



# HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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## **Step 6 : “Were entirely ready to have God remove all these defects of character.”**

“Those aren’t character defects, that is my personality and I’m perfectly ok with them.” That is until those defects begin to start causing me great pain and emotional upheaval. It seems that this process of becoming ready to allow the God of my understanding remove these defects of character follows suit to my deciding to get sober. The pain of the pain has to become greater than the pain of change and suddenly I become willing to ask for help. The good news is that I don’t have to go down the rabbit hole as far as I used to before and after sobriety. Oh yeah, just because I got sober doesn’t mean that I wouldn’t continue to behave and live without principles unless I was willing to take the necessary action. I have my own idea of what that means. I think that if one wants to lessen their character defects then one must begin to act in a way that builds character rather than tear it down. I have to be willing to exhibit honesty, integrity and kindness in every aspect of my life. This is a great challenge for this alcoholic. I suffer from being human as well. I will never be rid of these two conditions.

The Twelve and Twelve was very helpful to me in understanding this step and how it applied to my life. I had no idea what this step meant or what action I was to take in order to apply this to my life. When I first began this new life of sobriety, I couldn’t see where my character was defective past the obvious, I drank and used other substances to the point of self-

destruction. I could see quite clearly how I had burned my life to the ground but I wasn’t a mean or bad person. The Seven Deadly Sins didn’t apply to my life—right? Well, some of the lesser forms of these “sins” actually did. As I worked with my sponsor and listened to others share their experience of this step, I began to understand exactly what this Step meant and what needed to happen in my life for change to begin. Willingness is the Principle behind this Step and that word has taken on a new meaning in my life. It opens my thinking and changes my perspective on every aspect of my life but only if I remain aware of my reactions to life, my thinking and my behavior. I always need people in my life to point out to me when I am off the “beam” and pulling defects out of my bag of tricks in order to control or survive. I need to be reminded I no longer have to live in survival mode and what the outcome will be if I try to control the uncontrollable. Today when I find myself in that uncomfortable place I need only ask myself two questions:

1. What am I getting out of the defects?
2. What am I afraid of losing if I ask my Higher Power to remove them from me?



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

# OUR THREE LEGACIES

## STEP SIX(Recovery)

*“Were entirely ready to have God remove all these defects of character.”*

“This is the Step that separates the men from the boys.” So declares a well-loved clergyman who happens to be one of A.A.’s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults — *without any reservations whatever*— has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

*Twelve Steps and Twelve Traditions p. 63*

PRINCIPLE: Willingness— quick to act or respond : doing something or ready to do something without being persuaded

## TRADITION SIX (Unity)

*“An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose..”*

The “related facility “ may be an outside group combating alcoholism— or an enterprise that A.A.’s want to start. It was the later that most often confronted the young Fellowship. Outside agencies were pretty scarce in those days, and some members thought A.A. should cover the whole alcoholism field. Led by a “super-promoter” (as the “Twelve and Twelve” describes him), one group built and all-purpose center, including a section for drying-out treatment. Picture any group tackling such a project! Arguments over cost, architecture, staff, fees, medication, and rules might even make the local paper. (And pity the poor newcomer straying into the group—“We’ll get around to you in a minute.”)

*The Twelve Traditions Illustrated Pamphlet*

## CONCEPT SIX (Service)

*“On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous .”*

“We have seen that the “final responsibility and ultimate authority” for A.A.’s service activities rest with the A.A. groups (Concept I), but to carry out this responsibility they must delegate to the Conference (Concept II). The Conference, in turn, must delegate administrative authority to the General Service Board of Trustees. Again, it is helpful if you are familiar with both the Conference Charter and the Bylaws of the General Service Board to understand this relationship and the freedom of action that the trustees must have. “

*The Twelve Concepts For World Service Pamphlet*



Molding your life means cutting and shaping your material into something good, something that can express the spiritual. All material things are the clay out of which we mold something spiritual. You must first recognize the selfishness in your desires and motives, actions and words, and then mold that selfishness until it is sublimated into a spiritual weapon for good. As the work of molding proceeds, you see more and more clearly what must be done to mold your life into something better.

