



HOW

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."

"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."

"CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT."

Nobody likes to admit to being wrong. But it is absolutely necessary to maintain spiritual progress in recovery.

Step 10 may be one of the least popular of all the 12 steps, because it is simply no fun to be wrong and then have to admit it! But without this step, progress toward recovery can not only cease, it can actually lose ground.

It is another process which seems on the surface to be difficult to face, but in actuality, it is as much a benefit to the one admitting the wrong as it is to the person who was wronged. By promptly facing mistakes and taking responsibility for them, it prevents situations from festering into resentments and anger that can become real problems.

Step 10 helps to keep the spiritual house clean. All humans are bound to make mistakes and errors. Owning up to those wrongs quickly settles the issue. Rather than weighing on the conscience or building up to produce greater consequence, the mistake is corrected promptly and the problem nipped in the bud.

IT BEATS GETTING DRUNK

It took me a while to get to step 10, mainly due to fear and procrastination. When I finally got into the program, and not around it. The steps became easier because they began to make sense to me. I realized I had to do them in order! Each one preparing me for the next. So when I got to step 10, I understood a little bit of what I thought I was supposed to be doing.

Continuing to take my inventory was not too difficult, because my fourth step really acquainted me with myself as I was, and what I was. After sharing what I had learned about me, with another person, and God, I was capable of recapping my life on a daily basis. When everything was going well, it was important that I reflect this also in my daily inventory.

So I learned that it made me feel good to admit to being human, and making a mistake, and being truly sorry for it. This being accomplished this alcoholic felt some bit of serenity. It sure does beat the heck out of getting drunk over the situation.

The bottom line for me is don't pick-up a drink no matter what. I do what ever I have to do to accomplish that. That definitely includes step 10. the first of my "maintenance steps." Thank you very much for allowing me to share with you on the tenth step.

Yours in sobriety,

Larry

1 2 3 4 5 6 7 8 9 **10** 11 12

S T E P



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

This thought 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. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

PRINCIPLE BEHIND STEP 10

Perseverance - "We have entered the world of the Spirit and strive to grow in understanding and effectiveness. This takes practice and means we have to keep on keeping on. We are beginning to trudge the road of Happy Destiny, and this takes diligence."

TRADITION 10

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

CONCEPT X

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

"It's easy to tell the truth when it won't cost you anything. It's harder when the truth brings about difficult circumstances. But whether the result is good or bad, let your truthfulness be known to all so that you can live with a clear conscience and be a trustworthy friend."

TRADITIONS CHECKLIST

1. Do I give the impression that there really is an "A.A. opinion" on Antibuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of these without giving the impression I am stating the "A.A. Opinion?"
3. What in A.A. history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own A.A. life?
5. What would A.A. be without this tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside A.A.? Inside A.A.?

CHUCK SHARES ON BEING RADICALLY HONEST IN STEP 10

The first question I had about step 10 was to ask how soon I had to admit it when I was wrong. "Promptly" is an adverb or a modifier that seems so indefinite. The answer from an A oldtimer was: "How long you been sober?" Annoyed, I asked back: "What has that got to do with it?" The answer was: "The longer you are sober, the shorter the 'promptly' gets!"

The next thing I had to learn about step 10 is that it doesn't say anything about being 'sorry.' When I was drinking I had a constant stream of "Sorrys." Now that I have been free of the booze for a few thousand days, I rarely have to say I'm 'sorry', but I often have to say that I was 'wrong.' There is a big difference.

Leaving a Lot Unsaid

They taught me that if I say "I'm sorry" and then leave it like that, it means that I am leaving a lot unsaid that should be said. I am really asking for forgiveness or some sort of 'general absolution', as our Catholic friends would say. Nope, that's not what this alcoholic usually needs.

What I need is to say is how I was wrong and where I went wrong (the exact nature of my wrongs, step 5). And having done step 9, how I was going to make it up to the person, or how I intend to set things right. What is my amend here? No empty promises of "I'll never do it again!" No begging for forgiveness. An amend makes me work to put things back to the way they were before my wrong.

Medicine of Ego Deflation

To say I was wrong is also part of that AA medicine of ego deflation at depth. I am not 'sorry' because you are hurt but rather I am admitting that I am 'wrong' because I did something to harm you. Big difference in my book!

