



# 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 Four

My experience with step four is that it was an opportunity to exercise the third step prayer and to really think about what I was asking and giving up to my higher power. Found on page 63 in the big book, it reads:

*"God, I offer myself to Thee, To build with me and to do with me as Thou wilt."*

For me, that means that I am in God's care and that God will open my mind and allow what needs to be taken from my past to be put down on my fourth step.

*"Relieve me of the bondage of self, that I may better do Thy will."*

This, to me, means "Take any and every thing that stands in the way of my sobriety, so that I can work on my resentments and become accountable for my actions."

*"Take away my difficulties,"* Take my fear, my denials, my pain.

*"that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life."* Help me conquer my difficulties to show my sponsor and the people in the program my growth through this step. Help me bear witness to lonely people outside the program, my family, and friends that they may see the miracle of change in me.

*"May I do Thy will always"* Get to work.

From there, I used a five subject note book-the first two subjects would be used for resentments. The third subject: my fears; the fourth: my sex inventory; and the fifth: my list of people I have harmed. Then I opened the note book so that the first page was blank and the second and third were open. I drew two sets of vertical lines, one per page, so that when I was done, I had four columns that could be read left to right.

Continues Page 3



# 4 FOUR IV

## Tradition 4:

Each group should be autonomous except in matters affecting other groups or A.A. as a whole..

## Concept IV:

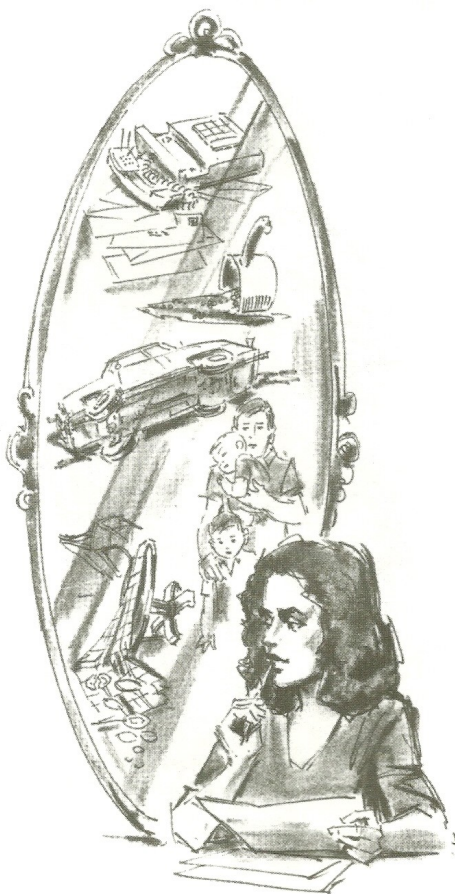
At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

## Principle Behind Step 4:

### Courage

"This step is really about courage to look honestly at ourselves. Take a look at how our behavior has become warped to justify our current behavior. We are here to take an honest assessment of ourselves. Looking at causes and conditions of our alcoholic behavior can be scary."

**4** *Made a searching and fearless moral inventory of ourselves.*



I need to look at my life.



## Traditions Checklist

1. Do I insist that there are only a few *right* ways to do things in A.A.?
2. Does my group always consider the welfare of the rest of A.A.? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know that I'm in A.A., I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of A.A. tools with other members who may not have heard of them?



## Page Two

## Page Three

Who I was resentful at:	Why I was resentful:	S P I n e	How it affected me:	My part in it:

In the first column, "Who I was resentful at," I listed people, institutions, or principles.

"Why I was resentful," I wrote what happened.

"How it affected me," I chose one of the following: self-esteem, pocketbook, ambitions, personal relationships, sexual relationships, or security.

"What was my part in it?" I listed selfishness, self-seeking, dishonesty, and/or fear.

With the columns created, I was told to go back as far as I could remember. My first resentment was in kindergarten. Then I went grade by grade, until I graduated. After graduation, I went year by year, all the way up to the time that I was working on the fourth step, which meant even the last 120 days of AA (I guess you could say meeting by meeting).

I would say that the most important thing I learned from my fourth step was that I had to be willing to put everything down on paper, whether I thought it was important or not. If it was in my mind, then it needed to be on paper.

I can honestly say that I wrote and wrote for at least a month, and when I was done, it was time for more reading out of the big book and my fifth step!!! Thank you for letting me share.

