

How

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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The HOW is published to improve communication between local AA groups and encourage the participation of AA members in service and activities. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to aairhow@yahoo.com

Step 7 HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

Mail Call: Step Seven

November 1949

What are our shortcomings? Was it just drunkenness? No, that was just one of the many other character, defects with which we are burdened. Among them are conceit, arrogance, selfishness, dishonesty, intolerance and worst of all the searing, and caustic tongue with which we whiplashed ourselves and others, some of whom have tried to help us.

How can we expect God as we understand Him to remove these shortcomings when we are too small and prideful to admit them? These things must be brought out into the open, must be admitted and then exposed to the cleansing effect of the sunlight of **humility** and **honesty**.

A humble person in true humility does this without reservations. He doesn't do it partially, he does it wholly, even though it might

hurt. Why? For the same reason that a surgeon excises a cancer totally—he takes out the whole evil mess because then there is no chance of a recurrence. Why shouldn't we do the same? It takes a little more effort and is a lot more painful to our ego, but the cure is more apt to be permanent.

The expression of true **humility** is the willingness to serve others without expectation of reward, prestige or recognition for our services to them. It should be done in a spirit of cheerfulness and joy.

We must at all times be willing to subordinate ourselves to a Power greater than ourselves. We should neither by thought nor expression be critical of others or their opinions. We must be big enough to give the other fellow the right of expression, give credit where credit is due, be a doer instead of a critical wisher. In short be of AA and not just in it.

This above all: to thine own self be true, And it must follow, as the night the day, Thou canst not then be false to any man.

Ernie
Chicago, Illinois

OUR THREE LEGACIES

STEP SEVEN (Recovery)

"Humbly asked Him to remove our shortcomings"

PRINCIPLE: *Humility: the quality or state of being humble.*

"The Seventh Step is where we make the change in our attitude which permits us, with **humility as our guide**, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on **humility**."

Twelve and Twelve pg. 76

TRADITION SEVEN (Unity)

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

"To people familiar with endless drives for charitable funds, A.A. presented a strange and refreshing spectacle. Approving editorials here and abroad generated a wave of confidence in the integrity of Alcoholics Anonymous. They pointed out that the irresponsible had become responsible, and that by making **financial independence** part of its tradition, Alcoholics Anonymous had revived an ideal that its era had almost forgotten."

Twelve and Twelve pg. 165

CONCEPT SEVEN (Service)

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

7/2 Sebastian Freedom

7/9 Early Risers

7/16 Saturday Women's

7/23 Meat & Potatoes

7/30 IRMG

8/6 Sebastian Freedom

8/13 Early Risers

8/20 Saturday Women's

8/27 Meat & Potatoes

The A.A. Preamble: Background Information

Service Material from the General Service Office

THE PREAMBLE was introduced in the June 1947 issue of the AA Grapevine magazine. It was written by the then-editor, who borrowed much of the phrasing from the Foreword to the original edition of the Big Book, Alcoholics Anonymous.

In those early years, the Grapevine had just begun to circulate among non-alcoholics, and the Preamble was intended primarily to describe for them what AA is and is not. It is still often used for public information purposes. As time passed, it began appearing in all Conference-approved publications, and many AA groups now use it to open meetings.

The original version differed in two ways from the familiar form we all know: 1) It stated that "the only requirement for membership is an honest desire to stop drinking," and 2) it contained only the very brief statement "AA has no dues or fees.

People often ask why the word "honest" was deleted. At the 1958 General Service Conference, a delegate asked about the words "honest desire to stop drinking," suggesting that since "honest" does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had become almost impossible to determine what constitutes an honest desire to stop drinking, and also that some who might be interested in the program could be confused by the phrase. Thus, as part of the evolution of AA, the phrase had been dropped from common usage. The midsummer 1958 meeting of the General Service Board of Trustees ratified the deletion, and since then the Preamble has read simply "a desire to stop drinking.

At the same time, the phrase "AA has no dues or fees" was clarified to read as it presently does: "There are no dues or fees for AA membership; we are self-supporting through our own contributions. The current version of the Preamble appears on page one of every issue of the Grapevine.

"On the highest throne in the world, we still sit only on our own bottom."

