

HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 36 Issue 4

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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

“Made a searching and fearless moral inventory of ourselves”

I started drinking at an early age, and alcohol became my medicine. It numbed my emotional pain, it masked my fears, it hid my insecurities, and it helped me forget — at least for a while. However, in time, the very elixir that I discovered as a child began to turn on me in adolescence, and by the time I was a young adult, it made life absolutely impossible. Most striking of all, and unbeknownst to me at the time, alcoholism had warped my thinking so that eventually I was divorced from reality altogether. It was **Step Four** that helped me find my way out of the fog and haze of alcoholism, and gave me enough clarity to at least make a beginning in understanding the **truth** about myself.

So how does one actually do a personal inventory? As far as I’m concerned, there is no right or wrong way to practice this step. I think what’s important is that we follow the general principle of self-honesty, and that we are willing to be searching and fearless in the pursuit of truth. Some will take the approach of reviewing the seven deadly sins as laid out in the *Twelve Steps and Twelve Traditions*, others will simply write out their life story, and still others will review a sampling of the more significant events from their lives. I used the process outlined in the Big Book, and reviewed my resentments, fears and sexual conduct.

In AA, I learned that resentment is a condition or state of mind whereby one relives some past event, and feels the emotion from that event as if it were happening now. Resentment is literally *to feel (sentire) again (re)*, and it was the fuel that fed the fires of my alcoholism. The original members of AA who wrote the book *Alcoholics Anonymous* believed “resentment was the *number one* offender, and that it destroys more alcoholics than anything else”.

(Alcoholics Anonymous, p. 64). I don’t know where they got this idea, whether it was from psychology or religion, but I think there’s something to it. In my case it seemed to make sense.

I learned that though resentments were based in fact and arose from actual events, over time I added to the story so that eventually I no longer knew what was true or not. I relived these painful memories over and over again, using them to explain my failures and to justify my drinking. Between the bouts of drinking, I was frequently living in the past — a past of my own creation. I was deluded. The Fourth Step, like the whole of recovery, is a process — not an event. When the time was right for me, it seemed as if the pen in my hand had a direct connection to my mind, and the memories of a lifetime just poured out onto the page.

Now, this is not a judgmental statement in the sense that I was somehow defective for being insecure or that I was wrong for allowing my security to be threatened, nor was this an indictment of the people I resented. This was nothing more than an inventory of events from my life and how they affected me. In fact, through the process of writing, I actually gained some understanding and compassion for the people I resented.

Step Four provided me not only with some insight into who I was, but it also gave me some understanding and forgiveness of others. I felt at peace with the process and I was eager to get on with Step Five. I called my sponsor the night that I finished my inventory and we set up a time to meet the next day. As it turned out, it took me two days to go through the Fifth Step. Partly, because of the length of my Fourth Step, and partly because my sponsor was hard of hearing, making it necessary for me to often repeat myself. More about that later, as well as why one should never do the Fifth Step in a city park.

John S May 15, 2016

OUR THREE LEGACIES

STEP FOUR (Recovery)

"Made a searching and fearless moral inventory of ourselves"

PRINCIPLE: Courage—the quality of mind or spirit that enables a person to face difficulty, danger, or pain

We want to find out exactly how, when and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move towards their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is out of reach.

Twelve Steps and Twelve Traditions, p. 43

TRADITION FOUR (Unity)

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole"

