

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 38 Issue 7

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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

Step 7 HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

Our troublesome friend

A group in Georgia struggles with how to handle a most unruly member

Tradition Three: *The only requirement for A.A. membership is a desire to stop drinking.*

Nobody liked him. In a Fellowship where almost all of us are unsavory in one way or another when we stumble in, he was a pariah. Reflecting on the several years I knew him, I am not sure why this was so. He was just one of those guys who set your teeth on edge the moment he walked up. That too is not really unusual in AA, in my experience. Maybe it was that he just didn't seem to get any better in the months and years he was with us. Cloying, needy, socially awkward, guaranteed to say and do the wrong thing at the wrong time, he was pitiful, really. He made you uneasy just being around him. Some members hated him and said so. Most avoided him. Some of us felt sorry for him, when we were not busy being mad at him or trying to figure out how to deal with him.

Two groups in town banned him. They said he was not an alcoholic. I had my doubts. He said he was an alcoholic and showed up at the oldest and largest group and noisily announced that they could not throw him out. He was wrong; they called the police.

One night at my group he showed up early to "make coffee and fellowship." Soon there was coffee, sugar, creamer and water all over the church's kitchen. We escorted him out of the kitchen but not the meeting room. We watched him like a hawk whenever he got near the coffeepot.

Another night, he said something really stupid in a closed discussion meeting. Well, who hasn't, after all? One of the old-timers called him out and told him to shut up. He

went outside and started throwing the trashcans against the church meeting hall. That time I got the duty to go out and tell him to cut it out and go home. When he said he didn't have a ride, I was unsympathetic and told him to leave the same way he came, on foot. Fortunately he did, looking very persecuted and very pitiful.

Maybe it was after that night that my group called a group conscience. A couple of the old-timers had had enough and wanted him gone. He was offensive, he was a jerk, he was troublemaker and he smelled bad sometimes.

Well, that all sounded routine enough for an alcoholic, I guess. Then one lady objected, saying, "He's not really an alcoholic." Another member cited the groups who had banned him. It was not looking good for his tenure with us. I believe it is to my credit that, even though he really disturbed me, I objected to banning him.

My voice was likely to carry very little weight in his favor against the icy stares of those old-timers who were my friends and mentors. Then the oldest member of the group spoke up, saying, "He says he is an alcoholic." There was more loud discussion, but that settled the matter. He remained a member of our group.

Eventually, we did not see very much of him at the meetings, but he did show up from time to time. He was just as obnoxious as ever. But he was ours. With time, maybe, there was a kind of collective acceptance of the man as he was. We still watched that coffeepot though. A few years ago he fell ill and died, sober.

And so we have our Third Tradition: "You are an AA member if you say so. You can declare yourself in; nobody can keep you out." I am glad for that Tradition today. I am glad I spoke up for my unpopular and troublesome friend. But I am most glad my group kept him.

-- Anonymous

Georgia

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OUR THREE LEGACIES

STEP SEVEN (Recovery)

“Humbly asked Him to remove our shortcomings”

PRINCIPLE: *Humility: the quality or state of being humble.*

“The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility.”

Twelve and Twelve pg. 76

TRADITION SEVEN (Unity)

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

“To people familiar with endless drives for charitable funds, A.A. presented a strange and refreshing spectacle. Approving editorials here and abroad generated a wave of confidence in the integrity of Alcoholics Anonymous. They pointed out that **the irresponsible had become responsible**, and that by making **financial independence** part of its tradition, Alcoholics Anonymous had revived an ideal that its era had almost forgotten.”

Twelve and Twelve pg. 165

CONCEPT SEVEN (Service)

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

“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.”

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

7/1 Sebastian Freedom

7/8 OSSABAW

7/15 Sundowners

7/22 Candlelight

7/29 Early Risers

8/5 Sebastian Freedom

8/12 OSSABAW

8/19 Sundowners

8/26 Candlelight

New Open Discussion Meeting

West Vero Group

@ St John of the Cross

74th Ave/26th street

Fridays @ 7pm

JULY ANNIVERSARIES

A NEW DAY

Doreen B.	1 year
Katrina. M.	2 years
Chris E.	6 years
Missy D.	16 years
Stephen O.	17 years
Doug D.	22 years
Nona	27 years

MEAT AND POTATOES

Danielle	5 years
Mike S.	1 year

FREE AND EASY

Sharon S.	21 years
Mark O.	12 years
Debra M.	1 year
Ian M.	1 year

EASY DOES IT

Michael B.	42 years
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IR THURSDAY NIGHT

Annette H.	2 years
Donna A.	28 years

SEBASTIAN 12 & 12

Dottie H.	39 years
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ODAAT

Jane M.	3 years
Susan F.	4 years
Brent F.	4 years
Melissa M.	4 years
Dave L.	8 years
Liz L.	8 years
Scott H.	15 years
Michael B.	20 years
Dan N.	28 years
Patricia B.	30 years
Jack W.	31 years
Brigid C.	31 years
Dutch V.	34 years
Suzie S.	38 years
Tim C.	38 years
Kay D.	46 years

I AM RESPONSIBLE

From June	
Alex	15 years
Lorelei	14 years
Paul	21 years

MAGNOLIA GROUP

Heather	14 years
Donna	17 years
Clyde	38 years
Lynn	48 years

MAN TO MAN

Bill F.	18 years
Bill V.	38 years
Chris E.	6 years
Dave L.	26 years
Dave O.	30 years
Donald S.	31 years
Gregg H.	7 years
Jay W.	11 years
Tim S.	33 years
Wayne R.	13 years
Woody H.	52 years

SOUTH VERO

Chad W	1 year
Tim H	1 year
Chris F	4 years
Ann M	26 years
Cherie S	26 years
Ron E	27 years
Dan B	31 years
Mary L	44 years

INDIAN RIVER MEN'S

Malcolm	34 years
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SEBASTIAN FREEDOM

John V.	27 years
Annie S.	11 years

VERO 12 & 12

Janice S.	30 years
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VERO BEACH MEN'S

Ron P.	7 years
Bob W.	28 years
Bill VB	38 years
Charlie L	40 years
Matt B.	1 year
Joshua N.	1 year

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.

