



# HOW

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."

When it came to Step Seven, I learned that the spiritual principle behind this step was humility, and early in sobriety, I heard a definition for humility which has stuck with me ever since. Humility was to know oneself, one's strengths and one's weaknesses. I was also instructed to read the paragraph out of the big book on pg 76. that says, "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." As I reflected on this step, I recalled some of my experiences with Step Seven.

"My creator, I am now willing that you should have all of me good and bad." This line in the 7th Step Prayer helped me to look at myself with an open mind without ego, but also without judgment.

I had to learn to take a look at who I was; where I needed help; and what I was over-compensating for.

Around 19 months of being in AA, I was still empty inside because I had not worked the steps thoroughly. So to cover it up, I became a slave to service work, and there was no balance in my life. I was a very lost soul. When I was willing to give this up to my higher power, he put someone into my life who not only took me through the steps but also helped me find balance. And I can say today that the emptiness I once felt has now been removed.

"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." When I think of the defects of character that may be in my way, I try to keep it simple and remember what I learned from the Fourth Step: where am I being selfish, self-seeking, dishonest, and the big one for me, fearful? These are the things that keep me from being useful to my fellows and my higher power.

"Grant me strength as I go out from here to do your bidding. Amen." I find that asking for strength through prayer affirms my belief that this program has worked for those who came before me and that it will work for me if I am humble enough to let it. Thank you so much for letting me share!!



# 7 SEVEN VII

## Tradition 7:

Each AA group ought to be self-supporting, declining outside contributions.

## Concept VII:

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 AA purse for final effectiveness.

## Principle Behind Step 7:

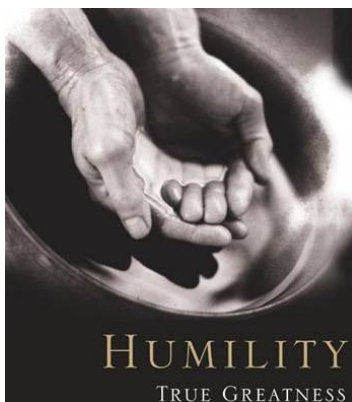
### Humility

“Here we move further into action. We have seen in Step 5 where we have been selfish and self-centered. We practice being humble by realizing that we are not the center of the universe. We are all simply small parts of a huge whole. To be human is to make mistakes. Hopefully our journey has led us to the point where we can readily admit mistakes and accept ourselves for being imperfect. We are asking for help in forgiving ourselves.

**7** *Humbly asked Him to remove our shortcomings.*



I ask a Higher Power to help me be free.



## Traditions Checklist

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet?  
***How generous was I when tanked in a bar-room?***
2. Should the *Grapevine* sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more people participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?



## 2011/2012 OFFICE ACTIVITY

## Calls for Assistance and Walk-Ins

Nature of Calls	2012	2012	2012	2012	2012	2012	2012	2012	2011	2011
	JAN	FEB	MARCH	1ST Q	APRIL	MAY	JUNE	2ND Q	3RD Q	4TH Q
12th Step Support	14	19	12	45	11	15	5	31	46	48
General Info/Misc	50	63	62	175	55	77	62	194	253	288
Purchases	102	92	88	282	70	80	79	229	253	227
Meeting Info	64	51	61	176	47	39	36	122	144	129
Alanon / NA	12	7	21	40	12	12	7	31	41	23
<b>TOTAL</b>	<b>242</b>	<b>232</b>	<b>244</b>	<b>718</b>	<b>195</b>	<b>223</b>	<b>189</b>	<b>607</b>	<b>737</b>	<b>715</b>

# Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Open Discussion		Speaker
		7/12	Roseland	7/14	Ossabaw
7/17	ODATT	7/19	Candlelight	7/21	Fri. Night Young People
7/24	Royal Palm	7/26	I Am Responsible	7/28	VBMG
7/31	Easy Does It	8/2	Ossabaw	8/4	Indian River Thursday
8/7	Noontime	8/9	IR Mens	8/11	Indian River Women's

All meetings start at 8:30pm. Group members that are taking the commitment are asked to check in with the tech on duty upon arrival. Thank you to all the groups for participating.

We represent the fellowship and present the program.

