

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

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. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to aairehow@yahoo.com

Step 5 ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Step 5 prompts you to sit down with a trusted confidant and talk about all the things you wrote about in Step 4.

Sound terrifying?

I remember my stomach being in knots thinking that I'd have to sit down with my sponsor and tell her about my character defects, behaviors that hurt people, insane thoughts, and so on. Even so, sweating and stumbling over my words, I completed Step 5 and felt amazing afterwards.

The fifth step isn't easy to do. But by bringing things into the light, it decreases the amount of pent-up energy we carry. It also gives us the opportunity to put it all out there and receive unconditional love.

Yes, that's right. No matter what you've done, you don't have to be judged or shamed. Reporting all your "stuff" to another human being who can listen with compassion really does something incredible for us.

Choose Your Person Wisely

Don't share Step 5 with just anyone. Choose someone you can trust, like a sponsor, counselor, mentor, or trusted friend. Don't perform this step with your partner, as it's tempting to not be gut-level honest with them.

When I sat down to discuss my fifth step with my sponsor, I kept in mind that my Higher Power was involved as well. By admitting my shortcomings, defects, past behaviors, and more to my Higher Power, I was essentially giving permission to that power to

take all of it. I resolved to stop carrying it all and just let it all go, because honestly, it was a pretty heavy burden.

The Illusion of Judgment

I thought that if I sat with someone and told them my "stuff" and they found out who I was, they would judge me. They wouldn't like me. Or worse—they might tell others what an awful person I was.

The miracle of this step for me was that none of those things happened. My sponsor lovingly listened to all my stuff and affirmed me abundantly. She loved me unconditionally.

This is the step that you can use as a "train station." You can unload all those painful memories that have been keeping you down. You can let go of things like anger, shame, rage, confusion, depression, regret, and more.

Then, grab a ticket to your new destination: a place called Freedom. A place where you can be yourself, dream new dreams, and allow passion to give you fuel for your new journey.

My advice to someone ready to complete the fifth step is to keep in mind that getting it all out there on the table is a great opportunity to finally let it all go. Clean out the cobwebs of your past, take a deep breath, relax, and enjoy the lighter load. Enjoy the freedom and unconditional love.

AA Member

OUR THREE LEGACIES

STEP FIVE (Recovery)

“Made a searching and fearless moral inventory of ourselves.”

PRINCIPLE: Integrity—firm adherence to a code of especially moral or artistic values; incorruptibility; an unimpaired condition; soundness; the quality or state of being complete or undivided

“If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk.”

A.A. Big Book, p. 72

TRADITION FIVE (Unity)

“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Twelve and Twelve, p. 150

CONCEPT FIVE (Service)

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

Complete your “housecleaning”.

You have taken your inventory. Don't hold onto the worst items in stock! Telling someone else all your life story will help you learn humility, fearlessness and honesty.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

5/7 Candlelight

5/14 Early Risers

5/21 South Vero

5/28 VBMG

The End of an Era

In 2011, The Vero Beach Group became a home group again. There were a solid TEN of us, trying to save a meeting that many over the previous seven years kept alive. We came from other groups. Old timers, newly sober members, and me with 15+ years of sobriety somewhere in the middle. We made a commitment to the Vero Beach Group.

We met monthly and respected the Traditions. We had business meetings, we followed the spirit of rotation and we disbursed monies to IRCO, the District and General Service. Having a home group that is a Double Speaker Meeting can be difficult- because it is all about Service- all of the time. But it was also awesome! I felt a part of a family.

But seasons change, members have moved away, changed home groups, unfortunately gotten drunk or sadly, have passed away. Over the past two years, no new members have joined. There were five members for a while, and now there are three. It is what it is.

At the beginning of this school year, we lost our cozy north room to the church's elementary school and our meeting returned to the gym. I hoped that the attendance would increase as would the group's membership. These things did not happen. The "home group" is technically now a "meeting" and has been for some time. I never wanted The Vero Beach Group to be *just a meeting*, but it is what it is.

I have watched attendance drop steadily since the holidays and even more so in the last month. In addition, low attendance means the meeting will not remain self-supporting. I don't want this double speaker meeting to change format or close its doors, but it is what it is.

The few remaining members are saying goodbye to an era. If someone would like to step up and continue the meeting, I have the key. Otherwise we will most likely be closing the doors on May 27th. After serving Indian River County for more than 70 years, these long time friends of Bill W will be the final speakers who have graciously agreed to take us out. It is what it is: The end of an era.

Regretfully,
Judy W.

Vero Beach Group of A.A
St Helen's Catholic Church
Vero Beach, FL
Sundays: 7:00pm

May 6	Lee K	Sebastian 5:32	May 20	Dave O	Vero Beach Men
	Fawn S	Lakewood Park		Lynne P	I Am Responsible
May 13	Jen M	Sundowners	May 27	Adam F	South Vero
	Greg S	Lakewood Park		James W	Easy Does It

MAY ANNIVERSARIES

A NEW DAY

Doreen M.	2 years
Kathy C.	3 years
Zinnia J.	12 years

INDIAN RIVER MEN'S

Bob G.	20 years
Joseph J.	26 years

ODAAT

Audrey M.	4 years
Mary Jeanne W.	5 years
Marlene F.	8 years
Barbra W.	8 years
Donna A.	9 years
Patti R.	13 years
Sally H.	13 years
Carl C.	14 years
Al M.	17 years
Bev M.	18 years
Lin C.	19 years
Dean C.	27 years
Jack D.	29 years
Tim Z.	31 years
Peter T.	31 years
Helen M.	34 years
Tulio C.	40 years
Meave W.	46 years