— Michel de Montaigne

To share your weakness is to make your self vulnerable. To make yourself vulnerable is to show your strength

Criss Jami

JULY ANNIVERSARIES

A NEW DAY

Katrina	1 year
Chris E.	5 years
Patty A.	12 years
Stephen O.	16 years
Nona	26 years

INDIAN RIVER MEN'S

Malcolm	33 years
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ODAAT

Jane M.	2 years
Susan P.	3 years
Brent F.	3 years
Melissa M.	3 years
Dave L.	6 years

CANDLELIGHT

Brian	1 year
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SAFE HARBOR

Karen S.	3 years
Susan P.	3 years
Darlene A.	5 years
Linda F.	6 years
Liz L.	8 years
Maggie M.	14 years
Kelly P.	21 years
Patricia B.	31 years
Gus B.	42 years

LUNCH BUNCH

Gus R.	9 years
Anne S.	10 years
Donna S.	16 years
Christina K.	35 years
Clyde L.	37 years
Lynn J.	47 years

SEBASTIAN 12 & 12

Dottie H.	38 years
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EASY DOES IT

Michael B.	41 years
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MAN TO MAN

Bill F.	17 years
Chris E.	5 years
Dave L.	25 years
Donald S.	30 years
Gregg H.	6 years
Jay W.	10 years
Tim S.	32 years
Wayne R.	12 years
Woody H.	51 years

SEBASTIAN FREEDOM

John V.	27 years
Stephen	16 years

I AM RESPONSIBLE

Kenneth A. (From June)	2 years
Lorelei G. (From June)	13 years
Paul S. (From June)	20 years
Chad W.	1 year
Cynthia W.	1 year
Danielle S.	2 years
Johnny S.	2 years
Josh R.	2 years
Robbie B.	2 years
Nichole L.	6 years
Derrick E.	7 years
Trish K.	12 years
James H.	28 years

MEAT AND POTATOES

VERO BEACH GROUP

Nate	1 year
Geneveive	8 years
Tom W.	20 years

8 year

VERO 12 & 12

Janice S.	29 years
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SOUTH VERO

Geno D.	1 year
Jane M.	2 years
Chris F.	3 years
Steve B.	17 year
Dan B.	30 years

VERO BEACH MEN'S

Ron P.	8 years
Bob W.	17 years
Bill VB	37 years

SPIRITUAL TOOL KIT

"There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it.

*When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the **simple kit of spiritual tools laid at our feet.** "(Alcoholics Anonymous pg. 25)*

So, what are these spiritual tools? Over the next few issues we will take a look at the various tools that are presented in our literature and how some of our members use those tools in their daily lives.

This month's Tool: Sponsorship

1. A good sponsor is a sober member of my own sex.

Sponsorship is not about relating to another individual. It is about getting better someone else's way. It does not matter if I relate more to members of the opposite sex. I must take the sexual component completely out of this relationship.

2. A good sponsor has worked the 12 Steps.

A sponsor's primary job is to coach me through actually working all 12 Steps. Every good coach I have ever heard of was at some time on the field playing the game. Therefore, a good sponsor has actually worked the Steps from the book Alcoholics Anonymous.

3. A good sponsor has a sponsor himself.

Hopefully this means he is surrendered and someone else is running his program. Definitely it means we have a plan when I bring him a question he can't answer. This also indicates he is a follower, which is an important spiritual principle. This is evidence he is not in charge anymore.

4. A good sponsor will tell me the truth I don't want to hear.

He can't be interested in what I think of him. He must be willing to risk the relationship by giving me the unvarnished truth. He must be willing to say things to me like: "You are not doing the following....and I don't think this is going to work." Or, "I am afraid for you because..."

5. A good sponsor is active in service work.

All of the winners I know are active carrying the message. They all go out of their way for the fellowship. For example they show up early at their home group and make coffee and make the newcomers welcome; answer phones at central office; take meetings into jails, prisons, insane asylums, hospital rooms, treatment centers etc.

6. A good sponsor laughs a lot, enjoys life and is not a complainer.

THE MUSTS OF ALCOHOLICS ANONYMOUS

It has been said that AA is a program of suggestions. While this is true, there are also many "MUSTS" that are required if we want to stop drinking and live a happy and useful life in sobriety.

Here are a few of the "MUSTS" from the book Alcoholics Anonymous

In nearly all cases, their ideals **must** be grounded in a power greater than themselves, if they are to re-create their lives. (The Doctor's Opinion)

If we are planning to stop drinking, there **must** be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol. (p.33)

Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few cases, neither he nor any other human being can provide such a defense. His defense **must** come from a Higher Power. (p.43)

The spiritual life is not a theory. WE HAVE TO LIVE IT. Unless one's family expresses a desire to live upon spiritual principles we think we ought not to urge them. We should not talk incessantly to them about spiritual matters. They will change in time. Our behavior will convince them more than our words. We **must** remember that ten or twenty years of drunkenness would make a skeptic out of anyone. (83)

To be vital, faith **must** be accompanied by self sacrifice and unselfish, constructive action. (p.93)

"If you have decided you want what we have and are willing to go to any length to get it -- then you are ready to take certain steps."

Why does your group need an IRCO Delegate?