This month's Tool: Sponsorship

1. A good sponsor is a sober member of my own sex.

Sponsorship is not about relating to another individual. It is about getting better someone else's way. It does not matter if I relate more to members of the opposite sex. I must take the sexual component completely out of this relationship.

2. A good sponsor has worked the 12 Steps.

A sponsor's primary job is to coach me through actually working all 12 Steps. Every good coach I have ever heard of was at some time on the field playing the game. Therefore, a good sponsor has actually worked the Steps from the book Alcoholics Anonymous.

3. A good sponsor has a sponsor himself.

Hopefully this means he is surrendered and someone else is running his program. Definitely it means we have a plan when I bring him a question he can't answer. This also indicates he is a follower, which is an important spiritual principle. This is evidence he is not in charge anymore.

4. A good sponsor will tell me the truth I don't want to hear.

He can't be interested in what I think of him. He must be willing to risk the relationship by giving me the unvarnished truth. He must be willing to say things to me like: "You are not doing the following....and I don't think this is going to work." Or, "I am afraid for you because..."

5. A good sponsor is active in service work.

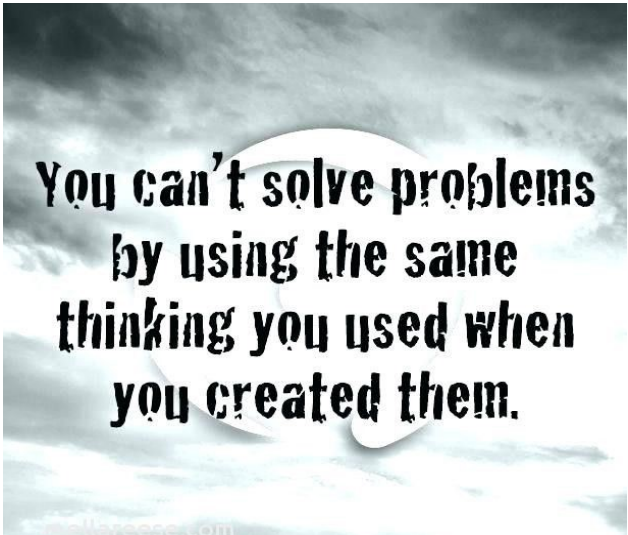
All of the winners I know are active carrying the message. They all go out of their way for the fellowship. For example they show up early at their home group and make coffee and make the newcomers welcome; answer phones at central office; take meetings into jails, prisons, insane asylums, hospital rooms, treatment centers etc.

6. A good sponsor laughs a lot, enjoys life and is not a complainer.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.



**RECOVERY IS HARD.
REGRET IS HARDER.**



**You can't solve problems
by using the same
thinking you used when
you created them.**

Humility

is not thinking less of yourself
but thinking of yourself less
- CS Lewis

**"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."**

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.

2019 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....John B.

2019 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2018..... Sunshine/Natalie
Desk Coordinator.....Bill VB
Corrections—Women.....Judy W.
Corrections-Men..... Lane S.

Corporate Documents.....Trish H.
Public Information.....Susan M.
Unity Committee.....Open
Nominating Committee.....Bill VB.
After Hours Phone..... Mindy S.
HOW EditorRick H.
Inventory Control.....Terri C.
Literature..... Dutch V.
Treatment..... Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Maria G.
12 Step List Coordinator.....Trent L.

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*

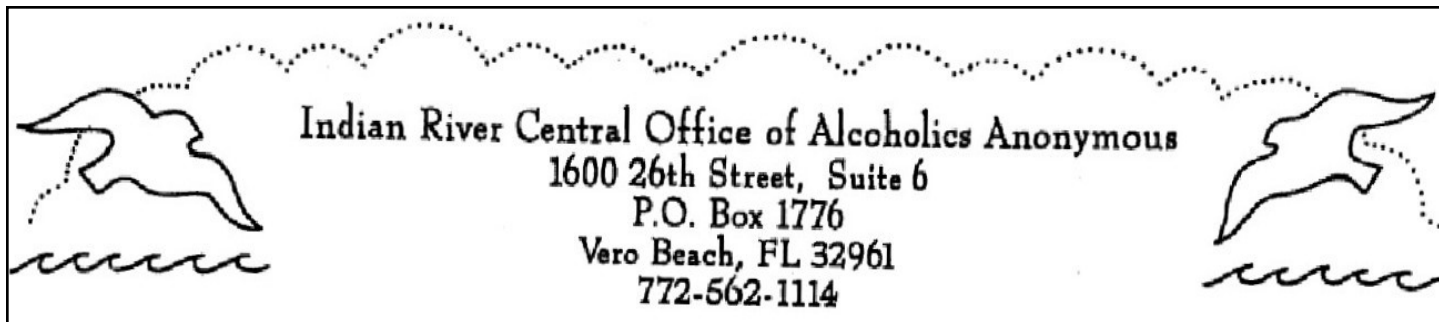
Talk to someone at their home*

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.****



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 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.