



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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June 14, 2011

"The HOW is published to improve communication between local AA Groups and encourage the participation of AA members in service and activities."

Experience, Strength and Hope... On Step Six

It was Boston Eddy who explained it to me. "The trouble you're having with Step Six is that you think your name is in it. Go home and read it again." So, I did. I went home and got quiet, and opened my 12 & 12.

"Were entirely ready to have GOD remove all these defects of character." I began to understand what Eddy was trying to tell me. The heavy lifting is done by the Higher Power. My job is to get ready for the changes as they come. For example, instead of biting my tongue until it bled to keep from lying, my job was to consider a life where lying wasn't the way I handled tough situations. Though fibs had gotten me through some difficult scrapes in the past, they were now evidence of my "stinking thinking." If I wanted to become happily and usefully whole, they were going to have to stop.

But Step Six doesn't have my name in it. It wasn't my job to make the lying stop . . . my job was to be honest about how the lies were affecting me. Because I was always juggling the truth, I always had a few tall tales in the air. I could never let my guard down and be fully relaxed because I might screw up and forget one of the untruths I had woven into my existence. Then, not telling the truth became more difficult because without the alcohol in my system to help design these fictional fabrications, the lies became harder to spin. I was forced to start considering Step Six, because lying had become a lot of work.

Lying became drudgery. What was once my solution was now tedious and tiresome. I had seen my true nature in Step Five. I knew I would lie to get my instinctive needs met, even if it meant hurting or taking advantage of those I loved. Even though Step Six is the shortest step in the Big Book, it took me a long time to give in to its principle. Willingness at a deep personal level was frightening, because I wasn't sure I could get my social and security needs met without stretching the truth. Nonetheless, I wanted life to be simpler, and losing the lying looked like it would provide a more uncomplicated lifestyle. By the time I moved on to Step Seven, I couldn't wait to have that defect lifted. I wanted to stay sober and to grow spiritually because I had come to believe it might be the easier, softer way.

Continues on page 3



6 SIX VI

Tradition 6:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money property and prestige divert us from our primary purpose.

Concept Vi:

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

Principle Behind Step 6:

Willingness

"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 the 12 step principle is the willingness to let go of old behaviors and rely on our Higher Power."

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



I want to be free.



Traditions Checklist

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines for Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?



Eventually, I became entirely willing to allow the Higher Power to relieve me of my penchant for fibbing. There were other defects I couldn't turn over, and I begged God, "Not yet." Father Martin used to say, "Wanting to please God pleases God." And with Step Six, sometimes that was the best I could achieve. With time comes willingness, because once I've identified a behavior as a character defect, it stops working like the charm it was in the past. Once I see it as a speed bump in my progress, I begin to want to want it to go away. And according to that last quote, that is enough to keep growing closer to the God of my understanding.

For me, Step Six was the toughest of the steps my first time through. With each of the following treks toward a deeper sobriety, however, it becomes easier. Now, I have a new track record to remind me that whenever the HP removes a defect, it gets replaced with something way better. Step Six has helped my faith become trust . . . especially in the process, and sometimes even with God and other people.

Beth WE

Vero Beach Men's and Women's
Closed Discussion Meeting of
Alcoholics Anonymous

Starts June 2nd

Saturday Mornings
9:00am

Starts June 2nd



at
The Newport Club
2536 16th Avenue

This is a **CLOSED** meeting of
Alcoholics Anonymous
Those who have a problem with
ALCOHOL
are welcome to attend.

This meeting will strictly adhere to the
3rd Tradition of Alcoholic Anonymous.

If you have problems other than, but not
including **Alcohol**, this meeting suggests
you find a 12 step program suited to
meet those needs.



The AA Church

by Gail L.

It is often said today that Alcoholics Anonymous is the greatest social and spiritual movement of the 20th century. Like all spiritual births, its beginnings were humble, taking place, not in the “Big House” or Manor House of the Seiberling estate, but rather in the unpretentious Gate Lodge. The seeds of the formation of what became Alcoholics Anonymous did not grow in a famous institution, but over a simple kitchen table where Ebby carried the message of recovery to his friend,



Bill. This message was later carried to another kitchen table at 855 Ardmore in the spring of 1935. At this table, Bob and Bill sat discussing, late into the night, the spiritual principles and how they might best be used to help an alcoholic recover from what was, at the time, a hopeless state of body and mind. In the early days of transformation from Oxford Group principles to the formation of our simple 12 step program, the wisdom of the journey from alcoholism to sobriety was done with a humble coffee pot and a simple kitchen table. The coffee was always on, and the kitchen became the AA church. (This is mentioned in the Akron Pamphlet written in 1940 at the request of Dr. Bob.) Bill would later compile much of this wisdom in our basic text, the Big Book of Alcoholics Anonymous. Bob, on the other hand, wrote very little, but in his own words tells us.....

"It would be hard for me to conceive that, during these nightly discussions around our kitchen table, nothing was said that influenced the writing of the Twelve Steps"

Reprinted from "THE HOUSE CALL", the official newsletter of Dr. Bob's Home, 855 Ardmore Akron, Ohio.

To those who have touched our lives

Trudging the road to Happy Destiny is filled with many benefits; one of those benefits is meeting new friends, and another, alas, is losing good friends. On May 10th, my good friend Jennifer P. came to the final verse of the Serenity prayer and is now "*supremely happy with Him in the next [life]*"

I have been fortunate to know Jennifer and her husband Sam for many years, we took several trips together, Minneapolis (2000) and San Antonio (2010) attending the International AA conventions held in those cities, as well as a pleasure trip to New Orleans in between.

I will miss her smile and sense of humor. Jennifer worked very hard, tirelessly, at her sobriety and was loved by all who crossed her path. She reminds us all that this disease of ours is indeed cunning, baffling, and powerful.

