

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 36 Issue 10

October 2017



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

STEP 10

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

A large part of Step Ten is a summary of Steps Four through Nine, to be used quickly on a moment-by-moment basis throughout each day. Step Eleven shows us how to deepen and broaden our conscious contact with the God of our understanding. And Step Twelve gives us the goal of the Steps - which is a spiritual awakening, tells us how to carry our life-changing message to others, and gives us many tips on how to practice these principles in ALL our affairs. Please turn to the middle of page 84. The key to Step Ten are the words, "continue to take personal inventory." The "Big Book" emphasizes the importance of continuing to take the Steps. The middle of Page 84 says:

"This...brings us to Step Ten, which suggests we CONTINUE to take personal inventory and CONTINUE to set right ANY new mistakes AS WE GO ALONG. We VIGOROUSLY commenced this way of living AS we cleaned up the past (so the book tells us when to start vigorously using the tools of Steps Ten and Eleven. These two Steps should be practiced as we start cleaning up the past by making our Step Nine amends. The book continues: We have entered the world of the Spirit. Our next function is to GROW in understanding and effectiveness." (Grow in understanding and effectiveness of what? Of being in AND inspired by the world of the Spirit. The book continues: This is NOT an overnight matter. It SHOULD continue for our LIFETIME."

In this paragraph the authors tell us how to live, one day at a time. We call this our twenty-four-hour plan. We CONTINUE to take inventory, CONTINUE to make amends and CONTINUE to help others, EVERY day.

Let's look at the third sentence in this paragraph again. It is VERY important. It reads, "We have entered the world of the Spirit." This sentence contains an amazing revelation. Basically, the "Big Book" has just informed us that our lives have already changed as a result of taking Steps One through Nine. They state that we have already had a spiritual awakening.

How could that be? Well, it's very simple. There is no way a newcomer can get through these Steps alone. You have not only developed a belief in a God of your understanding, but you have come to rely upon this Power to help you through the inventory and restitution process. You are now living in the solution. Some of you may not realize it yet, but the "psychic change" that Dr. Silkworth mentioned in "The Doctor's Opinion" as being ESSENTIAL, has now occurred. Further down on page 84, the authors tell us PRECISELY how to take a Tenth Step, moment by moment, inventory.

"...Continue to watch for selfishness, dishonesty, resentment, and fear. (We first did this in Step 4.) When these crop up, we ask God at once to remove them." (This is referring to Steps 6 and 7, and it's not suggesting that we ask our Higher Power to "at once remove them," it's saying that we "at once ASK God to remove them." Also, notice that this line says, "WHEN these crop up," not, "IF these crop up," so we need to stay aware of when selfishness, dishonesty, resentment, and fear are resurfacing throughout our life. And Step Ten is NOT to be taken ONLY at night, as it is sometimes suggested in our fellowship, the book says that it's to be taken ALL through the day, WHENEVER these things crop up, moment by moment, as soon as we become aware of them. The book continues.) "We discuss them with someone immediately (Step 5) and make amends QUICKLY if we have harmed anyone (Steps 8 and 9). Then we resolutely turn our thoughts to someone we CAN help (Not just anybody, but someone we CAN help, Step 12.). Love and tolerance of others is our code."

The next line can ALSO be considered as part of the directions for taking this Step: "And we have ceased fighting anything or anyone - even alcohol." This part of Step Ten is certainly easier said than done, but it's important for us to make it a priority and to start moving in the direction of no longer fighting with anything or anyone.

So the "Big Book" provides us with specific instructions on how to rid ourselves of these self-centered behaviors. First we MUST continue realizing (as we did in Step Three) that self-centered behaviors are NOT consistent with God's plan for our lives and they will ONLY lead us back to drinking. Next, we MUST continue taking the actions necessary to move away from self-will toward God's Will. We ask God to remove these shortcomings, we discuss them with our "sponsor" or spiritual advisor, and if necessary, we set right (to the best of our ability) any wrong WE have done. Then, we try to focus on someone we can help. So it's: "watch, ask, discuss, amend, and turn". What is part of keeping fit spiritually? Taking a daily inventory. What is our reward? A daily reprieve.

There is an expression that describes the Tenth Step perfectly. It goes something like this: If we remove our garbage promptly, our house doesn't stink. I'm sure if you think about it, everyone here can relate.

OUR THREE LEGACIES

STEP TEN (Recovery)

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

PRINCIPLE: Perseverance—steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.

Examine yourself as a part of your daily routine. Just as you addressed your defects, you must keep your successes in check. It's easy to fall back into a life of pride and self-satisfaction.

TRADITION TEN (Unity)

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

"As though by some deep and compelling instinct we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity."

Bill W.

The A.A. Grapevine, September, 1948

CONCEPT EIGHT (Service)

"Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws."

