

# HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

**Volume 36 Issue 8**

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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](mailto:aairehow@yahoo.com)

## STEP 8

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

If we've continually harmed people and haven't made any effort toward amends, then we've got a lot of people, places, and things to avoid. Large areas of life become closed off to us. When you're willing to make amends, those areas open up again. You don't have to avoid people any more. This is true not only for people in recovery but for all of us.

**Step 8** is a wonderful step for beginning to rebuild some bridges that were burned in active addiction. When addiction had its grip on me, some of my relationships with loved ones became strained, and I hurt some of those closest to me. This step gave me the chance to reflect on my past and take full responsibility for my part in the burned bridges.

Thankfully, all of the previous steps brought me to a place where I could honestly sit down and create a list of the people I'd harmed and become willing to make amends.

### Feeling Authentic Love

**Step 8** is based upon the principle of authentic love.

Steps 1 through 7 were more personal steps, as their focus was more on my past thoughts and actions that caused me to make some internal changes. Step 8 asked me to continue making changes by revisiting my past and making a list of those I'd wronged somehow.

In addition, I was preparing my heart to become willing to actually make amends to such people in Step 9. I had to become willing to offer my apologies to those I'd hurt and extend a good dose of authentic love. This required humility and trust that such actions would help me in my recovery and benefit the greater good.

Now, this step wasn't easy. Owning my selfishness and taking responsibility for hurting others was painful. It's easier to point fingers at others or just look the other way. It's easier to let bygones be bygones. But when I really humbled myself and honestly went inside on this matter, I realized I was carrying around guilt and shame. The people I'd hurt did not deserve it, and I knew if I wanted to continue to grow personally and spiritually, I had to be willing to make amends and do the right thing.

### Willingness Goes a Long Way

**Step 8** requires a willingness to reflect on your past and be honest about your part in hurting others or in strained relationships. Perhaps you've hurt your parents, your spouse, friends, a neighbor, a co-worker, and so on. Maybe your drinking landed you in some deep depression and anger that made you difficult to live with.

When I was knee deep in my addiction, I wasn't there for my children like I could have been, and I hurt my partner over and over. I knew apologizing wouldn't be easy, but I was willing to do my part in making amends.

Step 8 prepares us for Step 9, where we actually make amends when possible. As daunting as that may sound, rest assured that you'll not be asked to do anything that would further hurt another person or yourself. Trust in the process; it works!

—Anonymous

Love is something  
you do for others  
Not something you  
do for yourself

# OUR THREE LEGACIES

## STEP EIGHT (Recovery)

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

**PRINCIPLE:** Justice (mercy) and brotherly love. Brotherly love -- doing right, forgiveness, understanding, taking responsibility for ourselves and others.

"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."

Twelve Steps and Twelve Traditions, p. 77

## TRADITION EIGHT (Unity)

*"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."*

With regard to Tradition Eight--"Alcoholics Anonymous should remain forever nonprofessional . . ."

--the opposite of professional is amateur. And the original meaning of amateur is one who does something for love. In this sense, I think most AAs are amateurs, doing what they do in AA out of love for the program and love for fellow alcoholics.

-- D. K.

South Deerfield, Massachusetts

## CONCEPT EIGHT (Service)

The trustees of the General Service Board act in two primary capacities: a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. b) But with respect to our separately incorporated and constantly active services, the relation of the trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

