



# 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."

## HOW IT WORKS: STEP 8

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. 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.

-A.A. Big Book p.76

Learning how to live in the greatest peace, partnership and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

- Twelve Steps and Twelve Traditions, p. 77 - 78

## "THE NEXT FRONTIER: EMOTIONAL SOBRIETY"

by Bill Wilson

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA – the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance – urges quite appropriate to age seventeen – prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living – well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious – from which so many of our fears, compulsions and phony aspirations still stream – be brought into line with what we actually believe, know and want! How to convince

(continued on page 3)



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

## STEP



***"Made a list of all persons we had harmed,  
and became willing to make amends to them all."***

Having carefully surveyed this whole area of human relations, and having decided exactly what personality traits in us injured and disturbed or hers, we can now commence to ransack memory for the people to whom we have given offense. To put a finger on the nearby and most deeply damaged ones shouldn't be hard to do. Then, as year by year we walk back through our lives as far as memory will reach, we shall be bound to construct a long list of people who have, to some extent or other, been affected. We should, of course, ponder and weigh each instance carefully. We shall want to hold ourselves to the course of admitting things we have done, meanwhile forgiving the wrongs done us, real or fancied. We should avoid extreme judgments, both of ourselves and of others involved. We must not exaggerate our defects or theirs. A quiet, objective view will be our steadfast aim.

*Twelve Steps and Twelve Traditions  
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### PRINCIPLE BEHIND STEP 7

**Justice** - While we are preparing a list of those to whom we owe amends, it becomes true for the 'golden rule.' It is important to begin treating others as we wish to be treated. We must also learn not to judge others, but to accept them for who they are, not our vision of who they should be.

#### TRADITION 8

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

#### CONCEPT VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

#### TRADITIONS CHECKLIST

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get **some** reward - even if not for money - for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On Psychology? On spiritual matters? Or heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps & Twelve Traditions*? The pamphlet *AA Tradition - How it Developed*?



our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones – folks like you and me – commencing to get results. Last autumn [several years back – ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer... "It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence – almost absolute dependence – on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand – a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness

of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product – the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea – only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

January, 1958  
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# HELP SERVE INDIAN RIVER A.A.

VOLUNTEERS NEEDED FOR INDIAN RIVER  
CENTRAL OFFICE INTERGROUP

## POSITIONS OPEN FOR

- DISTRICT 6 LIASION
- UNITY CHAIRPERSON
- PUBLIC INFORMATION CHAIRPERSON

772-562-1114 or [info@indianriveraa.org](mailto: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

OKEECHOBEE FISH FRY

Saturday

August 30, 2014

10 AM—3 PM

*(Food served beginning at noon)*

Okeechobee Civic Center

1750 Hwy 98 N

Okeechobee 34973



Catch a fish...



... We'll cook it!



Great Food

Children's



Playground

TICKETS \$12

*In Advance or  
At the Door*

*Please bring a covered dish or a dessert*



## NEW MEETING

**BYOB GROUP OF  
ALCOHOLICS ANONYMOUS**

**EVERY WEDNESDAY**

**6:30PM - 7:30PM**

**At The Newport Club**

## USED GRAPEVINES?

**Please donate your used Grapevines to  
the Public Information Committee.**

**You can drop them off at Central Office.  
They will be distributed to various waiting  
rooms around the county.**

**Thank you for your support.**



## ON THE 8TH STEP

The list that some of us had to make in applying this Step would compare in length to current real estate lists of house and apartment applicants. The length of the list of people we had harmed grew with the degree of our honesty and the accuracy of our memory.

Perhaps some people do come into A.A. with a fortunate record of having harmed only a few. We doubt, however, that anyone need turn in a blank piece of paper — not if he thinks long enough and honestly enough. What, for instance, of the business associates who took on so me of our work during our absence from the office or on those days of the shakes and low efficiency? What of the friends whose time we wasted with such very boring blabber? And, too, there are those intangible but damaging effects of the example we set for others; the good we might have done but didn't; the contributions we could have made to helping some one else in some way, or just making a moment or two more pleasant — but didn't; the success of someone else we might have boosted along, but didn't.

Anyone except a saint will find that he has harmed someone, somewhere, and that he has harmed society and his fellow men by failing to do the things for which he had the time, the talent and the opportunity, but not the sense of responsibility.

