

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. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to aairehow@yahoo.com

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

I remember my stomach being in knots thinking that I'd have to sit down with my sponsor and tell her about my character defects, behaviors that hurt people, insane thoughts, and so on. Even so, sweating and stumbling over my words, I completed Step 5 and felt amazing afterwards.

The fifth step isn't easy to do. But by bringing things into the light, it decreases the amount of pent-up energy we carry. It also gives us the opportunity to put it all out there and receive unconditional love.

Yes, that's right. No matter what you've done, you don't have to be judged or shamed. Reporting all your "stuff" to another human being who can listen with compassion really does something incredible for us.

Choose Your Person Wisely

Don't share Step 5 with just anyone. Choose someone you can trust, like a sponsor, counselor, mentor, or trusted friend. Don't perform this step with your partner, as it's tempting to not be gut-level honest with them.

When I sat down to discuss my fifth step with my sponsor, I kept in mind that my Higher Power was involved as well. By admitting my shortcomings, defects, past behaviors, and more to my Higher Power, I was essentially giving permission to that power to take all of it. I resolved to stop carrying it all and just let it all go, because honestly, it was a pretty heavy burden.

The Illusion of Judgment

I thought that if I sat with someone and told them my "stuff" and they found out who I was, they would judge

me. They wouldn't like me. Or worse—they might tell others what an awful person I was.

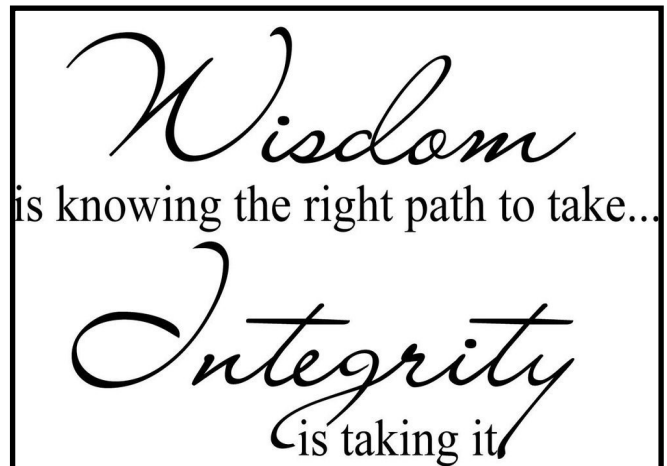
The miracle of this step for me was that none of those things happened. My sponsor lovingly listened to all my stuff and affirmed me abundantly. She loved me unconditionally.

This is the step that you can use as a "train station." You can unload all those painful memories that have been keeping you down. You can let go of things like anger, shame, rage, confusion, depression, regret, and more.

Then, grab a ticket to your new destination: a place called Freedom. A place where you can be yourself, dream new dreams, and allow passion to give you fuel for your new journey.

My advice to someone ready to complete the fifth step is to keep in mind that getting it all out there on the table is a great opportunity to finally let it all go. Clean out the cobwebs of your past, take a deep breath, relax, and enjoy the lighter load. Enjoy the freedom and unconditional love.

Dominica A.



OUR THREE LEGACIES

STEP FIVE (Recovery)

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

PRINCIPLE: Integrity—adherence to moral and ethical principles; soundness of moral character; honesty.

All of A.A.'s Twelve Steps ask us to go contrary to our natural desires ... they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

Twelve Steps and Twelve Traditions, p. 55

TRADITION FIVE (Unity)

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

No matter how different our own personal concerns, we are all bound together by one common

RESPONSIBILITY...to carry the message to the suffering alcoholic.

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that:

I AM RESPONSIBLE

DECLARATION OF 30TH ANNIVERSARY INTERNATIONAL CONVENTION, 1965

CONCEPT FIVE (Service)

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

INTEGRITY IS
choosing
COURAGE OVER COMFORT;
CHOOSING WHAT IS RIGHT
over what is
FUN, FAST, OR EASY;
AND CHOOSING TO
PRACTICE OUR VALUES
rather than simply
PROFESSING THEM.