**2011 Quarters/2012 month of January 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			<b>31</b>	<b>35</b>	<b>46</b>	<b>48</b>
General Info/Misc	50	63	62	175			<b>272</b>	<b>253</b>	<b>253</b>	<b>288</b>
Purchases	102	92	88	282			<b>313</b>	<b>271</b>	<b>253</b>	<b>227</b>
Meeting Info	64	51	61	176			<b>137</b>	<b>135</b>	<b>144</b>	<b>129</b>
Alanon / NA	12	7	21	40			<b>28</b>	<b>27</b>	<b>41</b>	<b>23</b>
<b>TOTAL</b>	<b>242</b>	<b>232</b>	<b>244</b>	<b>718</b>			<b>728</b>	<b>721</b>	<b>737</b>	<b>715</b>

**Gate Lodge**

	<b>Tuesday 8:30 pm</b>		<b>Thursday 8:30 pm</b>		<b>Saturday 8:30 pm</b>
	<b>Speaker</b>		<b>Speaker</b>		<b>Speaker</b>
				4/14	OSSABAW
4/17	ODAAT	4/19	Candlelight	4/21	FRI Night YP
4/24	A New Day	4/26	I Am Responsible	4/28	South Vero
5/1	Easy does it	5/3	OSSABAW	5/5	IR Women's
5/8	Noontime	5/10	Indian River Men's	5/12	Vero Beach Men'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

**\*\*BHC\*\*****MONDAYS AT 7PM**

4/16	South Vero	4/23	Vero Beach Men's	4/30	Fri Night YP
5/7	Early Risers	5/14	IR Men's		

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



## **3<sup>RD</sup> Annual Indian River Central Office Birthday Dinner**

# **WAS A HUGE SUCCESS Because Of The Fruit Of Our Labor**



First, we would like to thank John C. for his message of AA Recovery!!!

Second, we would like to thank everyone who showed up to support the unity of AA!!!

Third, we would like to thank all the groups that offered service to make this a great working function!!!

**Easy Does It, I Am Responsible, Indian River Men's, Indian River Women's, Indian River Thursday Night ,ODAAT, and Vero Beach Men's**

Fourth to all the alcoholics who stayed anonymous with your donations of time, money, and Resource!!!



### **HOW WILL YOUR VOICE BE HEARD AT G.S.O???**

What in the world is GSO, you ask? Why, it's us. That's right; GSO is each and every one of us. The direct translation is actually "The General Service Office of Alcoholics Anonymous", located in New York City, but in reality, it is each and every one of us.

This April, the Area Delegates from the United States and Canada, as well as guests from several overseas areas, will converge upon New York City for the annual "Conference."

This is where the Delegates, Trustees, and GSO Staff members discuss and will vote on numerous agenda items concerning the current and future direction and welfare of Alcoholics Anonymous.

This is where our South Florida Area 15 Delegate will represent each and every one of us to make sure that South Florida is heard. For approximately 7 days these trusted servants will meet, sometimes until late into the night, to discuss everything brought to New York from the many areas represented.

After the Conference, our Delegate will travel to each District's monthly business meeting to give a report to the assembled GSRs and DCMs on the conference; this way all information will get directly to each A.A. group.

It's all done in accordance with those pesky Traditions so few of us want to worry or talk about. What's more, it involves something called the Concepts and the Warranties. Are you confused yet? If so, good. Are you curious? Even better.

The Conference is what binds our Indian River County AAs to the rest of the A.A. world. It is hoped that each group has a GSR (General Service Representative). The GSR is your group's direct link to A.A. Here is another set of initials that you should know about: DCM (District Committee Member). Each DCM is responsible to approximately 8 to 10 GSR's and their groups, ensuring that all available information finds its way to these GSR's and their respective groups.

Jointly, the DCMs and the GSRs meet monthly at the District 6 Business meeting, held the 2<sup>nd</sup> Tuesday of each month at the Indian River County College Campus in Ft Pierce. Each GSR and each DCM also sits on a committee, such as Events, Correctional Facilities, Treatment Facilities, Accessibilities, Archives etc..

