



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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June 10, 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... On Step Six

After an honest and thorough inventory of my grosser handicaps, I became fully aware of the defects of character which were the fuel that drove my "train."

My higher power had relieved my obsession to drink alcohol. To strive for and stay in the "sunlight of the spirit," I had to be completely ready to have God remove these defects. I had to be 100% willing to strive for perfection, realizing that it was a beginning of a lifetime job.

As a human, I had natural instincts, but my instincts were as unbalanced as my obsession to drink was. To become ready, I had to look at my defects. Where I had been selfish, what would the unselfish reaction or behavior be? Where I had been frightened what would a courageous woman of faith do? Where I had unrealistic expectations, what would have been realistic?

If I was to be ready, I must see the opposite behavior attached to the defect. When I am struggling with a short-coming, I turn to prayer and ask God for the willingness to let it go. Thank goodness it is progress and not perfection!

- Anonymous (reprinted from 2010 H.O.W)

"The Sound that Means Alone"

The silent soul fills with fear that grabs away your breath.

Glassy eyes stare in wild terror with a gaze that's close to death.

Your turn to run, but it's begun.

There's a low and hell-sent moan.

And you realize, coming from inside is the sound that means alone

And those only who've uttered these deep and desperate cries can understand

The empty place from which these horrors rise. And anyone, young and old

Can feel what I have known. And should you hear, you'll not forget

The sound that means alone.

Tim M. (reprinted from '09 H.O.W.)



6 SIX VI

Tradition 6:

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.

Concept Vi:

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.

Principle Behind Step 6:

Willingness

“Now that we have accomplished an inventory of the good and not so good aspects of our character and behavior, are we willing to change them? All of them? The important part in the 12 step principle is the willingness to let go of old behaviors and rely on our Higher Power.”

6 *Were entirely ready to have God remove all these defects of character.*



I want to be free.



Traditions Checklist

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with “Guidelines for Clubs” (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?



Dinner with our South Florida Area 15 Delegate

Tuesday, June 14, 2011 at 6:30 p.m.

**Indian River State College
3209 Virginia Ave, Ft. Pierce
Bldg "R" Room 248**

Please join us for a causal dinner with the South Florida Area 15 Delegate. Our delegate will present District 6 with her 2011 Conference Report after an abbreviated District Business meeting beginning promptly at 7 p.m.

All are welcome

Please bring your friends to enjoy this important presentation



The Unity Committee of I.R.C. Central Office
Celebrates

**The 76th Founder's Day of
Alcoholics Anonymous**

Saturday, June 11th, 2011

2:00 - 4:00PM

The Newport Club

2536 16th Avenue

Ice Cream provided by Indian River Central Office at 3:00ish pm !!!

Please bring a dessert!!!

Come listen to 5 AA members with long-term sobriety share their experience, strength and hope of Unity in Alcoholics Anonymous!

**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	16	46	27	42	40
General Info/Misc	85	75	112	272	71	92	156	157	173	235
Purchases	112	93	108	313	91	93	307	267	234	262
Meeting Info	49	35	53	137	53	34	184	128	110	124
Alanon / NA	8	12	8	28	13	11	48	25	32	45
TOTAL	262	224	295	781	236	246	741	604	591	704

****Gate Lodge****

Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm	
Speaker		Open Discussion		Speaker	
				6/11	VBMG
6/14	Noontime	6/16	Roseland	6/18	Early Riser
6/21	ODAAT	6/23	Candlelight	6/25	Free & easy
6/28	Royal Palm	6/30	South Vero		

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**

6/20	South Vero	6/27	Indian River Men's	7/4	Early Risers
7/11	Hibiscus				

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



**DISTRICT 6—CORRECTIONS COMMITTEE
INVITES YOU TO THE**



5th ANNUAL MARTIN, ST. LUCIE,
INDIAN RIVER & OKEECHOBEE COUNTIES

BARBEQUE
FOOD-BEACH-GAMES-RAFFLE
(SIDE DISHES & DESSERTS WELCOME)

SUN JUNE 26th 11:30-3:30
PEPPER PARK-OCEAN SIDE
FT. PIERCE
(see map on back)

Interested in helping get the message
to those of us in jails & prisons, or
are you already involved in this
great area of service?

