

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 aairhow@yahoo.com

Step 5 ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

From the November 2003 magazine.

History

William Silkworth M.D.(1873—1951)

Bill W. refers to Dr. Silkworth as "the little doctor who loved drunks" and as "a man who was very much a founder of AA. From him we learned the nature of our illness." During his long career as the Physician-in-Chief of the Charles B. Towns Hospital in New York, Dr. Silkworth treated over 50,000 alcoholics, among them Bill W. He was AA's first friend. A doctor, a neurologist, and an alcoholism specialist, he freely risked his professional reputation to champion the fledgling movement. The chapter, "The Doctor's Opinion," which serves as a preface to the book Alcoholics Anonymous, was written by Dr. Silkworth.

Just before leaving for Akron, Dr. Silkworth had given me a great piece of advice. Without it, A.A. might never have been born. "Look, Bill," he had said, "you're having nothing but failure because you are preaching at these al-

coholics. You are talking to them about the Oxford Group precepts of being absolutely honest, absolutely pure, absolutely unselfish, and absolutely loving. This is a very big order. Then you top it off by harping on this mysterious spiritual experience of yours. No wonder they point their finger to their heads and go out and get drunk. Why don't you turn your strategy the other way around? . . . Bill, you've got the cart before the horse. You've got to deflate these people first. So give them the medical business, and give it to them hard. Pour it right into them about the obsession that condemns them to drink and the physical sensitivity or allergy of the body that condemns them to go mad or die if they keep on drinking. Coming from another alcoholic, one alcoholic talking to another, maybe that will crack those tough egos deep down. Only then can you begin to try out your other medicine, the ethical principles you have picked up from the Oxford Groups."

-- Bill W.

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OUR THREE LEGACIES



STEP FIVE (Recovery)

"Made a searching and fearless moral inventory of ourselves."

PRINCIPLE: Integrity—firm adherence to a code of especially moral or artistic values; incorruptibility; an unimpaired condition; soundness; the quality or state of being complete or undivided

"If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk."

A.A. Big Book, p. 72

TRADITION FIVE (Unity)

"Each group has but one primary purpose-to carry its message to the alcoholic who still suffers."

... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Twelve and Twelve, p. 150

CONCEPT FIVE (Service)

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

Complete your "housecleaning".

You have taken your inventory. Don't hold onto the worst items in stock! Telling someone else all your life story will help you learn humility, fearlessness and honesty.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

5/6 Ask it Basket

6/3 Ask it Basket

5/13 Early Risers

6/10 Early Risers

5/20 South Vero

6/17 South Vero

5/27 VBMG

6/24 VBMG

LOOKING FOR SOMETHING TO DO ON FRIDAY NIGHTS?



FRIDAY NITE YOUNG PEOPLES GROUP

7 PM

NEWPORT CLUB

MAY ANNIVERSARIES

A NEW DAY

Tracy W.	2 years
Dan M.	3 years
Doreen M.	3 years
Matthew C.	3 years
Matt K.	3 years
Kathy C.	4 years

INDIAN RIVER MEN'S

Joseph J.	27 years
Bob G.	21 years
Joe T.	1 year

ROYAL PALM GROUP

Susie K.	40 years
Katie H.	25 years

ROSELAND 5:32

Lee K.	15 years
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I AM RESPONSIBLE

Candice H.	2 years
Cameron M.	1 year
Ernie S.	1 year
Kara	1 year
Stephen L.	4 years

CANDLELIGHT

Louie C.	2 years
Tommie H.	1 year

SEBASTIAN FREEDOM

Bill	25 years
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FREE AND EASY GROUP

Beverly M.	19 years
Rachel M.	4 years

MAN TO MAN

Bob M.	39 years
Dan M.	3 years
Dave S.	31 years
Dave T.	4 years
Matt K.	3 years
Mike M.	40 years

EASY DOES IT

Don F.	39 years
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VERO 12 & 12

Bob C.	7 years
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VERO BEACH MEN'S

Paul D.-In Memory Of	
Mike C.-In Memory Of	
Kendall M.	3 years
Tim G.	5 years
Clyde K.	28 years
Chris H.	14 years
Dave B.	1 year

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.

From one of our members:

Make a Gratitude List

A simple tool that can turn my day around at any moment is making a list of things I am grateful for. The list can include material things that I own and things I have accomplished, but the most effective things to put on the list are spiritual things and things that I did nothing or little to earn. When I begin to feel restless, irritable and discontent I try to think of what I *really* deserve—prison, death, no family, no job, no God and no hope. Then I become thankful that I have a family and friends in AA. I thank God that I have a job that I don't deserve and the gift of sobriety.

It can be the same list over and over with the same basic things, but it always works to turn my brain around from considering selfish, material things, to larger topics that involve me in a larger world. In this way it can be considered a form of prayer. When I do this, it always helps me to be right-sized—not to think too highly of myself and to be grateful for what God has done for me through AA.

Anonymous

"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."

INTEGRITY IS
choosing
COURAGE OVER COMFORT:
CHOOSING WHAT IS RIGHT
over what is
FUN, FAST, OR EASY:
AND CHOOSING TO
PRACTICE OUR VALUES
rather than simply
PROFESSING THEM.

Integrity

If we have truly done a thorough job of introspection and evaluation of our assets and shortcomings, do we have the integrity to own up to it? It can be very difficult to be open and honest about our past behaviors. We begin to learn to do the right thing even though no one is watching.

Indian River AA FOUNDERS DAY



June 8th, 2019

Wabasso Causeway

11:00 a.m. Until 3:00 p.m.



Hotdogs/Hamburgers & drinks
Provided

Please bring side dishes

Sponsored By:

Ossabaw Group & Sebastian Club House

**I HEARD THERE IS A
PILL THAT WILL CURE ADDICTION**

**I WONDER WHAT TWO
OF THEM WILL DO**

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.

2019 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....John B.

2019 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2018..... Sunshine/Natalie
Desk Coordinator.....Bill VB
Corrections—Women.....Judy W.
Corrections-Men..... Lane S.

Corporate Documents.....Trish H.
Public Information.....Susan M.
Unity Committee.....Open
Nominating Committee.....Bill VB.
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.....Maria G.
12 Step List Coordinator.....Trent L.

District 6 Liaison.....JoAnn H.

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.