This monthly business meeting lasts for several hours while the GSRs and DCMs discuss the comings and goings of the District, comprised of Indian River, St Lucie, Okeechobee and Martin Counties. The Central Offices and Inter-groups are also involved in this meeting by sending their representatives. There are reports on what's happening in District wide correctional facility Meetings and Treatment Facility meetings. The GSR's discuss what's right and wrong; they find out how other groups handle things that they may have encountered or are curious or troubled about. This is where the GSR's learn about the importance of the Traditions, Concepts and Warranties; combined, they are the glue that binds us together and allows us to function autonomously, yet unified, on a worldwide basis.





During February and March, much of the agenda of what will be discussed in New York this April will become available, along with background material. If you're curious, get ahold of your GSR and tell him or her to get on the stick to find out what's going on in the wider AA world; better yet, invite your DCM to your group's business meeting to discuss the Conference agenda and any of the items that may interest you

You're probably wondering what good this would do, after all, the agenda is set, but wait, there's more.... Prior to the Delegates attending the New York conference, there will be a Quarterly Assembly and Business meeting of South Florida Area 15, always held in April prior to the Conference. Your GSR and your DCM will have the opportunity to bring to floor any items of interest; this is where your group can be heard; this is where the Delegate will learn what the South Florida Group Conscience is on many of the items coming up in the Agenda.

If this little article has made you at least a littler bit curious about service, then you owe it to yourself to pick up a copy of the Service Manual at the Central Office or Intergroup Office and learn more about the Concepts and Warranties. Find out about the Third Legacy Procedure - discover a whole new aspect of sobriety

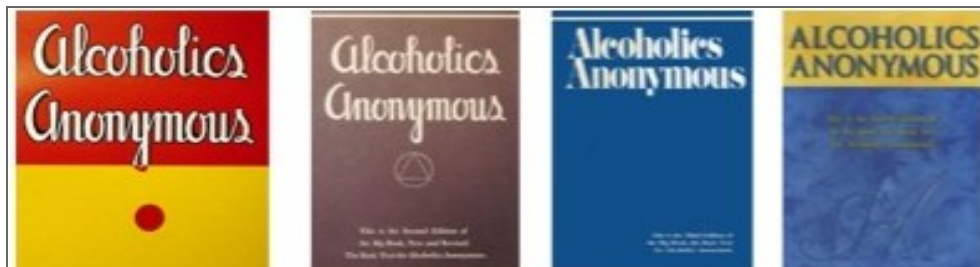
Be a Member - Get Involved - Learn What Makes AA tick - for on your participation depends our common future.

*Dutch V*

*Royal Palm Group*

Indian River County Central Office Unity Committee Presents

# BIG BOOK JEOPARDY



Come and join the fun and excitement!

All the questions will be out of the Big Book

April 14, 2012

2:00 - 4:00

Newport Club



## April 2012 BIRTHDAYS

### HAPPY BIRTHDAY TO ALL!

To publish announcements of AA anniversaries being celebrated by your Group's members each month, please bring a list of names and numbers of years to Central Office and put in filing cabinet, in folder labeled "HOW Editor," or send via e-mail to [irhow@yahoo.com](mailto:irhow@yahoo.com)

