



# HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 31, Issue 9

September 13,  
2012

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

9<sup>th</sup> Step: Made direct amends wherever possible, except when to do so would injure them or others.

This is my experience.

I have to admit that the first time I read this step it scared me to death, mainly because I already secretly felt "less than" everyone. To admit that I did something wrong, much less deal with the person face to face was more than I could bear. What a relief it was to be told that I was a long ways away from even having to think about this step. They told me that I would be in much better shape by the time I got that far into the steps.

After thoroughly working the first 8 steps under close supervision and direction from my sponsor, I was there. My sponsor insisted on reviewing my 8<sup>th</sup> step list with me before I could move on. When we were done going over it, she proceeded to explain how the 9<sup>th</sup> step works (as she was taught). All I had been told about it up to this point was a. don't worry about it right now, and b. DO NOT go running around telling everyone how sorry I am.

She said "the God of AA" (that's what she called her higher power) will show me through a feeling or circumstance when it is time to make an amend and that this won't happen unless my higher power knows that I have the tools and grace to handle it.

One day I was driving down the road and I thought about my brother. I hadn't talked to him in years. I got this very clear memory of me bringing up an old family tragedy that this brother watched happen. I saw myself doing this every time we drank together. I also got this thought that never once did I consider the pain that that caused him each time I brought it up. The next thing I knew, I was calling him. I immediately said "Hey Paul, I just thought of something I did to you a lot that I never even considered what pain it must have caused you". I didn't need to refresh his memory-he remembered. After talking about it briefly, I told him I was sorry for causing him so much pain and that I was embarrassed at how terrible I acted. I asked if he would forgive me and he did, right then.

Not every amend went that way. My sister has never responded to my request to clean up the past. But the point is, I owned my part and was willing to do it. God cleaned that up for me. Now I can spend time with my family free of that old guilt. This also helped me feel like just one of the kids in our family, rather than the "what happened to her now kid".



# 9 NINE IX

## Tradition 9:

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

## Concept IX:

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.

## Principle Behind Step 9:

### Good Judgment

"We are continuing to remove the barriers that can block forward sober growth. We're getting ready to sweep our side of the street clean. We're learning to become accountable while making amends to those people we have harmed. We're practicing new behaviors by facing our wrongs, so it's important to have this self discipline. We're trying to correct our wrong through action, not just words."

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



I try to fix things if I can.



## Traditions Checklist

1. Do I still try to boss things in A.A.?
2. Do I resist formal aspects of A.A. because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the A.A. program-even if no one makes me do so-with a sense of personal responsibility?
4. Do I exercise patience and humility in every A.A. job I take?
5. Am I aware of all those to whom I am responsible in any A.A. job?
6. Why doesn't every A.A. group need a constitution and bylaws?
7. Have I learned to step out of an A.A. job gracefully-and profit thereby-when the time comes?
8. What has rotation to do with anonymity? With humility?



I was learning that this step was broader than I ever imagined it to be. Who knew you could “make amends” with creditor’s you ditched for years. My assignment was to contact every company I owed money to. I had to tell each of them that I intended to repay everything I owed them somehow, someday. Then I had to ask each one if they would work out some kind of plan for now since I had very little money at the time. Some said yes and some said no. Some allowed me to pay as little as \$10/month. One time I even mailed a bill with a note stating that I had no money that month but would pay something by the next month...and I did. I had some pretty bad consequences and terrible credit for a long time. But I was gaining integrity and self-respect. All because I was following my sponsor’s suggestion to do what I say I’m going to do and be where I say I’m going to be. My original list of amends is long gone now. Thanks to steps 10, 11 and 12, regular meetings, my sponsor, friends in recovery and my God, my life still continues to get better and better. I no longer fear people or economic insecurity. I am living in a new kind of freedom and definitely a new level of happiness. Hopefully this piece of my experience will benefit others, somehow.

