

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 aairehow@yahoo.com

Step 4 MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

TIPS FOR CREATING YOUR INVENTORY

Step 4 is the beginning of the treatment for our "spiritual malady", which is the root of our problem in Step 1. Other branches (symptoms) of Step 1 that stem from the root (spiritual malady) are the physical craving (which deals with the body) and the mental obsession (which deals with the mind). Page 64 says, "When the spiritual malady is overcome, we straighten out mentally and physically."

- The Big Book instructs us to inventory three "common manifestations" of self-will: resentments, fears, and harms done to others (with emphasis on our sexual misconduct). (Remember, page 68 says we need an "overhauling" in the area of sex - not a minor tune-up! Honesty and thoroughness are key - the \$19.95 Jiffy Lube Special won't fill the bill.)
- Resentment inventory is most easily done in columns, as illustrated on page 65 of the Big Book. Experience proves that a 4-column-inventory format is the best. Even though page 65 gives an example of three columns, the instructions for writing the 4th column of "faults and mistakes" where we see the truth of our behavior are found on page 67. **The column format allows us to see patterns more easily.** Most people benefit from writing their columns vertically. We write inventory vertically, but read inventory (during Step 5) horizontally.
- I now prefer writing sex/harms inventory by just answering the 9 questions found on page 69 in paragraphs. It has been easier and less restricting for me to do this part of the inventory in a horizontal "mini-essay" type format.) But beware: don't get caught up in technique and formats. When it comes to writing inventory, as Nike™ says, "JUST DO IT!"
- According to the Big Book, we do not write our "life story" in Step 4. It suggests we tell someone all our life story in Step 5 - **NOT WRITE IT**. As we're reading our 4th Step inventories to someone in Step 5, what we're actually doing is telling them our "life story". Looking back, my "life story" was as simple as this: Because of my selfishness and self-centeredness (the spiritual malady) I caused harms to other people. This caused me great fear. Because the fear became too intense for me to handle, ego caused me to "turn the tables" and become resentful toward those I had harmed, which made it look like others harmed me and I was innocent. This allowed me to block-out the harms I did to others and all I remembered were the resentments I had toward them. Most of my harms were caused within relationships. There's no wonder in my mind why this is true. What other "tools for living" do fearful and resentful people have? (No, suicide and homicide don't count! They're not "tools for living". They are "weapons of destruction"! We do what we know best. So, I harmed others because of resentments, fears, and other defects stemming from selfishness and self-centeredness (spiritual malady).
- We write inventory to discover the TRUTH... about the LIE.
(NOTE: You may need to meditate on that statement for a while before you really understand it. I had to.
- Step 4 helps us to discover truth by working from the outside, moving inward. In resentment inventory we discover that our troubles are not of someone else's making (columns 1, 2, 3); but instead, as mentioned on page 62, our troubles are of our own making (column 4).

Barefootsworld.net

OUR THREE LEGACIES

STEP FOUR (Recovery)

“Made a searching and fearless moral inventory of ourselves.”

PRINCIPLE: *Courage—mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty*

“A business which takes no regular inventory usually goes broke. Taking commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.”

A.A. Big Book, p. 64

TRADITION FOUR (Unity)

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

“In a way, the Fourth Tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, ‘Would this break any Tradition?’

Twelve Traditions Illustrated

CONCEPT FOUR (Service)

To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

We thought “conditions” drove us to drink, and when we tried to correct these conditions and found that we couldn’t to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

3/5 IRMG

4/2 Candlelight

5/7 Candlelight

3/12 Candlelight

4/9 Early Risers

5/14 Early Risers

3/19 Royal Palm

4/16 South Vero

5/21 South Vero

3/26 Early Risers

4/23 VBMG

5/28 VBMG

4/30 IRMG

THE MEAT & POTATOES GROUP of ALCOHOLICS ANONYMOUS

Invites you to join us for our
14th Group Anniversary Celebration



Friday, April 27, 2018 at 6:00 p.m.
Community Church of Vero Beach
Room #113/114
1901 23rd Street, Vero Beach

OPEN Speaker Meeting Format

POT LUCK DINNER afterward- bring a dish to share

Beverages, coffee & cake provided by the group.



The Vero Beach Group

located at St. Helen's Catholic Church
Vero Beach, FL

of

Alcoholics Anonymous
celebrates

70 years of being an AA Group!!

Come help us celebrate being the oldest group in Indian River County!

Sunday, April 29th, 2018

6:30 pm: cake and great fellowship

7:00 pm: speaker meeting

IN THE GYM!