Even the rare, quiet and so-called well behaved alcoholic can make a list. And the ordinary variety of drunks, which the great majority of us are, can usually make a list from here to Timbucktoo, beginning with the wife, the youngsters, the relatives and the boss, and extending on through the people we borrowed from and didn't pay back, the people we lied to — and so on and on and on.

The challenge of making amends is indeed a formidable matter to contemplate. In some instances, even to make amends to some one person, such as a particularly hated enemy, seems more than anyone can undertake.

But this process of self-inventory and self-cauterizing also offers one of the most restorative experiences to be found through A.A. The experience begins to unfold, too, while making the list of people we have harmed and becoming "willing to make amends to them all."

Let us note that wording — "became willing to make amends..." We may not be able to make amends to everyone we have harmed. Circumstances may prevent us from making amends to all, and there may be reasons why we should not undertake to make amends to some — as suggested in the 9th Step. But there is nothing at all to prevent us or to restrain us from becoming willing to make amends to them all.

The point here is that in order to become willing to make amends we have to admit to ourselves without reservations and without quibbling or reciting reasons why we did it, that we did commit the harm. We have to attain the attitude in which we say to ourselves that whether or not the other person was wrong or right, we were wrong. Maybe the person we harmed was a louse. That doesn't make our brand of lousiness any better. It's no excuse. The louse we harmed must go on the list along with the good people we've harmed.

Reaching the degree of self-analysis and honesty which carries us to a willingness to make amends to all helps to set the stage for the beginning of real progress in A.A., or real progress in any way of life. This is part of the conditioning process for attaining honesty and humility and helpfulness; part of the process of fitting ourselves again in to society; a very vital step in the rehabilitation of the alcoholic.

We know that when drinking we are selfish, self-centered, egotistical and self-dramatists. We are filled with self-pity over the great wrongs everyone has done us, how we are misunderstood, how thoughtless others are towards us.

The 8th Step is an excellent purgative for the kind of thinking, as we ll as acting, that we've been doing. Drink long and deeply of this Step, because while it may taste very bad going down, the effects are miraculous.

*Anonymous  
June 1946*

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# 2014 OFFICE ACTIVITY

## Calls for Assistance & Walk-Ins

### Nature of Calls

	APR	MAY	JUNE	JULY	1st Q	2nd Q	3rd Q	4th Q	TOTAL
12th Step Support	12	31	14	13	42	57	13		112
General Info / Misc.	86	93	78	83	204	257	83		544
Purchases	118	90	85	74	367	293	74		734
Meeting Info	25	31	34	34	105	90	34		229
Alanon / NA	4	8	10	6	26	22	6		54
<b>TOTAL</b>	<b>245</b>	<b>253</b>	<b>221</b>	<b>215</b>	<b>744</b>	<b>719</b>	<b>210</b>		<b>1673</b>

# Gate Lodge

TUESDAY 8:30 pm	
8/12	Royal Palm
8/19	Easy Does It
8/26	Noontime
9/2	ODAAT
9/9	A New Day
9/16	Easy Does It
9/23	Noontime

THURSDAY 8:30 pm	
8/14	Roseland
8/21	I Am Responsible
8/28	Candlelight
9/4	Indian River Men's
9/11	Roseland
9/18	I Am Responsible
9/25	Candlelight

SATURDAY 8:30 pm	
8/16	South Vero
8/23	Early Risers
8/30	Vero Beach Men's
9/6	Indian River Thursday
9/13	South Vero
9/20	Early Risers
9/27	Vero Beach Group

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

8/18	Vero Beach Men's
8/25	Indian River Men's
9/1	Early Risers
9/8	South Vero
9/15	Lunch Bunch
9/22	Vero Beach Men's
9/29	Indian River Men's



# BIRTHDAYS

## August 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](mailto:irhow@yahoo.com) by the last Friday of the preceding month (email submissions preferred)  
Thank you.

#### AA Only

.....

#### A New Day

Joe B. .... 1

#### Barefoot Bay

Rene ..... 1  
Dick D. .... 10  
Peter D. .... 43

#### Candlelight

Danielle E. .... 1  
Matt M. .... 1  
Jeff S. .... 7

#### Early Risers

Liz ..... 3  
Kevin ..... 5  
Marylou ..... 24  
Donald ..... 26  
Pixie ..... 23

#### Easy Does It

.....

#### Free and Easy

.....

#### Friday Night Young People

.....

