gratified joy as I know God still has his hand in the outcome.

This traditional Right of Decision has kept me in AA, living AA and being a member in good standing for 24 years now. I just need to remember, "Freedom under God to grow in his image and likeness will ever be the quest of the Alcoholic Anonymous (that's me)."

It's my right to make that decision!

— Jeryl T

EDITOR'S NOTE

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

- Oldtimer Stories
- Experience, Strength & Hope
- AA Sponsored Events
- GSRs, Group Conscience Speaks
- AA Speaker Schedules
- Gratitude Stories

Deadline: March, 10

harborlightchair@hacoaa.org

WIT and Wisdom

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

Once again it is time to recount what was heard in the AA herd.

You are always blind to your own problems.

Let's not talk about going out — let's talk about staying.

My home group is AA.

My disease talks to me in my own voice.

The only way to do this program wrong is to do it alone.

When in doubt, run in circles, scream and shout.

We're no longer powerless — we have spiritual power.

Alcohol works alright; it'll take you to the streets or to prison.

Your defects are impediments to spiritual change.

Grace is a gift; it's never earned.

Don't be just a spectator in AA — be a player.

It's a luxury to be here in AA.

When I'm drunk, I'm a little dog that thinks he's a Mastiff.

We are spiritual beings having a human experience.

I believed in God, but not in myself.

God is powerful; but so are we.

You are going to get what you want in what you do.

Don't try to change God; pray to change yourself.

God shares his power with us.

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

This brings us to a close of the words of wisdom as heard in the rooms of AA. Everybody have a great spring.

— Kevin P

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

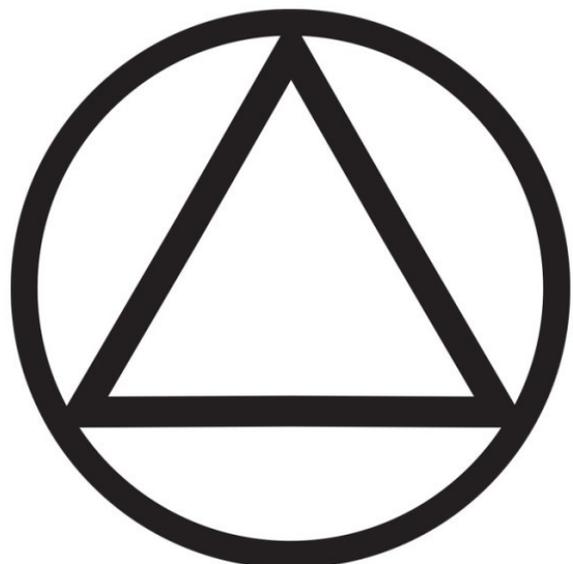


HARBOR AREA SPEAKER MEETINGS

High on Life 835 E. 33rd St./Atlantic, Signal Hill	Sunday, 9:00am
Sisters in Sobriety Women's 835 E. 33rd St./Atlantic, Signal Hill	Sunday, 2:00pm
Signal Hill Speakers 835 E. 33rd St., Long Beach	Sunday, 7:00pm
Paramount Speakers 8021 E. Rosecrans Ave., Paramount	Sunday, 7:00pm
Carson Speakers 23621 S. Main St., Carson	Sunday, 7:00pm
East Bay Group 5550 E. Atherton St., Long Beach March 5 - Joe M - Santa Monica, CA March 12 - Kurt Z - Redondo Beach, CA March 19 - Dyanne G March 26 - Paul C - Woodland Hills, CA	Sunday, 7:00pm
Torrance Speakers Group 1422 Engracia Ave., Torrance	Sunday, 7:30pm
Fireside Speakers 641 S. Western Ave., Anaheim	Sunday, 8:00pm
Dirty Shirt Group Speakers 5881 Cherry Ave./E. South St., Long Beach	Monday, 7:30pm
Bellflower Big Book 9603 Belmont St., Bellflower	Monday, 7:30pm
Seal Beach Speakers 500 Marina Dr., Seal Beach	Monday, 7:30pm
Speakers (Serenity Hall) 12336 Penn St., Whittier	Tuesday, 10:00am
Depth & Weight Group 8021 Rosecrans Ave., Paramount	Tuesday, 8:00pm
Arbor Road Speakers 5306 Arbor Road, Long Beach	Tuesday, 8:00pm
Speakers (Whittier Art Gallery) 8035 S. Painter Ave, Whittier	Tuesday, 8:00pm
Way of Life Speakers 835 E. 33rd St., Long Beach	Wednesday, 8:00pm
12 Steps & 12 Traditions 5950 E. Willow St., Long Beach	Thursday, 7:00pm
Palos Verdes Speakers 2200 Via Rosa/Palos Verdes Blvd.	Thursday, 7:30pm
Big 10 Speakers 835 E. 33rd St./Atlantic, Signal Hill	Thursday, 7:30pm
Long Beach Speakers 759 Linden /8th St., Long Beach	Thursday, 7:30pm