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



#### AA only

Robert M. ....1  
Sandy S. ....14

#### Barefoot Bay Group

Dennis H. ....17  
Warren D. ....29  
Eddie D. ....43

#### Candlelight Group

Tom M. ....16

#### Free and Easy

Michele R. ....1  
Kathy O. ....5  
Toothpick Tom . ....17

#### I Am Responsible

Josh N. ....1  
Jennifer M. ....4  
Trish F. ....6  
Alyce N. ....30

#### Indian River Men's Group

Doug M. ....2  
Joe M. ....7  
John L. ....7  
Frank C. ....30  
Lou V. ....31

#### Indian River Women's Group

Faith R. ....2  
Stephanie H. ....2

Heather K. ....4

Kimberly P. ....5

Paula H. ....11

Cindy C. ....19

Susan H. ....22

Gay P. ....45

#### Man to Man Group

Phil C. ....1

Dale C. ....6

James R. ....14

David G. ....17

#### Noontime Recovery

Phil. ....2

Frank. ....8

#### O.D.A.A.T.

Pat D. ....1

John R. ....1

Hal O. ....3

Justin P. ....3

Bill D. ....3

Mike S. ....4

Ned B. ....7

Mark J. ....9

Linda J. ....9

Jennifer M. ....13

Sheila P. ....22

Darlene D. ....28

Candy B. ....36

Al V. ....38

Bob C. ....38

Bill W. ....42

#### Ossabaw

Kathy C. ....3

John R. ....21

Ducky O. ....58

#### Stepsister

##### March

Doreen K. ....5

Dot C. ....34

##### April

Patricia H. ....1

Dianne C. ....7

Sue W. ....7

#### Safe Harbor Group

Brenda L. ....3

Sandy G. ....3

Anita L. ....13

Ginger P. ....19

Sue L. ....25

#### South Vero

Heather D. ....1

Joseph P. ....1

Tracy W. ....2

Dennis S. ....4

Jamie K. ....5

Jamie C. ....6

Mike M. ....7

Donna M. ....15

Jim R. ....17

Skip M. ....19





### Sebastian 5:32 Group

Ray C. ....3

John M. ....39

### Surface side

#### March

Heidi O. ....15

George K. ....27

### Vero Beach Men's

Jason D. ....2

Joe M. ....5

Bob G. ....16



**PLEASE** make sure to have your group's anniversaries turned in to Central Office or e-mailed to [irhow@yahoo.com](mailto:irhow@yahoo.com)

**NO LATER** than the Last Friday of the month. Late submissions will **NOT** be published.

### DEAR ALCOHOL

AS A WEE CHILD, I SAW YOU FROM AFAR. AS A YOUNG TEENAGER, YOU GREETED ME WITH OPENED ARMS. AS AN OLDER TEENAGER, THROUGH TO MY EARLY TWENTIES, WE SPENT MANY HOURS TOGETHER. WE WENT MANY PLACES TOO. YOU MADE MY FEARS LESS FRIGHTENING.

YOU CREATED A WORLD IN WHICH ONLY I COULD LIVE. I HAD COMPLETE TRUST IN YOU AND IN NO OTHER PERSON OR THING. IN YOUR SILENCE, YOU SLOWLY TURNED AGAINST ME.

YOU TOOK ME PLACES I DIDN'T WANT TO BE— HOSPITALS, MENTAL INSTITUTIONS AND JAILS. YOU ALSO PUT ME IN LIFE THREATENING SITUATIONS, FROM WHICH I BARELY ESCAPED.

YOU HAD ME BELIEVING THAT OTHER PEOPLE WERE MY ENEMIES WHEN, IN FACT, IT WAS YOU ALL ALONG. THEN, WHEN YOU KNEW YOU HAD ME RIGHT WHERE YOU WANTED ME, YOU WENT IN FOR THE KILL. YOU TOOK AWAY THE ONLY THING LEFT I POSSESSED — ME. AND LEFT A SHELL THAT COULD HAVE BEEN CRUSHED UNDER ANYONE'S WEIGHT.

BUT YOU WON'T GET THAT CHANCE AGAIN, ONE DAY AT A TIME.

KATHI KELLY

**Service**

**Service**



**Service**

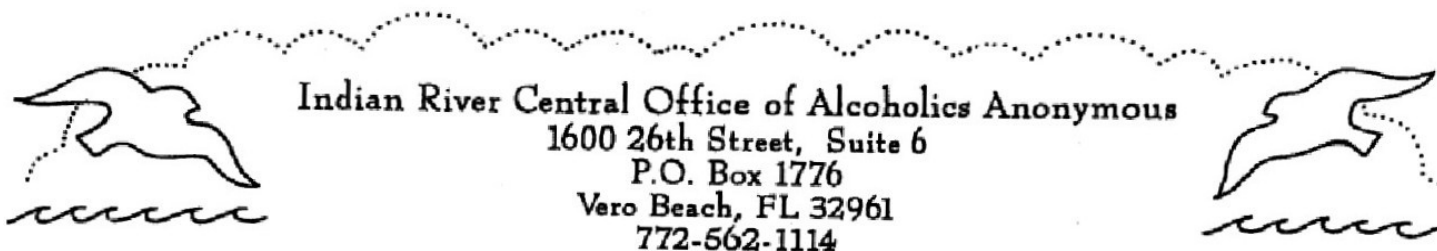
**Service**

### "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)**



URL: [www.indianriveraa.org](http://www.indianriveraa.org)

E-MAIL: [info@indianriveraa.org](mailto: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 liaison .....Eileen 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 26<sup>th</sup> Street, Suite 6**

**Vero Beach, FL 32960**

**Phone: 772-562-1114**