



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."

Step Eight

"Faith without works is dead", this was in the first line out the reading for the instruction of step eight and nine out of the Big Book. My experience has shown that I can't live with only the belief that emptying out my closet will keep me sober. I had to be willing to organize my closet and make sure my side of the street was clean.

I found that step eight was made easier by using the basics that I learned in AA, such as "you can't do anyone any good if you're drunk;" "believe in a power great than myself;" "good orderly direction;" using my inventory from step four, being sincere about doing my fifth step and the wrongs I had caused through being selfish, self-seeking, dishonesty and frightened; then in six step making sure those four defects didn't come back into play as my motivation to be willing to make my amends list; to look over my shortcomings and make sure that I wasn't going to use them to weasel my way out of taking responsibility of my new way of living.

As I looked over my inventory, I was asked to write letters to the people I had harmed, so I started out by writing "I am sorry that I hurt you." My sponsor stopped me and told me to start over. He instructed me to say I had wronged you. I wrote an outline of how I could make it up to that person. It was not only important to ask how I could make it up to them; I also had to have faith that if I committed to being a better son, brother, friend, and employee, then I would have a better life. After I was done, my sponsor and I went through these letters. My sponsor told me where I was making amends to help my sobriety and where I was setting out to harm people. The ones which would cause harm, I had to let go of and the ones that didn't harm people, I held on to for my ninth step. Thank you for letting me share!



8 EIGHT VIII

Tradition 8:

Alcoholics Anonymous should remain forever non professional, but our service centers may employ special workers.

Concept VIII:

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Principle Behind Step 8:

Justice

"While we are preparing a list of those to whom we owe amends, it becomes true for the 'golden rule.'"

It is important to begin treating others as we wish to be treated. We must also learn not to judge others, but to accept them for who they are, not our vision of who they should be."

8 *Made a list of all persons we had harmed, and became willing to make amends to them all.*



I ask: Who did I hurt?
How can I fix it?



Traditions Checklist

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get **some** reward-even if not money-for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps & Twelve Traditions*? The pamphlet *AA Tradition-How it Developed*?



2012 OFFICE ACTIVITY

Calls for Assistance and Walk-Ins

Nature of Calls

	JAN	FEB	MARCH	1ST Q	APRIL	MAY	JUNE	2ND Q	JULY	AUG
12th Step Support	14	19	12	45	11	15	5	31	9	
General Info/Misc	50	63	62	175	55	77	62	194	50	
Purchases	102	92	88	282	70	80	79	229	85	
Meeting Info	64	51	61	176	47	39	36	122	41	
Alanon / NA	12	7	21	40	12	12	7	31	10	
TOTAL	242	232	244	718	196	223	189	607	195	

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Open Discussion		Speaker
				8/11	Indian River Women's
8/14	ODATT	8/16	Roseland	8/18	Indian River Men's
8/21	A New Day	8/23	I Am Responsible	8/25	Ossabaw
8/28	Easy Does It	8/30	Candlelight	9/1	Vero Beach Men's
9/3	ODATT	9/6	Indian River Men's	9/8	Indian River Thursday

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

8/13	South Vero	8/20	Fri Night Young	8/27	Sebastian Lunch
9/3	Indian River Men's	9/10	South Vero		

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



Indian River Central Office
Account Balances as of June 30, 2012

	June 30, 2011	June 30, 2012	\$ Difference
Operating Account	\$3,886	\$2,841	(\$1,045)
Prudent Reserve	\$5,001	\$6,001	\$1,000
Total	\$8,887	\$8,842	(\$45)

Income/Expense Comparison by Category
1/1/2011 through 6/30/2012 (Cash Basis)