Lakewood Speakers 5306 Arbor Road, Long Beach	Thursday, 8:00pm
Downey Thursday Night 9813 Paramount Blvd., Paramount	Thursday, 8:00pm
We're Making It Speakers 23621 S. Main St./Gulf Ave., Carson	Friday, 7:30pm
La Palma Big Book Speakers 11600 Los Alamitos Blvd., Los Alamitos	Friday, 8:00pm
Rule 62 Speakers (Thursdays) 16865 Pacific Coast Hwy., Sunset Beach March 4 - Vern G March 11 - Aaron H March 18 - Kelly C March 25 - Jim T	Saturday, 7:00pm
Sober on Seven Speakers 3125 E. 7th St./Obispo, Long Beach	Saturday, 7:30pm
True Ambition Women's 600 1/2 Redondo Ave., Long Beach	Saturday, 7:30pm
Whittier Speakers 15215 Janine Dr./Colima Road, Whittier	Saturday, 7:30pm
New Friends (Little Company of Mary) 1386 W. 7th St., San Pedro	Saturday, 7:30pm
South Bay Serenity Group 3315 Lomita Blvd., 3rd Fl Med Center, Torrance	Saturday, 7:30pm
Sat. Night Live Open Book Speakers 525 E. 7th St./Atlantic Ave., Long Beach	Saturday, 8:00pm
Weekenders Group 9630 Mayne St., Bellflower	Saturday, 8:00pm

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



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

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

	Jan 17	Jan 16	Jan 17
435 Intergroup	0.00	100.00	0.00
Aloha Women's Group	197.32	0.00	197.32
Att Adj 7 AM Thurs Marina Pacifica	0.00	110.00	0.00
Att Adj 7AM Wed Marina Pacifica	0.00	230.00	0.00
Attitude Adj 645 am Lakewood	65.00	50.00	65.00
Back To Basics	0.00	50.00	0.00
Bellflower Big Book Group	1,136.00	2,052.03	1,136.00
Big Book Study Los Alamitos 6pm	360.00	0.00	360.00
Book Study Wed MarPac	0.00	350.00	0.00
Came to Believe	0.00	50.00	0.00
Candlewood Group -St. Cyprians	0.00	50.00	0.00
Carry The Message	189.00	0.00	189.00
Coffee Talk	0.00	120.00	0.00
Compton 401 Bullis Group	25.00	25.00	25.00
Cypress Women's Step Study	95.00	72.00	95.00
Dirty Shirt Group	60.00	0.00	60.00
Early Attitude Adjustment Sat Morning	0.00	75.00	0.00
Early Bird Att Adj Sun IFH	0.00	150.00	0.00
East Bay Group	175.00	0.00	175.00
Friday Night Men's Stag	0.00	500.00	0.00
Friday Night Men's Stag Long Beach	200.00	0.00	200.00
Full Flight	60.00	0.00	60.00
Girls Night Out	70.00	0.00	70.00
Group #000696740	60.00	0.00	60.00
Group #168467	0.00	61.50	0.00
Group #679539	0.00	60.00	0.00
Group #688436-09-04	0.00	62.69	0.00
Happy Hour Mon MWA	0.00	101.52	0.00
Happy Hour Thurs MWA	0.00	60.00	0.00
Happy Hour Topic Discussion	180.00	0.00	180.00
Harmony Group	0.00	50.00	0.00

