

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 37 Issue 9

September 2018



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 aairehow@yahoo.com

Step 9 "MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS."

When we start truly examining our harmful behavior, our load of guilt threatens to crush us. Guilt is relentless. It's the "gift that keeps on giving" – and giving and giving. In a subtle way it makes us feel better to feel guilty. Subconsciously we tell ourselves it's a bad thing to hurt someone else, so we should hurt, too. Our own suffering pays for our sins.

Instead of playing this guilt game, we need to take full responsibility for what we have done, make our amends and let the whole thing go.

With Step 8 we need to acknowledge that we've hurt others and are honestly willing to do something about it. We don't have to like making amends, we don't have to feel good about making them, we don't have to feel ready to do it. We just have to *do* it.

Being Sorry Isn't the Point

Being sorry and making apologies are not amends. Are we sorry we hurt someone? Or just sorry that they're mad at us? Are we sorry that we did something we shouldn't have? Or just sorry we got caught? How many times have we apologized for something, really felt as though we meant it – and then did the hurtful thing all over again and then again? How many times have we used apologies to manipulate others into giving us another chance?

Amends are different. *To make an amend means to change our attitudes and behaviors and to keep them changed.* Making an amend may mean apologizing, or it may mean making an internal commitment, but it always means changed attitudes and actions.

Amends are unconditional. We make them with no strings attached. We admit to another that we did a hurtful thing to him or her, we commit ourselves to not doing it again

and we don't do it again. If we do do it again, our amend is worthless and we have to start over.

Amends are one-sided. They are valid no matter how the other person responds. He or she may accept our amend, criticize it or reject it. None of this makes any difference. We have examined our own selves, found our shortcomings and are making changes respectful of ourselves and others. This is the true meaning of making an amend. Making amends means respecting others and it means respecting ourselves, too. If we put self-respect aside, our amends won't work. We mustn't grovel before the person we have harmed. We make the amend appropriate to the hurt, limit it to the hurtful situation and then get on with life. An amend is not meant to repair a relationship, only to acknowledge our mistake, clear our past and correct our future behavior. That's all. That's enough.

Remember:

- Don't expect forgiveness.
- Don't expect gratitude.
- Don't expect acceptance.
- Don't expect understanding.
- Don't expect reconciliation.
- Don't expect the other person to respond with an amend of their own.
- Don't make the amend a tool of manipulation.
- Don't renege on the amend if we don't like the outcome.
- Don't make an amend to get someone off our back.
- Don't make an amend to buy time.
- Don't make an amend to get someone's praise or attention.

OUR THREE LEGACIES

STEP NINE (Recovery)

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

PRINCIPLE: Justice— CORRECTION, AMENDS, HONESTY, INTEGRITY

Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

Twelve and Twelve pg. 83

TRADITION NINE (Unity)

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

“We need to distinguish sharply between spiritual simplicity and functional simplicity. ...When we get into questions of action by groups, by areas, and by A.A. as a whole, we find that we must to some extent organize to carry the message—or else face chaos. *And chaos is not simplicity.*”

Bill W. from Traditions Illustrated Pamphlet

CONCEPT NINE (Service)

“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.”

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

9/3 Sebastian Freedom	10/1 Sundowners
9/10 A New Day	10/8 Sebastian Freedom
9/17 Saturday Women's	10/15 South Vero
9/24 Meat & Potatoes	10/22 VBMG
	10/29 OSSABAW

Alive and Well

The Vero Beach Group is alive!

Come be a part of a group that has been
active for over 70 years

Meets at St. Helen's Church in the Gym
Sundays at 7pm

SEPTEMBER ANNIVERSARIES

A NEW DAY

Dawn B.	3 years
Dan Mc.	14 years
Barb F.	1 year
Paul S.	1 year
Dedria. M.	2 years
Rick R.	20 years
Chuck B.	26 years
Lois. W.	28 years
Kevin L.	34 years
Kathleen. W.	34 years

SOUTH VERO

Rick R.	4 years
Ron K.	5 years
Richard N.	11 years
Mary Margaret H.	13 years
Catherine W.	19 years
Bart H.	27 years

ODAAT

Bill H.	2 years
Cheryl R.	2 years
Scott M.	7 years
Paul G.	8 years
Sandy R.	19 years
Elizabeth M.	27 years
Joan G.	28 years
Joan C.	31 years
Jonathan M.	33 years
Molly H.	34 years
Hugh L.	35 years
Vic S.	37 years