I have spent time figuring out what exactly I was wrong about, and I have spent time figuring out a proposal of how I am going to straighten things out, since that too

is my responsibility and not yours! I am going to confer with you about this and not impose my solution on you.

Taking Responsibility

Another thing I had to learn about this step was that it means that I only take responsibility for when I was actually wrong. If I wasn't wrong on this part but was wrong on that, I say so. I cop it sweet for the parts that I was wrong about but not for the rest of it.

For instance I often have to say something like: "Son, I want to tell you that I was way out of line by raising my voice and yelling at you like that. It was wrong of me to do it in a public place and in front of your friends because that is not only embarrassing but also rude and insensitive. In the future I propose to take you aside or wait until we are away from your mates. I will work on getting my volume and impulsive anger under control. Can you help me by telling me that I am yelling or that I am embarrassing you if I forget? On the other hand, I believe that what I said was correct. What you were doing was risky and a bit dangerous. I stand by my statement but was wrong to yell and embarrass you. I'll make it up to you by"

Lastly, I was taught that this step contains the most important word out of the 200 (count'em) words in all of the steps. That word is "Continued". Makes a nice word to meditate upon.

Aussie Chuck

HELP SERVE INDIAN RIVER A.A.

VOLUNTEERS NEEDED FOR INDIAN RIVER
CENTRAL OFFICE INTERGROUP

POSITIONS OPEN FOR

- DISTRICT 6 LIASION
- PUBLIC INFORMATION CHAIRPERSON

772-562-1114 or info@indianriveraa.org

"PEN TO PAPER, IF YOU PLEASE"

How can I serve my A.A. community too?

Wouldn't it be nice if we could have some local flavor articles to publish. We have a thriving A.A. community in Indian River County so there should be plenty to go around.

Another source for good articles would be the committee chairs, let everyone know what your committee is up to; what does it entail to be on your committee; are there requirements; and what are some of the rewards you have received having been involved in service at the local level.

Articles or personal stories would be welcomed on the Steps, Traditions or Concepts.

Don't forget, this publication is YOUR voice to the AA Community.



DISTRICT 6



GRATITUDE DINNER

Saturday, November 22, 2014

Doors open @ 6 p.m. ~ Dinner served @ 6:30 ~
Speaker @ 8:00



Proceeds to be sent to our General Service Office



Tickets \$15.00 each

Only a LIMITED number of tickets will be
sold so purchase your tickets EARLY!

Saint Helen's Catholic Church

2025 20th Street, Vero Beach, FL 32960



Please bring a dessert to share!



CLOTHESLINE

RAFFLE PRIZES

DOOR PRIZE

NEW TIME!

**Indian River Womens Group
Starts 7:00 pm**

Starting October 6

St. Augustine Church

SEBASTIAN STEPSISTERS WILL BE MOVING

Starting October, 1

United Church of Sebastian,
1251 Sebastian Blvd. (CR512)
6:30 p.m.

THE FIRST OF THE MAINTENANCE STEPS

After been told to read the ten step out of the big book which I found on pages 84 and 85 I found that I need to continue on my spiritual journey, that I was gave a gift to enjoy life one day at a time. I must hold myself accountable for my actions because when I didn't practice this I am left irritable miserable and discontent. Only by the grace of my higher power have I been in this position and not pick up a drink so resting on my laurels is not an option. So as I have found out through my 32 month in this program,. this is a program of action. Starting the morning with many prayers. The step ten prayer is a must for me.

I pray I may continue:

To grow in understanding & effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative &
Self-defeating attitudes & behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; &
To continue in daily prayer how I can best serve You,
My Higher Power.

After this prayer my day continues and throughout the day I can come across many obstacles, selfishness, dishonesty, resentment, and fear. I have many tools to work around these obstacles but since this is the tenth step I will stick to those tools. I ask my higher power to take away this mind set I am in and I try my hardest to talk to someone about it. Sometimes I am in a position where I can't talk to people so I breathe in and out until I calm down. I must swallow my pride omit to myself and admit to someone that I have wronged them. The last thing I try to do is help someone weather they are in AA or not. Although I would like to say I work this in my life perfectly, I can't lie I am practicing this to the best of my ability one day at a time. Thank you for letting me share my experience strength and hope. love you .