	Jan 17	Jan 16	Jan 17
Harmony Group	0.00	50.00	0.00
Indian Charlie Group	0.00	50.00	0.00
Intimacy & Recovery Men's Stag	0.00	300.00	0.00
Just Say Thanks	0.00	40.00	0.00
Living Sober Book Study	0.00	66.85	0.00
Living Sober LB	59.80	0.00	59.80
Lomita Wayfarers	25.00	0.00	25.00
Los Altos Group	25.00	45.00	25.00
Los Altos Open Door	0.00	50.00	0.00
Marina Pacifica Monday noon	0.00	82.80	0.00
Marina Pacifica Womens Tues Step Study	0.00	120.00	0.00
Men's Banquet	0.00	930.50	0.00
Monday Night Basic Steps Group	0.00	50.00	0.00
Monday Night Book Study Group	0.00	88.61	0.00
New Beginnings	0.00	103.56	0.00
Over 50 Group	90.00	0.00	90.00
Paramount Speakers	55.00	0.00	55.00
Rule 62 Daily Att.Adj	300.00	0.00	300.00
Sanctuary Group	35.00	0.00	35.00
Seniors 4 Sobriety	120.00	131.00	120.00
Signal Hill Speakers	0.00	240.00	0.00
Sisters In Sobriety	30.00	0.00	30.00
Sober on the Sand	63.28	0.00	63.28
Staggers On Monday	50.00	39.67	50.00
Sun Spots	40.00	0.00	40.00
Sunday Sundowners	60.00	0.00	60.00
Thursday Night Big Book Study Los Alamito	50.00	30.00	50.00
Tuesday night round robin	0.00	60.00	0.00
Twin town 4PM Happy Hour	0.00	159.60	0.00
Uppity Women	112.50	120.00	112.50

Group Contributions

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

Continued from Previous Page

	Jan 17	Jan 16	Jan 17
Watering Hole VA	50.00	0.00	50.00
Wed Night Men's Stag	50.00	125.00	50.00
Wednesday Discussion	250.00	272.00	250.00
Wednesday Night West	0.00	200.00	0.00
Wednesday Noon Step Study	110.10	0.00	110.10
Weekenders Group	0.00	25.00	0.00
Willing to Grow	40.00	44.40	40.00
Women in Recovery LosAl	0.00	120.00	0.00
TOTAL	4,488.00	7,873.73	4,488.00

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.

12 Steps & 12 Traditions — Daniel H

5420 Group — Debbie W

Bellflower Big Book — Mike S

Bowling Green — Eric B

Came to Believe — Matthew L

Carry the Message — Rudy T

Downey Thursday Night — Alan O

Harbor Area/South Bay — Julius Y

High on Life — Dale C

Indian Charlie — Frank U

La Palma Big Book — Pete K

Lakewood Speakers — Chris I

Over 50 Group — Mark M

Seal Beach Speakers — Sarah E

Sober on the Sand — John S

Under the Bridge — Carlina W

Uppity Women's Group — Tamra V

Wednesday Discussion — Brad S

Harbor Area Service Board Minutes for January 4, 2017

www.hacoaa.org

The meeting was called to order with the Serenity Prayer at 6:00 pm by Jamie C., followed by opening remarks

Board Members Present

Chair 1: Jamie C.; Chair 2: Mark J.; Chair 4: Jackie P.; Chair 5 Mary M.

Secretary's Report

Rosa P., HASB secretary, read the minutes from the December 2016 meeting. The minutes were accepted as read, on a motion made by Mark J., and seconded by Jackie P. Motion passed 4-0.

Chair 1 Report

Jamie C., reported that the board will be keeping Ben L. as a signer and adding Mary M. and Jamie C. as co-signers for the bank account.

Treasurer's Report

Ralph M. read the December 2016 Income Statement. He then read the Literature Report for December 2016. We also reviewed the Annual Budget for 2016.