R. H. SMITH, M. D.  
2ND NATIONAL BLDG. AKRON, OHIO

TELEPHONE: HE-8523 REG. NO. \_\_\_\_\_

R FOR alcoholics

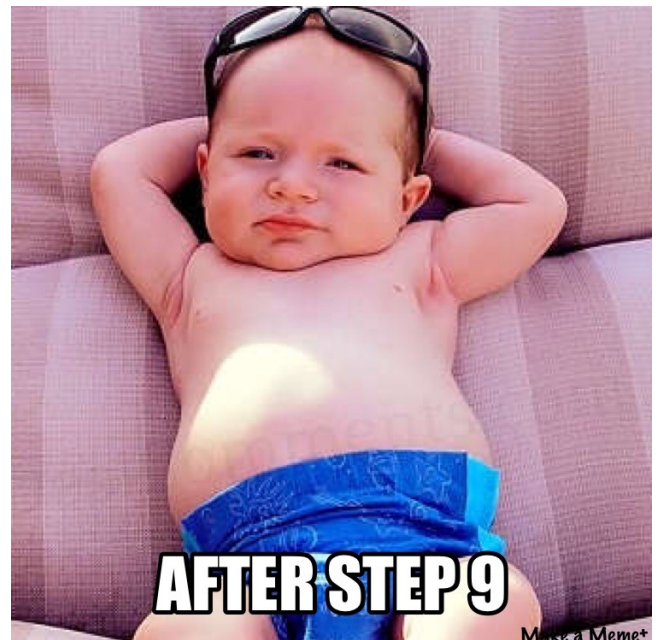
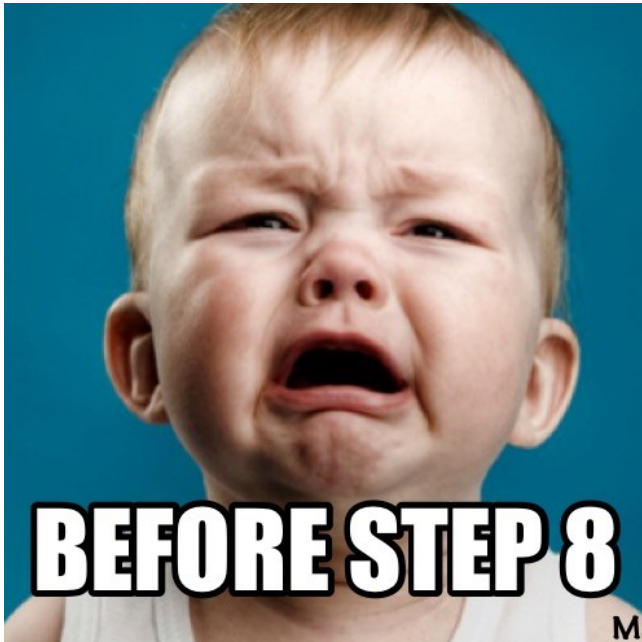
ADDRESS \_\_\_\_\_ DATE Feb 1937

*always remember it*

1. Trust God
2. Clean house
3. Help others

NR 1 2 3 INF.

*[Signature]* M. D.



## MAKING AMENDS

1. ADMIT YOUR MISTAKE.
2. ASK FOR FORGIVENESS.
3. RECTIFY THE WRONG.
4. CHANGE THE BEHAVIOR.

Dear Alcohol,

We had a deal that you would make me cuter, funnier and a better dancer.

I saw the video. We need to talk!

# AUGUST ANNIVERSARIES

## A NEW DAY

Lou N. 1 year  
Dawn B. 2 years  
Rene B. 4 years

## INDIAN RIVER THURS NIGHT

### INDIAN RIVER WOMEN'S

### I OVER E GROUP

## ROYAL PALM GROUP

### SAFE HARBOR WOMEN'S

Patricia C. 28 years  
Danette D. 27 years

### BAREFOOT BAY GROUP

Paul M. 1 year  
JazZ. 30 years  
Peter D. 46 years

### LUNCH BUNCH

Hank T. 26 years  
Peter D. 29 years

### SEBASTIAN 5:32

### MAGNOLIA GROUP

Maureen 38 years

### SEBASTIAN STEP SISTERS

### CANDLELIGHT

MaryAnn S. 27 years  
Mark P. 7 years

### MAN TO MAN

Ben W. 3 years  
Chris C. 1 year  
Dan M. 13 years  
Hank T. 26 years  
Lewis N. 1 year  
Matt P. 2 years  
Pat G. 3 years  
Steve W. 15 years  
Tom B. 5 years

### SOUTH VERO

Hailey P. 1 year  
Holly R. 1 year  
Deborah F. 2 years  
Derek M. 2 years  
Gregg R. 3 years  
Bill T. 4 years  
Carol L. 5 years  
Paul G. 5 years  
Greg S. 7 years  
Amber C. 12 years

### EARLY RISERS

Dennis 5 years  
Greg 7 years

### EASY DOES IT

### FREE AND EASY

### HIBISCUS GROUP

### NOONTIME RECOVERY

### MEAT AND POTATOES

### I AM RESPONSIBLE

Hailey P. 1 year  
Keith A. 1 year  
Susan E. 17 years  
Don E. 20 years  
Rosanna F. 26 years