I AM RESPONSIBLE

Nick M.	1 year
Mike H.	5 years
Kristy S.	9 years

LUNCH BUNCH

John O.	10 years
Geri T.	27 years'
Ruth B.	9 years

MAN TO MAN

Chris C.	1 year
Gravel	29 years
Joe S.	2 years
Mike B.	6 years
Mike C.	28 years
Moose E.	1 years
Rich V.	15 years
Ty B.	2 years

MAGNOLIA GROUP

Tina S.	15 years
Eileen K.	45 years

EARLY RISERS

Stephanie R.	5 years
--------------	---------

CANDLELIGHT

Chad S.	1 year
Nick M.	1 year

ROYAL PALM MONDAY

Bryan C.	3 years
Will C.	10 years
Elise H.	4 years
Pat C.	17 years
Trish H.	28 years
Butch C.	34 years
Tom O.	44 years

SEBASTIAN 5:32

Eddie V.	5 years
----------	---------

VERO 12 & 12

Kay D.	26 years
Ruth C.	44 years
Mark C.	3 years

SAFE HARBOR

Less	4 years
Ingrid	11 years
Melani	11 years
Nancy H.	12 years

VERO BEACH MEN'S

Dave K.	8 years
Joe C.	14 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.

Tool for September: *Meeting Attendance*

Being faithful to my home group and attending other meetings has been absolutely necessary for me to stay sober. These are the reasons that I have found:

1. When I drank, I isolated myself and avoided everybody in my life. Going to meetings keeps me from being alone with myself—which is a very dangerous place!
2. I find that God (Higher Power) is present in most meetings. I can always hear something that will help me stay sober and be a better human being.
3. Being regular at meetings allows others to help me see my "blind spots". My thinking needs to be exposed to others so they can help guide and correct thoughts that might lead to poor decisions.
4. I AM RESPONSIBLE. From the book Alcoholics Anonymous: *"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."* I want to be there to help someone else. There were people that cared for me when I came in and it saved my life. Shouldn't I do the same?



"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."

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 this statement he confirms what we who have suffered alcoholic torture **must** believe-- that the body of the alcoholic is quite as abnormal as his mind . (The Doctor’s Opinion)

But after a while we had to face the fact that we **must** find a spiritual basis of life --or else. (p. 44)

We began to see that the world and its people really dominated us. In that state, the wrong-doing of others, fancied or real, had power to actually kill. How could we escape? We saw that these resentments **must** be mastered, but how? We could not wish them away any more than alcohol. (p. 66)

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we **must** go further and that means more action. (p. 85)

“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 EditorRick 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__WEEKENDS __DAYS__EVENINGS

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

TALK TO SOMEONE OVER THE PHONE

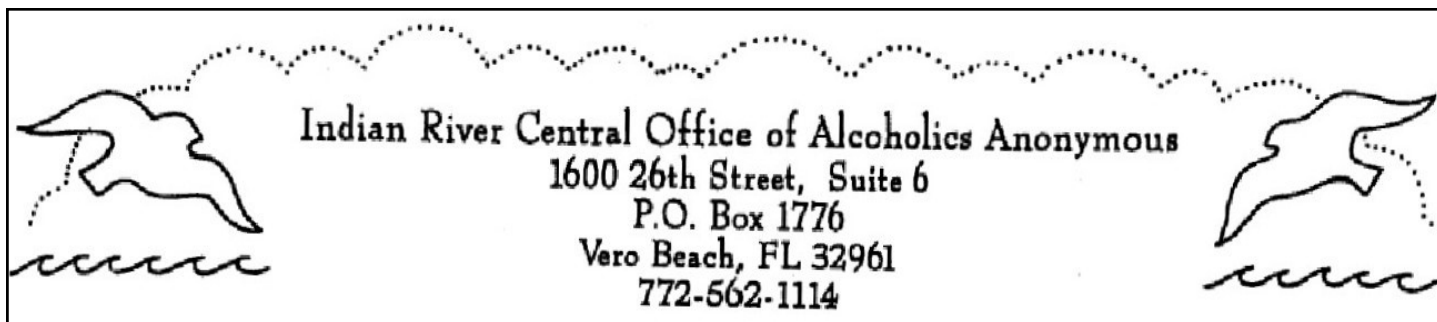
TAKE SOMEONE TO DETOX*

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 (DETOX) 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.*****



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

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.