

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 36 Issue 9

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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 aairehow@yahoo.com

STEP 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

What are the Differences between Apologizing and Making Amends?

There are many profound differences between giving someone an apology and making amends with them. Simply put, an apology is like putting a band aid on a wound; it covers the source of the pain until it eventually disappears. When you make a sincere apology to someone that you've hurt, it makes you both feel a little better but it doesn't really do anything to correct the situation that you have caused. People who have made reckless decisions due to addiction cannot simply un-do the pain and often irreversible heartache that they have caused by issuing a simple apology. In most cases, the victim of the abuse, neglect, or crime will need a much more prolific and profound interaction with you before any attempt at reconciliation can be made.

Making amends is the best way to reconnect with the people who have been deeply hurt as a result of your actions. Alcoholism has the ability to irrevocably sever the most intimate bonds of family and friendship. Whether your goal is to amend a family relationship, a work relationship, or to humble yourself before others whom you have offended, making amends is an important step toward rectifying a broken situation.

Part of the reason why taking inventory is so important is so you can be self-aware and know when you are acting in a way that could be harmful to another person.

The Importance of Making Amends

Making amends is an integral part of personal growth and healing. It is so imperative to make amends with those people whom you have wronged that it is outlined, clearly, in Alcoholics Anonymous. Steps eight and nine of the Twelve Steps specifically call for amends.

Rewards of Step Nine

At the end of my amends list was the name of a city editor whom I had worked for during my drinking days. I knew he held me in low regard because of my past performance as a reporter. The thought of making direct amends to him overwhelmed me. Besides, I reasoned, it might ruin my reputation and professional credibility. But after being sober five years, I found that the man's name still haunted me. Somehow, I knew that I must face him in person. By coincidence, an AA state convention was to be held in a city near where I formerly worked. So I consider stopping there to see if the man was still city editor. On the day of the convention, I prayed constantly for courage to go through with my mission. I phoned him, and he agreed to meet me at his office. Going back to that newspaper office was one of the hardest tasks in my life. When I met him, he didn't look angry. In fact, we engaged in small talk for several minutes. Then, I explained why I was there. I told him about the Fellowship and the importance of thoroughly taking the Steps to the best of one's ability. He was very compassionate and understanding. When I left, a deep guilt had been lifted from me, and I felt whole. All the way back home, I thanked God again and again for Step Nine.

R.P.
Seaside, Oregon
Apr-11 1979

OUR THREE LEGACIES

STEP NINE (Recovery)

"Made direct amends to such people wherever possible, except when to do so would injure them or others"

PRINCIPLE: Justice—The principle or ideal of just dealing or right action

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol."

Big Book of Alcoholics Anonymous pg. 76

TRADITION NINE (Unity)

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

"The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?"

Bill W.

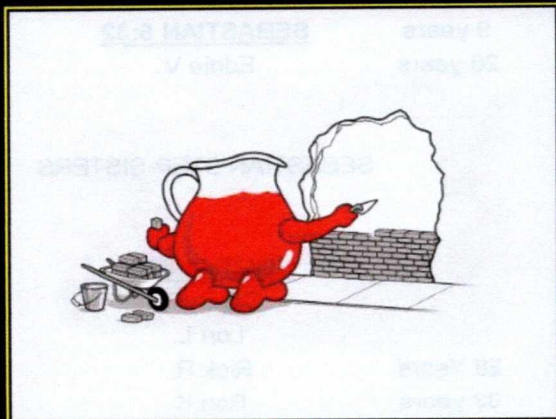
The A.A. Grapevine, August, 1948

CONCEPT NINE (Service)

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

MAKING AMENDS REQUIRES MORE THAN AN APOLOGY.



MAKING AMENDS

part of the 12 Step Program

VERY DEMOTIVATIONAL .com

We win justice quickest by
rendering justice to the other
party.

Mahatma Gandhi

There's a story about a person in AA who asked his sponsor if he could make his amends by mail. "Yes," his sponsor replied, "if you harmed people by mail."

SEPTEMBER ANNIVERSARIES

A NEW DAY

Dedria M. 1 year
Mike R. 3 years
Rick R. 19 years
Lois W. 27 years
Kathleen W. 33 years
Kevin L. 33 years

INDIAN RIVER MEN'S

Steven M. 14 years
Gravel W. 28 years

ODAAT

Bill H. 1 year
Cheryl R. 1 year
Harry T. 6 years
Scott M. 6 years
Paul G. 7 years
Sandy R. 18 years
Elizabeth M. 26 years
Joan G. 27 years
Joan C. 30 years
Jonathan M. 32 years
Molly H. 33 years
Hugh L. 34 years
Vic S. 36 years
Tina S. 14 years