Integrity is a personal quality of fairness that we all aspire to—unless you're a dishonest, immoral scoundrel, of course.

Integrity

If we have truly done a thorough job of introspection and evaluation of our assets and shortcomings, do we have the integrity to own up to it? It can be very difficult to be open and honest about our past behaviors. We begin to learn to do the right thing even though no one is watching.

"We recovered alcoholics are not so much brothers in virtue as we are brothers in our defects, and in our common strivings to overcome them."

Letter, 1946

MAY ANNIVERSARIES

SOUTH VERO GROUP

Robert B.	1 year
Dallas W.	1 year
Ross S.	1 year
Theresa D.	1 year
Walter S.	2 years
George M.	5 years
David D.	6 years
Greg E.	8 years
Mark F.	9 years
Kris T.	11 years
Liam O.	14 years
Warren W.	26 years
Keith T.	27 years
Bill R.	31 years
Ron M.	33 years

MAN TO MAN

Bob M.	37 years
Dan M.	1 year
Dave S.	29 years
Dave T.	2 years
Joe B.	1 year
Matt K.	1 year
Mike M.	38 years
Rick B.	1 year

INDIAN RIVER MEN'S

Bob G.	19 years
Joseph J.	25 years
Myron	8 years

LUNCH BUNCH

Bob B.	34 years
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ODAAT

Audrey M.	3 years
Mary Jeanne W.	4 years
Marlene F.	7 years
Patti R.	12 years
Sally H.	12 years
Carl C.	14 years
Bev M.	14 years
Al M.	16 years
Lin C.	18 years
Jack D.	28 years
Peter T.	30 years
Tony T.	30 years
Tim Z.	30 years
Helen J.	33 years
Suzanne H.	35 years
Tulio C.	39 years
Don Mc.	40 years
Sheila T.	41 years
Maeve W.	45 years

SEBASTIAN 5:32

Pat S.	45 years
Lee K.	13 years

CANDLELIGHT

Kristen P.	7 years
Bobbi J.	2 years
Rob B.	2 years

BAREFOOT BAY GROUP

Paul C.	2 years
Tara	2 years
Bob M.	36 years
Pat S.	45 years

A NEW DAY

Doreen M.	1 year
Kathy C.	2 years
Dave	2 years

INDIAN RIVER THURSDAY NIGHT

(From April)

Gina D.	5 years
Chris D.	18 years

ROYAL PALM GROUP

Susie K.	37 years
Steve S.	28 years
Katie H.	23 years

INDIAN RIVER WOMEN'S

Maggie K	31 years
Rachel M	2 years

VERO BEACH MEN'S

Randy	6 years
Kendall M.	1 year
Tim G.	3 years
Clyde K.	26 years

FREE AND EASY

Rachel M.	2 years
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EASY DOES IT

Don F.	37 years
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SEBASTIAN STEP SISTERS

Rae Ann	1 year
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I AM RESPONSIBLE

Justin P	1 year
Cynthia G	3
	2 years



Available Workshops

Rule 62

The (Higher) Power of Prayer

We Agnostics and Free-Thinkers

Our Primary Purpose

Corrections - We Are Responsible

Archives: Our History

Register at

www.floridastateconvention.com

Register for the **Golf Tournament** at the 61st Florida State Convention

Ocean Links Course

Lunch included

The fairways and greens are parallel to the beach on Amelia Island and meander through a unique coastal maritime hammock with five oceanfront golf holes. The close proximity to the ocean and the ever-changing sea breeze provide the golfer with exhilarating views and intriguing play. The course offers as much a nature tour as a round of golf. At par 70, this 18-hole combination provides a challenge to golfers of all levels.

