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# HARBOR LIGHT

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December | | 2018

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Harbor Area News Letter  
Long Beach, CA

## **BIG BOOK DICTIONARY**

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**(dik shun air ee)**

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**Codeine-** (ko deen) pg 410 - a narcotic derived from opium or morphine and used as a cough suppressant, analgesic (pain reducer), and hypnotic.

**Surety-** (sure uh tee) pg 2 - insurance/ one who has become legally liable for the debts of another

## **Questions & Answers**

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**Why did you wait to do the steps?**

I couldn't get my self the time to do them, I wanted to but life got in the way. I wish I had not waited, but my higher power saw I needed a little more pain till I could start

## **HAPPY HOLIDAYS FROM CENTRAL OFFICE**



## **Twelve Step Work Today**

Spiritual awakening was not a phrase in my vocabulary when I came into the rooms of Alcoholics Anonymous. Most words in the big book actually felt foreign to me in my early days of sobriety.  
*-Story continues on page 4*

## **Please Don't Make Me Wait**

In California it is against the law for anyone under twenty-one to buy liquor. To me, a full-blown alcoholic by the age of sixteen, that law seemed unnecessary, unfair, and unjust. It meant I would have to wait five long years before I could order drinks in a bar or buy alcohol in a store. In the meantime, how was I supposed to satisfy my addiction? I would need to resort to devious means to get the alcohol I so urgently needed.

*-Story continues on page 6*

***ELECTIONS - TRUSTED SERVANTS***

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

ALTCHAIR  
ALTDELEGATE  
CHAIR  
COMMITTEE  
COMMUNICATE  
DELEGATE  
EDUCATE  
FUN  
LOVE  
MEDITATION

MINDFUL  
PRAYER  
REGISTRAR  
SECRETARY  
SERVICE  
SPIRITUAL  
TEACH  
TREASURER  
VOTE  
WORK

## Making a Motion With the GAP Committee

### Preparing the Motion

When preparing a motion there are two important things to consider:

- 1) **The motion should not be divisive.**
- 2) **The motion should not be in conflict with the Traditions of Area Guidelines and Bylaws.**

The motion should be concise and to the point consisting of approximately two lines of print. This will be the motion that will be presented to the assembly.

The motion with supporting material will be printed and be scalable for members when signing in for the Area Service Committee (ASC) or Areas Service Assembly (ASA)

The supporting material will vary considerably depending on the motion. It should consist of the reason for the motion, any background material that would be relevant and the financial impact if the motion passes. If there is a financial impact the Finance Committee should be informed

The GAP committee is able to assist with all these processes

I appreciate staying updated through the Harbor Light AA Newsletter's material such as stories on the 12 Steps, hear about what the 12 Traditions Mean to Others, and stay informed on the Latest Events and Happenings in the Harbor Area!"

-Gloria E.





**Interested in being  
added to a 12 step call  
list?**

**Call Central  
Office**

I remember hearing the twelve steps over and over in meetings and feeling as if step twelve (sponsoring and sharing the message) was so far from anything I was capable of contributing to. Needless to say I think we all come into the rooms as newcomers and feel as if we have little to give. Looking around my home group I saw a woman who talked to every newcomer woman, constantly gave rides to girls, and helped others at the meetings. I chose her as my sponsor because she seemed to know not only how to stay sober but to help others do that also. My first sponsor taught me so much about being of service which essentially is step 12. The first part of step 12 assumes that we have had a spiritual awakening as a result of these steps which means that you have taken the previous eleven!

After completing an inventory, being aware of and in prayer to be rid of my defects, having made direct amends to others for my behavior, and trying to continue growing closer to my higher power— i reach step 12. Step 12 is typically thought of as sponsorship which means directly taking another person through their steps as it is written in the book. But there are so many other ways to carry the message of AA, a message that others can recover as you have. Simply being kind to a newcomer at your meeting.

Offering to give women or men (if you are a man) rides to meetings. Behaving appropriately at meetings to show others what a good example of AA is (listening to those who are sharing, being self supporting, commitments at meetings). I truly feel that sponsorship is a gift and I only was asked to sponsor other women when I was working an honest program and growing spiritually. I see myself in my sponsees and it reminds me of the importance of a consistent program. I am so grateful for the honor of walking another woman through sobriety and all my struggles start to finally have a purpose in showing others that they too can do anything and stay sober!