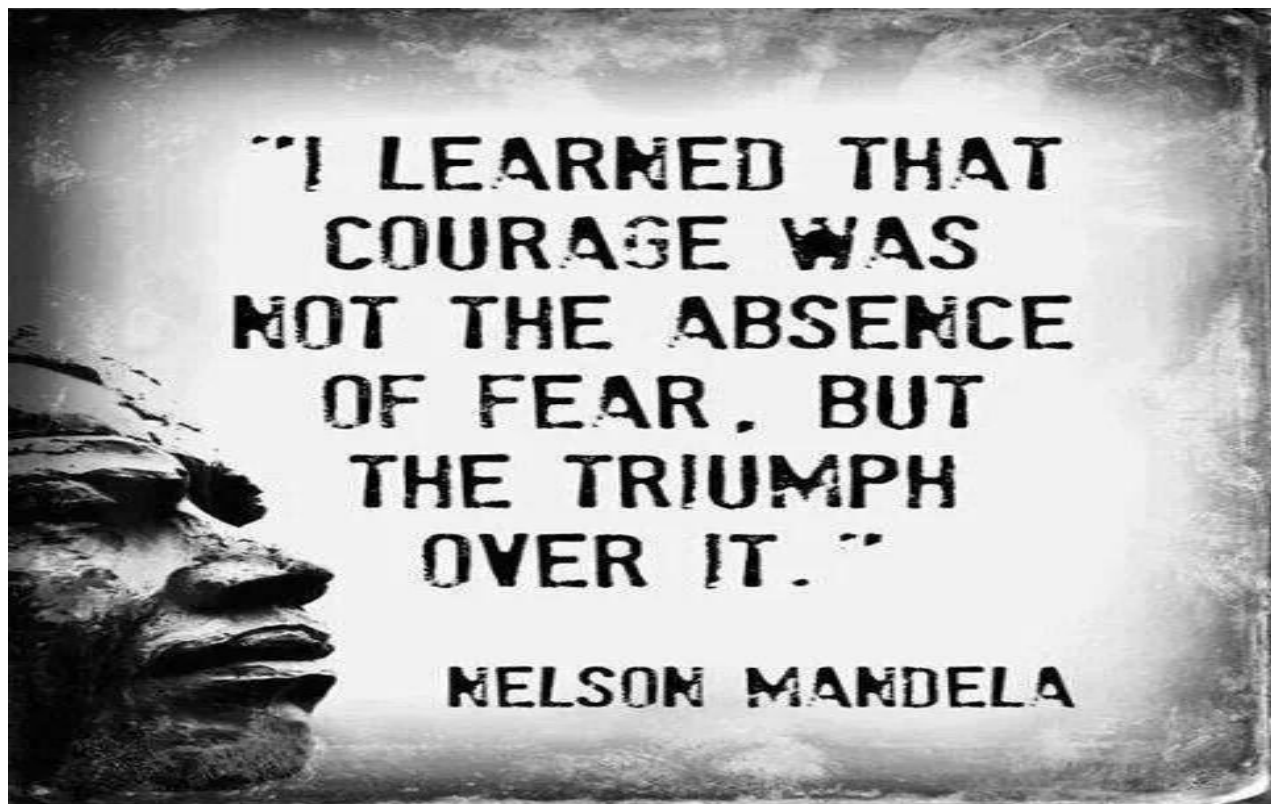
In a way, the Fourth Tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, "Would this break any Tradition?" Like the individual member who chooses to make the Steps his or her guide toward happy sobriety, the wise group recognizes that the Traditions are not hindering technicalities—they are proved guides toward the chief objective of all A.A. groups...

TWELVE TRADITIONS ILLUSTRATED PAMPHLET

CONCEPT FOUR (Service)

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET



**"Scared is what
you're feeling.
Brave is what
you're doing."**

Emma Donoghue

*"Success is not final, failure
is not fatal: it is the courage
to continue that counts."*

— Winston S. Churchill

Humor

After completing the Fourth Step, Johnny was faced with some big chunks of truth about himself. Hoping to hang on to a few of his character defects, he visited his doctor seeking validation. "Doctor," he cried. "I'm just not able to do all the things around the house that I used to do." When the doctor's examination was complete, Johnny said, "Now, Doc, I can take it. Tell me in plain English what's wrong with me."

"Well, in plain English," the doctor replied, "you're just lazy."

"Okay," said Johnny. "Now give me the medical term so I can tell my wife."

Christopher K.

**"A ship is safe in harbor, but that's not what
ships are for."**

William G.T. Shedd

APRIL ANNIVERSARIES

I AM RESPONSIBLE

Cheryl M. 1 year
 Jesse Z. 1 year
 John S. 1 year
 Crystal M. 2 years
 Martha S. 3 years
 Mike P. 5 years
 Trish F. 11 years
 Alice N. 35 years

SOUTH VERO GROUP

Dennis S 9 years
 Donald T 1 years
 Donna M 20 years
 Jeff B 3 years
 Mike M 12 years
 Scott S 1 years
 Todd W 1 years
 Tom I 37 years

MAN TO MAN

Eric O.. 3 years
 Kenny G.. 2 years
 Killian S. 4 years
 Paul C. 31 years
 Tracy M. 24 years

INDIAN RIVER MEN'S

Lou V. 36 years
 Frank C. 35 years
 John L. 13 years
 Joe M. 13 years

ODAAT

Adriana W. 1 years
 Bryan M. 2 years
 Helen L. 2 years
 Daniel C. 3 years
 Alex Z. 3 years
 Brad H. 3 years
 Patricia S. 4 years
 Dennis S. 4 years
 Pat D. 6 years
 Hal O. 8 years
 Mike S. 9 years
 Linda W. 14 years
 Jennifer M. 18 years
 Jim R. 22 years
 Candy B. 33 years
 George P. 47 years