Central Office Reports

Deborah M. read the HACO services provided for the month of December 2016:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	113	Paid copies mailed	*72	Total calls	100
Newcomer	39	Exchange copies mailed	37	Persons reporting	31
Out of town	3	Comp copies mailed	21	Central Office Receipts	
12 th Step	1	Total mailed	205	Contributions	\$3,218
Other	78	Total printed	212	Literature	\$1,775
Total in-house calls	234	Subscriptions emailed	22	Website visits	3,509

*75 expired subscriptions of *Harbor Light* mailed

Volunteer Assembling of the February issue of *Harbor Light* is scheduled for Saturday, January 21, 2017 at 9:00 am in Central Office. Call ahead to confirm.

Committee Reports

Program Chair

Liz G., reported that the spring event is coming up, March 18, 2017, Bingo Night. Mary M. spoke with Los Alamitos Church about securing a location. Tickets will be available at the February Service Committee. Liz G., is requesting a committee with members who are not on the board such as sponsees or other volunteers who want to be of service.

Public Information

Amethyst J., absent.

Hospitals and Institutions (H&I)

Ron T., sent a report stating, "Happy New Year from Ron T. I hope you all had a quiet, peaceful and blessed New Year as I did. We had H&I elections at our last meeting December 23rd. Johnny P, Miles E and myself were reelected as Director, Co-Director and Treasurer for 2017. Harbor H&I will host the January Intergroup meeting on Sunday, January 22nd, at the MWA Club. There will be food at 11am with the Intergroup business meeting from 12pm to 2pm. There will be as many as 26 committees represented from all over Southern California. All are welcome. Our next regular H&I business meeting will be Wednesday, January 18th, at the American Legion at 8pm. Newcomers at 7:30pm. I hope to see many of you there. Thanks so much."

12 Step (In Office)

Dan H., absent. All spots are currently full and is continuing to build a back up list.

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Harbor Area Service Board Committee Reports from January 2017 Meeting

Continued from Previous Page...

Action and Responsibility

Gilbert G., absent.

Archives

Mark J., nothing to report.

Phones (After Hours)

Carlina W., nothing to report.

Harbor Light

Mark B., introduced himself to the board. For the February issue, the two lead articles are the Marina Pacifica move and the Central Office website. Plans on visiting meetings and doing outreach to those meetings that don't know about *Harbor Light*. Mark B. reported he will be writing about events prior to them happening and is requesting help in getting leads, phone numbers, etc.

Website

Matthew L. reported that the new prototype for the website has links to maps and calendar uploads to an iPhone and android. The website also has links to speakers which directly give the user access to the audio file.

Old Business

None

New Business

Mary M. filled in for Jackie P. regarding the 2016 amendments to the By-law additions and subtractions. The board reviewed her suggestions and will bring them to the HASC next week. Jamie C. suggested that an Ad Hoc be formed regarding the HASBY-PAA job description for a standing committee if they choose to be one.

Mark J. made a motion to adjourn, Jackie P. seconded. The meeting was adjourned with the Serenity Prayer at 7:30pm.

Respectfully submitted, 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:

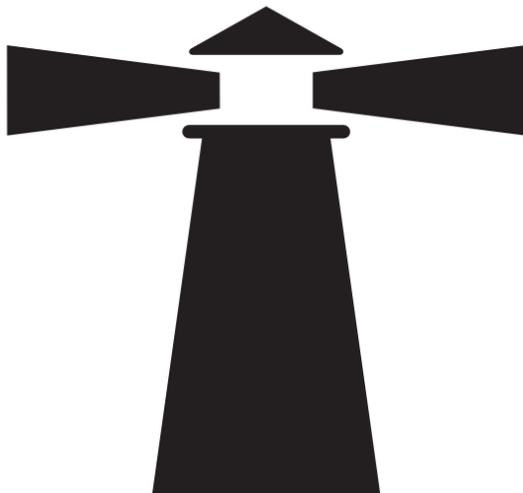
Harbor Area Central Office
3450 E. Spring St., #109
Long Beach, CA 90806

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 Area Service Committee Minutes for January 11, 2017

www.hacoaa.org

The meeting was called to order by Mary M., at 7:30 pm followed by the Serenity Prayer.

HASC meeting announcements and rules were announced.

The 12 Traditions were read by Ralph M.

There were two new delegates: Brad S., Wednesday Night Meeting; Sarah E., Seal Beach Speakers

Julius Y. reported that 21 delegates were present, and 13 were needed for a quorum.

