

# HARBOR LIGHT

February | | 2019

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

**Abysmal** (uh biz mul) - pg 201:  
Complete / Profound /  
Immeasurable

**Ascertained** (ass ur tain'd) - pg  
72: Determined / Discovered /  
Concluded / Decided

**Crockery** (krok uh ree) - pg  
106: Earthenware / pottery  
made from clay

**Deacon** (de kun) - pg 189: A  
Protestant church member who  
assists the minister in functions

**Defect** (dee fekt) pg 76, 418:  
Flaw / Imperfection of  
insufficiency (lacking) that  
impairs worth or usefulness

**Keystone** (key stone)- pg 62:  
Middle wedge-shaped stone of  
an arch that locks the others  
together

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

## Harbor Area Central Office is ....

Updating their 12 step phone list! If you would like to be  
added or need to change your information please  
contact (562) 989-7697

Or visit them in person they love visitors !  
**3450 E Spring St suite 109, Long Beach**

## Step Two

Came to believe that a  
higher power could restore  
us to sanity." A simple  
sentence that when I myself  
read as a newly sober AA  
shook me to my core. Being  
one that you could call  
jaded to religious concepts  
I found this a hard pill to  
swallow.

*Story continues page- 3*

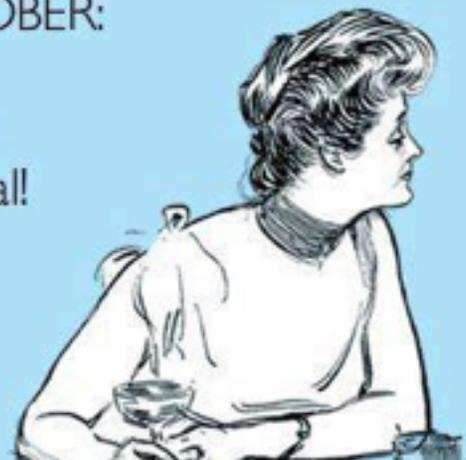
## The Bleeding Deacon.

**Tradition Two.**

*Story on page- 4*

Definition of SOBER:

Son Of a Bitch,  
Everything's Real!



## MEETING GUIDE APP

Hey check this out. Ever been wondering where the closest meeting is to you.

What time does that meeting on Tuesday Night start? Ever need to find just a specific meeting type, like Big Book study? Or where that awesome meeting Willing to Grow Group @7pm meets?

**Well fret no more Drunkard!**

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

**" AND.....**

... acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place thing situation - some face of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober: unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."

*Alcoholics Anonymous pg. 417*

# PRAASA

**MAR 1st 2019**

**Irvine Marriott**

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**

**INTERNATIONALWOMEN'S  
CONFERENCE**

**FEB 7 2019**

**WESTIN BONAVENTURE HOTEL**

# ACYPAA

ALL CALIFORNIA YOUNG  
PEOPLE IN ALCOHOLICS

ANONYMOUS

**APRIL 4-7 2019 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

**Have an event? Or have more questions about the events in the Harbor Light? Visit our website or let us know what you want to know! If we can not find it I'm sure you can find out from your sponsor.**

**[www.Hacoaa.org](http://www.Hacoaa.org) Or email us [HarborLightChair.org](mailto:HarborLightChair.org)**

# STEP TWO

I had a lot of hate towards a God that I refused to believe in. I have had to go over, as so many do, this step multiple times throughout my sobriety. That being said what I will do here is use my latest Step 2 experience to hopefully grant clarification on what can seem such a daunting task.

For about 3 years of my sobriety I had, what I would like to call, a “*higher power lite*”. For a long time the group was my God, that is until I had gathered enough evidence to stop trusting AA as a whole. Now do not get me wrong, AA was not at fault here. I was *looking* for a reason to live how I truly wanted to free of any *real* accountability. I’m sure many of you can predict the next part here. I lost everything that I put in front of my relationship with God. Everything in my *recovery life* vanished over time, except for a couple meetings a weeks of course, and that was entirely to save face around AA.

“I lost everything I put in front of my relationship with God.”

Beaten and broken, having lost all things I held dear due to my behavior, I turned to a man whose sobriety I incredibly respected. This man took me through the steps, and inevitably, I once again had to face the proposition of believing and submitting to a Power greater than myself. It was this or jump off the *spiritual wagon* into self will all over again.

So it began. My sponsor and I went over all of the words in the chapter “*We Agnostics*” that began with a capital letter used to describe God. After this we discussed them and I was to describe what, if any, prejudice I had with each term. Once we identified the prejudice, I was better able to define these terms in *my own* words. The result was that I had a better idea what my issues were with the concept of and personal relationship with God. Better to build with working hands than a broken hammer if that makes sense.