BAREFOOT BAY GROUP

Nancy (from July) 5 years
Sara C. 36 years

INDIAN RIVER WOMEN'S

CANDLELIGHT

Mark P. (from August) 7 years
Signe T. (from August) 9 years

I OVER E GROUP

LUNCH BUNCH

John O. 9 years
Geri T. 26 years

ROYAL PALM GROUP

Butch C. 33 years
Trish H. 27 years
Pat C. 16 years

EARLY RISERS

SEBASTIAN 5:32

Eddie V. 3 years

MAGNOLIA GROUP

SEBASTIAN STEP SISTERS

EASY DOES IT

Debra B. 29 years

MAN TO MAN

Gravel 28 Years
Harry T. 33 years
Dumpster 27 years
Joe S. 1 year
Mike B. 2 years
Mike B. 5 years
Mike C. 27 years
Mike R. 4 years
Rick R. 19 years

SOUTH VERO

Calvin P. 1 year
Lori L. 1 year
Rick R. 3 year
Ron K. 4 year
Richard N. 10 year
Mary Margaret H. 12 year
Sandy R. 18 year
Bart H. 26 year

FREE AND EASY

Joe C. 13 years
Linda B. 30 years
Becky M. 9 years
Clarence H. 15 years

HIBISCUS GROUP

VERO 12 & 12

Ruth C. 43 years
Mark C. 2 years
Stepanie R. 4 years

I AM RESPONSIBLE

Kristy S. 8 years

NOONTIME RECOVERY

VERO BEACH MEN'S

Dave K. 7 years
Joe C. 13 years

MEAT AND POTATOES

OUR SIDE OF THE STREET

"WE ARE THERE TO SWEEP
OFF OUR SIDE OF THE
STREET, REALIZING THAT
NOTHING WORTH WHILE CAN
BE ACCOMPLISHED UNTIL WE
DO SO, NEVER TRYING TO
TELL HIM WHAT HE SHOULD
DO. HIS FAULTS ARE NOT
DISCUSSED. WE STICK TO
OUR OWN."

FOR THE READINESS
TO TAKE THE FULL
CONSEQUENCES OF
OUR PAST ACTS, AND
TO TAKE RESPONSIBILITY
FOR THE WELL
BEING OF OTHERS AT
THE SAME TIME , IS
THE VERY SPIRIT OF
STEP NINE.

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Big Book of Alcoholics Anonymous pg. 83 & 84

UPCOMING EVENTS AND ANNOUNCEMENTS

A New Day Group is back at the Yacht Club 7:00 Monday through Saturday and at 8:00 am on Sundays

FROM THE INDIAN RIVER CENTRAL OFFICE

SAFETY CARD FOR A.A. GROUPS

Suggested Statement on Safety

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

Service Material from the General Service Office

Our Common Welfare

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

— Tradition One (Long Form)

It is hoped that our common suffering as alcoholics and our common solution in A.A. will transcend most issues and curtail negative behaviors that could jeopardize the safety of anyone attending an A.A. meeting. Nevertheless, Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms of A.A. For this reason, groups and members discuss the topic of safety — to raise awareness in the Fellowship and to seek through sponsorship, workshops and meetings, to create as safe an environment as possible to carry A.A.'s message of hope and recovery to the still-suffering alcoholic.

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.

2016 STANDING COMMITTEES

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

Nominating Committee.....Marty P.
After Hours Phone..... Mindy S.
HOW EditorRick H.
Inventory Control.....DJ Irwin
Literature..... Dutch V.
Treatment..... Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Susan M.
District 6 Liaison.....Open*
*One year minimum sobriety required

12 STEP VOLUNTEER APPLICATION

NAME _____

PHONE NUMBER _____

AREA YOU WOULD BE WILLING TO PARTICIPATE

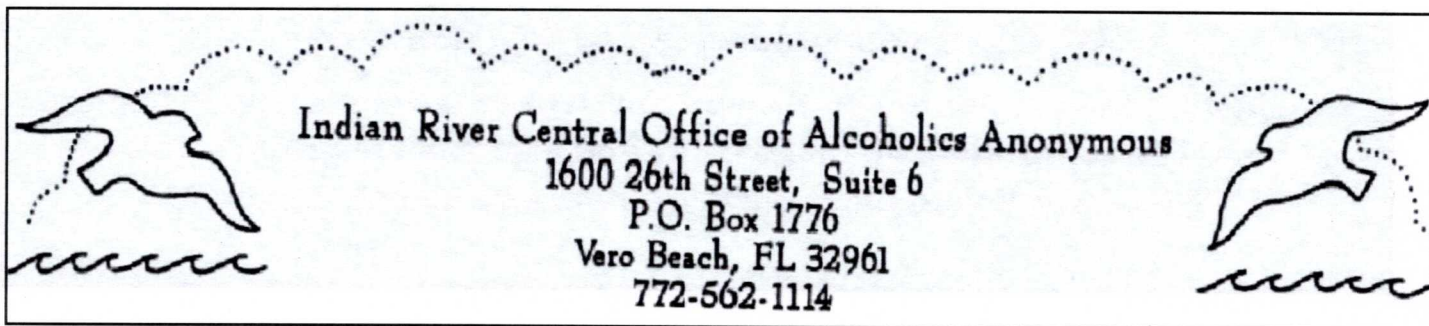
NORTH COUNTY __Y__N SOUTH COUNTY __Y__N

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.