We will miss you Jen, but your memory will keep you with us until we meet again.

Dutch V.



2011 Quarters/2012 month of OFFICE ACTIVITY

Calls for Assistance and Walk-Ins

Nature of Calls

	JAN	FEB.	MAR	1ST Q	APR.	MAY.	1ST Q	2ND Q	3RD Q	4TH Q.
12th Step Support	14	19	12	45	11	15	31	35	46	48
General Info/Misc	50	63	62	175	55	77	272	253	253	288
Purchases	102	92	88	282	70	80	313	271	253	227
Meeting Info	64	51	61	176	47	39	137	135	144	129
Alanon / NA	12	7	21	40	12	12	28	27	41	23
TOTAL	242	232	244	718	195	223	728	721	737	715

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Speaker		Speaker
				6/16	IR Women's
6/19	A New Day	6/21	I Am Responsible	6/23	Fri Night Young
6/26	Easy does it	6/28	Candlelight	6/30	South Vero
7/3	Noontime	7/5	I.R. Men's	7/7	I.R. Thursday
7/10	ODAAT	7/12	Roseland	7/14	OSSABAW

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 Lorelei G (772) 501-2945

BHC MONDAYS AT 7PM

6/18	Vero Beach Men's	6/25	Young People	7/2	Vero Beach Men's
7/9	I.R. Men's	7/16	South Vero		

**This facility requires 2 years of Sobriety for visiting AAs*



June 2012 Birthday

1208 Years of CONTINUOUS Sobriety!



AA Only

Danny W.21

Barbara G.25

Candlelight

Jay A.2

Free and Easy

Valerie B.1

Freedom group Sebastian

Dan P.26

I Am Responsible

Lorelei G.7

Alex I8

Paul S.14

Neil o".15

Indian River Thursday Night

Natalie B.1

Indian Rive Men's

Lonnie3

Indian Rive Women's

Eileen.2

Hilda.2

Linda V.3

Kim G.24

Kings Highway

May

Laura E.8

June

Heidi P.13

Man to Man

Ed B.2

Gerry M.2

John W.2

Martin R.2

Robert R.2

Mike C.3

Rick B.7

Nick F.8

Mark L.12

Paul T.15

Bill F.18

Pat B.27

Noontime Recovery

May

Davie.1

Michelle.1

Mike3

Frank.7

Cathy.10

June

Andrew.9

David G.21

Murry.26

Ossabaw

Linda r.6

Nick f.8

Mark l.12

Paul t.15

O.D.A.A.T.

Daniela M.2

Michele M.3

Diana F.4

Chelsea B.4

Colleen C.5

Paul C.6

Lisa C.6

Ginny.6

Ted H.9

Michelle R.10

Christine O.11

Brian G...11

Tom N.15

Lorrie N.18

Jack L.22



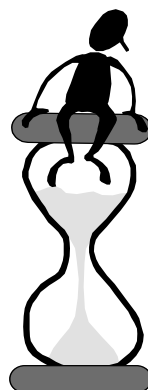
Beverly L.26	South Vero Group
Kathy H.35	Irene M.1
Norman G38	Ruby B.1
Bobbie40	Bob M.3
Ed O.40	Mike Mc.4
	Adam F.11
Royal Palm Group	Rick S.13
Mindy.....22	Sam P.15
	Rick B.21
Safe Harbor	Ralph B.27
Donna W.5	Lily B.29
Jodi W.5	Alberta S.44
	Surfside
Sebastian 12/12	Pat C.....37
May	Howard G.58
Paul C.....2	The Vero Beach Group
June	May
Dick K.8	Scott T.1
	June
Sebastian lunch bunch	Tom F.21
Mark L.12	
Jeanie.12	Vero Beach Men's Group
Ruthie T.44	
Sebastian Sundowners	Bobby W.1
Dale B.3	Brett B.6
Debra M.3	Dave O.12
Darlene H.5	
Chandra K.6	Vero Beach 12 & 12
Jeannine D.12	Bill K.....14
Paula L.13	Charlie D.....43

HAPPY BIRTHDAY TO ALL!

To publish announcements of AA anniversaries being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor," send via e-mail

ihow@yahoo.com

**BY THE Last
Friday OF EACH MONTH!**



**Service
Service
Service**

"WHAT ARE YOU WAITING FOR?"

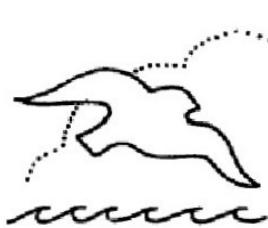
The Men's and Women's Correction Committee is looking for volunteers to take a meeting once a month into the Indian River County Jail.

Call Bill VB (321-2897)

or

Lorelei (501.2945)

(2 yrs. of sobriety required)



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



URL: www.indianriveraa.org

E-MAIL: info@indianriveraa.org

2012 STEERING COMMITTEE

Chair.....Karen M.
Vice Chair.....D.J. I.
Treasurer.....John H.
Secretary.....Sunshine P.

2012 STANDING COMMITTEES

Archives.....Kathy H.
Desk Coordinator.....Sue L.
HOW Editor.....Jeremy S.

Corrections—Women.....Lorelei G.
Corrections—Men.....Bill VB.
Critical Documents....Margaret B / Vickie S.
Literature.....Sue L.
Public Information.....Lane S
Inventory Control.....Joseph J./Jeff S.
Treatment.....Lorelei G./Samantha G.
Telephone Coordinator.....Todd R.

Unity.....Kimberly P / Craig S
Website.....Dutch V.
Where and When.....Donald S.
District 6 liaisonEileen W

2012 DELEGATES AT LARGE

Lane S
Cynthia G.
Paul H.

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