After identifying why I had such a hard time building a relationship with a God of my own understanding, we had to go over why it was important for me to have a relationship with a God in the first place! Onto the sanity! Here brought us to the third paragraph on page 52 that describes what are called the *Bedevilmments*. Here I was told to write about what sanity would look like in these areas of my life. This gave me a better understanding of what sanity, and more importantly God’s will, even looked like. This was my first way of gauging if my behavior and actions were aligned with God’s will or my will. A way to see that if my life was improving in these areas, surely this God business was working.

The last thing that my sponsor and I went through was perhaps what I struggled with the most. I was to make a list of things that I valued greater than a relationship with God. My list included about seven things. Some of these were mildly embarrassing and some were I’m sure fairly common such as, “*what others think of me*” and “*fear*”. I was to essentially pray for these things to not be as important as a relationship with God until I could cross each one off the list. Once I could do that I could move on.

My experience was of the kind that I would roll my eyes at when heard shared. Over the course of about a month I was given circumstance over circumstance where I had a clear choice; God's will or what I wanted to do. And over the course of that month I found myself choosing to do the right thing when previous to this I wouldn't have given it a second thought. By the time my list had been entirely crossed out I was sold. What this man had walked me through was a process of *coming to believe*; a process without which I would have no foundation to walk upon today.

I will leave you with this. When it comes to my personal relationship with God, Step 2 was something that chipped away and eventually crumbled the wall I had built around me. My Step 2 experience opened my mind to having a *new* relationship with a God that, at the time, I was essentially walled off from. I firmly believe now that if I am seeking God and God's will, I am already doing it.

-Peyton C.

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## The Bleeding Deacon

To make the discovery that one truly is a "servant, not a senator" can be a very painful process for some. We have all heard the adage; that we cannot be both a member and a dictator at the same time. I am speaking of course of our beloved Second Tradition.

Let us run the average scenario of the "group conscience", where we most commonly find this tradition useful. John is, by most standards, a stand up example of Alcoholics Anonymous. He shows up when he says he will, he participates in all business meetings he is supposed to attend following his commitments, and he takes other members of the group through the book. To newly sober members of this AA group, John is the litmus test from which they are able to tell that they are following the traditions of AA to a tee.

One night, after the regular Monday night meeting, John is in attendance with his peers at their monthly group business meeting. It is here that we meet Jim. Jim has been sober for about 9 months, actively works steps with other alcoholics, and is a regularly attending member of the Monday night group. The secretary begins the meeting asking, *"Is there any new business we would like to discuss?"* Jim raises his hand and is promptly called on. *"I believe we should elect a timer for this meeting, as to give more members a chance to share by the end of the meeting."* Nods from around the room echo Jim's sentiment and seemingly it is met with fairly widespread appeal.

*Continues on page - 6*

**Heard in the herd**  
"I haven't had a drink today and what could be better."

### Poetry

#### Right under my nose

In my first few months of sobriety, I woke up feeling doomed to be sober. I didn't like your smiles. I didn't want your help. God was nowhere to found found. So I thought...

Then I was taught Gratitude.

I was shown how to change my prospective.

I began to be grateful to wake up this morning.

I began to be grateful to see your smile.

I began to be grateful that you reached out a hand to help.

Gratitude saved me. I hope it can save you. - A.A. Member

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

## 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 get over feeling special and different?

"A.A. doesn't work for me because of, Blah blah blah." I hear this too often, its an insert-reason-here excuse. Alcoholism doesn't care where you came from, who you know, or what you have or haven't done. If you have the gift of desperation then Alcoholics Anonymous will work. Thats it, if you honestly want to stop and are willing to go to any lengths then you are ready. If you still have reservations, try doing some more research.

*-Alcoholics Anonymous member*

Sober  
AF

### HARBOR AREA SERVICE BOARD

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

### HARBOR AREA SERVICE COMMITTEE

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

### HOSPITAL & INSTITUTION COMMITTEE

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

### GENERAL SERVICE - DISTRICT 1

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

### GENERAL SERVICE - DISTRICT 2

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

### GENERAL SERVICE - DISTRICT 3

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

### GENERAL SERVICE - DISTRICT 4

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



"PROMPTLY  
HUFFS AND  
PUFFS OUT OF  
THE ROOM  
MUTTERING TO  
HIMSELF THAT  
THESE  
NEWCOMERS  
WILL BE THE END  
OF HIS BELOVED  
GROUP!"

However, John has other ideas here. John has been at this group since it's inception several years earlier. John feels they have never needed a timer and seemingly have gone along just fine. "Why fix something that is not broken, besides this is how we have always done it!" John thinks to himself. A motion is passed and it is time for the timer concept to be voted upon. John raises his hand during deliberation and makes his case. Stating that he does not believe this is necessary and flatly stating that if the meeting needed a timer, there would have already been one by now.