**“THE FIRST PART  
OF STEP 12  
ASSUMES THAT  
WE HAVE HAD A  
SPIRITUAL  
AWAKENING AS  
A RESULT OF  
THESE STEPS  
WHICH MEANS  
THAT YOU HAVE  
TAKEN THE  
PREVIOUS  
ELEVEN! ”**

## Who is Responsible?

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

## Questions & Answers

### How do you deal with anxiety?

“When I am feeling anxious and uncomfortable in my skin I believe that it is me moving away from my Higher Power. If I were to put all my faith in my Higher Power, then I know everything would work out exactly how it is suppose to be. I would be in the right place at all times, even if I felt I wasn't. As long as I can give my will and my life over to the care of my Higher Power all my anxiety would leave me. As long as I am buoyed up to my Higher Power I can find peace and serenity”

*-Alcoholics Anonymous Member*

### HARBOR AREA SERVICE BOARD

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

### HARBOR AREA SERVICE COMMITTEE

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

### HOSPITAL & INSTITUTION COMMITTEE

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

### GENERAL SERVICE - DISTRICT 1

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

### GENERAL SERVICE - DISTRICT 2

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

### GENERAL SERVICE - DISTRICT 3

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

### GENERAL SERVICE - DISTRICT 4

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



The first thing I tried was stealing. Mind you, I was not a thief, or so I convinced myself. I would never dream of stealing your money or your property. If I borrowed money from you I would be sure to pay it back promptly and in full. But when it came to alcohol, my principles went out the window.

My job as a box-boy in a supermarket gave me plenty of opportunity to pilfer booze, and I was able to do that whenever I put out the trash at closing time. I would go through the store collecting empty boxes, spoiled produce, etc. It was easy to slip a case of beer or a bottle of bourbon under all of this trash. I would take whatever I had collected out behind the store and empty it into a dumpster. Later that night, when everyone had gone home, I would fish through the trash and retrieve the liquor I had buried there. To my way of thinking this was not shoplifting or thievery, since I would have gladly paid for the liquor I had stolen if the law had allowed me to buy it.

## Understanding The Malady

When Dealing with an alcoholic, there may be a natural annoyance that a man could be so weak, stupid and irresponsible. Even when you understand the malady better you may feel this feeling rising.

Alcoholics Anonymous, p.139

**Sometimes we have to accept the fact that certain things will never go back to how they used to be.**

When I grew a couple of years older, I tried using a fake ID. California driver's licenses were black and white back then so they were easy to alter. One of my friends had access to a darkroom. We made a photocopy of my license and burned in a new date of birth. I thought it looked authentic, but liquor store proprietors didn't. Most of them got angry when I showed it to them. Of course, my failed attempts to pass as a twenty-one-year-old were humiliating, but I was willing to put up with any kind of humiliation to get the alcohol I needed. The only place where my fake ID worked, by the way, was in a mom and pop store operated by an elderly Asian couple. I don't think they had good eyesight.

**“My responsibilities were adding up, but I wanted to be out from under them so that I could drink all the time.”**

Arriving at the legal drinking age was a relief to me, but now I had a new problem. I could buy as much alcohol as I wanted, but I was having trouble limiting my consumption. Alcohol made me do dangerous and embarrassing things. Early on, I got drunk and smashed by father's car into a parked vehicle. All too often, I would set out to have just a few drinks and go into a blackout.

After college and the military I got married. We had three children and bought a home. I began a career in corporate publications. My responsibilities were adding up, but I wanted to be out from under them so that I could drink all the time. I began to feel cheated, the way I had felt as a teenager when the law would not allow me to buy liquor.

After work and on weekends, I drank as often as I could. And I drank with a sense of urgency. Social events to me were merely opportunities to drink. In any gathering, I had no desire to get acquainted with anyone or engage in conversation. I just wanted to drink. And I could not tolerate delays between drinks. For example, I would become frantic if a bartender was slow to refill my glass. The only place where I felt comfortable drinking was at a bar in the South Bay area where you could order two pitchers of beer at a time and they gave you another one when you started to run low.

