

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 37 Issue 6

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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 aairhow@yahoo.com

Step 6 WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER

As Long as I Stay Willing

Step Six is about having the **willingness** to hand over my defects to God. After working Step Five with my sponsor, I asked myself if I was really ready for things to change. I had spent my entire life in a world of selfishness, dishonesty and fear. I had no idea how often I had been self-seeking and dishonest. I played the victim, blaming my environment, my childhood and other people—anything except the real problem, my self-centeredness. This insanity landed me in the hospital after trying to end my life. It was eye-opening to find the root of my troubles. I was miserable, but I found comfort in the pain and it was all I could relate to. For me, drinking was a great validation for my self-hatred. It was the only answer I had. Step Six represents to me the beginning of a drastic change in myself and a new perspective. Change is scary, even if it promises a better life.

Yet in the beginning, I said I would go to any lengths, and my idea of living almost killed me. I do not have the option of holding on to any of my defects. I must be willing to get rid of everything. Taking these leaps of faith and trusting God has brought me much relief. I know that everything will fall into place as long as I stay **willing**.

Dawn M.

"God, Thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me your Grace Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed."

Alcoholics Anonymous page 76

OUR THREE LEGACIES

STEP SIX (Recovery)

"Were entirely ready to have God remove all these defects of character."

Principle: Willingness—The quality or state of being prepared to do something; readiness.

Now that we have accomplished an inventory of the good and not so good aspects of our character and behavior, are we **willing** to change them? All of them? The important part in this 12 step principle is the **willingness** to let go of old behaviors and rely on our Higher Power.

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 core of AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, our expenses!"

From The Grapevine, May 1948

CONCEPT SIX (Service)

On behalf of AA 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.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

The moment we say, "No, never!" our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal.

This is the exact point at which we abandon limited objectives, and move toward God's will for us.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

6/4 Candlelight

7/2 Sebastian Freedom

6/11 Early Risers

7/9 Early Risers

6/18 South Vero

7/16 Saturday Women's

6/25 VBMG

7/23 Meat & Potatoes

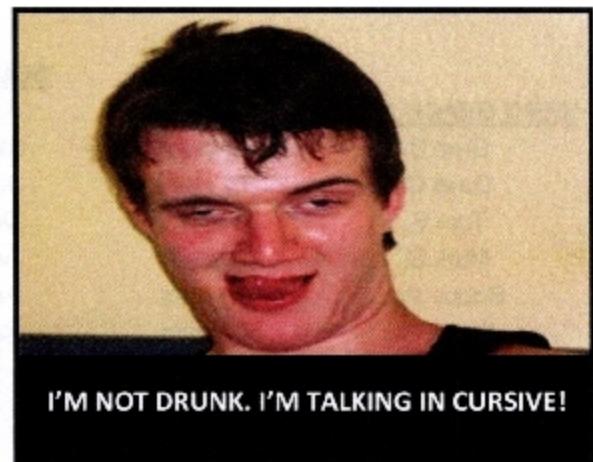
7/30 IRMG

The Indian River Women's Group will not meet the last Monday in June



Your willingness to look at your darkness is what empowers you to change.

By: Yvonne Vanzant



JUNE ANNIVERSARIES

A NEW DAY

Matthew G.	4 years
Mary Jane L.	5 years
John W.	8 years
Chuck S.	8 years

INDIAN RIVER MEN'S

Lonnie	9 years
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ROYAL PALM GROUP

Steve S.	29 years
Susie K.	38 years
Katie H.	24 years
Mindy S.	28 years
Jeff P.	9 years
David K.	5 years
Skip P.	38 years

CANDLELIGHT

Mike D.	1 year
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INDIAN RIVER WOMEN'S

Kim G.	30 years
Kristen B.	2 years

SAFE HARBOR

Kathy H.	7 years
Jodi W.	11 years

MAN TO MAN

Bill F.	24 years
Brian M.	2 years
Dave H.	11 years
Joe A.	20 years
Jonn W.	8 years
Mark L.	18 years
Nick F.	14 years
Paul T.	21 years

LUNCH BUNCH

Jeff S.	23 years
Ruthie T.	50 years
Marl L.	18 years
Linda V.	13 years

SEBASTIAN 5:32

Ron	45 years
Dan S.	29 years

MAGNOLIA GROUP

Joyce E.	36 years
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SEBASTIAN FREEDOM

Tim W.	41 years
Dan P.	32 years

ODAAT

Wayne L.	6 years
Lorrie Ann N.	24 years
Gil B.	35 years
Bobbie D.	46 years
Ed O.	46 years

SEBASTIAN STEP SISTERS

Sandi J.	1 year
Amanda S.	27 years
Cindi L.	3 years
Barbara M.	32 years

SOUTH VERO

Kara L.	1 year
Matt H.	1 year
Joshua B.	2 years
Denise R.	3 years
Adam F.	17 years
Amanda S.	27 years
Ralph B.	33 years

VERO BEACH MEN'S

Brett B.	12 years
Dave O.	18 years
Tom B.	3 years
Mark B.	2 years
Bobby W.	7 years
Frank S.	2 years

VERO 12 & 12

Charlie D.	49 years
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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:

Being active in AA service has given me gifts far above what I had already received from having put the 12 Steps in my life. It has given me a new understanding and belief that we are truly responsible to ensure that AA will be here for the AA not yet ready or even born. It allows me to see people in a different light, a deeper understanding of being of "Maximum Service to God and My Fellows" as talked about in the Big Book, and most of all it has given me a deeper understanding of myself, and for that I will be eternally grateful.

Dutch V.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics!" (Alcoholics Anonymous pg. 89)

Keep in mind that helping others is not limited to sponsorship. Be a friend. Call other alcoholics often. Make coffee. Volunteer when possible.

"For it is in giving that we receive"

On the next page, we have provided the Third, Seventh, and Eleventh Step Prayers that you may cut out and laminate.

**"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.

2017 STANDING COMMITTEES

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

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

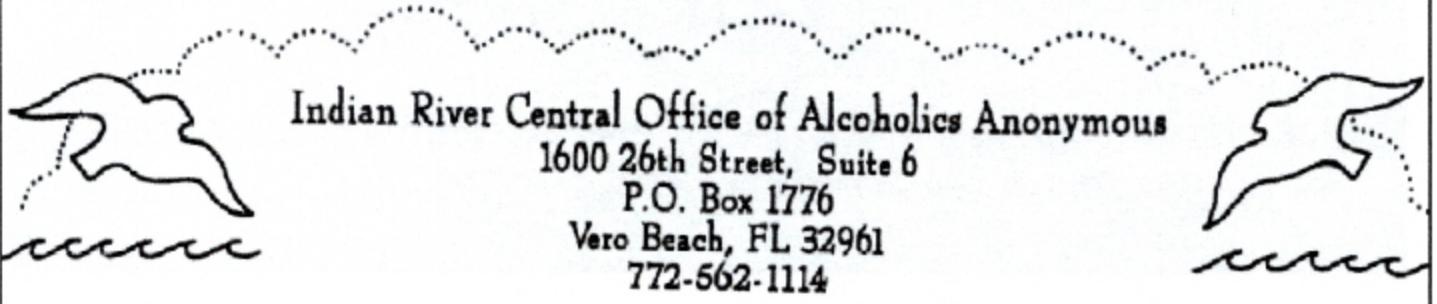
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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."*



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P.O. Box 1776
Vero Beach, FL 32961
772-562-1114

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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

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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.