



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 34 • Issue 6 • June 11, 2015

"The HOW is published to improve communication between local AA Groups and encourage the participation of AA members in service and activities."

"A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

IRCO IMPORTANT INFO

TO: Steering Committee
FROM: Documents Committee

RE: Monthly Report,
June 4, 2015

During the course of our review of the Indian River Central Office By-Laws it came to our attention that the IRCO does not have a mission statement. As such, the Documents Committee has drafted a Mission Statement, and would like to submit this to the Steering Committee for consideration of review by the Group Representatives.

In love and service, Vickie Shannon.

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 maintain the central office, which serves to 1) answer telephone and walk-in inquiries for help, 2) provide referrals for 12th Step calls, 3) provide AA meeting information, and 4) supply AA literature.

The Indian River Central Office 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 Indian River Central Office is entirely accountable to the groups it serves, and is entirely supported by the individual AA groups of Indian River County.

MAYBE UNWILLING BUT READY

Step 6:

"Were entirely ready to have God remove all these defects of character."

The Sixth Step makes no sense at all except in the light of the preceding two Steps — Four and Five. Facing our load of psychic garbage and getting it out in the open is not an end in itself. It could be so only for one who enjoyed looking at his own filth. Rather, it is a means to the end of getting rid of enough of that garbage to enable us to endure sobriety in our worst moments and to derive progressively deeper joy from it at all other times.

If, as the Big Book says, "alcohol was but a symptom," and the root of the trouble is to be found in character defects such as selfishness, dishonesty and resentment, it follows that the issue is the removal of these defects. Two questions present themselves here: first, who does the removing, and, second, just how far do we have to go with the Step — obviously all sober people in AA are not perfect people.

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STEP



"Were entirely ready to have God remove all these defects of character"

"Were entirely ready to have God remove all these defects of character" — is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words "entirely ready" underline the fact that we want to aim at the very best we know or can learn.

*Twelve Steps and Twelve Traditions
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PRINCIPLE BEHIND STEP 6

Willingness- "Now that we have accomplished an inventory of the good and not so good aspects of our character and behavior, are we willing to change them? All of them? The important part in the 12 step principle is the willingness to let go of old behaviors and rely on our Higher Power."

TRADITION 6

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige may divert us from our primary purpose.

CONCEPT VI

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

TRADITIONS CHECKLIST

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?"
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
4. Should the Secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is required to carry the message to them, should we have these facilities?

MAYBE UNWILLING - BUT READY (continued from page 1)

The answer to the first question is a shocker to some people because, according to the Sixth Step, God is to be the one who does the removing of character defects. I have heard some strong arguments against this point. A friend of mine with twenty years of sobriety insists, "God didn't remove my character defects — I did!" Naturally, this man is welcome to his opinion; if it works for him, fine. But the point is that it is not the opinion of the first 100 people who recovered in the Fellowship. Their opinion is clearly and strongly stated in the Sixth Step, and it is not that I remove my own defects alone, and it is not that God helps me to remove my defects. It is that God removes my defects.

What the Step requires of me is readiness. Readiness and willingness are often confused in talking about this Step, and they are not the same. My AA sponsor often uses a comparison which I find useful in clarifying my thinking here. I may hate hospitals and be scared to death of the idea of surgery. But if my appendix is about to rupture, when the ambulance comes by, I get in and go. I don't want to go; I am unwilling to go; but I am ready. The Sixth Step works like that. It is possible to be ready to have these defects removed at many times when it is impossible to be willing.

Even readiness is a difficulty with some of the defects — usually the ones which are the most dangerous. For example, how many of us have had the attitude: "God, you can take away all of my defects, but leave my love life to me;" or, "You can take away all of my defects, but I still have to lie in business to succeed." The way to handle such difficulties is not to justify them but to acknowledge them as blocks to taking the Sixth Step and ask God for strength to become ready in these areas.

As to the question of how far do we go with the Sixth Step, in view of the fact that this is a program of spiritual growth rather than spiritual perfection, two words in the Step hold the key. They are "entirely" and "all." My experience with the Step has been that as long as I was pretty much ready to have God remove most of my defects, nothing happened. When I became entirely ready to have Him remove all of them, things changed in my life for the better. I did not become perfect. But I did get enough relief to enable me to get sober and stay sober. I think that, as much as any other single Step, the Sixth Step taken on a thoroughgoing and continuing basis makes the difference between just staying dry and getting the strength to sustain a happy and meaningful sobriety.