Secretary's Report

Rosa P., secretary, read the minutes of the December 14, 2016 meeting. The meeting minutes were accepted with corrections on a motion made by Ron T. and seconded by Manuel J. Motion passed 21-0.

Treasurer's Report

Ralph M., read the Income Statement for January 2017. Ron T., made a motion to approve the statement, seconded by Manuel J. Motion passed 22-0. He then read the literature report for January 2017. Ron T. made a motion, Manuel J, seconded, motion passes 22-0, Literature report was ready by Ralph M. He then read the balance sheet for 2016 and then read the actual vs. budget worksheet.

Chair 1 Report

Jamie C. made welcoming remarks. Jamie C. then read Chapter 1, pg.5 of the Service Committee By-Laws. Jamie C. then read the office report for December 2016.

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	113	Paid copies mailed	*72	Total calls	100
Newcomer	39	Exchange copies mailed	37	Persons reporting	31
Out of town	3	Comp copies mailed	21	Central Office Receipts	
12 th Step	1	Total mailed	205	Contributions	\$3,218
Other	78	Total printed	212	Literature	\$1,775
Total in-house calls	234	Subscriptions emailed	22	Website visits	3,509

*76 expired subscriptions of *Harbor Light* were mailed.

Volunteer Assembling of the February issue of *Harbor Light* is scheduled for Saturday, January 21, 2017 at 9:00 am in Central Office. Call ahead to confirm.

Committee Reports

Public Information

Amethyst J. absent, Mary M. had a report stating that they are looking for volunteers to help in a committee. Please contact Amethyst J. for details.

Program Chair

Liz G., passed out Bingo Night flyers and mentioned that baskets for prizes and volunteers are needed. Behind the flyer there is a schedule of committee meetings January 14, January 28, February 11, February 25, March 11, 2017 from 1:00 pm to 1:30 pm at HACO. Liz G. then read a section of the By-Laws regarding delegate volunteers and having 3 for January. Location for Bingo Night TBA. Flyers with location will be available at Central Office this Saturday.

Hospitals and Institutions

H&I: Ron T., reported, "There were eight newcomers tonight. There were five birthdays for the month of December: Maxx with five years, Greg with eleven years, Barry with 23 years, Gary H with 27 years and George with 31 years for a grand total of 97 years. We provided a cake and all sang Happy Birthday. Ron T. gave a detailed treasurer's report. In our General Fund, we have \$4,428.21. We have \$13,993.50 available for literature in our Literature Fund. We spent \$1,008.70 on Literature this month. The last Intergroup meeting was held Sunday, November 20th, in Bakersfield and hosted by Kern County H&I. General Fund is \$6,934.34. Literature Fund is \$551.76 for a combined total \$7,486.10. The 2017 Conference will be held in La Mirada

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Harbor Area Service Committee Minutes from January 2017

Continued from Previous Page...

at the Holiday Inn on April 7th through April 9th 2017. Flyers are out now. The planning meetings are continuing the first Sunday each month at the Holiday Inn at 11am. \$500 raffle tickets are now out for a \$1.00 chance. Winner need not be present. T-shirts will be out soon. Final 2016 Chili Cook Off Report is out tonight. Please see Ron T. for any questions. Panels were filled and no dark nights were noted. Motions were made and approved for books. DIRECTOR- Johnny P. CO-DIRECTOR- Miles E. TREASURER- Ron T. ASST CO-DIRECTOR HOSPITALS George F. ASST CO-DIRECTOR INSTITUTIONS- Joe W. POLICY COUNCIL- Jack J, Ron T, Joe W, Mark J, Tom F. CHILI COOK-OFF CHAIR- Mark W. Mark won the 50/50 raffle, picked up \$44.00 and donated it all back to H&I. Respectfully submitted by Ron T.”

In Office/Twelve Step

Dan H. reported that all positions were filled for the month.

Action & Responsibility

Gilbert G., no report

Archives

Mark J., reported that mailing will be going out later this week and is expanding the speaker collection. Mark J., needs help cataloging speakers.

After-Hours Phones

Carlina W. reported all positions are filled, but is going to continue to build a back up list. Please contact Carlina W. for details on how to be of service.