Category	1/1/2011- 6/30/2011	1/1/2012- 6/30/2012	Amount Difference
INCOME			
10 Birthday Plan	729	611	-118
12 Birthday Dinner	6,225	6,552	327
15 Coffee & Soda Sales	-36	78	114
20 Group Contributions	7,416	6,139	-1,278
30 Literature Sales	6,734	5,769	-965
35 Other Contributions	81	222	141
45 Alkathons	246	204	-42
46 Unity Committee	120	91	-29
TOTAL INCOME	21,515	19,666	-1,850
EXPENSES			
102 Birthday Dinner	1,967	2,870	-903
103 Corporate Papers	61	61	0
105 Literature Purchases	7,354	4,942	2,412
130 Insurance	463	459	4
140 Office Alarm	120	120	0
142 Office Electric	311	278	33
144 Office Lease	2,970	2,970	0
145 Office Supplies	499	567	-68
146 Copier & Paper	657	1,816	-1,160
147 Capital Improvements	944	0	944
150 Office Telephone	750	664	87
153 Outside Rentals	425	400	25
155 Postage	0	107	-107
156 Press Journal	0	1,605	-1,605
160 Printing HOW	1,421	0	1,421
162 Printing Where & When	739	0	739
167 Sales Tax 7%	503	423	80
172 Unity Committee	69	67	2
175 Web Site	0	61	-61
TOTAL EXPENSES	19,252	17,409	1,842
OVERALL TOTAL	2,264	2,256	-7



Group	Thru June 2011	Thru June 2012	Difference	Birthday Plan Contributions thru June 2012	Number of members contributing to Birthday Plan in 2012
AS Bill Sees It			\$0		
Barefoot Bay	\$200	\$200	\$0		
Beachside Beginners	\$250	\$100	-\$150		
Beginnings in Sebastian	\$1,100	\$600	-\$500		
Candlelight		\$100	\$100		
Early Risers	\$203		-\$203		
Easy Does It			\$0		
Free & Easy			\$0		
Friday Night Young People			\$0		
Hibiscus Monday Night	\$50		-\$50		
Hibiscus Thursday Night	\$671	\$322	-\$349		
I Am Responsible	\$588	\$125	-\$463		
IR Men		\$208	\$208	\$11	1
IR Thursday Night			\$0		
IR Women	\$200	\$150	-\$50		
Kings Highway			\$0		
Man To Man	\$250	\$375	\$125		
New Beginnings			\$0		
Noontime Recovery	\$250	\$50	-\$200		
No Name	\$217	\$249	\$32		
ODAAT	\$975	\$900	-\$75	\$140	6
Ossabaw	\$95	\$95	\$0		
Roseland	\$200	\$25	-\$175		
Royal Palm	\$118	\$100	-\$18	\$30	1
Safe Hardor Women	\$250		-\$250	\$233	7
San Sebastian			\$0		
Sebastian 12&12			\$0		
Sebastian 5:32		\$113	\$113		
Sebastian Lunch Bunch	\$650	\$609	-\$41		
Sebastian Freedom			\$0		
Sebastian Sundowners	\$494	\$479	-\$15	\$16	1
Stepsisters	\$50	\$150	\$100		
Sober Rainbow		\$52	\$52		
Sobriety to Serenity	\$95	\$51	-\$44		
South Vero	\$200	\$115	-\$85		
Surfside	\$70	\$50	-\$20	\$40	1
Thurs Night Big Book Study			\$0		
VB Mens	\$150	\$500	\$350		
VB Step & Traditions	\$60	\$15	-\$45		
Vero Beach		\$200	\$200	\$100	1
Vero 12&12	\$30	\$82	\$52		
We Came To Believe			\$0		
Not Identified		\$125	\$125	\$41	2
Total	\$7,416	\$6,139	-\$1,277	\$611	20



service

"WHAT ARE YOU WAITING FOR?"

The Men's and Women's
Corrections Committee is look-
ing for

volunteers to take a
meeting once a month
into the Indian River
County Jail.

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

Quote of the Month

"I didn't want to be an
alcoholic because I wanted
to keep drinking."

NEW MEEETING

Thursdays 6PM

Trinity Episcopal Church

2365 Pine Ave, VB

THE MAGNOLIA
GROUP

Closed Big Book

JULIE LEE

Julie Lee, beloved longtime partner of August "Gus" Johnson, died at VNA Hospice House in Vero Beach on July 20th following a courageous battle with cancer.

