

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 aairehow@yahoo.com

Step 8 MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL

In mental preparation of my Eighth Step list, I discovered that some names came to mind naturally. In most instances, we want to change for the better where our children and family are concerned.

However, I found there were other people I did not want to make amends to, people I held some resentments toward—so I impulsively concluded they didn't deserve any amends. I have to keep in mind that had I behaved in a more reasonable manner, they might not have responded as they did. If the circumstances had been reversed, I might have taken the same action they chose. I have to allow others to make mistakes and be human. Harboring resentments because of something others did is, in effect, imposing my values upon them. By imposing my standards upon them, I am trying to assume God's role. I must realize I am not responsible for the actions of others, whether I approve of them or not. If I take on that task, I am passing judgment on them for reacting in a way that was unacceptable to me. I am taking their inventory.

In this Step, it states that we "became willing to make amends." This implies that there is going to be some conscious effort on my part to make all the needed amends. Those that come easy, to my old way of reasoning, would be an excellent stopping point. Yet the

Step says we became willing to make amends to all those we had harmed. In going to these other people, I don't need to crawl or go on and on about how sorry I am, because this would make me appear worthless. I don't believe I need apologize for being human; rather, I simply need to acknowledge that I was at fault and humbly ask them to pardon me. I do not need to make amends on my hands and knees; I need to walk tall, without false pride. When I go in humility and sincerely ask people to forgive me, this will remove the burden from my shoulders. They, too, may have been at fault, but I am neither their God nor their conscience. I am responsible only for myself.

For me, this Step offers two features: I am being responsible, by owning up to my wrongs and making amends for them; at the same time, I accept others as they are, regardless of what they did, or of what they may do when I go to them to make amends. It's a Step with a double feature. When doing it, we make a double play. After finishing it, we receive double indemnity. Our reward is two for the price of one.

Anonymous

**Always review your list
with your sponsor before
taking action!**

OUR THREE LEGACIES

STEP EIGHT (Recovery)

"Made a list of all persons we had harmed, and became willing to make amends to them all."

PRINCIPLE: Brotherly Love: "Love thy neighbor as thyself."

Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake

Twelve and Twelve pg. 77

TRADITION EIGHT (Unity)

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words "Freely ye have received, freely give." We have discovered that at the point of professionalism, money and spirituality do not mix.

Twelve and Twelve pg. 166

CONCEPT EIGHT (Service)

"The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

There is a solution. Almost none of us liked the selfsearching, 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.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

8/6 Sebastian Freedom

8/13 Early Risers

8/20 Saturday Women's

8/27 Meat & Potatoes

9/3 Sebastian Freedom

9/10 Early Risers

9/17 Saturday Women's

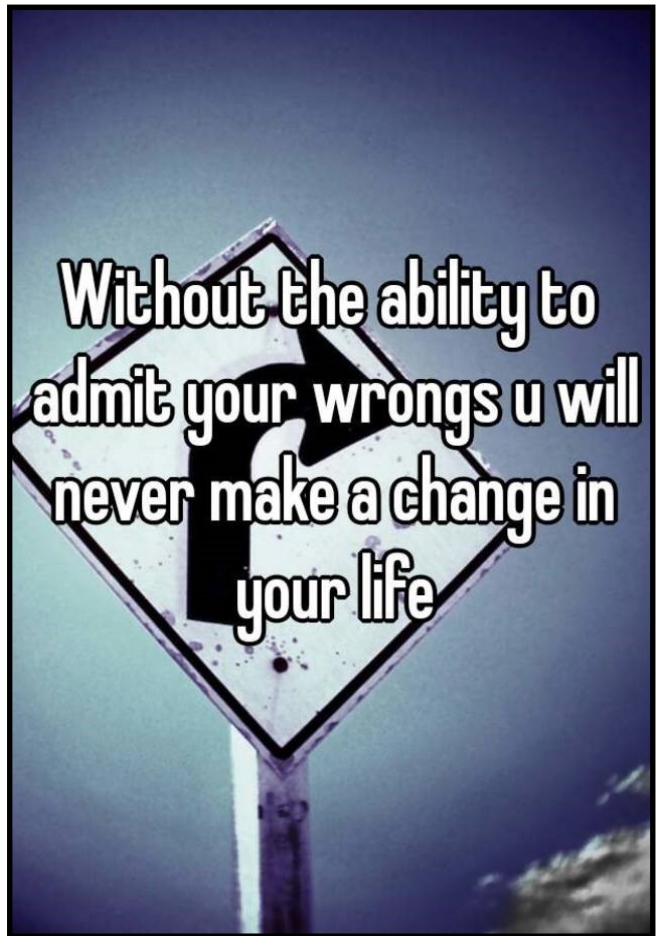
9/24 Meat & Potatoes

LET'S GET YOU
HOME BUDDY



DAMMIT FRANK
KEEP IT TOGETHER

Without the ability to
admit your wrongs u will
never make a change in
your life



*Love is something you do for others
Not something you do for yourself*

AUGUST ANNIVERSARIES

A NEW DAY

Lou N.	2 years
Tom M.	4 years

CANDLELIGHT

Mark P.	8 years
James A.	1 year

I AM RESPONSIBLE

Rosanna F.	27 years
Don E.	21 years
Susan E.	18 years
Keith A.	2 years
Frankie D.	1 year
Micheal O.	1 year

