



HOW

HONESTY

OPEN-



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 aaairhow@yahoo.com

Step 10 "CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT."

Nobody likes to admit to being wrong. But it is absolutely necessary to maintain spiritual progress in recovery.

Step 10 may be one of the least popular of all the 12 steps because it is simply no fun to be wrong and then have to admit it! But without this step, progress toward recovery can not only cease, it can actually lose ground.

It is another process which seems on the surface to be difficult to face, but in actuality, it is as much a benefit to the one admitting the wrong as it is to the person who was wronged.

By promptly facing mistakes and taking responsibility for them, it prevents situations from festering into resentments and anger that can become real problems.

Step 10 helps to keep the spiritual house clean. All humans are bound to make mistakes and errors. Owning up to those wrongs quickly settles the issue. Rather than weighing on the conscience or building up to produce greater consequence, the mistake is corrected promptly and the problem nipped in the bud.

For example, suppose you say something insensitive or crude and as soon as it pops out of your mouth, you realize it was not the right thing to say to that person. As step 10 suggests, you apologize immediately and tell the person that you were wrong and you should never have said it.

Then, you can walk away knowing you have done your part to make it right. If the other person wants to hold on to it and remain angry about it, it is their problem, not yours. The steps are to help you make progress. In the end, you apologized for your spiritual benefit, more than for their benefit.

Practicing Step 10

- *Keeps me humble*
- *Busts my ego*
- *Levels my pride*
- *Keeps my side of street clean*
- *Keeps me responsible for me*

"And we have ceased fighting anything or anyone even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the MIRACLE of it. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition."

p. 84-85 *Alcoholics Anonymous*

OUR THREE LEGACIES

STEP TEN (Recovery)

“Continued to take personal inventory and when we were wrong promptly admitted it.”

PRINCIPLE: **Perseverance**—the action or condition or an instance of persevering; steadfastness

Self-searching becomes a regular habit. Admit, accept, and patiently correct defects.

Twelve and Twelve pg. 8

TRADITION TEN (Unity)

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

A.A. does not take sides in any public controversy. Reluctance to fight is not a special virtue. Survival and spread of A.A. are our primary aims.

Twelve and Twelve pg. 12

CONCEPT TEN (Service)

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

AN HONEST REGRET FOR HARMS DONE, A GENUINE GRATITUDE FOR BLESSINGS RECEIVED, AND A WILLINGNESS TO TRY FOR BETTER THINGS TOMORROW WILL BE THE PERMANENT ASSETS WE SHALL SEEK.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

10/1 Sundowners

11/5 Sundowners

10/8 Sebastian Freedom

11/12 Sebastian Freedom

10/15 South Vero

11/19 South Vero

10/22 VBMG

11/26 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

**MEN'S BIG BOOK STEP STUDY
BEGINS OCTOBER 2ND 6PM-7PM
FIRST PRESBYTERIAN CHURCH
1405 LOUISIANA AVE, SEBASTIAN**



OCTOBER ANNIVERSARIES



A NEW DAY

Gary H.	2 years
Kathy O.	2 years
Kathleen M.	5 years
Terri M.	5 years
Gus B.	7 years
Donna S.	8 years
Bob T.	14 years

INDIAN RIVER MEN'S

Al H.	28 years
Frank A.	25 years
John R.	11 years

SAFE HARBOR WOMEN'S

Cynthia G.	9 years
Paula	4 years

CANDLELIGHT

Gene D.	8 years
Paul F.	3 years

INDIAN RIVER WOMEN'S

Linda P.	43 years
Mary D.	15 years
Caroline E.	4 years

SEBASTIAN FREEDOM

Shelley	23 years
Debbie	27 years
Doug	36 years

EASY DOES IT

Eddie M.	31 years
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LUNCH BUNCH

Eileen F.	46 years
Trudy S.	4 years
Sam G.	36 years

SEBASTIAN 5:32

Steve W.	15 years
Mark	3 years

MAN TO MAN

Bob L.	22 years
Frank M.	10 years
Fred S.	26 years
Kevin L.	34 years
Mike J.	3 years
Rick B.	28 years
Scott W.	1 years
Steve W.	15 years

SEBASTIAN 12 & 12

MaryEllen	34 years
Dave O	36 years

MEAT AND POTATOES

T.J.	1 year
Sunshine C.	11 years

ODAAT

Cari M.	4 years
Debbie C.	4 years
Susan J.	6 years
Tim C.	6 years
Ashlei L.	6 years
Rhonda S.	7 years
Don H.	8 years
Rita F.	27 years
Bob B.	30 years
John S.	32 years
David B.	37 years

SOUTH VERO

Buttercup	2 years
Jeannie H.	2 years
Patrick H.	2 years
Jon L.	4 years
Jim S.	19 years
Jayne M.	25 years
Ben H.	35 years
Howard G.	35 years
Phil S.	36 years

VERO BEACH MEN'S

In Memory of Jay M.	
Pete E.	9 years
Rick H.	2 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 October: Self-Inventory

Taking a self-inventory has been very important in staying "on the beam". I have to make sure my motives aren't selfish or self-centered. If I treat someone wrong or do the wrong thing, I immediately correct it and then move on. If I don't do this every day, I risk letting something bother me, weigh me down and fester. I am headed for a drink if I let this happen.

To quote the Big Book: *"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. Every day is a day when we must carry the vision of God's will into all of our activities. 'How can I best serve Thee - Thy will (not mine) be done.' These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will."*



"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

Whatever our ideal turns out to be, we **must** be willing to grow toward it. We **must** be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it. (p. 69)

We **must** be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we think well before we choose the person or persons with whom to take this intimate and confidential step. Those of us belonging to a religious denomination which requires confession must, and of course, will want to go to the properly appointed authority whose duty it is to receive it. (p. 73)

Sometimes we hear an alcoholic say that the only thing he needs to do is to keep sober. Certainly he **must** keep sober, for there will be no home if he doesn't. But he is yet a long way from making good to the wife or parents whom for years he has so shockingly treated. (p. 82)

Our drinking has made us slow to pay. We **must** lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them. (p. 78)

“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.

