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 9
September 1, 2015

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STEP 9

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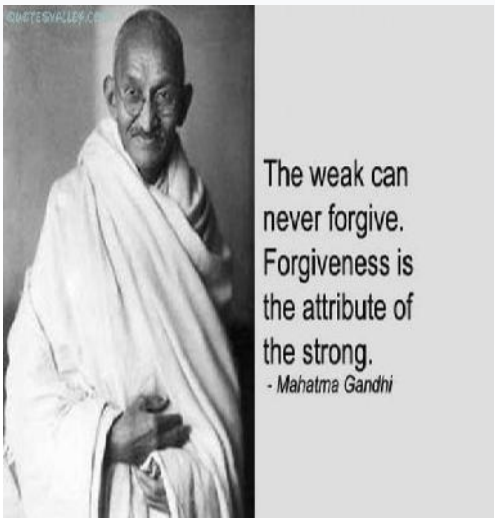
A tranquil mind is the first requisite for good judgement Good timing is important in making amends. What is courage? It is an act of heart. Prudence means taking calculated chances. Amends begin when we join A.A. Peace of mind cannot be bought at the expense of others. Need for discretion. Readiness to take consequences of our past and to take responsibility for well-being of others is the spirit of step 9.

PRINCIPLE:
Discipline: A course of study Applying ourselves to learn and change.

We're practicing new behaviors by facing our wrongs, so it's important to have this self discipline. We're trying to correct our wrong through action, not just words.



CONCEPT:
Good service leadership at all levels is indispensable for our future functioning and safety. Primary world leadership, once exercised by the founders, must necessarily be assumed by the trustees.

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..*"

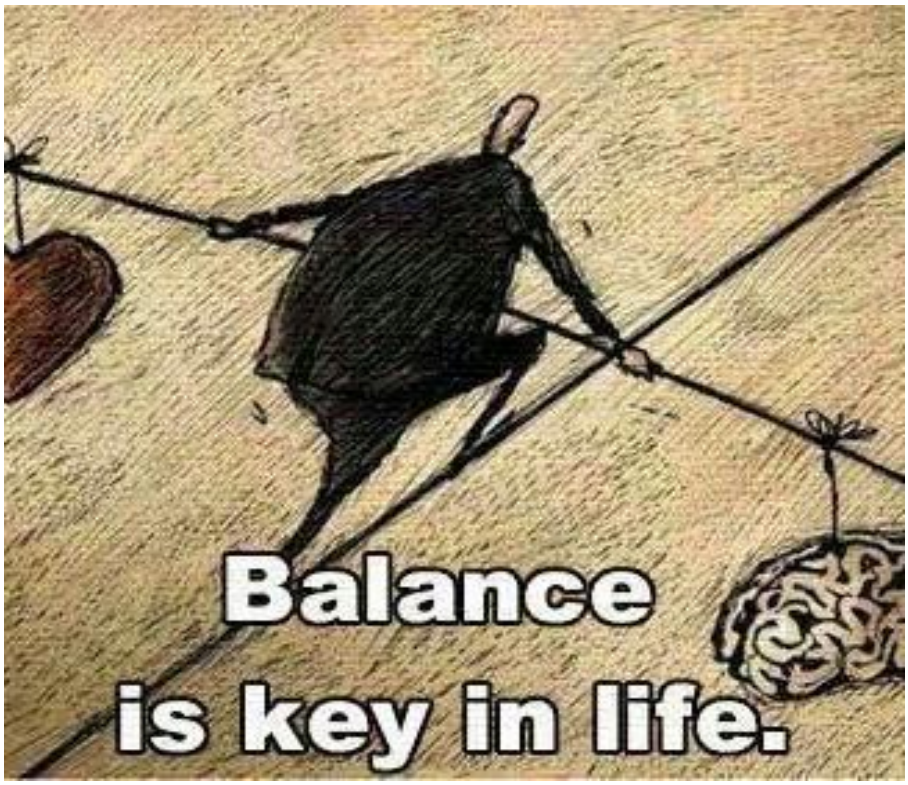
TRADITION 9

A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

"The "*Twelve Traditions*" of Alcoholics Anonymous are, we A.A.'s believe, the best answers that our experience has yet given to those ever urgent questions, "How can A.A. best function?" and, "How can A.A. best stay whole and survive?"