T.P., Jr.,
Hankins, NY
November, 1966
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A COMMON SOLUTION

59th Florida State Convention

Orlando, FL August 12-16, 2015

www.59.flstateconvention.com

Speakers:

Kent C.
Sandusky, OH

Chris S.
Bedmester, NJ

Peter M.
Boca Raton, FL

Mary P.
Orlando, FL

Chet P.
Orlando, FL

Joe C.
Palm Coast, FL

Rich B.
Ocean City, MD

Tera B.
Apopka, FL

Hilary R.
Dallas, TX

Georgia B.
La Crescenta CA

Programs:

AA Workshops
Al-Anon Meetings & Workshops
Young People in AA Meetings & Workshops
LGBT Meetings & Workshops
Spanish Meetings & Workshops
History of AA Workshop
Marathon Meetings
Grapevine Displays
Old Timers Meeting
Meditation
Yoga

Activities:

Friday & Saturday Banquets
Ice Cream Social
Golf Tournament
Dance and Entertainment
DJ Party—Craft Room—Talent Show

Rosen Plaza Hotel
9700 International Drive
Orlando FL 32819
800-627-8258 or 407-996-9700

12 Step Lists

Groups that have provided updated 12 Step Call List for 2015 include the following:

- **South Vero**
- **ODAAT**
- **Barefoot Bay**
- **VB Men's**
- **Sebastian 5:32,**
- **Man to Man**
- **Indian River Women's**
- **A New Day**

If your group is not listed please review with your group representative to correct this oversight.

CELEBRATION TIME

COME CELEBRATE WITH US
MAGNOLIA GROUP
3rd ANNIVERSARY

THURSDAY AUG. 13 6-7 pm
1st PRESBYTERIAN CHURCH
520 Royal Palm Blvd.

SPEAKER
FINGER FOODS
FELLOWSHIP

MAGNOLIA GROUP WILL BE MOVING

Starting June 4

We are moving our Big Book, closed meeting, from the Trinity Church, to the First Presbyterian Church, at 520 Royal Palm Blvd.

We will be meeting in the chapel on Thursdays from 6-7



A.A. 2015 INTERNATIONAL CONVENTION

JULY 2 - 5, 2015 • ATLANTA, GEORGIA

3 WAYS TO REGISTER *Online: www.aa.org *Fax: (508) 743-3605 *Mail

REGISTRATION OPENS
SEPTEMBER 3, 2014

PRE-REGISTRATION DEADLINE IS:
MAY 12, 2015

DISCOVER ATLANTA

Atlanta gleams amid glass and steel towers, but the heart of the South's largest city is its people. Visitors are likely to be greeted with a big helping of "How y'all doing" hospitality. Atlanta may have birthed *Gone with the Wind*, yet today's big, bustling city is more New South than old. This diverse population of 4 million residents is decidedly youthful – younger than the U.S. population and more racially diverse. You're more than likely to meet people who came for a weekend and decided to stay a lifetime.

Many visitors enjoy the restaurants serving ethnic cuisine, as well as traditional eateries specializing in southern dining. You may want to take a tour bus upon arrival and then decide which of Atlanta's historic and cultural sites to visit – be it the Chattahoochee Nature Center, the Georgia Aquarium, Atlanta Botanical Gardens and much more.

It's easy to see why Atlanta, Georgia is one of the most popular destinations in the Southeast to visit.

MEETINGS, MEETINGS AND MORE MEETINGS!

Beginning Thursday at midnight through early Sunday, Marathon A.A. meetings will be held in English and Spanish. A.A. topic meetings, workshops, panels, special interest meetings, and regional meeting will be held Friday and Saturday at the Georgia World Congress Center. Sharing with members from around the world will energize you to Carry the Message back home!

A SOUTHERN TASTE OF EVENTS

Centennial Olympic Park, located next to the Georgia World Congress Center will host Thursday evening's "Party in the Park." Friday night we all join forces in the Georgia Dome for the Flag Ceremony and Opening A.A. Meeting in the Georgia World Congress Center; Saturday night an Old-timers A.A. Meeting; and Sunday morning the Closing A.A. Meeting. There will be more dancing and fellowship opportunities at the Georgia World Congress Center after the Friday and Saturday night A.A. Meetings.

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REGISTRATION BY WEB, MAIL OR FAX

Registration opens September 3, 2014.

Preregistration Fees: \$100 USD or \$120 CAD (Canadian residents only).

Payable by: Check, Money Order, or Credit Card

International checks and money orders (except Canadian) must be in U.S. funds drawn on a U.S. bank. NOTE: We cannot accept travel agency checks for multiple registrations.

You may register online through www.aa.org. Look for the logo with International Convention information, including the link to registration.

Or fill out and mail or fax the registration form with full payment to:

Fax: (508) 743-3605 (credit card only)

Mail: 2015 International Convention
(check, money order or credit card)
c/o Convention Data Services
107 Waterhouse Road
Boume, MA 02532

Convention Dates: July 2 – 5, 2015

Pre-Registration Deadline: May 12, 2015

Registration & Housing Bureaus Opens: September 3, 2014

CONTRIBUTION MAILING ADDRESSES

Please write your group number on your check – if you don't know your group number, you may call the Central Office at (772) 562-1114 or contact your Central Office, District 6 or Area 15 Treasurer.