The IRCO has no authority of it's own but derives it from the participating groups. The representative that each group elects is the group's voice to IRCO—Your link to those who maintain and operate the IRCO.

2018 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....Steve S.
Delegate.....John B.

Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Ray P.
Nominating Committee.....Open
After Hours Phone.....Mindy S.
HOW Editor.....Rick H.
Inventory Control.....Terri C.
Literature.....Dutch V.
Treatment.....Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Trish H.
12 Step List Coordinator.....North: Trent L.
South: Billy VB
District 6 Liaison.....JoAnn H.

2018 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2017..... Linda W/Sunshine
Desk Coordinator.....Bill VB
Corrections—Women.....Judy W.
Corrections-Men.....Lane S.

12 STEP VOLUNTEER APPLICATION

NAME _____

PHONE NUMBER _____

AREA YOU WOULD BE WILLING TO PARTICIPATE

NORTH COUNTY Y N SOUTH COUNTY Y N

AVAILABILITY MON-FRI WEENENDS DAYS EVENINGS

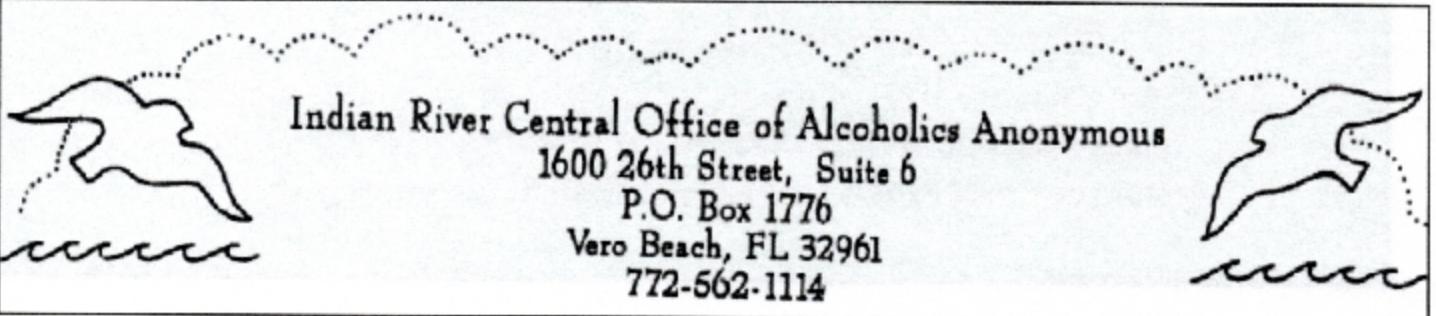
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

TALK TO SOMEONE OVER THE PHONE TAKE SOMEONE TO DETOX*

TALK TO SOMEONE AT THEIR HOME** GIVE RIDES TO AA MEETINGS

MEET SOMEONE AT A MEETING OTHER _____

***IT IS SUGGESTED THAT A PERSON NOT GO ON A TWELFTH STEP CALL ALONE TO HELP AN ALCOHOLIC WHO IS STILL SUFFERING. ALSO YOU SHOULD NOT DRIVE A WET DRUNK TO A TREATMENT FACILITY (DETOXI) WITHOUT HAVING ANOTHER A.A. MEMBER WITH YOU. IF YOU CIRCLED EITHER OF THESE ITEMS, PLEASE BE SURE THAT YOU HAVE ANOTHER MEMBER OF A.A. THAT IS WILLING TO GO ALONG WITH YOU."*



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Vero Beach, FL 32961
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9.....
Indian River Central Office Birthday Plan

This contribution on my # A.A. Birthday is my way of saying *thank you* to Central Office for serving the A.A. community in Indian River County.

Contributor:

Address:

* Group Name:

Please indicate whether you want your contribution credited to (a) your group* or (b) anonymously:

Make check out to **Indian River Central Office of AA**. Drop off at the Central Office or mail to the address listed below.

1600 26th Street, Suite 6

Vero Beach, FL 32960

Phone: 772-562-1114

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Indian River Central Office
MISSION STATEMENT

The purpose of the Indian River Central Office (hereafter "IRCO") is to provide AA services within Indian River County, with the primary goal being to carry the AA message to the alcoholic who still suffers. It is the mission of the IRCO to keep groups informed about AA activities by newsletter and by maintain a website, answer inquiries for help, provide AA meeting information, maintain an available supply of Conference Approved books and literature, and to provide guidance and support to the IRCO standing committees.

The IRCO shall function within the meaning and intent of the Twelve Traditions and the Guidelines for Intergroup and Central Offices and other guidelines as set forth by the General Service Office of Alcoholics Anonymous.

The IRCO is entirely accountable to the groups it serves and is entirely supported by the voluntary contributions of AA groups within Indian River County.