



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 30, Issue 4

April 14, 2011

“The HOW is published to improve communication between local AA Groups and encourage the participation of AA members in service and activities.”

Experience, Strength and Hope... “The Fourth Step”

Made a searching and fearless moral inventory of ourselves.

I knew that I absolutely had to complete this step if I was going to stay sober and continue my recovery from alcoholism. After taking a “leap of faith “ in the 3rd Step, I realized that the only way I would be able to overcome my self-centered fear was by asking for help from a power greater than myself...I prayed for willingness, I spoke with my sponsor, I listened to the stories of other recovering alcoholics and their experiences with this step...now it was time to take some positive action.

Searching and fearless ,for me, meant being as honest as I could be at the moment. I was urged to be gentle with myself, to take advantage of my assets in order to work with my liabilities, not to get stuck in the details and to try to see through my phony behavior.

Most importantly I had to write it down. The Big Book and the 12 and 12 tell us how our instincts for Sex, Security, and Society have become twisted caused us and those around us to suffer gravely.

The 4th step is not to be taken lightly...but it “IS” to be taken if we want to recover. After I finished my 4th step I knew that I had taken a good look at myself, I felt a sense of relief and knew that I was on the path to recovery.

Anonymous



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 out 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.*

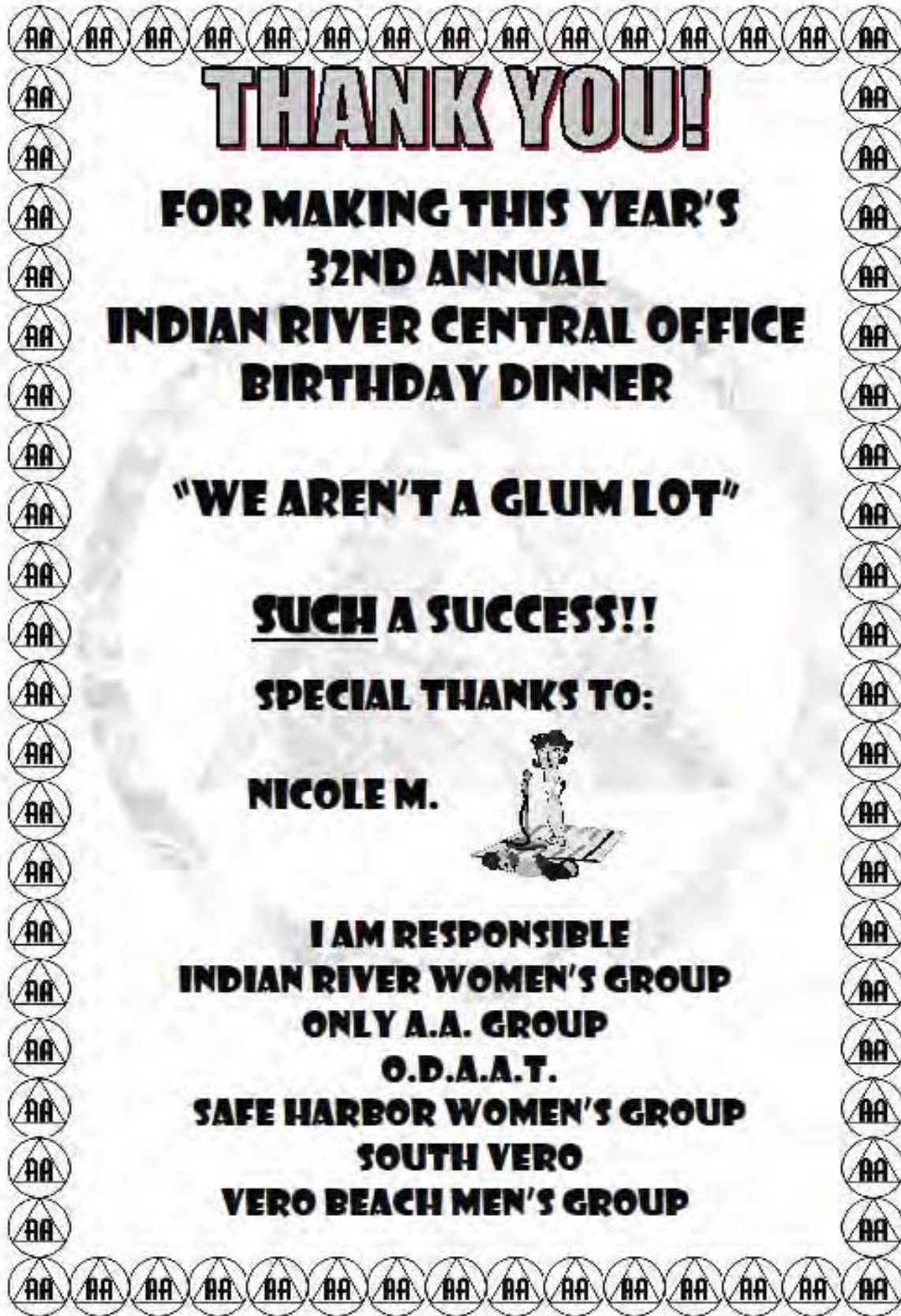


I need to look at my life.