INDIAN RIVER MEN'S

Dick P. (In Memory)	52 years
Billy	34 years
Bob C.	20 years
Steve V.	16 years
Tim K.	15 years

SEBASTIAN 5:32

Cyndy V.	13 years
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INDIAN RIVER WOMEN'S

Rebecca H.	17 years
Ruth O.	11 years

SOUTH VERO

Frank D.	43 years
Nick S.	25 years
Carol L.	6 years
Paul G.	6 years
Gregg R.	4 years
Derek M.	3 years
Linda R.	2 years
Clark L.	1 year
Melissa S.	1 year
Jeannie F.	1 year
Mark E.	1 year
Theresa D.	1 year

LUNCH BUNCH

Bonnie R.	14 years
Hank T.	27 years
Peter D.	30 years
Tom F.	47 years
Ray	31 years

MAN TO MAN

Dan M.	14 years
Hank T.	27 years
Lewis W.	2 years
Matt P.	3 years
Mike F.	22 years
Pat G.	4 years
Rod C.	10 years
Steve V.	16 years
Tom B.	6 years

SAFE HARBOR

Sandy C.	34 years
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SEBASTIAN 12 & 12

Dan M.	14 years
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ODAAAT

Pat B.	2 years
Tara H.	2 years
Kera C.	3 years
Tom P.	4 years
Chris G.	4 years
Linda S.	4 years
Doris G.	4 years
Carol L.	6 years
Kimberlee A.	7 years
David P.	7 years
Alex H.	7 years
Suzanne B.	7 years
Blair F.	8 years
Sandra T.	15 years
Rebecca H.	17 years
Ellie Y.	19 years
Tim Mc.	32 years
John R.	36 years

SEBASTIAN FREEDOM

Carole R.	3 years
Peter D.	30 years
Maureen L.	39 years

VERO 12 & 12

Doris v.	1 year
Rich M.	34 years
Ken K.	18 years
Gene F.	5 years

VERO BEACH MEN'S

Tom F.	18 years
Lane S.	17 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 August: *Prayer*

From one of our members:

Page 85 of the Book Alcoholics Anonymous says "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. ***What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.***"

Since my first day, I have always got on my knees, night and morning, to connect with a Higher Power or a God of my own concept or understanding.

Each morning I ask my Higher Power to keep me sober that day, all so that I can be of help to others. Then again at night, I get on my knees, and thank that same power for keeping me sober that day.

This getting on our knees, is a very, very important spiritual tool. It allows us to humbly connect with a Higher Power or God of our own concept, and allows us to express gratitude to that same concept of God or Higher Power for keeping us sober each day.



"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

He suddenly realized that in order to save himself he **must** carry his message to another alcoholic. (Forward to the 2nd Edition)

The message which can interest and hold these alcoholic people **must** have depth and weight. (The Doctor’s Opinion)

Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I **must** turn in all things to the Father of Light who presides over us all. (Bill’s Story)

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn’t think so. Above everything, we alcoholics **must** be rid of this selfishness. We **must**, or it kills us! God makes that possible.

“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

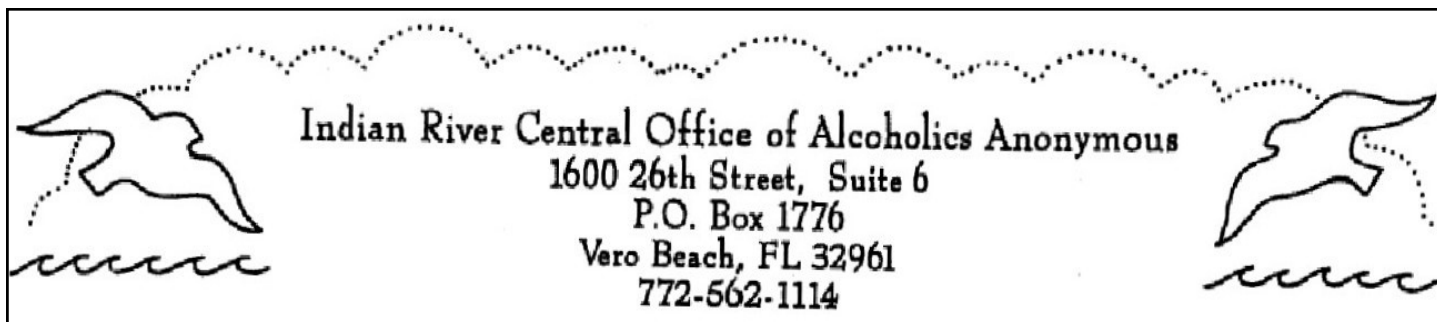
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.