

# HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

**Volume 38 Issue 6**

**June 2019**



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 [aairhow@yahoo.com](mailto:aairhow@yahoo.com)

## *Step 6* WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER

### Phenomenon of Craving

*By sharing their drinking stories in a treatment center, a few women helped another find her way*

I am currently serving as chair of my district's Cooperation With Treatment Facilities (CTF). As part of my work, I took a panel into a local treatment facility a little over a week ago. It was a women's outpatient group. I brought my sponsor and one other woman from my home group with me.

I led the informational part of the panel, as I was the facilitator. Then my sponsor and the other woman shared their stories. Both women are familiar with the Traditions and respect singleness of purpose. After they shared their stories and we closed the panel, everyone started leaving except for this 24-year-old woman who was very emotional and was embarrassed to walk out in tears. The three of us stayed behind and did our Twelfth Step work with her.

It was just the four of us in the room. She was crying because she identified with what she'd heard, and for the first time in her life she was feeling she might be a real alcoholic. She explained to us that she had never identified as an alcoholic before in meetings. No one had ever told her story, she said, or shared her feelings. She told us that she was a blackout drinker and she never understood why alcohol affects her differently than all of her friends.

She said she had never heard anyone in the meetings talk about blacking out or the phenomenon of craving. My sponsor asked her what meetings she had been attending. She told us that she was going to a different fellowship because that's where everyone else at that facility went. I asked her if she was also a drug addict. She said no, she wasn't, that alcohol was her problem, but that the (well-meaning) treatment facility staff had told her that alcoholism and drug addiction are the same thing.

The next day we took her to our home group. This was her very first meeting of Alcoholics Anonymous. She cried for hours afterward. She said she identified with every single share.

That was just a few days ago. Since then, she's been attending an AA meeting every day and has found some hope. One of my sponsees became her sponsor and has been taking her through the Big Book. She has now completed her First Step and is on Step Two. She is excited for her future in AA.

Thank you, Bill and Bob, for being able to foresee the crucial need for identification and singleness of purpose.

-- Carrie B.

Bend, Oregon

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# OUR THREE LEGACIES



## STEP SIX (Recovery)

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

**PRINCIPLE:** Willingness—*inclined or favorably disposed in mind; ready; prompt to act or respond*

“...when I became willing to clean house and then asked a Higher Power, God as I understood Him, to give me release, my obsession to drink vanished. It was lifted right out of me.”

TWELVE AND TWELVE P. 63

## TRADITION SIX (Unity)

**“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”**

TWELVE TRADITIONS ILLUSTRATED

## CONCEPT SIX (Service)

**“The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.”**

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

**The moment we say, “No, never!” our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal.**

**This is the exact point at which we abandon limited objectives, and move toward God's will for us.**

# **UPCOMING EVENTS AND ANNOUNCEMENTS**

## **BHC Group Schedule**

**6/3 Ask it Basket**

**6/10 Early Risers**

**6/17 South Vero**

**6/24 VBMG**

**7/1 Sebastian Freedom**

**7/8 OSSABAW**

**7/15 Sundowners**

**7/22 Candlelight**

**7/29 Early Risers**



## **Attention Group Reps!**

**Don't Forget Intergroup Central Office Business Meeting**

**Second Thursday of each month**

# JUNE ANNIVERSARIES

## A NEW DAY

Johnny S. 1 year  
Mary Jane L. 6 years  
John W. 9 years  
Chuck S. 9 years  
Jack. W. 14 years

## ODAAT

*(From May)*

Frank C. 1 year  
Donna S. 1 year  
Craig K. 3 years  
John R. 4 years  
Mary Jeanne W. 6 years  
Marlene F. 9 years  
Barbara W. 9 years  
Donna A. 10 years  
Sally H. 14 years  
Patti R. 14 years  
Carl C. 15 years  
Amy C. 16 years  
Al H. 18 years  
Bev M. 19 years  
Lin C. 20 years  
Peter G. 25 years  
Dean C. 27 years  
Jack D. 30 years  
Tim Z. 32 years  
Peter T. 32 years  
John L. 35 years  
Helen Jessup M. 35 years  
Tulio C. 42 years  
Meave W. 47 years

*June*

Robert K. 1 year  
Tom M. 1 year  
Wayne L. 7 years  
Lorrie Ann N. 25 years  
Gil B. 36 years  
Glen B. 37 years  
Bobbie D. 47 years  
Ed O. 47 years

## INDIAN RIVER MEN'S

Lonnie 10 years

## MAN TO MAN

Brian M. 3 years  
Dave H. 12 years  
Frank L. 1 years  
Joe A. 31 years  
Jonn W. 9 years  
Mark L. 19 years  
Nick F. 15 years  
Paul T. 22 years

## MAGNOLIA GROUP

Kristin (from May) 29 years  
Joyce (from May) 37 years  
Kimmie (June) 1 year

## SOUTH VERO GROUP

*(From May)*

Tom Y 1 year  
Shane C 1 year  
Lizzy W 1 year  
Kristina C 1 year  
Kathryn C 1 year  
Jay G 1 year  
Jane M 1 year  
Ross S 3 years  
Walter S 4 years  
Geoge M 7 years  
David D 8 years  
Liam O 16 years  
Warren W 28 years  
Keith T 29 years  
Ron M 35 years  
Angela G 40 years

