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 aairhow@yahoo.com

"Humbly asked him to remove our shortcomings."

My journey

The exposure of my coping mechanisms in Step 6 left me feeling like a defect myself. I had tried without any luck to remove these defects myself. I had sworn I would be honest and failed each day. I had started one diet program after another trying to "do" self care. I had bought expensive clothes to cover up my body and let them go to waste by doing housework in them and dripping bleach on them. I could not remove these character defects anymore than I could remove my disease of compulsive overeating. It was when I declared true powerlessness over these and worked Step 7 with an attitude of **humility** that I was able to release, even if only for a day, some of those defects of character.

The Step--Humbly asked Him

Humility: I had enough of being humiliated thank you very much. The authors of the 12 and 12 said it just perfectly for me. It was suggested to me that they were not the same thing. I didn't do humility very well. I did braggart. I did boisterous. I did self will really well but humility escaped me. So I didn't really have any examples of what this character asset was. So I started to look around and see what it was in others.

My ex-husband had a man who worked with him who was brilliant at keeping confidences. He was gentle, kind and didn't gossip. Others went to him for counsel and he gave them what he could. This was my first example of humility.

A woman I am in recovery with graduated with a 1st (4.0) at Oxford. She never uses her intellect as a weapon often sighting her poor memory and her difficulties in recovery. Here is another example of humility.

Each week around the world hundreds of thousands of people set up meetings, chair meetings, offer their time for service without being paid. Millions of dollars are spent on gasoline, telephone calls, photocopying and coffee and tradition 7. This is one of the most powerful examples of humility. The people I am recovering with themselves and their practice of anonymity is the clearest example of humility in my life. Each time I give service I am blessed with humility working in my life. I am no poster child for OA. I will never be famous for sitting in those uncomfortable chairs every week or to post in support of a fellow recovering person on the Internet. I will however have the blessed honor of carrying the message and keeping the light on for someone who needs it and this thought gave me permission to work this step with an attitude of humility.

To remove

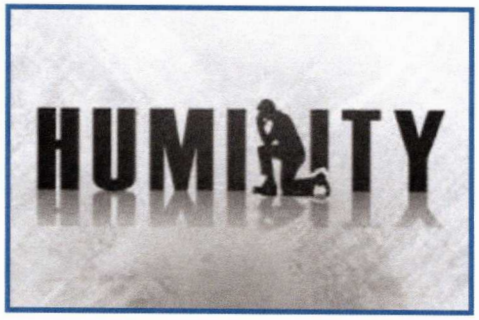
Ok, where's the magic wand of recovery darn it? *laugh* One of my best recovery friends bought me a pink magic wand from Toys R US and told me if I ever needed to be cured I could use that. It's been a joke between us ever since and when she graduated with her Counselling degree I bought her a replica Hermonine Granger Wand from the Harry Potter films so she could cure her clients. What's this got to do with "to remove"? Well there is no force in this world; no pills, no magic wand that can remove my shortcomings or my compulsion to overeat. But the miracle of recovery is that **working the steps and handing it all over does work.**

Now I can't remove it. Do you think I would CHOOSE to be dishonest? Nope but I used to as it made me feel exciting and unique. Nowadays I don't like me when I lie. The mental energy expended in keeping it all straight alone is exhausting. But the real gift is by working the Steps and every day learning a new way of coping with the insecurity and fears in my life I don't HAVE to lie. So how do I know it can be removed? Do I really trust this HP of mine?

Let's give an example of what happens when it is removed. Recently I handed over my life and my will around dating. This means I can't ask people out anymore I have to just let life happen. This is part of handing over my defect of control. I'd been single and not really dated for about 4 years. As a "taster" of what God had in store I was in the post office just before Christmas and a man out of nowhere gave me his number and asked me out. Now it didn't work out but this was the first time ever I have been asked out. By handing over control and praying for it to be removed God showed me that I was perfectly fine and it would happen in his time if I let it.