SEBASTIAN 5:32

Ray C. 8 years

CANDLELIGHT

Jules A. 1 year

EASY DOES IT

Lynn H. 25 years
 Sandy S. 19 years

SEBASTIAN STEP SISTERS

Sheila L. 38 years
 Kandi L. 20 years
 Dianne C. 12 years

EARLY RISERS

Chris 1 year
 Rodney 3 years

ROYAL PALM GROUP

Brian L. 44 years
 Clell B. 35 years
 Bob K. 31 years
 Rich R. 21 years

INDIAN RIVER WOMEN'S

Cindy C. 24 years
 Alicia M. 6 years

SEBASTIAN 12 & 12

Linda P. 33 years

VERO BEACH MEN'S

Frank S. 1 year

VERO 12 & 12

Tiera T. 2 years



Available Workshops

Rule 62

The (Higher) Power of Prayer

We Agnostics and Free-Thinkers

Our Primary Purpose

Corrections - We Are Responsible

Archives: Our History

Register at www.floridastateconvention.com

UPCOMING EVENTS AND ANNOUNCEMENTS

The Meat and Potatoes Group of A.A. invites you to join us for our
13th Group Anniversary Celebration

Friday, April 28, 2017 at 6:00 p.m.

Community Church of Vero Beach

Room #113/114

1901 23rd Street, Vero Beach

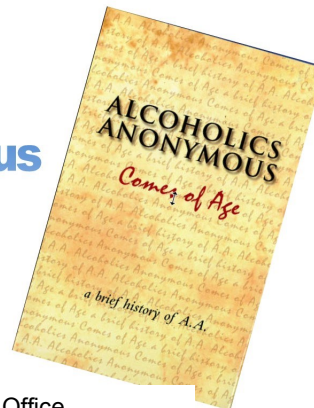
OPEN Speaker Meeting Format

POT LUCK DINNER afterward- bring a dish to share

SALE \$5

Alcoholics Anonymous
Comes of Age

Our first 20 years



Indian River Central Office
1600 26th Street, Suite 6, Vero Beach, FL 32960
(772)562-1114

The Magnolia Group will be doing a Step Study beginning this month.
They are meeting Thursdays @ 6pm at First Presbyterian Church

THE VERO BEACH GROUP AT ST HELEN'S CATHOLIC CHURCH 69th ANNIVERSARY

SUNDAY, APRIL 23rd

6:30PM FELLOWSHIP and ANNIVERSARY CAKE

7PM DOUBLE SPEAKER MEETING featuring

BETTY L. from VERO BEACH GROUP

GEOFF from WE STOPPED IN TIME GROUP



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.

2016 STEERING COMMITTEE

Chair.....Steve S.
Co-Chair.....Joseph J.
Treasurer.....John H.
Secretary.....Trish H.

Nominating Committee.....Marty P.
After Hours Phone.....Mindy S.
District 6 Liaison.....Cynthia G.
HOW EditorRick H.
Inventory Control.....Bobby Z.
Literature.....Dutch V.
Treatment.....Todd T.
Website.....Dutch V.
Where and When.....Susan
District 6 Liason.....Open

2016 STANDING COMMITTEES

Archives.....Glen
Birthday Dinner 2017.....Doug C.
Desk Coordinator.....Marty P.
Corrections—Women.....Open
Corrections-Men.....Lane S.
Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Linda W.

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

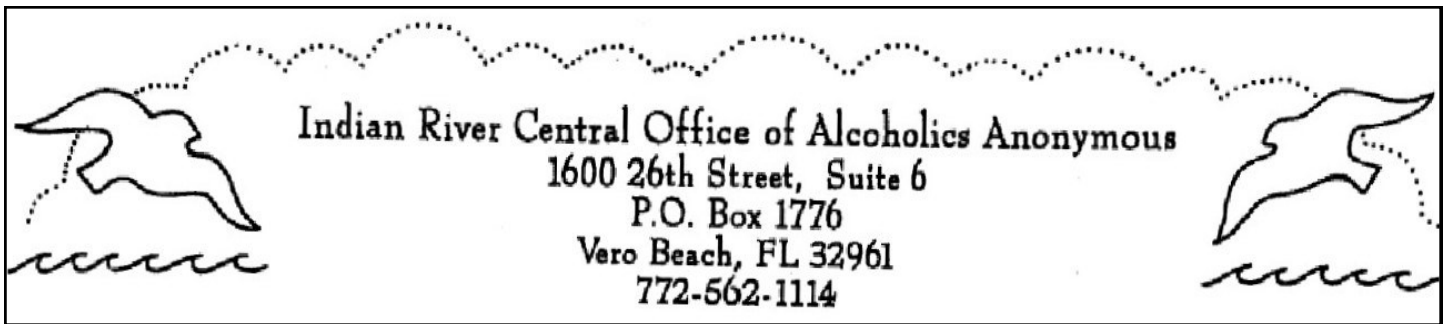
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.