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?



THANK YOU!

**FOR MAKING THIS YEAR'S
32ND ANNUAL
INDIAN RIVER CENTRAL OFFICE
BIRTHDAY DINNER**

"WE AREN'T A GLUM LOT"

SUCH A SUCCESS!!

SPECIAL THANKS TO:

NICOLE M.



**I AM RESPONSIBLE
INDIAN RIVER WOMEN'S GROUP
ONLY A.A. GROUP
O.D.A.A.T.
SAFE HARBOR WOMEN'S GROUP
SOUTH VERO
VERO BEACH MEN'S GROUP**

**2010 Quarters/2011 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	8	9	14	31			46	27	42	40
General Info/Misc	85	75	112	272			156	157	173	235
Purchases	112	93	108	313			307	267	234	262
Meeting Info	49	35	53	137			184	128	110	124
Alanon / NA	8	12	8	28			48	25	32	45
TOTAL	262	224	295	781			741	604	591	704

****Gate Lodge****

Tuesday, 8:30pm		Thursday, 8:30pm		Saturday, 8:30pm	
Open Discussion		Speaker		Open Discussion	
	I	4/14	IR Men's	4/16	Early risers
4/19	ODATT	4/21	Roseland	4/23	Free & Easy
4/26	Royal palm	4/28	Candlelight	4/30	Hibiscus
5/3	Kings Hwy	5/5	I Am Responsible	5/7	Sundowners
5/10	Noontime	5/12	IR Mens	5/14	VBMG

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.

Clyde K. (772)-205-8007

****BHC** - MONDAYS AT 7PM**

4/18	South Vero	5/16	South Vero	6/13	Hibiscus
4/25	Vero Beach Mens	5/23	Vero Beach Men's	6/20	South Vero
5/2	Early Risers	5/30	Indian River Men's	6/27	Indian River Men's
5/9	Hibiscus	6/6	Early Risers	7/4	Early Risers
				7/11	Hibiscus

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



Indian River Central Office Unity Committee

In the spirit of rotation, the Unity Committee is in need of a chairperson to head this committee for 2011.

Sobriety required for Chair: 1-2 years

Sobriety required for Co-chair: 1 year

Description of the Committee's purpose:

Many types of events have been offered by the Unity Committee, whose purpose is to unite the groups of Indian River County in periodic events. There are 3 events per year: Founders Day Celebration (close to June 10th), a fall event (early November) and a spring event (late February/early March).

Past Unity Events include: Founder's Day Celebration, Long-timer's Meeting, Tradition Skit, AA Family Feud, AA Newlywed Game, Sponsorship Workshop, Helping a Wet Drunk, Midtimers Meeting and AA Hollywood Squares.

If you like to throw a party and would like to get involved in Service Work you'll enjoy working on this committee. If this is for you the Indian River Central Office invites you to our next business meeting on 5/12/2011 at 7:00 pm at the New Port Club in the outside room.



Sister Ignatia and the First Tokens

Sister Ignatia and the First Tokens A key figure in the recognition of alcoholism as a disease was a Catholic nun, Sister Mary Ignatia Gavin (1889-1966), a Sister of Charity. With Dr. Bob, co-founder of A.A., she set up wards for alcoholics in Akron and Cleveland, OH. Today, people in recovery from addictions often receive tokens to mark milestones in their journey of clean and sober time. The practice traces its roots to Sister Ignatia in Akron. There she saw each patient before leaving and gave each a Sacred Heart badge. She instructed them that it signified a commitment to God and to recovery, and that if they were going to drink, they first had to return the medallion to her. Sister Ignatia also was instrumental in implementing the first Al-Anon program for families of alcoholics.

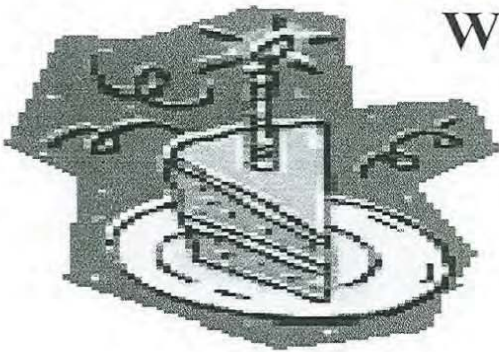
The Testimony of James A.

In 1958, I was a patient in Rosary Hall Solarium in Cleveland. At the conclusion of a usual five-day program, consisting chiefly of detox and AA indoctrination, Sister Ignatia interviewed me in her private office. I believe that this contact, customary for departing Rosary Hall patients, helped greatly in a lifetime of sobriety for this writer. Although frail and soft-spoken, Sister spoke with intensity, and her eyes could either twinkle or blaze to bolster the appropriate message. She gave me a Sacred Heart badge, urging that I return it to her first, should I ever decide to drink again. I did drink again twice that year, and then returned to AA for what has been to this date lifelong sobriety, thank God. Feeling somewhat ashamed, I went back to Sister and offered to turn in the badge. She wouldn't take it back. I carry that badge to this day.



