

# HOW

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



Volume 34 Issue 10  
October 1, 2015

At the last Intergroup meeting, the new proposed Mission Statement for Indian River Central Office was accepted by a majority vote by the Group Representatives and Coordinators. This statement will be on the Website and will be printed on every issue of the HOW. We would like to thank the groups for their feedback on this crucial information that will be available to anyone who visits the website and to any newcomer the Purpose and Mission as provided by the IRCO.

## **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 maintaining 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,

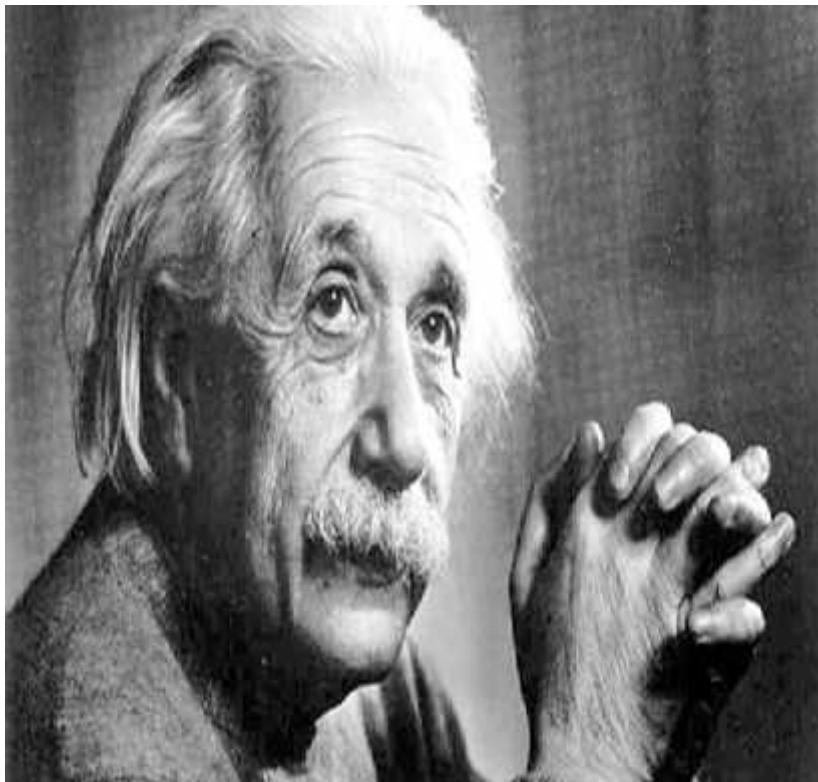
The IRCO shall function within the meeting and intent of the Twelve Traditions and the Guidelines for Intergroup and Central Office and other guidelines as set forth by the General service Office of Alcoholics Anonymous.

The IRCO is entirely accountable to the groups it serves, and is supported by the voluntary contributions of AA Groups within Indian River County.

**Indian River Central Office of Alcoholics Anonymous  
1600 26th Street, Suite 6  
P.O. Box 1776  
Vero Beach, FL 32961  
772-562-1114**

**Website: [www.indianriveraa.org](http://www.indianriveraa.org)**

**How editor: [aairhow@yahoo.com](mailto:aairhow@yahoo.com)**



“The world is not dangerous because of those who do harm, but because of those who look at it without doing anything.”

.....Albert Einstein

## TRADITION 10

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

“As by some deep instinct, we A.A.’s have known from the very beginning that we must NEVER, no matter what the provocation, publicly take sides in any fight, even a worthy one.”

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? 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 those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I a similar experience in my own life?
5. What would AA be without this tradition? Where would I be?
6. Do I breach this or any of its sup-

## CONCEPT: X

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

*The Twelve Concepts provide a group of related principles to help ensure that various elements of A.A.’s service structure remain responsive and responsible to those they serve..”*

## STEP 10

**“Continue to take a person inventory and admitted when we were wrong promptly it.”**

“But when we approach Step Ten we commence to our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions? A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us.”

“For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, and until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.”

## PRINCIPLE: PERSEVERANCE:

To persist in pursuing something in spite of obstacles or opposition.

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*. Few people have been more victimized by resentments than have we alcoholics.”

“Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for a lifetime. Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them.”