## Tradition Twelve Long Form

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And finally, we of alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never soil us; that we shall forever live in thankful contemplation of him who presides over us all.

"If you have ever been in a business meeting, on a committee, board, or anything service related you know that personalities can come out. Early on in sobriety serving on a conference committee I got to see how I can put the Principles, before Personalities. This includes my own way of thinking. Keeping with the singleness of purpose to help the suffering alcoholic I found myself more understanding and malleable later on in my service commitments, and life out side of the rooms."

*-Alcoholic Anonymous member*

But that was a long time ago. After twenty-two years of out-of-control drinking, I walked through the doors of Alcoholics Anonymous and found lasting relief. I was set free from my constant and oppressive craving for alcohol. I no longer needed to agonize over when and where I would have my next drink. Living with the obsession to drink had been a miserable experience. It distorted my thinking and made me feel different and alone. It hampered my ability to get on with life. In sobriety I was able to think and act with one mind. I was no longer tortured by the desire for a drink.

None of this would have been possible without the support and example of other sober alcoholics. I could not have done it without them.

*-John B. Alcoholic*



## Concept Twelve

The Conference shall observe the spirit of A.A. traditions, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; the, like the society it serves, it will always remain democratic in thought and action

“Nobody is the ‘Big Shot’ here, we stand shoulder to shoulder “

*-Alcoholics Anonymous Member*

## Traditions Workshop

Jan 19th  
Imperial Alano Club  
10:00 am - 4:00 pm

Tradition 1 - Tradition 12, covered in detail with Free Lunch, at the Imperial Alano Club. **More details to be revealed.**

## PRAASA

### 2019

March 1st

Irvine Marriott

The Purpose of PRAASA Please join us for the 2019 **Pacific Region Alcoholics Anonymous Service Assembly** Hosted by Mid Southern California Area 9 in Irvine, CA Develop greater unity among the members, groups, and areas of the Pacific Region Encourage the exchange of ideas and experiences Provide an opportunity for members to discuss pertinent aspects.

## 55th International Women's Conference 2019 Feb 7th

Westin Bonaventure Hotel

The International Women's Conference is the bridge to a better understanding of the Alcoholics Anonymous philosophy and way of life because of our special needs in sobriety as women. We as women members of Alcoholics Anonymous are survivors. We have found a way to obtain meaning, depth and responsibility in our lives.

## ACYPAA

All California Young People in Alcoholics Anonymous Round-Up  
2019 Apr 4th-7th

Hilton Los Angeles

In 1973, the All California Young People in Alcoholics Anonymous Round-Up was established as an annual gathering in California to provide an opportunity for young AA's to come together and share their experience, strength, and hope. ACYPAA is visible evidence that large numbers of people are achieving a lasting and comfortable sobriety in Alcoholics Anonymous.



## Heard in the AA herd

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“I was always the black sheep and now I’ve found a room full of black sheep.”

“The trouble with trouble, is that it always starts off as fun.”

“They told me I had the EEG of a 20 year old; but most 20 year olds are idiots.”

“We never wanted to hurt anyone- but we’re **tornadoes**. “

**“I WASN'T WORRIED ABOUT DYING- I WAS WORRIED ABOUT LIVING.”**

### HAIKU OF THE MONTH

I found myself Angry  
My spirit torn apart, Ouch!  
God save me yet again.

*These are all submitted to The Harbor light editor from Sober Members of Alcoholics Anonymous Send your submission to :*

*HarborLightChair@hacoaa.org*

# Aloha Harbor Light Readers

Our Harbor Area Committee Board meetings meet on the 1st Wednesday of the month and the Committee meetings on the 2nd Wednesday of the month. This being noted and the time it takes to format, approve the minuets, financial statement, attendance, and all the nitty gritty information I know you are dying to read. This issue will be posted with out that information. With that being said I will be submitting Januarys issues on the first of the month with the most up to date information from the Harbor Area available. This gives the Secretary, Treasurer and Central Office workers ample time to finalize their reports to hand them off to your editorial team. Thank you for your patience and dedication to reading this publication.

Mahalo,

Harbor Light Editor

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