The votes are cast and the motion passes with almost unanimous agreement. John is aghast and promptly huffs and puffs out of the room muttering to himself that these newcomers will be the end of his beloved group!

What happened of our composed leader John? Just where does this leave him in his standing in AA? Is he doomed to forever be the tired old timer who is constantly at ends to what his group seems to believe correct? This is the "bleeding deacon" model described in the AA literature provided to us by the founders of the fellowship. The man who wails and groans as, what he believes to be, the good of AA is looked over. The man who is so concerned with status and standing that, over time, he may become unable to see the very forest that saved his life for the trees of those living in it.

*"For our group purpose there is but one ultimate authority - a loving god as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern."*

Let us take the above example. What John had been unable to see, for whatever reason he had at the time, was that he was not allowing room for *God* to show himself through the group! How foolish we become when we know the answer! While Alcoholics Anonymous does not ask us to have no personal opinions or preference,

it does ask us through this very tradition to allow room for *God* to speak through the group. The Second Tradition asks us to allow God to speak through the group and allow the "group conscience" to fall where it may. Acceptance and faith here truly is the answer indeed.

The second half of this proposed tradition could also be shown by the above example. See John was and is still looked upon at this group as a leader in AA. This was never put into question. What John failed to realize was that he was not there at this group to direct, but moreover simply to participate and serve as a member. We cycle through this throughout our sobriety and over time find ourselves better able to see where we are inserting our will. When AAs around the world act individually against their own desires and beliefs, and are willing to allow themselves a new experience, others have the chance to experience a sobriety of their own. When one is able to take himself out of the equation in these circumstances, he may truly be on his way to becoming an *elder statesman*.

*-Alcoholics Anonymous member*

# Now some stuff from Central Office

## Income Report Jan 2019

## HARBOR AREA COMMITTEE MEETING MINUTES Jan. 2019

	Dec 18	Dec 17	Jan - Dec 18
Cost of Literature	5,122	1,507	29,288
Inventory Adjustment	(44)	(147)	(208)
Credit Card Fees	13	22	127
<b>Total COGS</b>	<b>5,143</b>	<b>1,387</b>	<b>29,403</b>
<b>Gross Income</b>	<b>11,869</b>	<b>6,117</b>	<b>83,415</b>
<b>Expense</b>			
Program Expenses	3,542		3,542
Website			312
Bank Charges	74	27	690
Bookkeeping	125		1,485
Computer	90	175	688
Copy Plan (Xerox)	259	553	3,093
Less Directory & HL copies	(90)	(130)	(925)
GSO Contribution			
Insurance - General	125	125	1,105
Insurance - Workers' Comp	57	78	767
PayPal Fees		18	(18)
Payroll	4,064	3,602	55,329
Postage		147	297
Rent	1,389	51	16,085
Rent - HASC	65		845
Rent - Storage	80	210	1,240
State Sales Tax Adjustment			771
Security System	20	20	428
Shipping Charges			53
Supplies	282	151	1,981
Telephone/Internet	58	88	1,911
<b>Total Expense</b>	<b>10,140</b>	<b>5,115</b>	<b>89,679</b>
<b>Net Ordinary Income</b>	<b>1,729</b>	<b>1,002</b>	<b>(6,264)</b>
<b>Other Income/Expense</b>			
Other Expense			
Donations		5,000	
<b>Total Other Expense</b>		<b>5,000</b>	
<b>Net Other Income</b>		<b>(5,000)</b>	
<b>Net Income</b>	<b>1,729</b>	<b>(3,998)</b>	<b>(6,264)</b>

- The meeting was called to order by: Brad S. at 7:30 pm followed by the Serenity Prayer
  - HASC meeting announcements and rules were announced..
  - The 12 Traditions were read by Jamie C.
  - There were (2) new delegates present:  
Monica P., - Belmont Women's Meeting and Nichole B., - Discussion Meeting @ St. Cornelius
  - Quorum: Elizabeth D. reported that (17) delegates were present. Quorum was met.
- Secretary's Report:** Gina J. read the minutes from Nov. 2018, HASC meeting. The meeting minutes were accepted with corrections on a motion made by Iona L. and seconded by Michele K. Motion passed (17-0)
- Treasurer's Report:** Chris I., read the Income Statement for November, 2018. Dan H., made a motion to approve the statement, seconded by Iona L. Motion passed (17-0) He then read the literature report for November 2018. See printed report.
- Chair 1 Report:** Ben L., read the HACO services provided for the month of November 2018:

In-house phones		Harbor Light		After-hours phones	
Fellowship calls	119	Paid	82	Total calls	98
Newcomer	37	Total Mailed	62	Persons reporting	41
Out of town	0	Total Printed	67	Central Office Receipts	
12 <sup>th</sup> Step	2	Subscriptions emailed	43	Contributions	\$6,327
Other	40			Literature	\$1,769
Total in-house calls	198			Website visits	13,189