## **Indian River Central Office**

*Is Selling*

*Hard Covered Book Big For \$4.00 Dollars*

## **To Whom**

*The North and South Counties*

*Sebastian Fellsmere Roseland Winter Beach Vero Beach*

*And Indian River Shores*

## **When**

*The month of September*

## **Where**

*1600 26TH Street, Suite 5, Vero Beach Fl 32960*



## 2012 OFFICE ACTIVITY

## Calls for Assistance and Walk-Ins

## Nature of Calls

	JULY	AUG	SEPT	3RD Q	OCT	NOV	DEC	4TH Q	1ST Q	2ND Q
12th Step Support	9	19							46	31
General Info/Misc	50	66							175	194
Purchases	85	69							282	229
Meeting Info	41	23							176	122
Alanon / NA	10	5							40	31
<b>TOTAL</b>	<b>196</b>	<b>182</b>							<b>718</b>	<b>607</b>

**Gate Lodge**

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Open Discussion		Speaker
9/11	Noontime	9/13	Roseland	9/15	Indian River Women's
9/18	Royal Palm	9/20	I Am Responsible	9/22	Friday Night YP
9/25	Easy Dose It	9/27	Candlelight	9/29	South Vero
10/2	Noontime	10/4	Indian River Men's	10/6	Indian River Thursday
10/9	South Vero	10/11	Roseland	10/13	OSSABAW

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 Lorelei G (772) 501-2945

**BHG MONDAYS AT 7PM**

9/10	South Vero	9/17	Sebastian Lunch	9/24	Vero Beach Men's
10/1	Vero Beach Men's	10/8	IR Men's	10/15	South Vero

*\*This facility requires 2 years of Sobriety for visiting AAs*



# Sister Ignatia & The First Tokens

Sister Ignatia and the First Tokens A key figure in the recognition of alcoholism as a disease was a Catholic nun, Sister Mary Ignatia Gavin (1889-1966), a Sister of Charity. With Dr. Bob, co-founder of A.A., she set up wards for alcoholics in Akron and Cleveland, OH. Today, people in recovery from addictions often receive tokens to mark milestones in their journey of clean and sober time. The practice traces its roots to Sister Ignatia in Akron. There she saw each patient before leaving and gave each a Sacred Heart badge. She instructed them that it signified a commitment to God and to recovery, and that if they were going to drink, they first had to return the medallion to her. Sister Ignatia also was instrumental in implementing the first Al-Anon program for families of alcoholics.

## The Testimony Of James A.

In 1958, I was a patient in Rosary Hall Solarium in Cleveland. At the conclusion of a usual five-day program, consisting chiefly of detox and AA indoctrination, Sister Ignatia interviewed me in her private office. I believe that this contact, customary for departing Rosary Hall patients, helped greatly in a lifetime of sobriety for this writer. Although frail and soft-spoken, Sister spoke with intensity, and her eyes could either twinkle or blaze to bolster the appropriate message. She gave me a Sacred Heart badge, urging that I return it to her first, should I ever decide to drink again. I did drink again twice that year, and then returned to AA for what has been to this date lifelong sobriety, thank God. Feeling somewhat ashamed, I went back to Sister and offered to turn in the badge. She wouldn't take it back. I carry that badge to this day.



# 2012 September Birthdays

## Candlelight

Katherine K. ....1  
Jeff S. ....5

## Free And Easy

Clarence H. ....10

## I am Responsible

Howard I. ....2  
Kristy S. ....3  
Lewis J. ....10

## Indian River Thursday Night

Ruben C. ....5  
Mike (Gravel) W. ....23

## Indian River Men's

Rich R. ....1  
Tyler. ....1  
JD V. ....15

## Indian River Women's

Jill D. ....2  
Tina S. ....2  
Robin F. ....5  
Nancy G. ....6  
Beth M. ....7

## Kings Highway

Bob C. ....11  
Brian G. ....12  
Ken B. ....41

## Man to Man Group

### September

Bob A. ....6  
Bob C. ....28  
Gary L. ....14  
Mike W. ....23  
Harry T. ....28  
Jim G. ....22  
John B. ....1  
Peter J. ....2  
Rob M. ....7  
Wright K. ....2

### August

Allen M. ....1  
Dan M. ....8  
JR D. ....13

### ODAAT

Cathy S. ....3  
Rick J. ....4  
Betsy T. ....4  
Jim K. ....18  
Elizabeth M. ....21  
Joan C. ....25  
Jonathan M. ....27  
Molly H. ....28  
Hugh L. ....29  
Vickie S. ....31  
Dick W. ....52

### Safe Harbor

Susan L. ....1  
Ingrid B. ....5  
Nancy H. ....6  
Lori G. ....7  
Pat P. ....23

### Sebastian Step Sisters:

Ruth B. ....3

Joan W. ....9  
Barbara S. ....15  
Lois W. ....22

## Sebastian Sundowners

Don G. ....2  
Wright K. ....2  
Linda F. ....4  
Marcia. ....4  
Gary L. ....14  
Jim M. ....19  
Lois W. ....22  
Bob C. ....28