Can He now take them all — every one?

— ALCOHOLICS ANONYMOUS, p. 76

In doing Step Six it helped me a lot to remember that I am striving for "spiritual progress." Some of my character defects may be with me for the rest of my life, but most have been toned down or eliminated. All that Step Six asks of me is to become willing to name my defects, claim them as my own, and be willing to discard the ones I can, just for today. As I grow in the program, many of my defects become more objectionable to me than previously and, therefore, I need to repeat Step Six so that I can become happier with myself and maintain my serenity.

The Sixth Step is the last "preparation" Step. Although I have already used prayer extensively, I have made no formal request of my Higher Power in the first Six Steps. I have identified my problem, come to believe that there is a solution, made a decision to seek this solution, and have "cleaned house." I now ask: Am I willing to live a life of sobriety, of change, to let go of my old self? I must determine if I am truly ready to change. I review what I have done and become willing for God to remove all my defects of character; for in the next Step, I will tell my Creator I am willing and will ask for help. If I have been thorough in the preparation of my foundation and feel that I am willing to change, I am then ready to continue with the next Step. "If we still cling to something we will not let go, we ask God to help us be willing." (Alcoholics Anonymous, p. 76)

Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. With it comes the development of that kind of humility that makes it possible for us to receive God's help. . . . we find that bit by bit we can discard the old life — the one that did not work — for a new life that can and does work under any conditions whatever.

— AS BILL SEES IT, pp. 10, 8

RESPONSIBILITY DECLARATION

*I Am Responsible. When anyone, anywhere, reaches out for help, I want the hand of AA to always be there. And for that, I am Responsible.*

**“To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.” D. Adams**

**“The best to find yourself is to lose yourself in the service of others.”**

**Mahatma Gandhi**

**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.***

***PLEASE RETURN OR MAIL YOUR FORM TO :***

***IRCO***

***1600 26TH ST., SUITE 6***

***VERO BEACH, FL 32960***

## WHY DOES YOUR GROUP NEED AN INTERGROUP DELEGATE?

THE IRCO INTERGROUP HAS NO AUTHORITY OF IT'S OWN BUT DERIVES IT FROM THE PARTICIPATING GROUPS. THE REPRESENTATIVE THAT EACH GROUP ELECTS IS THE GROUPS VOICE TO INTERGROUP—YOUR LINK TO THOSE WHO MAINTAIN AND OPERATE THE INTERGROUP OFFICE.

### 2016 STEERING COMMITTEE

Chair.....Steve S.  
Co-Chair.....Joseph J.  
Treasurer.....Pat D.  
Secretary.....Trish H.

### 2016 STANDING COMMITTEES

Archives.....Open  
Birthday Dinner 2017..... Doug C.  
Desk Coordinator.....Marty P.  
Corrections—Women.....Open  
Corrections-Men.....Open  
Corporate Documents.....Vic S.  
Public Information.....Rodney D.  
Unity Committee.....Linda W.  
Nominating Committee.....Marty P.

### AA Coordinators

After Hours Phone.....Doug C.  
District 6 Liaison.....Cynthia G.  
HOW Editor .....Kimberly P.  
Inventory Control.....Bobby Z.  
Literature.....John H.  
Treatment.....Todd T.  
Website.....Dutch V.  
Where and When.....Susan

## 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.



# JUNE ANNIVERSARIES

## **AA Only Group**

Barbara G. 29 yrs.

Danny W. 25 yrs.

Lisa C. 10

Ginny L. 10

Ted H. 13

Michelle R. 14

## **Barefoot Bay Group**

Denis 18 yrs.

Linda 14 yrs.

Tim W 39 yrs.

Lorrie N. 22

Jack L. 26

Bev L. 30

Kathy H. 39

Norman G. 42

## **Candlelight Group**

Matt M 1 yr.