Our Shortcomings

It was when I "got" the **humility** I was able to ask for help with the powerlessness over my character defects. One by one they lessened their grip on my character and were replaced with honesty, self-love and acceptance. Now I don't get these all right. As I type this the control over my food has returned and I am desperately trying to get honest around my portion sizes once again. I know by writing this work with you it will bring me back to my knees where I belong and it's only here that I am teachable. God can and had removed these barriers in my life before. I know if He is sought he can do so again.



I am, as ever, a work in progress.

-Anonymous

OUR THREE LEGACIES

STEP SEVEN (Recovery)

"Humbly asked God to remove our shortcomings."

Principle: **Humility**—A modest or low view of one's own importance. Freedom from pride or arrogance .

"...without some degree of humility, no alcoholic can stay sober at all"...practicing humility is "the clear recognition of what and who we really are, followed by a sincere attempt to be what we can be."

Bill Wilson

TRADITION SEVEN (Unity)

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

"When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all who still suffer."

Bill W. From The Grapevine, November 1957

CONCEPT SEVEN (Service)

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

PRIDE

Focuses on others failures.

Self righteous, overly critical, and fault finding.

Looks at their life through a telescope but others with a microscope.

Looks down on those who aren't as 'spiritual' or 'committed' as they are.

Thinks they know who is truly proud and truly humble.

Thinks everyone is privileged to have them involved.

HUMILITY

Realizes how far they fall short and have overwhelming sense of their need to grow.

Compassionate and forgiving.

Looks for the best in others.

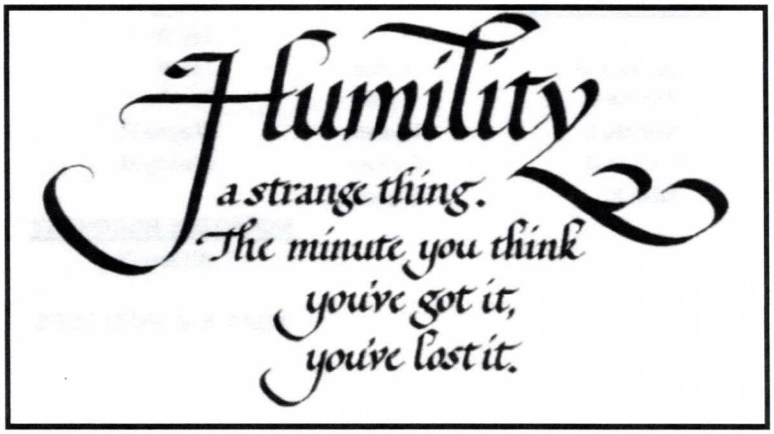
Seeks to win people, not arguments.

Realizes only God knows a persons true motives.

Leaves the judgement of the heart in God's hands.

Thinks they don't deserve the opportunities that God gives them.

"TRUE HUMILITY DOES NOT KNOW THAT IT IS HUMBLE. IF IT DID, IT WOULD BE PROUD FROM THE CONTEMPLATION OF SO FINE A VIRTUE."
MARTIN LUTHER



JULY ANNIVERSARIES

A NEW DAY

Marc C.	3 years
Chris E.	4 years
Greg H.	5 years
Patty A.	11 years
Diana D.	27 years
Nona	25 years
Stephen 0.	15 years
John B.	3 years

BAREFOOT BAY GROUP

Denis J. (from June)	19 years
Tim W. (from June)	40 years
Greg H.	5 years
Wayne R.	11 years
Nona	25 years

CANDLELIGHT

EARLY RISERS

Ray	14 years
Donald	29 years

EASY DOES IT

FREE AND EASY

HIBISCUS GROUP

I AM RESPONSIBLE

Danielle S.	1 year
Robbie B.	1 year
Nichole L.	5 years
Derrick E.	6 years
Trish K.	11 years

INDIAN RIVER MEN'S

Malcolm	32 years

INDIAN RIVER THURS NIGHT

INDIAN RIVER WOMEN'S

Heather Z.	12 years
Marla B.	8 years

I OVER E GROUP

LUNCH BUNCH

Gus R.	8 years
Wayne R.	11 years

MAGNOLIA GROUP

Donna	15 years
Christina	34 years
Lynn	46 years

MAN TO MAN

Bill B.	34 years
Bill F.	16 years
Bob M.	3 years
Brian D.	43 years
Chris E.	4 years
Dave L.	24 years
Dave O.	28 years
Donald S.	29 years
Gregg H.	5 years
Jay W.	9 years
Joe B.	1 years
Tim S.	31 years
Wayne R.	11 years
Woody H.	50 years