APRIL ANNIVERSARIES

A NEW DAY

Katrina M.	1 year
Michael R.	1 year
Danielle.	1 year
Tina. M.	3 years
Mark N.	5 years
Ray C.	9 years
Priscilla G.	13 years
Sue W.	13 years
Linda W.	15 years
John M.	45 years

INDIAN RIVER MEN'S

Lou V.	37 years
John L.	14 years
Joe	14 years

ROYAL PALM GROUP

Kelly H.	5 years
Jim R.	45 years
Jack K.	26 years
Tom S.	21 years

SEBASTIAN FREEDOM

Ralph	29 years
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MAN TO MAN

Ed R.	30 years
Eric O.	4 years
Kenny G.	3 years
Killian S.	5 years
Paul G.	32 years
Tom F.	2 years

SEBASTIAN LUNCH BUNCH

Bob B.	34 years
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CANDLELIGHT

Mai	1 year
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SEBASTIAN STEP SISTERS

Diane	13 years
Sheila L.	39 years
Rae Ann	2 years
Tina M.	3 years
Kandi	21 years
Linda W.	15 years

EASY DOES IT

Lynn	26 years
Sandy S.	20 years

ODAAT

Adriana W.	2 years
Bryan Mc.	3 years
Helene L.	3 years
Alex Z.	4 years
Brad H.	4 years
Dennis S.	5 years
Patricia S.	5 years
Pat D.	7 years
Mike S.	9 years
Linda W.	15 years
Jennifer M.	19 years
Jim R.	23 years
Darlene D.	28 years
Candy B.	34 years
George P.	48 years

SOUTH VERO

Kevin E.	1 year
Todd W.	8 years
Dennis S.	10 years
Mike M.	13 years
Skylar S.	1 year

I AM RESPONSIBLE

Joe D.	1 year
Zachary R.	1 year
Cheryl M.	2 years
Martha S.	4 years
Michael P.	6 years
Trish F.	12 years
Alyce N.	36 years

VERO 12 & 12

Tiera T.	3 years
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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.

From one of our members:

When I got to Alcoholics Anonymous this time around, I had just enough desperation to give AA a try. For the first time, after going to hundreds of AA meetings and not doing the work, I finally got a sponsor. He got me started on the steps right away and several weeks later he got me started on service work. He showed me how to wipe down the tables and push in the chairs. That wasn't too bad. Then he wanted me to clean the ash trays. I told him that I didn't want to clean the stinkin' ash trays, even though I was smoking 2 and a half packs a day, and he told me that I could go get drunk. So, I started cleaning the ash trays and stacking them neatly in the drawer after every meeting. The next thing I knew, six months had gone by and I didn't pick up a drink! Holy cow!

Then one day my sponsor introduced me to a new guy and said the new guy was going to take over cleaning the ash trays and that I should show him the ropes. I was so upset! Those were my ash trays! I was sure he wouldn't be able to do them as well as I did! I told my sponsor that I didn't want to give up my service position. He told me to stop being so selfish and not to deny the new guy the same rewards that I got from doing service work. And I learned the spirit of rotation and that I am not so important.

Lane S.

"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."

Step Prayers and Twelve Principles of AA Bookmarks

3rd Step Prayer

God, I offer myself to Thee to build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love & Thy way of life.

AA Big Book, p63

7th Step Prayer

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

AA Big Book p76

11th Step Prayer

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life. Amen

The 12 Principles Behind The Steps

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly love
9. Justice
10. Perseverance
11. Spirituality
12. Service

Feel free to cut out and laminate

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.

2017 STEERING COMMITTEE

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

Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Ray P.
Nominating Committee.....Marty P.
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.....Trish H.
12 Step List Coordinator.....North: Trent L.
South: Billy VB
District 6 Liaison.....JoAnn H.

2017 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2017.....Linda W./Sunshine
Desk Coordinator.....Marty P.
Corrections—Women.....Judy W.
Corrections-Men.....Lane S.

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

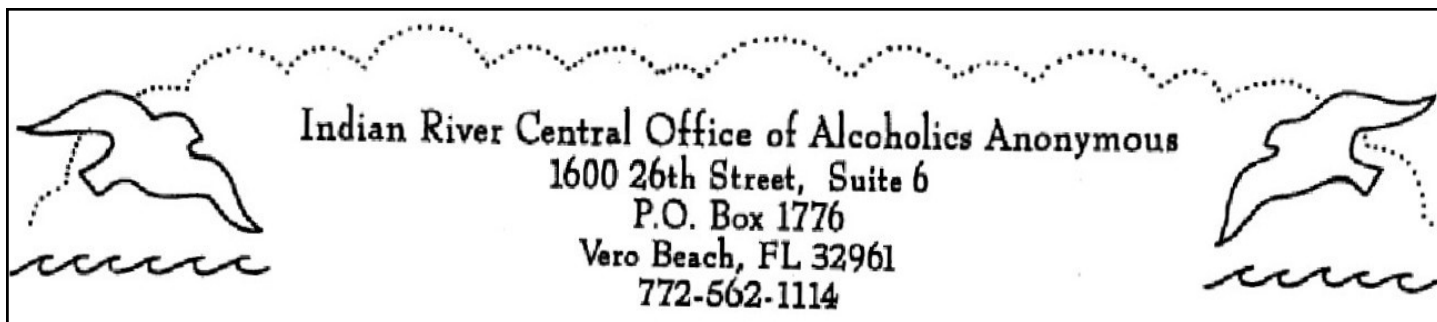
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.