**VERO BEACH STEP & TRADITIONS GROUP
OF ALCOHOLICS ANONYMOUS**

*Invites you to join us for our
7th Group Anniversary Celebration*



Wednesday, April 20th at 6:30PM
at

The Salvation Army Dining Hall

2655 5th Street SW (At the corner of 27th Ave.)

“POT LUCK DINNER”

**Please Bring a Dish to Share.....
Soft Drinks, Coffee & Dessert will be provided**

The Celebration Meeting will be an:



**OPEN
SPEAKER
MEETING**

At 7:30 PM





April 2011 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

March

Cathy L.5

Bob K.30

April

Sam H.37

Barefoot Bay Group

Warren D.28

Candlelight Group

Tom S.15

Sam H.37

Early riser

Craig M.1

Jeff F.1

Vin D.2

Gayle.2

Larry L.3

Fred W.13

Geoff L.36

Sam H.37

Free and Easy Group

Olga B.11

I am Reasonable

Jennifer M.3

Trish F.5

Indian River Men's Group

Joe M.7

John L.7

Sandy S.13

Lou V.31

Indian River Thursday Night

March

W Maxwell.2

Ben W.1

Indian River Women's Group

Faith R.1

Stephanie H.1

Heather K.3

Kim P.4

Paula H.10

Cindy C.18

Gay P.44

King's Highway Group

Kenny g.2

Betty I.48

Man to Man Group

Dale C.4

James R.13

David G.16

Noon time recovery

Phil3

Dave m.16

Bill S.25

ODAAT

March birthdays

Rhett P.1

Walter C.14

James K.16

Jack K.19

Jim M.19

Richard B.29

Patrick D.21

Wini M.34

Stevie C.41

Marguerite H.50

O.D.A.A.T.

April birthdays

Justin P.2

Ned B.6

Linda J.8

Jennifer M.12

Sheila P.12

Nancy T.15

Darlene D.21

Candy B.27

Al V.35

Sam H.37

Royal palm

Bob K.25

Clell B.29

Brian L.38



South Vero Group

- Todd D.1
- Tracy W.1
- Dennis S.3
- Jamie K.4
- Mike M.6
- Skip M.8
- Donna M.14
- Jim R.16
- Sam H.37

Sebastian Sundowners

March

- Kathleen V.1
- Mary D.1
- Marie.19

April

- Sue W.6
- Linda J.8
- Kimberly S.25
- Debbie M.31

Vero beach

Step and Traditions

- Steve c.33

Vero Beach Men's

- Bill D.1
- Bob MC.2
- Chris W.4

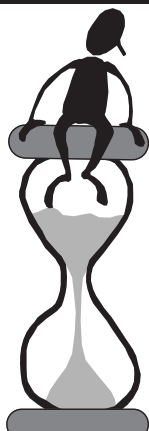


PLEASE make sure to have your group's anniversaries turned in to Central Office or e-mailed

irhow@yahoo.com **NO LATER** than the last Friday of the month. Late submissions will **NOT** be published.

4TH Step Pray

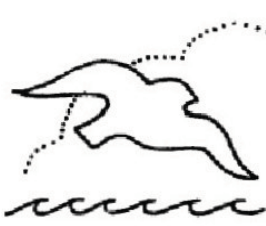
Dear God,
 It is I who has made my life a mess.
 I have done it, but I cannot undo it.
 My mistakes are mine & I will begin a searching & fearless moral inventory.
 I will write down my wrongs, but I will also include that which is good.
 I pray for the strength to complete the task.



"WHAT ARE YOU WAITING FOR?"

The Men's and Women's Correction Committee is looking for volunteers to take a meeting once a month to the Indian River County Jail.

Call Brett (643.6016) or Lorelei (501.2945)
 (2 yrs. of sobriety required)



Indian River Central Office of Alcoholics Anonymous
 1600 26th Street, Suite 6
 P.O. Box 1776
 Vero Beach, FL 32961
 772-562-1114



URL: www.indianriveraa.org **E-MAIL:** info@indianriveraa.org

<p><u>2011 STEERING COMMITTEE</u> Chair.....Karen M. Co-Chair.....D.J. I. TreasurerJohn H. Secretary.....Sunshine</p>	<p>Corrections—Women.....Lorelei G. Corrections—Men..... Brett B D.J I. Critical DocumentsRichard/Margaret B. Literature.....Sue L. Public Information.....Jeff S. Inventory Control.....Joseph J. Jeff S. Treatment.....Clyde K. Telephone Coordinator.....Donna S. Unity.....</p>	<p>Website.....Dutch V. Where and When.....Craig S. General Service Liaison/Rep.....Vacant</p>
<p><u>2011 STANDING COMMITTEES</u> Archives.....Amy C./Joyce E. Desk Coordinator.....Sue L. HOW Editor.....Jeremy S.</p>	<p align="center"><u>2011 DELEGATES AT LARGE</u> Cynthia G. Lane S. Paul H..</p>	

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**