



# 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."

## Experience, Strength and Hope... "Telling My Life's Story"

Under the lash of alcohol, I was driven to AA and it was there I looked up at the wall, zeroed in on step 5, and decided, "I don't think so". Herbert Spencer would have been proud. Gratefully I was not as closed to the suggestion to get a sponsor and that is where my journey began.

I had gotten here with the "total inability to form a true partnership with another human being" spoken of in step four. I got a sponsor because I was afraid not to. And trust? It was not that I was choosing not to trust anyone. I had no frame of reference for trust. It was obvious to me that after a lifetime of lying, cheating and stealing there was no way you could trust me and I was just as certain I could trust no one else. To quote an often-heard saying from the rooms, "I didn't know what I didn't know".

My sponsor explained to me that there were four steps before the fifth and that after having taken these, the fifth step may not be comfortable but it would be doable. So we started at step one. Along the way, an amazing thing happened. By following the suggestion to call this sponsor daily (though I didn't see how that would keep me sober) and meeting with him weekly, we developed an actual relationship. Through his sharing himself with me, I was able to identify with his experience. I also came to believe that I could trust this man.

Moving forward I also learned to trust the process and more importantly, a Higher Power. After working on my fourth step for six months and three hours (I love that expression) I completed my first inventory. So now what? I had done the digging, the dredging, and some less than pleasant defects or as the Big Book says, "weak items" in my personal inventory had been revealed. All too often, I have seen people stop here. Now was not the time for delay. I cannot sit long with these realities. The book tells me these "are about to be cast out". It also states, "This requires action on our part". I needed to admit to God, to myself, and to another human being the exact nature of my wrongs.

Continues on page 3



# 5 FIVE V

## Tradition 5:

Each group has but *one primary purpose*-to carry it's message to the alcoholic who still suffers.

## Concept V:

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

## Principle Behind Step 5:

### 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."

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



I admit all I did wrong.



## Traditions Checklist

1. Do I ever cop out by saying, "I'm not a group, so this or that tradition doesn't apply to me?"
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both help them and learn from them?



I made an appointment with my sponsor to meet on a Saturday morning and it was with him that I shared most of my inventory. Most? Well you see, I had a combination of willingness and fear. I wanted to share my inventory with my sponsor but at that point could not share my “biggie” with him. Together we decided I would take that item to a pastor at his church, which I did. A couple really cool things happened that day. By doing this for my recovery in spite of the fact that I would really rather not have, my sobriety took on a lot more value to me. I also, for the very first time in my life walked away with the knowing that I had absolutely nothing in my life that I had not shared aloud.

There is a really good reason to take step five stated on page seventy-two in the Big Book. “If we skip this vital step, we may not overcome drinking”. On page seventy-five, we have more. I have heard them called “the promises of step five” and this has been my experience:

“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.”

## Pertinent Information

One. The Sebastian yacht club meeting called a New Day now meets six days a week at 7:00am. {dose not meet on Sundays}

Two. The Sebastian Sundowners is now pet free only service animals are allowed to be in attendance.

Three. Effective Monday , June 6, 2011 The Sebastian 12 and 12 group will meet on Monday night at 7:00 pm please come join us at our new time. If you just can't wait we now meet at 8:00 pm.

Thank you so much,



**2010 Quarters/2011 month of 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	8		46	27	42	40
General Info/Misc	85	75	112	272	71		156	157	173	235
Purchases	112	93	108	313	91		307	267	234	262
Meeting Info	49	35	53	137	53		184	128	110	124
Alanon / NA	8	12	8	28	13		48	25	32	45
<b>TOTAL</b>	<b>262</b>	<b>224</b>	<b>295</b>	<b>781</b>	<b>236</b>		<b>741</b>	<b>604</b>	<b>591</b>	<b>704</b>

**\*\*Gate Lodge\*\***

<b>Saturday, 8:30pm</b>		<b>Tuesday, 8:30pm</b>		<b>Thursday, 8:30pm</b>	
<b>Open Discussion</b>		<b>Open Discussion</b>		<b>Speaker</b>	
5/14	Early risers	5/17	IODATT	5/19	Roseland
5/21	Free & Easy	5/24	Royal palm	5/26	Candlelight
5/28	Hibiscus	5/31	South Vero	6/2	I Am Responsible
6/4	Sundowners	6/7	Kings Hwy	6/9	IR Men's
6/11	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**

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

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



Poem For One Year  
It's only one year  
Surprised it is here  
My skin is no longer dry and prickly  
When the sun sets I have on fear  
Shot out from a tunnel  
A black hole, an abyss  
The shackles on my hands  
The leg irons on my feet  
Have melted off me like hot butter  
The taste of freedom is so sweet  
Gone is the darkness  
The terror and gloom  
The fog has risen  
The sun shines in these rooms  
  
The genuine smile of new Friends  
Who want nothing from me  
Have learned they must give away  
To keep what has been given so freely  
  