Make checks payable to:

INDIAN RIVER CENTRAL OFFICE

1600 26th Street, Suite 6
Vero Beach, FL 32960

or

P.O. Box 1776
Vero Beach, FL 32961-1776

GENERAL SERVICE AREA 15 DISTRICT 6

P.O. Box 12248
Ft. Pierce, FL 34979-2248

GENERAL SERVICE AREA 15

P.O. Box 690275
Vero Beach, FL 32969-0275

THE GENERAL SERVICE OFFICE

P.O. Box 459
Grand Central Station
New York, NY 10163-0459

Please write your group number on your check – if you don't know your group number, you may call the Central Office at (772) 562-1114 or contact your Central Office, District 6 or Area 15 Treasurer.

Important Info From Indian River Central Office

All checks for Literature, Group Contributions or Donations must be made out to our official title, "Indian River Central Office"

The bank will not accept "Indian River Intergroup" as a substitute when submitting a check for deposit.

Our two mailing addresses are as follows:

Indian River Central Office
1600 26th Street, Suite 6
Vero Beach, FL 32961

Indian River Central Office
P.O. Box 1776
Vero Beach FL 32961

Literature increases imposed by New York back in September will now go into affect January 1st.

Gate Lodge

**NEW
TIME**

TUESDAY 8:30 pm	
6/16	A New Day
6/13	Easy Does It
6/30	Noontime
7/7	ODAAT
7/14	Royal Palm
7/21	Easy Does It
7/28	Noontime

THURSDAY 8:30 pm	
6/18	Indian River Men's
6/25	I Am Responsible
7/2	Man to Man
7/9	Candlelight
7/16	Indian River Men's
7/23	I Am Responsible
7/30	Man to Man

SATURDAY 6:30 pm	
6/20	Indian River Thursday
6/27	South Vero
7/4	Vero Beach Men's
7/11	Early Risers
7/18	Indian River Thursday
7/25	Indian River Women's
8/1	South Vero

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 Samantha G. @ 772 584 9838

BHC**

MONDAYS @ 7:00 pm

** This facility requires 2 years of sobriety for visiting AA's

6/15	South Vero
6/22	Lunch Bunch
6/29	Vero Beach Men's
7/6	Indian River Men's
7/13	Early Risers
7/20	South Vero
7/27	Lunch Bunch

BIRTHDAYS

June 2015

Happy Birthday to All!

Please bring list of your group's celebrants' names and number of years to Central Office or submit via e-mail to irhow@yahoo.com by the last Friday of the preceding month (email submissions preferred)
Thank you.



AA Only

Dan W.	24
Barbara G.	28

A New Day

John W.	5
Dale B.	6
Dennis V.	29
Pat B.	30

Barefoot Bay

Frank S.	6
Bob M.	34
Pat S.	43
Eddie D.	46

Candlelight

Katie K.	1
Richard C.	1
Allison G.	35

Early Risers

Easy Does It

Patrick	26
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Free and Easy

Free Wheeling

Friday Night Young People

I Am Responsible

Lorelei G.	10
Alex I.	11
Paul S.	17
Tom W.	25

Indian River Thursday Night

Lisa A.	1
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Indian River Men's

Lonnie	6
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Indian River Women's

Kings Highway

Heidi P.	16
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The Magnolia Group

Donna	13
Lynn	44

Man to Man

Patrick U.	1
Jonn W.	5
Marty R.	5
Wright K.	5
Nick F.	11
Mark L.	15
Joe A.	17
Paul T.	18
Bill F.	21
Pat B.	30

Meat & Potatoes Group

Noontime

Elena	1
Richard	1
Maryann B.	2

ODAAT

Sabra C.	2
Bill H.	3
Adam J.	4
Daniella M.	5
Michele M.	6
Chelsea A.	7
Colleen C.	8
Lisa C.	9
Ginny L.	9
Ted H.	12
Michelle L.	13
Lorrie Ann N.	21
Jack L.	25
Beverly L.	29
Kathy H.	38
Norman G.	41
Ed O.	43
Bobbie D.	43

OSSABAW

Linda R.	9
Nick F.	11
Mark L.	15
Paul T.	18

Royal Palm

David K.	2
Jeff P.	6
Mindy S.	25

Roseland Sebastian Speakers

Safe Harbor

Sebastian 12 & 12

Sebastian 5:32

Sebastian Lunch Bunch

Jann H.	20
Ruthie T.	47

Sebastian Sundowners

Sebastian Stepsisters

Sober Rainbow

South Vero

Lisa A.	1
Mike G.	2
Kimberly A.	8
Adam F.	14
Sam P.	18
Rick B.	24

Surfside

Phil G.	17
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Vero Beach 12 & 12

Vero Beach Group

Vero Beach Men's

Bobby W.	5
Brett B.	9
David O.	15



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P.O. Box 1776
Vero Beach, FL 32961
772-562-1114



www.indianriveraa.org • info@indianriveraa.org

2015 Steering Committee

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Vice Chair Steve S.
Treasurer Pat D.
Secretary Judy W.
irco_secretary@yahoo.com

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12th List Coordinator Steering Committee

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Lane S.
Karen M.
Don Mc.

It is both a privilege and a responsibility for groups and members to insure 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 the 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 32961**

Phone 772-562-1114