www.floridastateconvention.com/products/golf

SCAVENGER HUNT

Come help us support our 61st Florida State Convention

Pay at event.
\$10 Per Person
Cash Only

Prizes for 1st, 2nd & 3rd Place teams

For more info email
jaxscavengerhunt@gmail.com
Contact : Lisa 904-716-1029

Date: Saturday April 22, 2017
TIME: 12-4 PM
Starting Location: Burrito Gallery
21 E Adams St, Jax FL 32202

UPCOMING EVENTS AND ANNOUNCEMENTS

NEW PORT CLUB SPRING FLING MAY 27th

ART & CRAFT FAIR FROM 1-6PM

DANCE FROM 7-11PM

FACE PAINTING-PRIZE RAFFLE-BAR-B-Q

FAMILY AND FRIENDS!

BRING THE KIDS!

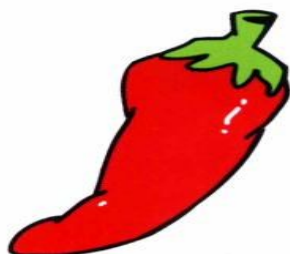
2536 16th AVENUE

772-562-4544

Founders Day Luncheon Ice Cream Social &

**** Annual Chili Cook-off****

Double Speaker Meeting – featuring 2 Speakers
with over 25 years who will share their experience
strength and hope



Tickets: \$10 per person

Ticket price includes coffee, hamburgers, hot
dogs, subs & other foods.
Please bring a dessert or side dish to share.

Bring your best batch of chili for the chili cook-
off and chance to win a prize. (Contest entries
are anonymous until winner is announced).

**Saturday June 17th, 2017
12:00pm to 4:00 p.m.**

Langford Park Recreation Center
2369 NE Dixie Hwy
Jensen Beach, Florida

Contact Joli for tickets

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.

2016 STEERING COMMITTEE

Chair.....Steve S.
Co-Chair.....Joseph J.
Treasurer.....Open
Secretary.....Trish H.

Nominating Committee.....Marty P.
After Hours Phone..... Doug C.
District 6 Liaison.....Cynthia G.
HOW EditorRick H.
Inventory Control.....Bobby Z.
Literature..... John H.
Treatment..... Todd T.
Website.....Dutch V.
Where and When.....Susan

2016 STANDING COMMITTEES

Archives.....Open
Birthday Dinner 2017..... Doug C.
Desk Coordinator.....Marty P.
Corrections—Women.....Open
Corrections-Men..... Open
Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Linda W.

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

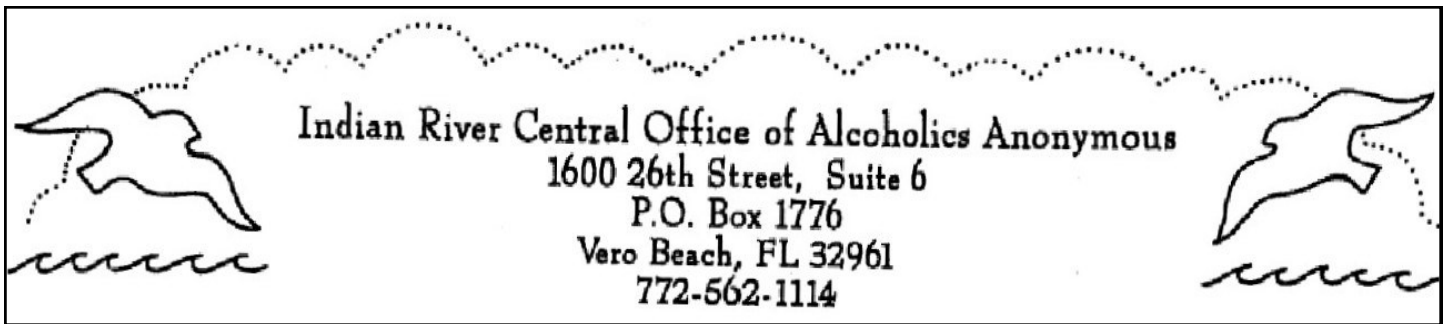
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.