Harbor Light

Mark B., reported that he is featuring in the February issue the move of the Sea Port Marina meeting to Ocean Drive, elaborating on new HACO website, H & I minutes from Ron, meetings with March stories, and promoting Bingo Night. Mark B. is looking for writers for upcoming *Harbor Light* issues.

Website Committee

Matthew L., reported that the new website will launch on Valentine's Day with all updated features including easier access for meeting lookups, a larger archive of speakers, and more. Matthew also reported that the new website will be easier on administrators to manage.

District 2

Chris I. reported that district 2 received \$600 from Harbor Area. The district was pleasantly surprised to receive. He is currently Formulating a Flyer to recruit new GSRs. Trying for more attendance at the meetings.

District 4

Gil G. reported that they are planning on having more workshops. District 4 is hosting an area meeting at El Dorado Park March 4th 2017. GSR school had 4 in attendance. Jamie C. had 9 in attendance for Concept Study.

Area 9

Tanya D. absent. Gil G. attended the area meeting on Sunday and reported that the budget was passed with an increase for funds. The GAP committee passed their Guidelines and by-laws. PRAASA will be held March 4th-6th 2017 in Sacramento, CA.

HASBYPAA

Joffrey M. absent. Julius Y., reported that there are 18 people in the committee. They are looking for young people in AA to join. Also, they would like to start a meeting in Hawthorne and a Panel in the South Bay to build membership. An event is tentatively being scheduled for February 5, 2017, no theme decided yet. Steps 10, 11 and 12 will be the focus. Julius Y. volunteered for the HASBYPAA position and is now the new representative.

Old Business

Paypal account on Website. Matthew L. reported that he would like to add a Paypal account for donations. The account will charge 1.2 percent per transaction. He is asking for the committee. A motion was made by Manual J. and Liz G seconded. The motions for Paypal Account to be acquired. A discussion was held that there was a concern about someone having access to the account and having money be available for someone. Liz G. motioned to table this until there is more information.

New Business

Mary M. new business started by saying that she would like to inform other groups and would like encourage others to follow the by-laws as stated on page 12. For 2016 the wrap of the year, it is the requirement Chair 5 to amend the by-laws and are supposed to be voted by all. Anything that is controversial or questionable. Changes don't need approvals.

Tim R. volunteered for Action and Responsibility and is now the new representative. Mike volunteered for set up (coffee). Julius Y. volunteered to continue with his Registrar commitment for HASBYPAA.

Ron T., made a motion to move the H&I committee position to a standing committee. The motion passed 20-0.

Ralph M. went over the budget for 2017. Matthew L. motioned Alan O. seconded the motion passed 21-0.

Ad Hoc job description: not needed since it is a representative.

Program Committee by-laws (2 men, 1 woman): p. 16 on the By-Laws, 6 people total, 3 in January, one woman, 3 in July one is a woman. Dan H. volunteers for programs Gil. G. volunteered for programs, Carlina W. volunteered for programs.

Liz G., made a motion to adjourn the meeting, seconded by Alan O. Meeting was adjourned at 8:33pm.

Respectfully submitted, Rosa P., HASC Secretary.

Harbor Area Central Office Income Statement

	Jan 17	Jan 16	Jan 17
Ordinary Income/Expense			
Income			
Contribution			
Group Contributions	4,488	7,874	4,488
Personal Contributions	55		55
Birthday Contributions	165		165
HASC Receipts	47	52	47
Bulletin Contributions	31	62	31
Total Contribution	4,786	7,988	4,786
Literature Sales	4,045	3,629	4,045
Event Income	375		375
Other Income/Interest		(2)	
Total Income	9,206	11,615	9,206
Cost of Goods Sold			
Cost of Goods Sold	11	21	11
Cost of Literature	2,761	2,788	2,761
Credit Card Fees	7	35	7
Total COGS	2,779	2,844	2,779
Gross Profit	6,427	8,771	6,427
Expense			
Bookkeeping	90	45	90
Copy Plan (Xerox)	245	243	245
Less Directory & HL copies	(164)	(20)	(164)
Depreciation Expense		42	
Harbor Light	59	28	59
Insurance - General	125	107	125
Insurance - Workers' Comp	78	31	78
Payroll	4,175	3,970	4,175
Postage		49	
Rent	1,285	1,264	1,285
Rent - HASC	65	65	65
Rent - Storage	60		60
State Sales Tax Adjustment		404	
Security System	20	20	20
Shipping Charges	15	9	15
Supplies	(57)	(9)	(57)
Telephone/Internet	142	101	142
Utilities - Water	44	34	44
Total Expense	6,182	6,383	6,182
Net Ordinary Income	245	2,388	245
Net Income	245	2,388	245