### ODAAT

Kera C. 2 years  
Doris G. 3 years  
Chris G. 3 years  
Thomas P. 3 years  
Suzanne B. 6 years  
Alex H. 6 years  
David P. 6 years  
Kimberlee A. 6 years  
Mary B. 6 years  
Blair F. 7 years  
Sandra T. 14 years  
Rebecca H. 16 years  
Lori L. 17 years  
Ellie Y. 18 years  
Tom M. 31 years  
Ferne S. 32 years  
Ginny K. 34 years  
John R. 35 years

### INDIAN RIVER MEN'S

Dick P. 51 years  
Billy 33 years  
Bob C. 19 years  
Steve 15 years  
Tim K. 14 years

### VERO 12 & 12

Ken K. 17 years  
Rich M. 33 years

### VERO BEACH MEN'S

Alan P. 5 years  
Bill L. 7 years  
Tom F. 17 years  
Lane S. 16 years





# **VB Men's 17 ½ year Anniversary Celebration**

*Join us for our barbecue party*

*Everyone is invited!!*

**August 19<sup>th</sup>, 2017  
Between  
11:00am and 2:00pm**



**Newport Club  
2536 16<sup>th</sup> Avenue  
Vero Beach, FL**

# FROM THE INDIAN RIVER CENTRAL OFFICE

## **SAFETY CARD FOR A.A. GROUPS**

### **Suggested Statement on Safety**

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

**Service Material from the General Service Office**

### **Our Common Welfare**

*Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.*

**— Tradition One (Long Form)**

It is hoped that our common suffering as alcoholics and our common solution in A.A. will transcend most issues and curtail negative behaviors that could jeopardize the safety of anyone attending an A.A. meeting. Nevertheless, Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms of A.A. For this reason, groups and members discuss the topic of safety — to raise awareness in the Fellowship and to seek through sponsorship, workshops and meetings, to create as safe an environment as possible to carry A.A.'s message of hope and recovery to the still-suffering alcoholic.

## 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.

### 2016 STEERING COMMITTEE

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

### 2016 STANDING COMMITTEES

Archives.....Glen B.  
Birthday Dinner 2017..... Doug C.  
Desk Coordinator.....Marty P.  
Corrections—Women.....Open (Lorelei)  
Corrections-Men..... Lane S.  
Corporate Documents.....Vic S.  
Public Information.....Rodney D.  
Unity Committee.....Ray P.

Nominating Committee.....Marty P.  
After Hours Phone..... Mindy S..  
HOW Editor .....Rick H.  
Inventory Control.....DJ Irwin  
Literature..... Dutch V.  
Treatment..... Bobby Z/Clyde K.  
Website.....Dutch V.  
Where and When.....Susan M.  
12 Step List Coordinator.....North: Trent L.  
South: Billy VB  
District 6 Liaison.....Open\*  
\*One year minimum sobriety required

## 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

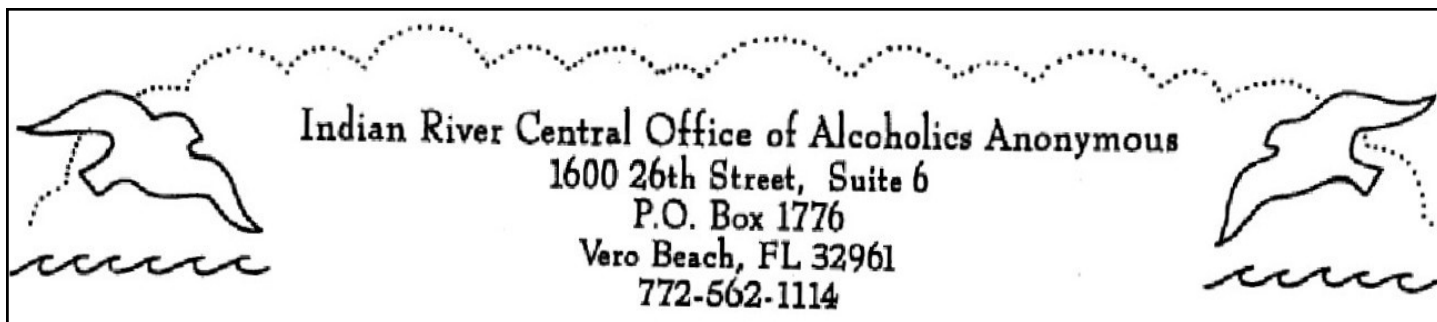
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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 26<sup>th</sup> 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.