Julie was born in 1940 in Pekin, IL and, in addition to Gus, is also survived by her son, Byron, 50, and his wife, Nancy, and Julie's 11-year old granddaughter, Lilly. The family lives nearby in Fellsmere.

Julie became a friend of Bill's at the Islamorada Clubhouse and was rendered sober on July 4th, 1998. After retiring from a lifelong career as a hair stylist, she moved to Vero Beach from Key West in 2001.

Julie belonged to The Knit Sisters Club of Vero Beach which meets twice weekly and where there are several caring women who will remember her fondly.

She was also an enthusiastic member of South Vero Group for more than 10 years, where her quiet humility was often visible and her genuine gratitude was frequently expressed.

Julie's ashes will be scattered in a private ceremony from one of her favorite spots in Islamorada.

Julie will be greatly missed in Indian River AA and at South Vero Group, where she had many longtime friends. In the loving spirit of the fellowship, may she rest in eternal peace.

South Vero Group



August 2012 BIRTHDAYS

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 MONTH!

AA only

Ken C.14

Candlelight

July

Alison G.32

August

Mark P.2

Early Risers

Jeff S.3

I Am Responsible

Bill C.5

Susan E.12

Don E.15

Rosanna F.21

Indian River Men's

Chris M.1

Bill J.7

Craig R.8

Tim K.9

Dick P.46

Indian River Women's Group

Theresa N.;2

Paula F.5

Ruth H.5

Rebecca H.11

Kings Highway

Kathleen R.26

Bill R.35

Noontime Recovery

Geff.1

Sam D.4

Royal Palm Group

Lucy O.29

O.D.A.A.T.

Sue B.1

Kim A.1

Sandra T.9

Rebecca H.11

Lori L.12

Ellie Y.13

Tom Mc.26

Ginny K.29

John R.30

Safe Harbor

Donna P.1

Marian L.1

Barbara H.2

Pat R.3

Kathleen W.9

Patricia C.23

Sandy C.28

Stephanie C.32

Sebastian 5:32 Group

Cindy V.7

Sebastian 12&12

Dan M.8

Sebastian lunch bunch

Monica G.5

Peter D.24

Tom F.41

South Vero Group

Greg S.2

Shelly B.2

Daniel MC.8

Bruce P.12

Cathy S.15

Billy B.17

Robert F.17

Ann E.28

Sebastian Step Sisters

Sue B. 25

Vero Beach 12 & 12

Rich M.28

Vero Beach Men's

Andy L.2

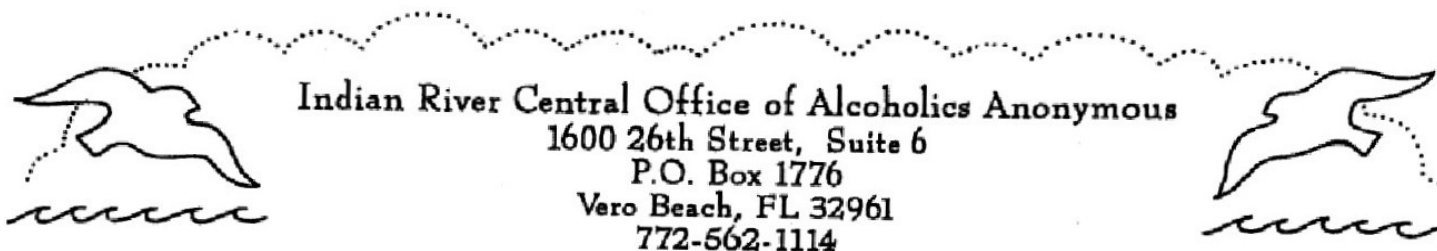
Andy C.2

Lane S.11

John B.12

Tom F.12

Joe H.28



URL: www.indianriveraa.org		E-MAIL: info@indianriveraa.org
<u>2012 STEERING COMMITTEE</u> Chair.....Karen M. Vice Chair.....D.J. I. TreasurerJohn H. Secretary.....Sunshine P. irco_secretary@yahoo.com		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.
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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