



HOW

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."

Experience, Strength and Hope... On Step 10

As we completed my Fourth Step, my sponsor encouraged me to read Step Ten, and to continue to take personal inventory.

By the time I did the intervening steps and reached Step Ten, having gone in order, I recognized, and also admitted to others how self-centered and selfish I had been. I had made a commitment to seek God's will and try to be a better person.

If I am to follow through and "grow in understanding and effectiveness", I have to understand where I am, as well as where I have been. In order to do that, I must take personal inventory.

My sponsor suggested that I read the "Twelve and Twelve" as we went through the Steps in the "Big Book". I followed this suggestion, and Step Ten lead me to page 92, telling, "We are sober today only by the grace of God and that any success we may be having is far more His success than ours." That's a good reminder for me when I find myself getting self-satisfied.

The "Twelve and Twelve", and what I heard in the rooms, also gave me the "spot-check inventory", which is very helpful - if I will just practice it. If I am becoming disturbed in my day to day life and will pause to take inventory; I can practice self-restraint and stop short of doing or saying the wrong thing. If I don't recognize the disturbance soon enough, and I take the wrong action or say the wrong thing, a spot-check still allows me to see where I went wrong. Also, a spot-check lets me promptly admit my wrongs and make amends for them.

Of course, there are ongoing issues and days when more than a "spot-check" is necessary; I know that I should review my balance

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10 TEN X

Tradition 10:

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be brought into public controversy.

Concept X :

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined .

Perseverance:

“We have entered the world of the Spirit and strive to grow in understanding and effectiveness. This takes practice and means we have to keep on keeping on. We are beginning to trudge the road of Happy Destiny, and this takes diligence.”

10 *Continued to take personal inventory and when we were wrong promptly admitted it.*



I check up on myself. I am honest.

Principle Behind Step 10:

“Perseverance”



Traditions Checklist

1. Do I give the impression that there really *is* an “A.A. opinion” on Antibuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of these without giving the impression I am stating the “A.A. Opinion?”
3. What in A.A. history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own A.A. life?
5. What would A.A. be without this tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside A.A.? Inside A.A.?



sheet daily to keep check not only on my actions, but also on my motives. Do I do a formal inventory each day? Honestly, I do not. There are days when it's absolutely necessary, and there are days when it is not.

The Tenth Step allows me to "keep my side of the street clean" and maintain serenity. It also allows me - if I am willing - see where I am going astray, so I can change my behavior and seek God's will in such matters. Step Ten is a key to continued progress and spiritual growth, which is fundamental to my maintaining sobriety.

BIG BOOK JEOPARDY

The Indian River Central Office Unity Committee invites you to come and join in the fun and fellowship, while testing your knowledge of the big book.

Cheer on your teammates while learning about the basic text of our program.

Also check out the archives which contain the history of Alcoholics Anonymous and its beginnings.

The Central Office will also have a display set up with a video presenting "An Overview of the Central Office". This will highlight the Standing Committees provided by the Central Office and the services as well.

Date: November 3, 2012

Time 2-4 pm

Place: Newport Club



2012 OFFICE ACTIVITY

Calls for Assistance and Walk-Ins

Nature of Calls

	JULY	AUG	SEPT	3RD Q	OCT	NOV	DEC	4TH Q	1ST Q	2ND Q
12th Step Support	9	19	5	33					46	31
General Info/Misc	50	66	55	171					175	194
Purchases	85	69	115	269					282	229
Meeting Info	41	23	29	93					176	122
Alanon / NA	10	5	8	23					40	31
TOTAL	196	182	212	589					718	607

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Open Discussion		Speaker
10/9	South Vero	10/11	Roseland	10/13	OSSABAW
10/16	ODAAT	10/18	Candlelight	10/20	Friday Night YP
10/23	Early Risers	10/25	I Am Responsible	10/27	Vero Beach Men's
10/30	Easy Dose It	11/1	OSSABAW	11/3	Early Risers
11/6	Noontime	11/8	Indian River Men's	11/10	Indian River Women's

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

**MONDAYS AT 7PM**

10/8	IR Men's	10/15	South Vero	10/22	Lunch Bunch
10/29	Vero Beach Men's	11/5	IR Men's	11/12	South Vero