Upcoming Event Calendar

Harbor Area Service Board

March 1, 2017 at 6:00 pm
3450 E. Spring St., Suite 109,
Long Beach, CA

General Service — District 4

March 1, 2017 at 7:00 pm
(new GSR Orientation at 6:30 pm)
1900 E Carson St.,
Long Beach, CA

Harbor Area Service Committee

March 8, 2017 at 7:30 pm
(Newcomer Orientation at 7:00 pm)
1900 E. Carson St.,
Long Beach, CA

12th Annual KISSAR

March 10-11, 2017
Our Savior's Lutheran Church
370 Junipero Ave.
Long Beach, CA

Harbor Area H&I Service Committee

March 15, 2017 at 8:00 pm
5938 E Parkcrest St.,
Long Beach, CA

HACO Bingo Night!

Saturday March 18, 2017 at 7:00 pm
(Doors open at 6:30 pm)
Neighborhood Church
9603 Belmont St.,
Bellflower, CA
For more info:
HACOProgramChair@gmail.com
562-989-7697

46th Annual

All Area Women's Banquet

March 31, 2017 at 6:30 pm
The Grand
4101 E. Willow St.
Long Beach, CA

36th Annual H&I Conference

"A Pathway to Service"
April 7-9, 2017
La Mirada Holiday Inn
14299 Firestone Boulevard
La Mirada, CA 90638
www.socalhandi.org

Harbor Area Hospitals and Institutions

Minutes for January 18, 2017

Announcements

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

Newcomers

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

Birthdays

There were three birthdays for the month of January: Jay with three years, Will with four years and Johnny with 14 years, for a grand total of 21 years. We all sang Happy Birthday.

Treasurers Report

Ron T. gave a detailed treasurers report. In our General Fund, we have \$5792.21. We have \$12,956.83 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 \$966.07 on Literature this month.

Intergroup Report

No Report. Next meeting will be January 22nd at MWA Club.

Service Committee

21 delegates in attendance. A quorum is 11 and was had. HACO finished December with a net loss of \$2,256 with a year to date loss of \$20,145 but Central Office is still in good shape. In Office/Twelve Step Chair Dan says we have all slots full. Liz G said Bingo is set for March 18th. Planning meetings are Saturdays at 1pm at Central Office. *Harbor Light* is in still in need of new subscriptions to keep our USPS Bulk Rate. This month we mailed out 21 comp subscriptions to avoid paying the much higher First Class rate. Mark B is in need of articles for the *Harbor Light*. After Hours phones have all slots filled. Gilbert wanted to nominate a new Action and Responsibility representative under new business. Motion approved to have Tim R as the new Action and Responsibility Chair. Motion approved to appoint three reps for the Program Committee. Assembling of the February 2017 *Harbor Light* is scheduled for Saturday, January 21st, at 9am at Central Office. All are welcome.

Area Assembly

Revo says all is well. Conference T-Shirts are out and for sale at \$20.00.

Policy Council

The next Policy Council meeting will be January 22nd at 2pm at MWA Club.

Chili Cookoff

No report

Spanish Language

None

Panels

Panels were filled and no dark nights were noted.

Old Business

None

New Business

Motions were made and approved for books.

Jason won the 50/50 raffle, picked up \$46.50. The meeting ended at 8:40pm.

Our next meeting will be Wednesday, February 15th, at the American Legion Hall 5938 East Parkcrest Street, Long Beach, CA 90808. Newcomer orientation will be at 7:30pm. Our business meeting will be at 8:00pm.

Respectfully submitted by Chris T.

Harbor Light

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March 2017

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