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET



**Work
in
Progress**

ADMIT WHEN YOU ARE WRONG
SHUT UP WHEN YOU ARE RIGHT



NEVER GIVE UP
The Importance of Persistence

www.BrandMike.com

OCTOBER

ANNIVERSARIES

A NEW DAY

Kathy O.	1 year
Terri M.	4 years
Kathleen R.	4 years
Donna S.	10 years

INDIAN RIVER MEN'S

Al H.	27 years
Frank A.	24 years
Rich	15 years
John R.	10 years

ODAAT

Cari M.	3 years
Debbie C.	3 years
Susan J.	5 years
Tim C.	5 years
Ashlei L.	5 years
Rhonda S.	6 years
Don H.	7 years
Rita F.	26 years
Bob B.	29 years
John S.	31 years
David B.	36 years

INDIAN RIVER THURS NIGHT

Liz R.	9 years
Rod D.	39 years

CANDLELIGHT

Gene D.	7 years
Paul F.	2 years

EARLY RISERS

Roy O.	29 years
Hal	11 years
Carry C.	10 years

LUNCH BUNCH

Eileen F.	45 years
Trudy S.	3 years
Sam G.	35 years

SEBASTIAN 5:32

Jim M.	29 years
Steve W.	14 years
Mark	2 years

EASY DOES IT

Edie M.	30 years
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MAGNOLIA GROUP

Faeth	8 years
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SEBASTIAN STEP SISTERS

Lauren S.	14 years
Carol T.	13 years
Donna S.	10 years
Marsha H.	4 years
Trudy S.	3 years

MAN TO MAN

Bob L.	21 years
Frank M.	9 years
Fred S.	25 years
Kevin L.	33 years
Phil C.	2 years
Steve W.	14 years

SOUTH VERO

Ben H.	34 years
Vince S.	32 years
Jim S.	18 years
Jon L.	3 years
Geoff K.	1 year
Jeff S.	1 year
Shamber R.	1 year
Tim C.	1 year
Todd W.	1 year
Jeannie	1 year

I AM RESPONSIBLE

Howard I.	1 year
Keith P.	1 year
Kyle M.	1 year
Ashlei L.	2 years
Lynee P.	12 years
Liz G.	27 years

VERO BEACH MEN'S

In Memory of Jay M.	
Pete E.	9 years
Jonathan M.	6 years

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, and 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 are not fighting it, neither are we avoiding temptation.

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 how we react so long as we keep in fit spiritual condition

UPCOMING EVENTS AND ANNOUNCEMENTS

**THE CENTRAL OFFICE HAS EVERYTHING YOU NEED
RELATED TO AA!**

CONFERENCE APPROVED BOOKS AND LITERATURE

AND OTHER NEW ITEMS RECENTLY ADDED AT GREAT PRICES!

1600 26th St # 6, Vero Beach, FL 32960 772-562-1114

Office hours are Monday through Saturday 9am to 4:30 pm

New Discussion Meeting

at The Source

Friday mornings at 10:30 am

ATTENTION GROUP REPS!

**INTERGROUP MEETING IS ON THE
SECOND THURSDAY OF THE MONTH
7PM AT THE NEW PORT CLUB**

BE THERE!

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.
HOW Editor.....Rick H.
Inventory Control.....DJ Irwin
Literature.....Dutch V.
Treatment.....Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Susan M.
12 Step List Coordinator.....North: Trent L.
South: Billy VB
District 6 Liaison.....Open*
*One year minimum sobriety required

2016 STANDING COMMITTEES

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

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

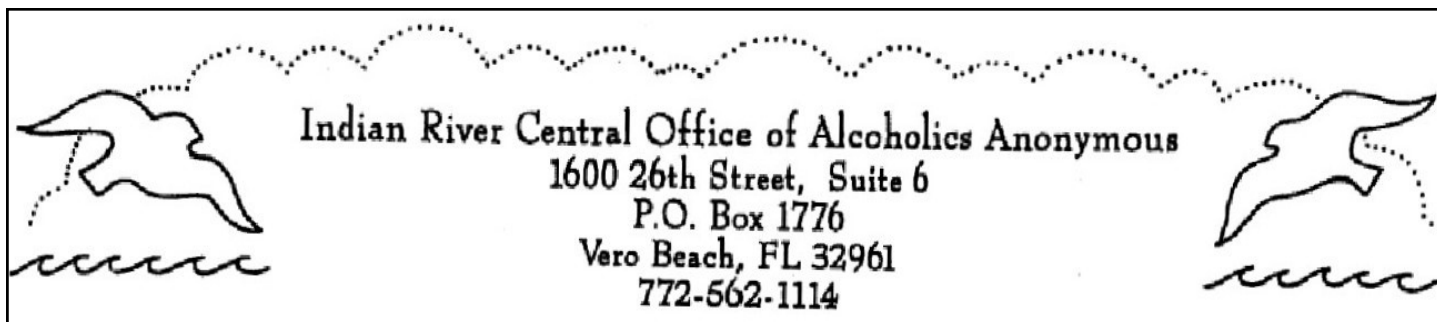
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.