Please Contact Lorelei G (772) 501-2945

# BHC MONDAYS AT 7PM

7/16	South Vero	7/23	Fri Night Young	7/30	Vero Beach Men's
8/6	Indian Rive men's	8/13	South Vero		

*\*This facility requires 2 years of Sobriety for visiting AAs*



# AA Bulletin Board

## "56th FL State Convention"

Always To Be There

**August 1-5 , 2012**

Innisbrook Golf & Spa Resort Palm Harbor, FL

**Speakers Workshops Panels Marathon**

**Meeting**

**A Full Al-Anon Family Groups Program**

*56.flstateconvention.com*

# District Six

6th Annual Corrections Com-  
mittee BBQ

Pepper Park, FT Pierce

Beach Side

Saturday August 25th , 2012

11:00 AM — 3:00PM

Food Beach Games Raffle

Lots Of Fun  
Side Dishes  
Are  
Welcomed





# Passion

It was 9:05, Sunday, April 29<sup>th</sup>, 2012. We were creating a circle of hands to close the meeting with the Lord's prayer. On both sides, I held hands with sponsees. I looked to my right, and asked, "Having flashbacks?" and she smiled and nodded. I looked to my left at the sponsee who had never attended the Vero Beach Group 'back then', when 200-250 people showed up every Sunday night waiting for the double speaker meeting to begin. On either side of them was a brand new AA with less than 90 days and a fellow Group member as thrilled as I was at the support of 150 or more members that surrounded us. I think we were all overwhelmed.

As the Lord's Prayer began, I continued to look around the circle of friends in this fellowship. The perimeter of the room was filled with members holding hands in unity. I tried to find my fellow group members, the 9 of us who I knew were as happy, and just as amazed as I was. I thought about how everyone in the Group had a hand in making the Vero Beach Group's anniversary a success.

It was wonderful to see such support from the people who rallied to come to the meeting that night. I looked and found faces of AA members who were consistently in attendance at The Vero Beach Group each week when I got sober 17 years ago. I thought about the faces that I didn't see... members who have passed away, members who have moved away, members that may be out there suffering, and members that didn't hear the announcements at the meetings the week before: The Vero Beach Group, the oldest group in Indian River County, is celebrating its 64<sup>th</sup> anniversary IN THE GYM.

One week prior to the anniversary party, there were 67 AAs in attendance in the north room. We asked the church to have the party IN THE GYM and our excitement and enthusiasm grew. Would people come? We lured them with talks of "desserts" and a memory of a different time. A time of 4 giant coffee urns on either side of the gym, "hi-test" and "unleaded". A time when the smoke was so thick, but there was some relief from the haze if you sat in the "non-smoking" section in the front corner of the room; A time when you thought you "had arrived" if someone asked you to speak at St. Helen's!!! And our AA community surprised us and filled the room.

One year ago, one of the "old-timers" who was trying to save the meeting from closing asked me to join her in an effort to save The Vero Beach Group. I was reluctant, even though I was rarely attending my current home group. It wasn't very "convenient"! After all, hadn't I earned convenient sobriety after all of these 24 hours? I now considered the meeting to be "late": 8pm. By the time I would get home, it might be 9:45pm. That wasn't convenient. The meeting was also held on Sundays: I don't even like football, but somehow that seemed to support my rationalization that Sunday wasn't convenient either. And, the biggest question of all: How could the old home group survive without me???? I did join, but I started referring to The Vero Beach Group as my "fake home group". At first, I didn't feel like I fit in with the others. I didn't feel connected with these people.

After a month, I decided to give the New Group a real try. (On rare occasions, I do what is asked! It can be difficult if it is not my idea.). And at first, it was difficult, because I wanted immediate results. I wanted to fit in, without any action. I didn't want to wait and have "Time take time". When I gave the Group my best effort by attending each week, taking part in business meetings, doing my fair share and being active in that group, I became a part of the New Group. Before I knew it, 8 months had gone by and it was December. I loved my new group!