NOONTIME RECOVERY

Allison G.	37 years

MEAT AND POTATOES

ODAAT

Melissa M.	2 years
Susan P.	2 years
Brentt F.	2 years
Kevin B.	3 years
Kevin T.	5 years
Liz L.	6 years
Dave L.	6 years
Heidi.	7 years
Linda S.	7 years
Scott H.	13 years
Michael B.	18 years
Dan N.	26 years
Graham C.	27 years
Bridget C.	29 years
Jack W.	29 years
Dutch.	32 years
Richard B.	33 years
Suzie S.	36 years
Kay D.	44 years

OSSABAW

ROYAL PALM GROUP

Janice S.	28 years

SEBASTIAN 5:32

SEBASTIAN STEP SISTERS

Judy D.	34 years
Mikki L.	24 years
Analy S.	3 years

SOUTH VERO

Angela L.	1 year
Jane M.	1 year
Danny B.	1 year
Chris F.	2 years
Greg M.	3 years
David D.	5 years
Steve B.	16 years
Dan B.	19 years

VERO 12 & 12

Janice S.	28 years

VERO BEACH MEN'S

Ron P.	5 years
Bob W.	26 years
Bill V.B.	36 years

AN OPPORTUNITY TO GIVE BACK AND BE OF SERVICE:

The attendance of Group Representatives at the Indian River Central Office Meetings has been steadily declining. The Steering Committee would like to bring to your attention that currently there are only 23 group reps actively attending the meetings. We would like to encourage groups to have a representative from their meeting attend the monthly business meeting in order to keep groups informed of what is happening in the IRC and also to have input on any updates, changes and a vote. We are here to serve you so if there is anything we can do to help please let us know. Thank you.

Meetings are 2nd Thursday of each month, 7pm at Newport Club.

Steering Committee Indian River Central Office:

Chair	Steve Struwas	772-205-8206
Vice-Chair	Joseph Jackson	772-569-9365
Treasurer	John Hillhouse	772-231-1968
Secretary	Trish Holycross	203-430-8049
Delegate	DJ Irwin	772-473-6843
Delegate	John Banks	772-231-1968
Delegate	Tim Woodard	772-584-0439

UPCOMING EVENTS & ANNOUNCEMENTS

THE CENTRAL OFFICE HAS EVERYTHING YOU NEED RELATED TO AA!

CONFERENCE APPROVED BOOKS AND LITERATURE

AND OTHER NEW ITEMS RECENTLY ADDED AT GREAT PRICES!

1600 26th St # 6, Vero Beach, FL 32960 772-562-1114

Office hours are Monday through Saturday 9am to 4:30 pm

The Magnolia Group is celebrating their 5th anniversary on August 17th

First Presbyterian Church

520 Royal Palm Blvd

Vero Beach FL 32960

Snacks @ 5:30 pm Speaker @ 6:00 pm

I AM RESPONSIBLE

40 YEARS OF SERVICE ANNIVERSARY PARTY

SATURDAY, AUGUST, 19TH 2017

6:30PM DINNER

8:00PM SPEAKER

ALL ARE WELCOME!

BRING YOUR FAVORITE DISH IF YOUD LIKE

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
Birthday Dinner 2017..... Doug C.
Desk Coordinator.....Marty P.
Corrections—Women.....Open
Corrections-Men..... Lane
Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Linda W.

Nominating Committee.....Marty P.
After Hours Phone..... Mindy S.
District 6 Liaison.....Cynthia G.
HOW Editor .....Rick H.
Inventory Control.....Bobby Z.
Literature..... Dutch V.
Treatment..... Todd T.
Website.....Dutch V.
Where and When.....Susan
District 6 Liaison.....Open

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

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 froth 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.