*June*

Tre J 2 years  
Denise R 4 years  
Adam F 18 years  
Henry R 13 years

## LUNCH BUNCH

Bob M. (from May) 38 years  
Bob M. (from May) 39 years  
Gary T. (from May) 26 years  
Jeff S. 18 years  
Ruthie T. 51 years  
Mark L. 19 years  
Linda V. 14 years  
Tom R. 4 years  
Cindy R. 4 years

## ROSELAND 5:32

Dan S. 30 years

## SEBASTIAN FREEDOM

Tim W. 42 years  
Dan P. 33 years

## VERO 12 & 12

Charlie D. 50 years  
Cheryl Ann B 42 years

## VERO BEACH MEN'S

Brett B. 13 years  
Dave O. 19 years  
Bobby W. 8 years

# **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.

*"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."* (Alcoholics Anonymous pg. 86)

From one of our members:

"It has been repeatedly said in AA meetings that if we want to have a spiritual awakening, we should develop a ritual of spirit. The way I go about this is simple and effective. Every morning when I wake up, I slide out of bed and onto my knees. In prayer I say 'God, please keep me sober today and please remove from me the desire to drink. Please give me strength to get through this day.' Then, I wander out to my couch and, with a cup of coffee, stare quietly at a burning candle. As I breathe, I slowly repeat to myself 'thy will, not mine be done.' When worldly thoughts crowd my mind I switch to reading our literature—one page out of *Daily Reflections*, 2 pages from *As Bill Sees It*, and 2 pages from the book of *Alcoholics Anonymous*. In these books are the 3rd, 7th and 11th Step prayers printed on bookmarks that I meditate on as I begin my day. After this quiet time in reading, praying and meditating, I am able to meet the day with a better attitude and outlook ever reminded of what my primary purpose is." **Clyde K.**

*"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your **morning meditation** what you can do each day for the man who is still sick. The answers will come, if your own house is in order."* (Alcoholics Anonymous pg. 164)

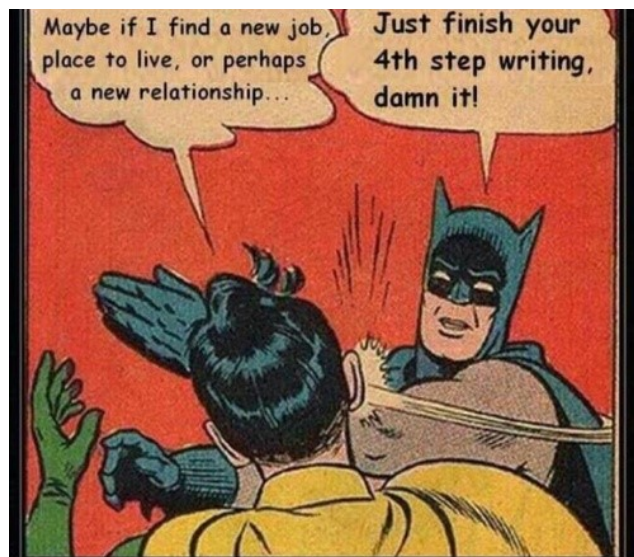
**"If you have decided you want what we have and are willing to go to any length to get it -- then you are ready to take certain steps."**



**WILLINGNESS**  
*is the key*

**WE SELDOM DO  
ANYTHING TO THE BEST  
OF OUR ABILITY. WE DO  
IT TO THE BEST OF OUR  
WILLINGNESS.**

PICTUREQUOTES.COM



If Batman was my sponsor.



## 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 Editor .....Rick 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\*

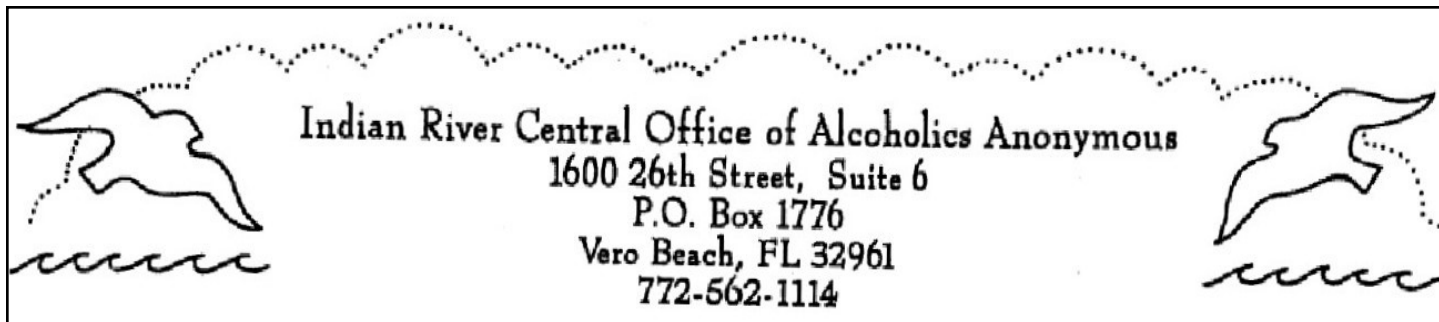
Talk to someone at their home\*

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 26<sup>th</sup> 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.