JudyW



## July 2012 BIRTHDAYS

# 1054 Years of CONTINUOUS Sobriety!



### Barefoot Bay

#### June

Tim W. ....35

#### July

Steve. ....4

Dale R. ....6

Wayne R. ....6

Nona. ....40

### Candlelight

Allison G. ....31

### Free and easy

Mark O. ....5

Sharon H. ....14

### I Am Responsible

Mary Ellen S. ....4

### Indian River Men's

Jerry H. ....3

Manny C. ....23

Jack W. ....24

Dave S. ....28

### Indian River Thursday

Tiffany D. ....2

### Indian River Women's Group

Ellen G. ....3

Trish K. ....6

Heater Z. ....7

Donna A. ....21

### Men to Men

Scott B. ....3

Jay W. ....4

Wayne R. ....5

Bill F. ....11

Dave L. ....19

Dennis B. ....26

Tim S. ....26

Bill B. ....29

Brian D. ....38

Woody H. ....45

### Noontime

Carrie. ....3

Gary G. ....5

Gary B. ....9

### Royal Palm Group

Janice S. ....23

Dutch V. ....27

Charlie M. ....28

### Safe Harbor

Maggie M. ....8

Anne M. ....19

Patricia B. ....25

### Sebastian 12&12

Dottie H. ....32

### Sebastian Lunch Bunch

Gus R. ....3

Wayne R. ....6

Roseanne. ....13

Brian D. ....38

### Sebastian Sundowners

Kathy W. ....2

Missy D. ....9

Jean B. ....24

### South Vero

Paul P. ....1

Andrea S. ....2

Diane J. ....2

Marlene w. ....2

Tom E. ....2

Peter C. ....5

Donna S. ....10

Suzanne H. ....10

Stevie B. ....11

Suzan S. ....11

Julie L. ....15

Sherrie M. ....16

Nick M. ....20

Drew M. ....24

Don S. ....24

Dave N. ....34





### Surfside

Howard G. ....58

Pat C .....37

### Vero Beach 12 & 12

#### June

Tom N. ....1

#### July

Joe E. ....19

Donnie Y. ....8

### Vero Beach Men's

Josh A. ....1

Josh S. ....2

Alan P. ....1

Bob W. ....21

Bill VB. ....31

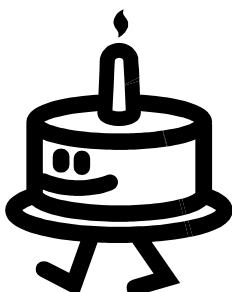
### HAPPY BIRTHDAY TO ALL!

To publish announcements of AA anniversaries being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor,"

send via e-mail

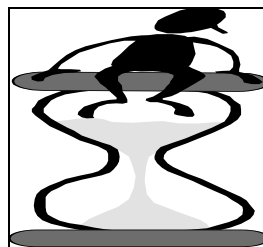
[irhow@yahoo.com](mailto:irhow@yahoo.com)

**BY THE last Friday OF EACH MONTH!**



## Remember when

"When I first came to AA I shared all the crap inside of me. After the meeting the Little Old Ladies came up to me and told me how much they loved the way I shared. The Old Men told me to sit down and shut up."



# Service

### WHAT ARE YOU WAITING FOR?"

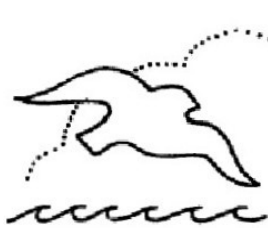
The Men's and Women's Correction Committee is looking for volunteers to take a meeting once a month to the Indian

River County Jail.

Call Bill VB(321.2897) or

Lorelei (501.2945)

(2 yrs. of sobriety required)



Indian River Central Office of Alcoholics Anonymous  
1600 26th Street, Suite 6  
P.O. Box 1776  
Vero Beach, FL 32961  
772-562-1114



URL: [www.indianriveraa.org](http://www.indianriveraa.org)

E-MAIL: [info@indianriveraa.org](mailto:info@indianriveraa.org)

**2012 STEERING COMMITTEE**

Chair.....Karen M.  
Vice Chair.....D.J. I.  
Treasurer .....John H.

Secretary.....Sunshine P.  
[irco\\_secretary@yahoo.com](mailto:irco_secretary@yahoo.com)

**2012 STANDING COMMITTEES**

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Desk Coordinator.....Sue L.  
HOW Editor.....Jeremy S.  
Corrections—Women.....Lorelei G.  
Corrections—Men.....Bill VB.  
Critical Documents....Margaret B / Vickie S.  
Literature.....Sue L.  
Public Information.....Lane S.  
Inventory Control.....Joseph J./Jeff S.  
Treatment.....Lorelei G./Samantha G.

Telephone Coordinator.....Todd R.  
Unity.....Kimberly P / Craig S.  
Website.....Dutch V.  
Where and When.....Donald S.  
District 6 Liaison .....Eileen W

**2012 DELEGATES AT LARGE**

Lane S.  
Cynthia G.  
Paul H.

It is both a privilege and a responsibility for groups and members to ensure that not only their group but also the Indian River Central Office remains self-supporting. It has been a tradition in Indian River County that individual members are encouraged to donate one dollar for each year of sobriety, during their Birthday or Anniversary month. Below is a handy form for that purpose.

**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 26<sup>th</sup> Street, Suite 6**

**Vero Beach, FL 32960**

**Phone: 772-562-1114**