#### I Am Responsible

Gene F. .... 1  
Billy C. .... 7  
Susan E. .... 14  
Don E. .... 17  
Rosanna F. .... 23

#### Indian River Thursday Night

.....

#### Indian River Men's

Tim K. .... 11  
Dick P. .... 48

#### Indian River Women's

Ruth H. .... 72  
Rebecca H. .... 13

#### King's Highway

Kathleen R. .... 28  
Bill R. .... 37

#### The Magnolia Group

Mary Beth ..... 25  
Sandy ..... 5

#### Man to Man

Joe B. .... 1  
Tom B. .... 2  
Rod C. .... 6  
Dan Mc. .... 10

#### Meat & Potatoes Group

.....

#### Noontime

Kevin ..... 2

#### ODAAT

Suzanne B. .... 3  
Alex H. .... 5 ..... 3  
David P. .... 3  
Kimberlee A. .... 3  
Mary B. .... 3  
Blair F. .... 4  
Sandra T. .... 11  
Rebecca H. .... 13  
Lori L. .... 14  
Ellie Y. .... 15  
Tom Mc. .... 28  
Ginny K. .... 31  
John R. .... 32

#### OSSABAW

Dana R. .... 25

#### Royal Palm

Karen E. .... 25

#### Roseland Sebastian Speakers

Bob M. .... 17  
Pam P. .... 26  
Paul A. .... 28

#### Safe Harbor

.....

#### Sebastian 12 & 12

.....

#### Sebastian 5:32

Joe B. .... 1  
Cyndy V. .... 9  
Dan M. .... 10  
Lori L. .... 14  
David W. .... 29

#### Sebastian Lunch Bunch

Peter D. .... 25  
Tom F. .... 43

#### Sebastian Sundowners

.....

#### Sebastian Stepsisters

.....

#### South Vero

Ed S. .... 1  
Josh N. .... 1  
Mike S. .... 2  
Scott G. .... 4  
Toni B. .... 9  
Bruce P. .... 14  
Joe H. .... 30

#### Surfside

.....

#### Vero Beach 12 & 12

Rich M. .... 30

#### Vero Beach Group

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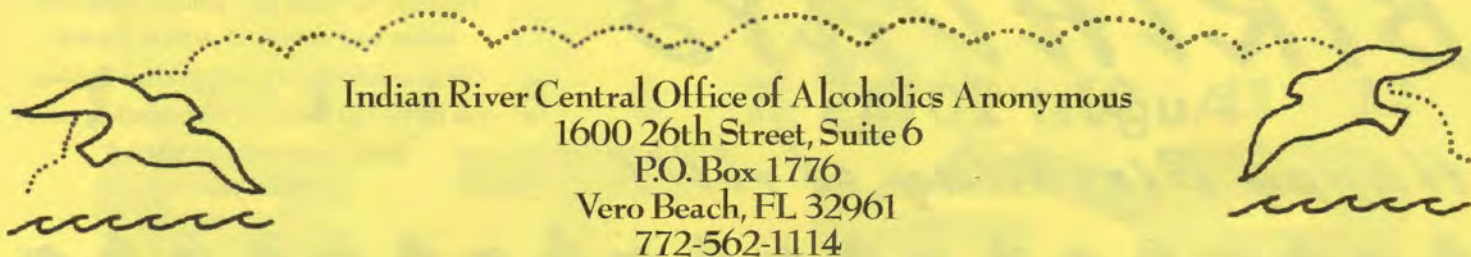
#### Vero Beach Men's

Alan P. .... 2  
Lane S. .... 13  
Tom F. .... 14  
Joe H. .... 30

#### Vero Beach Step & Tradition

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1600 26th Street, Suite 6  
P.O. Box 1776  
Vero Beach, FL 32961  
772-562-1114

[www.indianriveraa.org](http://www.indianriveraa.org) • [info@indianriveraa.org](mailto:info@indianriveraa.org)

**2014 Steering Committee**

Chair .....D.J.I.  
Vice Chair .....Tim W.  
Treasurer .....Pat D.  
Secretary .....Linda W.  
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12th List Coordinator .... Steering Committee

**2014 Standing Committee**

Archives ..... Craig S.  
Desk Coordinator ..... Sue L.

**2014 Delegates at Large**

Lane S.  
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 26<sup>th</sup> Street, Suite 6  
Vero Beach, FL 32961**

**Phone 772-562-1114**