## Royal Palm

Kathleen S. ....3  
Stephen M. ....9  
Tina S. ....9  
Pat C. ....11  
Tom O. ....38  
Connie P. ....39

## South Vero Group

Mike O. ....1  
Charlene H. ....2  
Neil D. ....2  
Becky M. ....4  
Bruce S. ....4  
Richard N. ....5  
Joe H. ....6  
Mary Margaret H. ....7  
MK C. ....7  
Tina S. ....9  
Jayne S. ....12  
Jeff F. ....12  
Bart H. ....21





## Surfside

## August

Lucy O. ....29

## September

Jim L. ....35

Tom OB. ....38

Connie P. ....39

Eileen K. ....39

## Vero Beach 12 &amp; 12

Angela K. ....3

Ruth C. ....38

## Vero Beach Group

## August

Jack B. ....40

## September

Sarah R. ....9

## Vero Beach Men's

Dave K. ....2

Joe M. ....3

# **HAPPY BIRTHDAY TO ALL!**

To publish announcements of AA anniversaries being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor," send via e-mail [irhow@yahoo.com](mailto:irhow@yahoo.com)

# **BY THE Last Friday OF EACH MONTH!**

## ANNOUNCEMENT:

Beginning September 1, 2012 the Vero Beach Step & Traditions Group

will no longer have a Big Book meeting on Friday night at 6:00PM

**Our 12 and 12 meeting will continue on Wednesday's at 7:30pm**

**Salvation Army Dining Hall**

PLEASE PASS IT ON....

# service

## "WHAT ARE YOU WAITING FOR?"

The Men's and Women's Corrections Committee is looking for

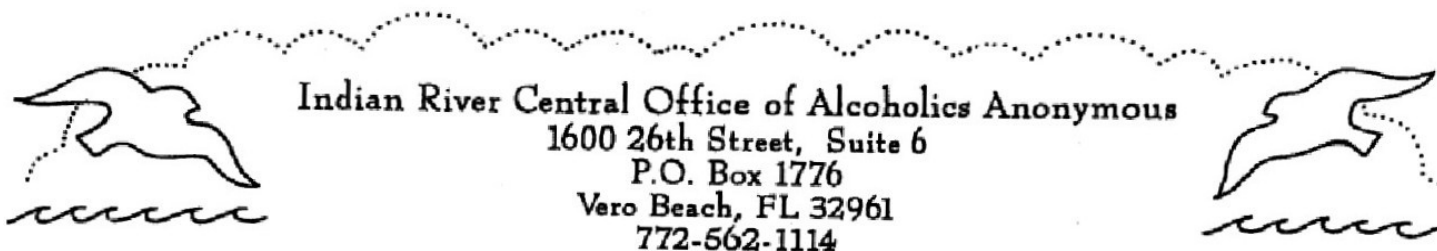
volunteers to take a meeting once a month into the Indian River County Jail.

Call Bill VB (321-2897)

or

Lorelei (501.2945)

**(2 yrs. of sobriety required)**



URL: [www.indianriveraa.org](http://www.indianriveraa.org)

E-MAIL: [info@indianriveraa.org](mailto:info@indianriveraa.org)

<b><u>2012 STEERING COMMITTEE</u></b> Chair.....Karen M. Vice Chair.....D.J. I. Treasurer .....John H. Secretary.....Sunshine P. irco_secretary@yahoo.com		Desk Coordinator.....Sue L. HOW Editor.....Jeremy S. Corrections—Women.....Lorelei G. Corrections—Men.....Bill VB. Critical Documents....Margaret B / Vickie S. Literature.....Sue L. Public Information.....Lane S Inventory Control.....Joseph J./Jeff S. Treatment.....Lorelei G./Samantha G. Telephone Coordinator.....Todd R.	Unity.....Kimberly P / Craig S Website.....Dutch V. Where and When.....Donald S. District 6 Liaison .....Eileen W
<b><u>2012 STANDING COMMITTEES</u></b> Archives.....Kathy H.		<b><u>2012 DELEGATES AT LARGE</u></b> Lane S Cynthia G. Paul H.	

It is both a privilege and a responsibility for groups and members to ensure 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 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 26<sup>th</sup> Street, Suite 6**