If so, come, get more info, literature,
learn, share, and get to know others.





**June 2011
BIRTHDAYS**

**894 Years
Of CONTINUOUS Sobriety!**



AA Only

- Danny W.20
- Barbara G.24

Candlelight

- Jay A.1
- Tony B1
- Lonnie N.2

I Am Responsible

- Ben P.3
- Lorelei G.6
- Alex I7
- Paul S.13
- Bobbi D.38

Indian River Women's Group

- Rachel S1
- Kim G.23

King's Highway

- Heidi P.12

Man to Man AA Anniversaries

- Ed B.1
- Gerry M.1
- John W.1
- Martin R.1
- Robert R.....1

- Mike C.2
- Paul T.4
- Rick B.6
- Nick F.7
- Mark L.11
- Bill F.17
- Pat B.26

O.D.A.A.T.

- Michele M.2
- Linda S.3
- Diana F.3
- Chelsea B.3
- Jon M.4
- Colleen C.4
- Jason S.4
- Paul C.5
- Lisa C.5
- Penny M.5
- Ted H.8
- Michelle R.9
- Christine O.10
- Brian G...10
- Tom N.14
- Lorrie N.17
- Jack L.21
- Beverly L.25
- Kathy H.34
- Norman G37

- Ed O.39

Royal Palm Group

- Melinda S.21

Safe Harbor

- Donna W.4

Sebastian 12/12

- Dick K.7

Sebastian lunch bunch

- Mark L.11
- Tom F.28
- Ruthie T.43

Sebastian Sundowners

May

- Maureen M.1

June

- Dale B.-.....2
- Debra M.2
- Darlene H.4
- Chandra K.5
- Jeannine D.11



South Vero Group

Wally L.1

Bob M.2

Mike McM.3

Adam F.11

Rick S.12

Sam P.14

Rick B.20

Ralph B.26

John M.31

Alberta S.43

Vero Beach 12 & 12

Bill K.13

Jim R.28

Charlie D.42

Vero Beach Men's Group

Brett B.5

Dave O.11

Vero Beach Step & Traditions

EILEEN W. 1

Mark E.3

Jodi W.4



HAPPY BIRTHDAY TO ALL!

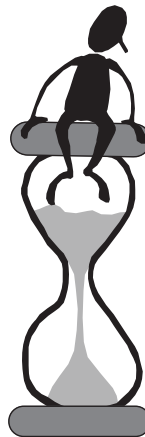
To publish announcements of AA anniversaries being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor," send via e-mail irhow@yahoo.com

BY THE Last Friday OF EACH MONTH!



STEP 6 PRAYER

Dear God, I am ready for Your help In removing from me the defects of character Which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & Guide me toward spiritual & mental health.

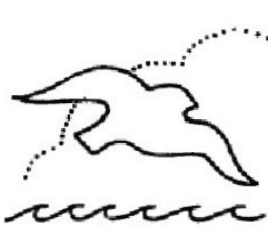


WHAT ARE YOU WAITING FOR?"

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> <p><u>2011 STANDING COMMITTEES</u> Archives.....Joyce E. Desk Coordinator.....Sue L. HOW Editor.....Jeremy S.</p>	Corrections—Women.....Lorelei G. Corrections—Men.....Brett B./Bill VB. Critical Documents.....Richard/Margaret B. Literature.....Sue L. Public Information.....Jeff S. Inventory Control.....Joseph J./Jeff S. Treatment.....Clyde K. Telephone Coordinator.....Sara R. Unity.....Kimberly P.	Website.....Dutch V. Where and When.....Craig S. General Service Liaison/Rep.....Paul S. <p style="text-align: center;"><u>2011 DELEGATES AT LARGE</u> Lane S Cynthia G. 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 26th Street, Suite 6
Vero Beach, FL 32960 **Phone: 772-562-1114**