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



DISTRICT 6 46TH ANNUAL GRATITUDE DINNER

Saturday, November 24Th. 2012

St. Helen Catholic Church

2025 20th St

Vero Beach, FL 32960

Doors open 6:00 PM



Dinner 6:30 PM



Speaker 8:00 PM



- Clothesline
- Huge Door Prize
- Raffles

\$ 15 CONTRIBUTION
In advance or at the door

All proceeds go to support our General Service Office

PLEASE BRING A DESSERT
TO SHARE



**October 2012
BIRTHDAYS****1271 Continuous
Sobriety****Barefoot bay****September**

Barbara S.15

October

Ann D.24

Doug I.30

Kay R.52

Candlelight

Gene D.1

George M.6

Early Risers**September**

Jayne S.12

October

Linda N.1

Gary C.5

Hal J.6

Ray O.24

Vinny24

Free & Easy

David S.5

Bob L.16

Tom C.17

I Am Responsible

Lynne P.7

John MC.11

Liz G.22

John40

Indian River Men's Group

Rich C.10

Roger B.10

Frank A.19

Al H.22

Vinny.24

Indian River Women's Group**September**

Chelsea F.2

October

Amanda U.4

Sunshine P.5

Linda P.37

Indian River Thursday

Liz R.4

Man to Man Group

Frank L.2

Robert K.3

Bill W.9

Steve W.9

Ned n.10

Fred S.20

Kevin L.31

Noontime Recovery

Kristyn1

Pat M.1

Elizabeth.....17

Terry K.20

Capt Jimmy20

O.D.A.A.T.

Judy E.1

Don H.2

Catharine M.5

Lisa T.6

Lauren S.9

Jane Mc.11

Ellen E.14

Gayle L.14

Bob B.24

John S.26

Jim B.30

Bob N.30

OSSABAW Group

Teresa M.6

Bill W.9

Grace L.10

Sam G.10

Safe Harbor Group

Lin A.2

Becky M.5

Sebastian 5;32 Group

Steve W.9

Jim M.24

Stepsisters

Debbie D.21



Sebastian Lunch Bunch September

Don G.2
Patricia DH.2
Joan W.9

October

Sam G.30
Eileen F.40

Sebastian Sundowners

KRISTIN L.1
JEFF A.1
PAM G.21
JIM M.24

South Vero Group

Dee W.1
Reba H.1
Rhonda S.1
Ed S.10
Harry H.20
Jane Mc.19
Jim S.13
Ned N.12
Phil S.30

Surfside

Joan D.49

Vero Beach 12 & 12

Patricia W.21

Vero Beach Men's

Harry H.2
Jonathan M.2
Pete H.3
Ned N.10
Jerry D.23

Vero Steps and Traditions

Judy B.9
Ken C.27
John H.37

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

irhow@yahoo.com

BY THE last Friday OF EACH

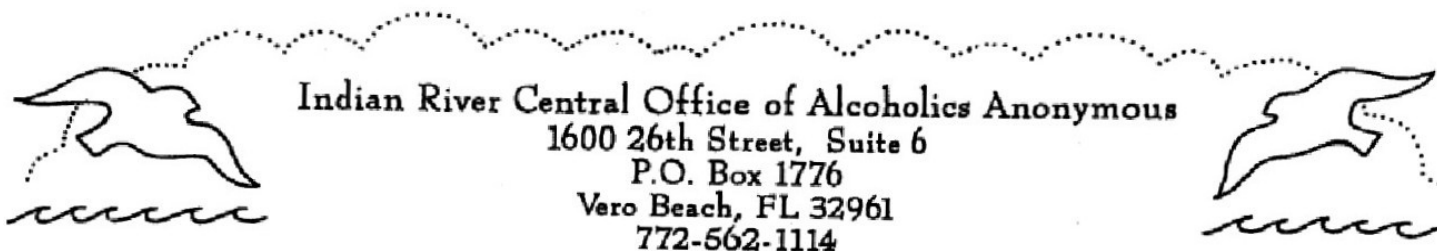


"WHAT ARE YOU WAITING FOR?"

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

Call Bill VB (321-2897) or Lorelei (501.2945)

(2 yrs. of sobriety required)



URL: www.indianriveraa.org

E-MAIL: info@indianriveraa.org

<u>2012 STEERING COMMITTEE</u> Chair.....Karen M. Vice Chair.....D.J. I. TreasurerJohn H.	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 <u>2012 DELEGATES AT LARGE</u> Lane S Cynthia G. Paul H.
Secretary.....Sunshine P. irco_secretary@yahoo.com <u>2012 STANDING COMMITTEES</u> Archives.....Kathy H. Desk Coordinator.....Sue L.		

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.