(pg.561. Alcoholics Anonymous)

In this Issue Pages 2&3 Personal Story and Daily Reflection Pages 4&5 AA events and Anniversaries



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Courtesy and kindness, regularly practiced, help me to live in emotional balance, at peace with myself. Step 9 restores in me a feeling of belonging, not only to the human race but also to the everyday world. First, the step makes me leave the safety of A.A., so that I may deal with non-A.A. people "out there," on their terms not mine. It's a frightening but necessary action if I am to get back into life. Second, Step 9 allows me to remove threats to my sobriety by healing past relationships. Step 9 points the way to a more serene sobriety by letting me clearing away past wreckage, lest it bring me down.

"Our Side of the Street"

"We are there to sweep off our side of the street, realizing that nothing worth while can be accomplished until we do so, never trying to tell him what he should do. His faults are not discussed. We stick to our own."

They [the Promises] are being fulfilled among us—sometimes quickly, sometimes slowly. But the will always materialize if we work for them.

For the readiness to take the full consequences of our past acts, and to take responsibility for the well –being of others at the same time , is the very spirit of Step Nine.

We will suddenly realize the God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly sometimes slowly, but they will always materialize if we work for them.

ANNIVERSARIES SEPTEMBER 2015

A New Day

Rich R ..17 yrs.

Kathleen W..9 yrs.

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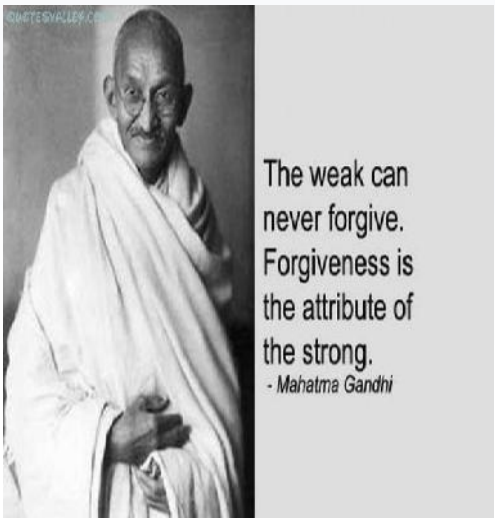

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For years I repeatedly said "I'm sorry" for all the pain and suffering that I regularly caused the people in my life. I would tell myself "I'm never doing that again" only to break the promise intentionally or unintentionally. What a vicious cycle of lies, deceit, and disappointments. I could blot out the reality of the situation with alcohol, but the others left in my wake, could only sit there with their pain and try to clean up the mess I had left behind. After living a life of illusions and delusions, I had no idea that the morning I went to treatment there would not be enough room in the car for my dad, me and all of my guilt.

I began to cry as he pulled away because for the first time in 27 years I was able to see the pain and sadness in his eyes and my heart began to break into a thousand pieces. I thought to myself, "I will never be able to correct all the damage I have done ." My hopelessness reached an all time high.

After being in treatment for about 3 months, Step 9 was explained to me in full detail. It wasn't about being sorry for my past actions but rather about making amends to those I had caused hurt and suffering to. I needed to correct the wrongs I had done no matter what the cost. These amends included financial, physical and other harm except if it would cause further hurt to that person or others. In other words, I needed to clean up "my side up the street" with unselfish concern for another person's welfare as God sees it.