- Anonymous

2014 OFFICE ACTIVITY

Calls for Assistance & Walk-Ins

Nature of Calls

	JULY	AUG	SEPT	OCT	1st Q	2nd Q	3rd Q	4th Q	TOTAL
12th Step Support	13	6	9		42	57	28		118
General Info / Misc.	83	51	73		204	257	207		595
Purchases	74	93	67		267	293	234		727
Meeting Info	34	38	37		105	90	109		267
Alanon / NA	6	6	4		28	22	16		62
TOTAL	215	196	190		646	719	594		1959

Gate Lodge

TUESDAY 8:30 pm

10/7	Royal Palm
10/14	Easy Does It
10/21	Noontime
10/28	ODAAT
11/4	A New Day
11/11	Easy Does It
11/18	Noontime

THURSDAY 8:30 pm

10/9	Roseland
10/16	I am Responsible
10/23	Candlelight
10/30	OSSABAW
11/6	Indian River Mens
11/13	Roseland
11/20	I Am Responsible

SATURDAY 8:30 pm

10/11	Early Risers
10/18	Vero Beach Men's
10/25	Indian River Women's
11/1	Vero Beach Group
11/8	Indian River Thursdays
11/15	South Vero
11/22	Early Risers

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

10/20	Lunch Bunch
10/27	Vero Beach Men's
10/6	Early Risers
10/13	South Vero
10/20	Lunch Bunch
10/27	Vero Beach Mens
11/3	Indian River Mens

BIRTHDAYS

October 2014

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

Ken C. 17

A New Day

Kathleen R. 1
Laurel T. 2
Terri M. 2
John B. 2
Gus B. 3
Donna L. 7
Jim M. 26

Barefoot Bay

John M. 3
Jim M. 26
Ann D. 26
Doug I. 32
Kay R. 54

Candlelight

John D. 1
Liz G. 2
Gene D. 3
Kevin K. 9
Donny J. 24

Early Risers

Easy Does It

Free and Easy

Bob L. 18

Friday Night Young People

I Am Responsible

Katherine K. 3
Howard I. 4
Kristy S. 5
Melissa S. 5
Lewis J. 12

Indian River Thursday Night

Indian River Men's

Rich 12
Roger B. 12
Frank A. 21
Al H. 24
Vinny 26

Indian River Women's

Maria A. 1
Nadia N. 1
Chelsea G. 2
Linda P. 39

Kings Highway

Brian G. (September) 14

The Magnolia Group

Faeth 5
Debbie 23

Man to Man

Jim O. 1
John B. 1
Robert K. 5
Bill W. 11
Steve W. 11
Bob L. 18
Fred S. 22
Kevin L. 30
Harry T. (September) 30

Meat & Potatoes Group

Sunshine C. 7
Ken C. 29
Debbie D. (September) 8

Noontime

ODAAT

Judy E. 3
Don H. 4
Adam S. 6
Lisa T. 8
Jill S. 8
Stephen L. 10
Lauren S. 11
Ellen E. 16
Gaylea L. 16
Rita F. 23
Jim B. 25
Bob B. 26
John S. 28
Vaughan G. 29

OSSABAW

Teresa M. 8
Bill W. 11
Grace L. 12
Sam G. 32

Royal Palm

Todd T. 3

Roseland Sebastian Speakers

Fred S. 22
Caryn D. 25
Lowell P. 38

Safe Harbor

Mary Lynne A. 1
Cynthia G. 5
Becky M. 7

Sebastian 12 & 12

Sebastian 5:32

Steve W. 11
Jim M. 26

Sebastian Lunch Bunch

Ann D. 26
Sam G. 32
Eileen F. 42

Sebastian Sundowners

Jeff A. 3
Kristen L. 3
Carl J. 10
Pam G. 23
Jim M. 26

Sebastian Stepsisters

Sober Rainbow

Joe L. 9
Andy R. 19
John H. 42

South Vero

Jonathan M. 1
Keith H. 2
Dee W. 3
Jim S. 15
Jayne M. 21
Ben H. 31
Phil S. 33

Surfside

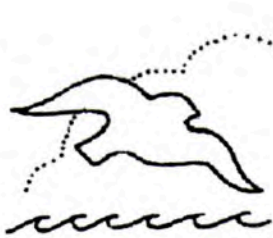
Joan D. 51

Vero Beach 12 & 12

Vero Beach Group

Vero Beach Men's

Pete E. 5



Indian River Central Office of Alcoholics Anonymous
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P.O. Box 1776
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772-562-1114



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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