# STEP 10

*“Continued to take personal inventory and when we were wrong promptly admitted it.”*

I don't know what causes me more pain...accepting that every time I am disturbed there is something wrong with me or trying to justify and rationalize my behavior or reactions towards others to my sponsor. Either way, my ego seems to get smashed and my perception gets challenged. The first time I read the statement in the 12&12 , “...every time we are disturbed, no matter what the cause, there is something wrong with me.” I was totally defiant and told my sponsor that I did not agree with that statement and I didn't have to. She laughed and asked, “do you want to be right or do you want to be happy?” I responded with my normal sarcasm, “ I want both.” Again, she laughed and replied, “You have some more work to do. Remember, this is a Program of Action.”:

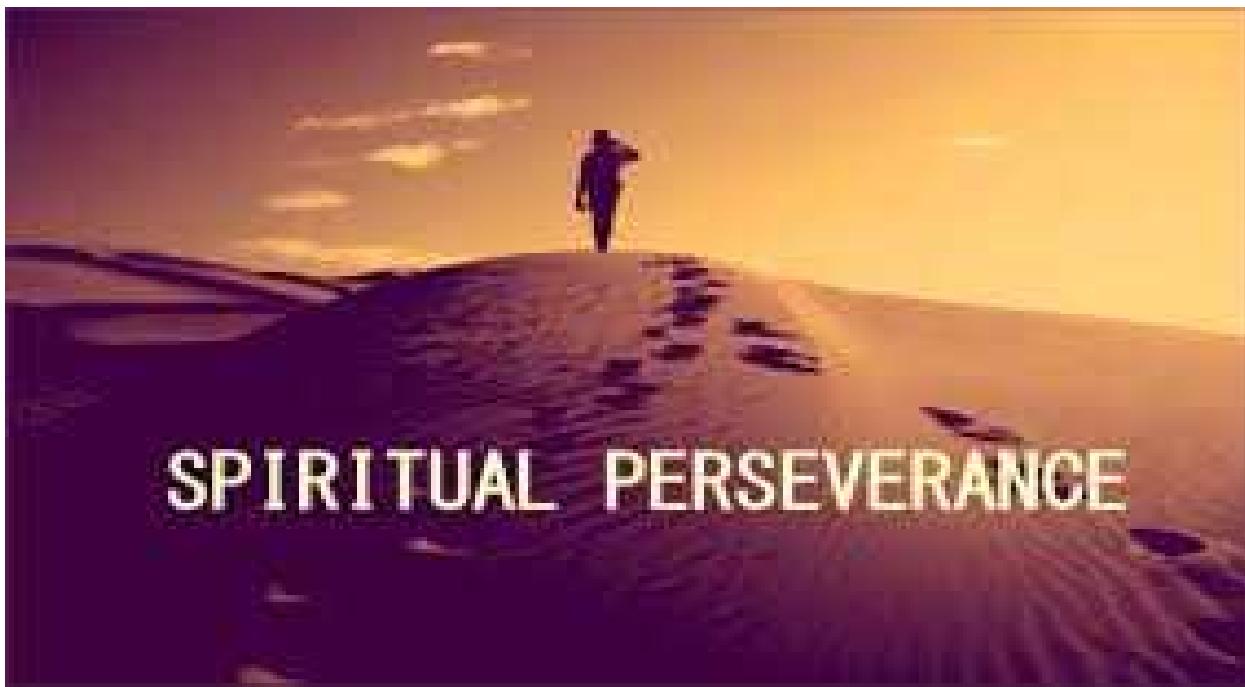
My limited understanding and practice of Step 10 did not seem of importance to me for the first few years of my sobriety. I either had a good, bad, or indifferent day. I didn't realize that Step 10 was about cleaning up my present wreckage rather than comparing my present behavior to my behavior prior to coming into AA. In comparison, it was much better in areas that I considered important so I found no reason to take real account of my present behavior because my life was still being dictated by EGO and a lack of TRUE HUMILITY.

My journey through life has been one constant, that constant being change. Especially my journey since making the leap from devastation to determination. Sobriety has presented more changes and more opportunities for change than any other time of my life. Step 10 has also taken on a new meaning and understanding of what this step means and the principle which this action brings into my life. One of my sponsors repeatedly referred me back to the 12&12 to read pages 93-94. Especially the paragraph which reads, *“Courtesy, kindness, justice, and love are the keynotes by which may come into harmony with practically anybody. When in doubt we can always pause, saying, “Not my will, but Thine, be done.” And we can often ask ourselves, “Am I doing to others as I would have them do to me —today?”*

It is with perseverance that I can continue to grow in this program and every other aspect of my life as long as I am willing to continue to look at my inventory and promptly clean up the wreckage of my present day.

*Anonymous*

“AA's twelve steps are a set 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.”



# **SPIRITUAL PERSEVERANCE**

## **Daily Reflections— October 1st and 3rd**

### **YESTERDAY'S BAGGAGE**

*It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.*

*Alcoholics Anonymous p.85*

When I am in pain it is easy to stay close to the friends I have found in the program. Relief from that pain is provided in the solutions contained in A.A.'s Twelve Steps. But when I am feeling good and things are going pretty well, I can become complacent. To put it simply, I become lazy and turn into the problem instead of the solution. I need to get into action, to take stock: where am I and where am I going? A daily inventory will tell me what I must change to regain my spiritual balance. Admitting what I find within myself, to God and to another human being, keeps me honest and humble.