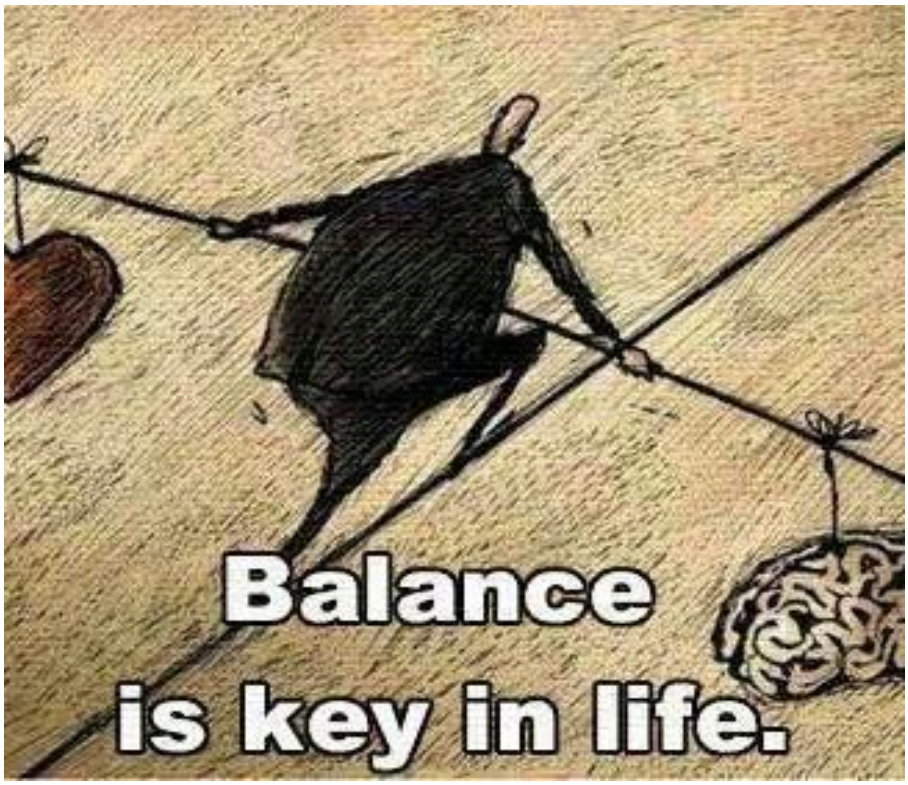
I started with my family and friends in making my amends. I was met with love and understanding from each. They revealed to me the fact that they knew I had a problem and wished nothing more than I find happiness and forgiveness of self. Almost immediately I began to feel the weight lifted of my shoulders and slowly the guilt began to melt away. My sponsor explained to me that this step was not only about amends but also about change. I need not forget that I was to approach each person, institution, and self with a degree of humility and acceptance.

Self forgiveness has come slowly through the years as forgiving others that have stepped on my toes and I immediately feel the need to retaliate. But, I have learned through experience that I can't ask for something I am not willing to show others. Forgiveness is a two way street.

Today, I can sleep at night knowing that I have made the most important amends but that I made a list of ALL persons I had harmed. I must be willing to clear up the wreckage of my past when or if these people show up in my path down the road. Step nine has given me the freedom to hold my head up high and face the world in the eye . It has given the gif t of change. It has brought an immense feeling of emotional balance most days. We all have ups and downs. Some days are just that—days. I heard in meeting that there was no such thing as emotional sobriety but rather emotional balance was a byproduct of staying sober and applying steps and principles in all area of my life. I happen to agree.

Alcoholics, like myself, can make a category 5 hurricane jealous. (Not an original statement) I also heard that if this step is skipped there is a good chance I will drink again. Like the 4th and 5th step, I need to have courage and integrity. My life is different and purposeful today and for that I will always be grateful to the program, fellowship, and to the God of my understanding for giving me the opportunity to have a better life.

Anonymous



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GATE LODGE SCHEDULE

TUESDAY 8:30	THURSDAY 8:30	SATURDAY 6:30
9/8—Easy Does It	9/10—I Am Responsible	9/12—IR Thursday
9/15—Royal Palm	9/17—South Vero	9/19—Easy Does It
9/22—Noontime	9/24—ODATT	9/26—Royal Palm
9/29—Royal Palm	10/1—IR Women's	10/3—Noontime
10/6—IR Men's	10/8—Early Risers	10/10—IR Men's
10/13—Man To Man	10/15—Candlelight	10/17—Man to Man

BHC **

MONDAYS @ 7:00 PM

****THE FACILITY REQUIRES 2 YEARS OF SOBRIETY**

9/12 = Early Risers
9/9/19—South Vero
9/26—Lunch Bunch
10/5—Vero Beach Men's
10/12—Indian River Men's
10/19—Early Risers

A.A. EVENTS

FLORIDA UNITY ROUNDUP

October 2nd, 3rd,4th 2015

Hyatt regency JacksonvillE

Register and pay securely online@

Www.floridaunityroundup.com

BRINGING FLORIDA AA TOGETHER FOR RECOVERY

NEW BIG BOOK MEETING

Monday Night
Starting October 5,2015
7:00 PM
Community Church

****

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Indian River Central Office of Alcoholics Anonymous
1600 26th Street, Suite 6
P.O. Box 1776
Vero Beach, FL 32961
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……Samantha 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 26th Street, Suite 6
Vero Beach, FL 32960 **Phone: 772-562-1114**