LUNCH BUNCH

Bob M.	38 years
Gary T.	25 years
Pat S.	46 years

CANDLELIGHT

Bill C.	1 year
Louie R.	1 year
Bobbi R.	3 years

EARLY RISERS

Jim	1 year
Emmett	32 years

MAN TO MAN

Bob M.	38 years
Dan M.	2 years
Dave S.	30 years
Dave T.	3 years
Matt K.	2 years
Mike M.	39 years
Peter M.	1 year

SAFE HARBOR

Deborah H.	8 years
Ruth W.	36 years
Terri C.	8 years
Jan D.	9 years

EASY DOES IT

Don F.	38 years
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FREE AND EASY

Beverly M.	18 years
Rachel M.	3 years

SOUTH VERO

Ross S.	2 years
Walter S.	3 years
George M.	6 years
David D.	7 years
Greg E.	9 years
Kris T.	12 years
Liam O.	15 years
Warren W.	27 years
Keith T.	28 years
Ron M.	34 years

SEBASTIAN FREEDOM

Bill S.	24 years
Dan M.	2 years

I AM RESPONSIBLE

Candice H.	2 years
Cynthia G.	33 years
Daniel F.	1 year
Justin P.	2 years

VERO 12 & 12

Tiara T. (from April)	3 years
Bob C.	6 years

VERO BEACH MEN'S

Paul D.--In Memory Of	
Mike C.--In Memory Of	
Rannnnndy!	7 years
Kendall M.	2 years
Tim G.	4 years
Clyde K.	27 years

SPIRITUAL TOOL KIT

"There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it.

*When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the **simple kit of spiritual tools laid at our feet**. "(Alcoholics Anonymous pg. 25)*

So, what are these spiritual tools? Over the next few issues we will take a look at the various tools that are presented in our literature and how some of our members use those tools in their daily lives.

From one of our members:

Make a Gratitude List

A simple tool that can turn my day around at any moment is making a list of things I am grateful for. The list can include material things that I own and things I have accomplished, but the most effective things to put on the list are spiritual things and things that I did nothing or little to earn. When I begin to feel restless, irritable and discontent I try to think of what I **really** deserve—prison, death, no family, no job, no God and no hope. Then I become thankful that I have a family and friends in AA. I thank God that I have a job that I don't deserve and the gift of sobriety.

It can be the same list over and over with the same basic things, but it always works to turn my brain around from considering selfish, material things, to larger topics that involve me in a larger world. In this way it can be considered a form of prayer. When I do this, it always helps me to be right-sized—not to think too highly of myself and to be grateful for what God has done for me through AA.

Anonymous

"If you have decided you want what we have and are willing to go to any length to get it -- then you are ready to take certain steps."

Step Prayers and Twelve Principles of AA Bookmarks

3rd Step Prayer

God, I offer myself to Thee to build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love & Thy way of life.

AA Big Book, p63

7th Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen

AA Big Book p76

11th Step Prayer

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life. Amen

The 12 Principles Behind The Steps

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly love
9. Justice
10. Perseverance
11. Spirituality
12. Service

Feel free to cut out and laminate

Why does your group need an IRCO Delegate?

The IRCO has no authority of it's own but derives it from the participating groups. The representative that each group elects is the group's voice to IRCO—Your link to those who maintain and operate the IRCO.

2017 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....Steve S.
Delegate.....John B.

Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Ray P.
Nominating Committee.....Marty P.
After Hours Phone.....Mindy S.
HOW EditorRick H.
Inventory Control.....Terri C.
Literature.....Dutch V.
Treatment.....Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Trish H.
12 Step List Coordinator.....North: Trent L.
South: Billy VB
District 6 Liaison.....JoAnn H.

2017 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2017.....Linda W./Sunshine
Desk Coordinator.....Marty P.
Corrections—Women.....Judy W.
Corrections—Men.....Lane S.

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

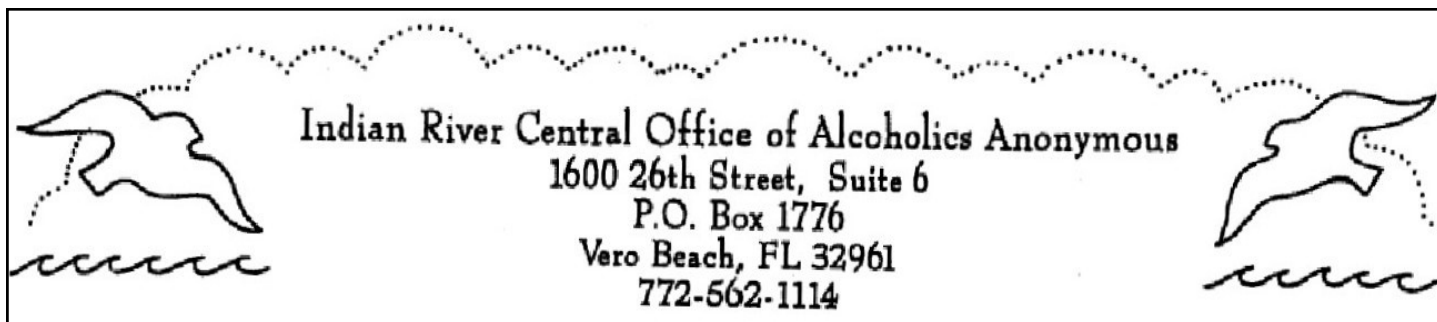
TAKE SOMEONE TO DETOX*

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.*****



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 26th Street, Suite 6

Vero Beach, FL 32960

Phone: 772-562-1114

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.