A new self is emerging  
Like a blossom from a seed once dead  
Bursting forth from the some soil  
On which I once bled  
New life, fresh life  
Whispers in my ear  
Keep walking up the steps  
That lead you to your first year  
Just a short time ago  
I wanted to lay down and die

Now the top of the mountain calls me  
Like an eagle I long to fly  
My soul is jubilant  
And I thank the one above  
For my sister & brothers  
Who helped me stand with their kind love  
How did I escape  
The dark cloud that surrounded me  
How backward it seems  
That by giving up the fight  
And surrendering to my higher power  
Has given me more might  
If I can hold on for one minute, one hour,  
One more day at a time  
Tomorrow I'll awaken again free from fear  
Walking on a ray from heaven  
Directed by the divine  
Thanks to my lord above  
And my new friends who  
Let down a rope  
Pulling me up from a black hole  
Into a new day filled with hope  
You can't see my heart bursting  
But in my eye there is a tear  
I've a new appetite for living  
I'm filled with thanksgiving  
For my gift of this first year.



# May 2011 BIRTHDAYS

**Candlelight Group**

Eddie R. ....1  
 Kristin S. ....1  
 Jeremy Z. ....1  
 Kris T. ....5

**Early Risers**

Caryl. ....1  
 Mark F. ....5  
 Laura E. ....7  
 Bill C. ....9  
 Emmett L. ....25

**Easy Dose It**

Dawn A. ....5  
 Patrick M. ....22  
 Don F. ....31

**I am responsible**

Caleb D. ....1  
 Odelin A. ....1  
 Glenn F. ....8

**Free & easy**

Tom. ....31

**Indian River Men's Group**

Dick M. **IN MEMORY OF**  
 Tris. ....4  
 Mike D. ....6  
 Bob G. ....13  
 Joseph J. ....19

**Indian River Women's Group**

Tammy M. ... ..1  
 Kristin M. ....1  
 Robin N. ....17  
 Kristin S. ....21  
 Cynthia G. ....26

**Man to Man Group**

Greg N. ....1  
 Glenn S. ....1  
 George B. ....4  
 Joe I. ....4  
 Mike P. ....6

**Noontime Recovery**

Phil. ....3  
 Dave M. ....16  
 Bill S. ....25

**O.D.A.A.T.**

**April**

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. ....36

**O.D.A.A.T**

Donna A .....2  
 Tyler D. ....2  
 Greg E. ....2  
 Michael G. ....3  
 Sally H. ....6  
 Patti R. ....6  
 Carl C. ....7  
 David P. ....7  
 Mark S. ....11  
 Ben M. ....11  
 Bob A. ....12  
 Ken S. ....15  
 Dean C. ....19  
 Jack D. ....22  
 Peter T. ....24  
 Tim Z. ....24  
 Suzan H. ....29  
 Dick D. ....29  
 Tulio C. ....33  
 Don M. ....34  
 Sheila T. ....35  
 Meave W. ....39

**Ossabaw Groups**

Mickey. ....9  
 Pete Middleton. .... 23

**Royal Palm Group**

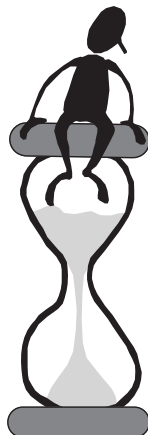
Katie H. ....17  
 Steven S. ....22  
 Susie K. ....31



**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](mailto:irhow@yahoo.com)

<p>Safe Harbor</p> <p>April</p> <p>Sanny G. ....2</p> <p>Brenda L. ....2</p> <p>Ellie G. ....3</p> <p>Ginger P. ....18</p> <p>Anita L. ....19</p> <p>Sue L. ....24</p> <p>Carol M. ....38</p> <p>may</p> <p>Maryann E .....1</p> <p>Jan D. ....2</p> <p>Martine F. ....4</p> <p>Petra D. ....9</p> <p>Lin C. ....12</p> <p>Ruth W. ....29</p>	<p>Sebastian Sundowner</p> <p>Kevin T. ....1</p> <p>Lisa W. ....2</p> <p>Richard B. ....3</p> <p>Ame B. ....15</p> <p>John K. ....25</p> <p>Stepsisters</p> <p>Lori K. ....2</p> <p>Zinnia L. ....5</p> <p>Melinda .....7</p> <p>Monica .....24</p>	<p>South Vero</p> <p>Carol C. ....3</p> <p>John B. ....4</p> <p>Pat T. ....7</p> <p>Liam O. ....8</p> <p>Bev M. ....11</p> <p>Helen M. ....26</p> <p>Surfside</p> <p>April</p> <p>Bob K. ....25</p> <p>May</p> <p>Suzie M. ....31</p> <p>Mike C. ....38</p> <p>Meave W. ....39</p> <p>Vero beach 12 &amp;12</p> <p>Louise W. ....1</p>
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**"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](http://www.indianriveraa.org)

**E-MAIL:** [info@indianriveraa.org](mailto:info@indianriveraa.org)

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