### **SERENITY AFTER THE STORM**

*Someone who knew what he was talking about once remarked that pain was the touchstone of all spiritual progress. How heartedly we A.A.'s can agree with him.....*

*Twelve Steps and Twelve Traditions pp. 93-94*

When on the roller coaster of emotional turmoil, I remember that growth is often painful. My evolution in the AA program has taught me that I must experience inner change, however painful, that eventually guides me from selfishness to selflessness. If I am to have serenity, I must STEP my way past emotional turmoil and its subsequent hangover and be grateful for continuing spiritual progress.

# GATE LODGE SCHEDULE

**TUESDAY: 8:30**  
Qual/Open Discussion

**THURSDAY: 8:30**  
Speaker

**SATURDAY: 6:30**  
Qual/Open Discussion

## OCTOBER

10/05/15 A New Day  
10/13/15 Easy Does It  
10/20/15 Noontime Recovery

10/01/15 Candlelight  
10/08/15 Indian River Men  
10/15/15 I Am Responsible  
10/22/15 Man To Man

10/03/15 Vero Beach Men  
10/10/15 Early Risers  
10/17/15 Indian River Thursday  
10/24/15 Indian River Women

## NOVEMBER

11/03/15 Royal Palm  
11/10/15 Easy Does It  
11/17/15 Noontime Recovery  
11/24/15 ODAAT

11/05/15 Indian River Men  
11/12/15 I Am Responsible  
11/19/15 Man To Man  
11/26/15 Candlelight

11/07/15 Vero Beach Men  
11/14/15 Indian River Thursday  
11/21/15 Early Risers  
11/28/15 South Vero

## DECEMBER

12/01/15 A New Day  
12/08/15 Easy Does It  
12/15/15 Noontime Recovery  
12/22/15 ODAAT  
12/29/15 Royal Palm

12/03/15 Indian River Men  
12/10/15 I Am Responsible  
12/17/15 Man To Man  
12/24/15 Candlelight  
12/31/15 NO MEETING

12/05/15 Vero Beach Men  
12/12/15 Indian River Women  
12/19/15 Indian River Thursday  
12/26/15 South Vero

**BHC**  
**MONDAYS @ 7:00**  
**\*\*\*THE FACILITY REQUIRES**  
**2 YEARS OF SOBRIETY**

\*\*\*\*\*Unfortunately I do not have an updated  
schedule for this commitment. You can check  
the website for an update.



# OCTOBER ANNIVERSARIES 2015

## A New Day

Kathleen W ..2 yrs.

Kathleen R .. Yrs.2

Laurel T ..2 yrs.

Amber C.. 2 yrs.

Terri M..2 yrs.

Gus R.. 4 yrs.

Donna L ..8 yrs.

Jim M..27 yrs.

## Barefoot Bay

## Candlelight

## Early Risers

Hal..9 yrs.

Gary..8 yrs.

Ray O..28 yrs.

Vinnie..28 yrs.

## Easy Does It

Debra B..27 yrs.

Eddie M..28 yrs.

## Free and Easy

## Hibiscus Monday Night

Brent A.....34 yrs.

Joan D.....52 yrs.

John H.....38 yrs.

John M.....4 yrs.

Kathy N.....4 yrs.

Lewis L....26 yrs.

## I Am Responsible.

## Indian River Thursday

Steven M..12 yrs.

John M..9 yrs.

Gravel W..26 yrs.

## Indian River Women's

## Indian River Men's

John R.- 8 yrs.

Vinney P..27 yrs.

Al H.-25 yrs.

Frank A.-22 yrs.

Rich.. 13 yrs.

## Man To Man

Bob L. # 19 yrs.

Fred S. ..23 yrs.

Kevin L. ..31 yrs.

Steve W. ..12 yrs.

## Magnolia Group

Faith..6 yrs.

Debbie..24 yrs.

## Meat and Potatoes

Melissa..6 yrs.

Ken C..30 yrs.

Sunshine..8 yrs.

## Noontime Recovery

Jimmy C. - 23 Years

Terry K. - 23 Years

Elizabeth - 20 Years

Mary W. - 1 Year

## ODAAT

Cari M... 1 yr.

Christine O..1 yr.

Carl M...1yr.

Quan T..2yrs.

Kelly E.. 2yrs.

Ashley L..3yrs.

Susan J..3yrs.

Tim 3..

Bill H...2 yrs

Rhonda S. . 4yrs

Don H. . 7 yrs.

Adam S. .7yrs.

Ellen E..17 yrs.

Gaylea L...17 yrs.

Rita F..24 yrs.