### End of Year Elections

- Public Information:** Brad S. read job description, made note of our Bylaws and gave us a brief on duties of this position. Sobriety Requirement 12 months.
- Iona L made a one time motion to waive the sobriety requirement. 2nd by Jamie C.
- Cory P. accepted nomination made by: Jamie C. 2<sup>nd</sup> by Michele K.**
- No Challenge.
- Program Chair:** Elizabeth D. read job description, made note of our Bylaws and gave us a brief on duties of this position. Sobriety Requirement 12 months.
- Estephany accepted nomination by Michele K. 2<sup>nd</sup> by Iona L.**
- No challenge.
- In Office/Twelve Step:** Elizabeth D. read job description, made note of our Bylaws and gave us a brief on duties of this position. Sobriety Requirement 12 months.
- Eric B. accepted nomination made by Jamie C. 2nd by Bruce E.**
- No challenge.

**Action & Responsibility:** Elizabeth D., read job description, made note of our Bylaws and gave us a brief on the duties of this position. Sobriety Requirement 12 months.

Bruce E., nominated Nicole B. Nicole B., did not meet the sobriety requirement.  
Iona L. volunteered and suggested Nichole B. as her Co-chair.  
Bruce E., amended his nomination to Iona L. as Chair and Nicole B. as Co-Chair,  
2nd by Elizabeth D.  
**Iona L. and Nicole B. accepted.**

No challenge.

**Archives:** Elizabeth D., read job description, made note of our Bylaws and gave us a brief on the duties of this position. Sobriety Requirement 2 years.

**Gerry W., accepted nomination by Elizabeth D. nomination was 2<sup>nd</sup> by Iona L.**

No challenge.

**Phones (After Hours):** Elizabeth D. read job description, made note of our Bylaws and gave us a brief on the duties of this position. Sobriety Requirement 2 years.

Sandra H. shared her experience in the position.

**Item was tabled.**

**Harbor Light:** Elizabeth D., read job description, made note of our Bylaws and gave us a brief on the duties of this position. Sobriety Requirement 24 months.

**Michele K. accepted nomination by Iona L. and 2<sup>nd</sup> by Elizabeth D.**

No challenge.

**Website Committee:** Elizabeth D., read job description, made note of our Bylaws and gave us a brief on the duties of this position. Sobriety Requirement 12 months.

**Matthew L. accepted nomination by Michele K. and 2<sup>nd</sup> by Jamie C.**

No challenge.

**Secretary:** Brad S., read job description, made note of our Bylaws and gave us a brief on the duties of this position.

**Jay P., accepted nomination made by: Iona L. 2<sup>nd</sup> by Elizabeth D.**

**Chair 5:** Brad S., read job description, made note of our Bylaws and gave us a brief on the duties of this position. Sobriety or Suggested Requirement: (2 years Sobriety, Source of Income and understanding of Harbor Area Central Office function and this Service Committee).

**Elizabeth D. accepted nomination made by: Jamie C., 2<sup>nd</sup> by Michele K.**

Bruce E. requested note be made that Elections for Board members need to be done by Secret ballot in accordance with the Bylaws.

**Treasurer:** Brad S., Read the Job Description made note of our By-Laws and gave us a brief on job function. Sobriety Requirement 2 years with ability to host a Bank Account (ie) income source.

**Chris I., accepted nomination by Jamie C., and 2<sup>nd</sup> by Elizabeth D.**

No challenge.

**Registrar:** Elizabeth D. read job description, made note of our Bylaws and gave us a brief on the duties of this position.

Gina J accepted nomination by Elizabeth D., 2nd by Iona L.

No challenge.

**Adjournment:** . Brad S., made a motion to adjourn the meeting, seconded by Elizabeth D.

The meeting was adjourned at 9:08 pm.

Respectfully submitted, Gina J., HASC Secretary

## Central Office Needs Your Help!!

### PHONES PHONES PHONES!

Like being on your phone? Do you like helping people get and stay sober? Want to assist or even do 12th step work?

Then you are perfect candidate to help with in house phones and after hours phone calls. Lots of openings for you and your sobriety. Please contact

Central Office

**(562) 9897697**

**Closed Stag Twelve and Twelve meeting  
Thursdays 8:00 pm  
to 9:30  
1429 Clark Avenue  
Long Beach**

One of the oldest men's meetings in Long Beach.

No chips

No birthdays

No clapping.

Dedication to help the newer comers by

Reading and discussing the steps and traditions.

# BIG BOOK WORDS

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

Abysmal

Ascertained

Crockery

Deacon

Defect

Keystone

Drunk

Lolls

Bill W

Service

Disheveled

Insanely

Musty

Nadir

Omnipotence