Richard C 2 yrs

Ed O. 44

Bobbie D. 44

May Anniversary

Sally H. 11

## **Easy Does It Group**

Patrick 27 yrs.

## **Sebastian 5:32 Group**

Father Ron C. 43 yrs.

## **Hibiscus Monday Night Group**

Jamie C. 5yrs

## **Indian River Mens Group**

Lonnie- 7 yrs.

## **Indian River Womens Group**

Kim G - 28 yrs.

Eileen W - 6 yrs.

## **Royal Palm Group**

Mindy S. 26 yrs.

Jeffrey P. 7 yrs.

David K. 3 yrs.

## **New Day Group**

John W - 6 yrs.

Pat B - 31 yrs.

Judy D - 1 yr.

## **South Vero Group**

David L. 34 yrs.

Ralph B. 31 yrs.

Amanda S. 25 yrs.

Rick B. 25 yrs.

Sam P. 19 yrs.

Kimberly A. 9 yrs.

## **ODAAT**

Barbara M. 2

Leonard T. 2

Bill H. 4

Adam J. 5

Daniella M. 6

Michelle M. 7

Chelsea B. 8

Colleen C. 9

Lisa A. 2 yrs.

Austin F. 1 yr.

Tammy P. 1 yr.



# AA ANNOUNCEMENTS AND UPCOMING EVENTS

## **IRCO** would like to introduce our new Treatment Coordinator

Todd T. has volunteered to take this position and reports that all is going great as new procedures and policies are being put into place so that AA is in compliance with laws and regulations of the state.

If you would like to participate in taking a meeting into the treatment centers you can contact Todd for information and become a part of this rewarding service to the next suffering alcoholic.

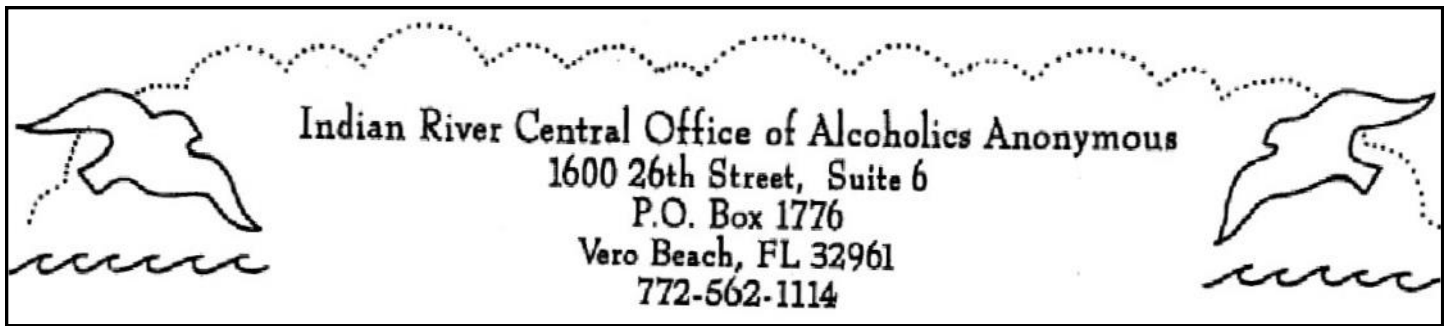
Contact Info: 772-696-1211

The Unity Committee could use help in coordinating and organizing events. If you are interested please contact Linda W. 772-766-6055

**"AA isn't for the people who need it or for the people who want it; it's for the people who are willing to do the work to get it."**

*There are openings for coordinators of the IRCO Intergroup. If you would like to be a part of community and need service work in your life this is a great opportunity to get to know others and be a "part of". The next mtg. will be held on June 16th at the Newport Club at 7:00 pm. If you need information please contact the Central Office 772-562-1114*

**"To educate a man in mind and not in morals is to educate a menace to society."**



**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**

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 Anniversary month.