Jim B..26 yrs.

Bob B. . 27 yrs.

John S..39 yrs.

David B. .33 yrs.

## Sept. Anniversaries

Scott M .. 4 yrs.

Paul G..5 yrs.

Cathy S..6 yrs.

Rick J ..7 yrs.

Debbie D.. 9 yrs.

Sandy R ..16 yrs.

Elizabeth M..24yrs.

Joan C ..28 yrs.

Jonathan M..30 yrs.

Molly H..31 yrs.

Hugh L..32 yrs.

Vickie S..33 yrs.

Leo S..40 yrs.

Beverly M..41 yrs.

Dick W..55 yrs.

## Safe Harbor

Diane H....2 yrs.

Cynthia G...6 yrs.

Barbara B...1 yr.

Mary Lynne A...2 yrs.

Paula A-F...1 yr.

## Sebastian 12&12

Mary Ellen..31 yrs..

## Sebastian 5:32

Steve W..12 yrs.

Jim M..27 yrs.

## Sebastian Freedom

Doug I..33 yrs.

## Sebastian—Roseland

Caryn D..26 yrs.

Lowell P..39 yrs.

Fred S..23 yrs.

## Sebastian Stepsisters

Lauren S..12 yrs.

Marcia H..2 yrs.

Trudy S..1 yr.

## South Vero

Ben H..32 yrs.

Christina P..21 yr.

Jim S..16 yrs.

Jonathan..2 yrs.

## Vero Beach Men's

## Vero Beach 12&12

# AA Events Information/Announcements



## District 49th Annual Gratitude Dinner

November 14th, 2015

First Presbyterian Church

520 Royal Palm Blvd. Vero Beach, FL 32960

**\*\*Doors open at 5:30 \*\*Dinner 6pm\*\*Speaker 8pm**

**Catered Dinner and Desserts by Too Jays!!!!**

**Tickets are \$20 and a limited number will be available**

**\*\*\*\*\*Note: You must have a ticket to attend!! Tickets CANNOT be purchased at the door.**

**Any vouchers MUST be turned in for actual tickets prior to the event.**

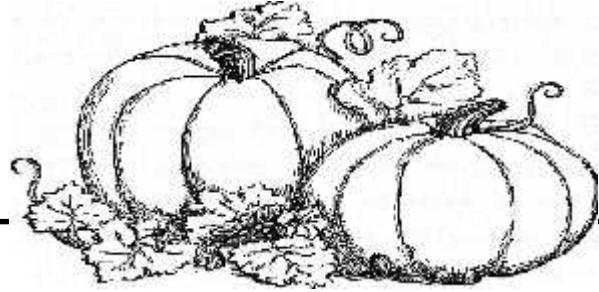
**See the Representative in your county for a ticket prior to OCTOBER 23rd.**

Vero: Cynthia G. (772)559-1339 Sebastian: John W. (772)532-6654

Okeechobee: Jerry H. (561)662-3663

Martin: Dianne T (772)283-9337T. Lucie: Rob S. (772)626-0967

Raffles and Clothesline



## The Meat and Potatoes

Group

**Beginning Monday**

**October 5, 2015**

**There will be a New**

**Big Book Study**

**Community Church**

**Time: 7pm**

**Bring your Big Book, experience, strength, and hope.**

**Hope to see you there!!!**

## From the Editor:

I want to thank everyone for your tolerance and understanding as the HOW has been under construction. Changes had to be made in order to bring you accurate information and to assure that your anniversaries were received each month.

The new email address for the HOW is:

**[aairhow@yahoo.com](mailto:aairhow@yahoo.com)**

In loving service

Kimberly P.



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772-562-1114

**2015 STEERING COMMITTEE**

Chair..... Tim W.  
Co-Chair..... Steve S.  
Treasurer..... Pat D.  
Secretary..... Judy W.

**2015 STANDING COMMITTEES**

Archives..... Craig S.  
Birthday Dinner 2015..... TR Bragg  
Desk Coordinator..... Marty P.  
Corrections—Women..... Stefanie M,  
Corrections-Men..... Bill K.  
Corporate Documents..... Vickie S.  
Public Information..... Rodney D.  
Unity Committee..... Liz G.  
Nominating Committee..... Marty P.

**AA Coordinators**

After Hours Phone..... Doug C.  
District 6 Liaison..... Cynthia G.  
Desk Coordinator..... Marty P.  
HOW Editor ..... Kimberly P.  
Inventory Control..... Bobby Z.  
Literature..... John H.  
Treatment..... Maria G  
Website..... Dutch V.  
Where and When..... John L.

**2015 Delegates at Large**

DJ Irwin  
John H.  
Karen M.

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  
Vero Beach, FL 32960**

**Phone: 772-562-1114**