



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 30, Issue 7

July 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... On Step Seven

The principal behind step seven is humility. For many of us we suffered great humiliation before coming through the doors of AA. For this reason we have a difficult time wrapping our minds around the concept of humility. I have heard the phrase if you don't change the person that came through the doors of AA that same person will take you back out. The steps so far have helped us understand our character defects or as it states in this step our shortcomings.

How do we move forward wrapping our mind around humility then? For me when I felt humiliation I was usually allowing other people's will and my alcoholism to effect me. But to humbly ask our higher power to remove our shortcomings we simply our saying our way doesn't work any more and we place these things in our higher power's hands. We are submitting our will to God's will; trusting that our old ways don't work anymore and that

God has new “character assets” that will take their place.



7 SEVEN VII

Tradition 7:

Each AA group ought to be self-supporting, declining outside contributions.

Concept VII:

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct World Service affairs. The Conference Charter is not a legal document; it relies upon tradition and the AA purse for final effectiveness.

Principle Behind Step 7:

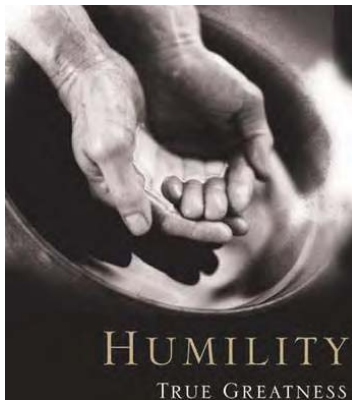
Humility

“Here we move further into action. We have seen in Step 5 where we have been selfish and self-centered. We practice being humble by realizing that we are not the center of the universe. We are all simply small parts of a huge whole. To be human is to make mistakes. Hopefully our journey has led us to the point where we can readily admit mistakes and accept ourselves for being imperfect. We are asking for help in forgiving ourselves.

7 *Humbly asked Him to remove our shortcomings.*



I ask a Higher Power to help me be free.



Traditions Checklist

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet?
How generous was I when tanked in a bar-room?
2. Should the *Grapevine* sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more people participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

**2011 OFFICE ACTIVITY****Calls for Assistance and Walk-Ins****Nature of Calls**

	JAN	FEB	MARCH	1ST Q	APRIL	MAY	JUNE	2ND Q	3RD Q	4TH Q
12th Step Support	8	9	14	31	8	16	11	35		
General Info/Misc	85	75	112	272	71	92	90	253		
Purchases	112	93	108	313	91	93	87	271		
Meeting Info	49	35	53	137	53	34	48	135		
Alanon / NA	8	12	8	28	13	11	3	27		
TOTAL	262	224	295	781	236	246	239	721		

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Open Discussion		Speaker
		7/14	IR Mens	7/16	Early risers
7/19	ODATT	7/21	Roseland	7/23	Free & Easy
7/26	Royal palm	7/28	Candlelight	7/30	Fri. Night Young People
8/2	Kings Hwy	8/4	I Am Responsible	8/6	Sundowners
8/9	Noontime	8/11	IR Mens	8/13	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**

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*



**Indian River Central Office
Account Balances as of June 30, 2011**

	as of June 30, 2010	as of June 30, 2011	\$ Difference	% Difference
Operating Account	\$2,912.49	\$3,886.24	\$973.75	33%
Prudent Reserve	\$5,028.27	\$5,000.58	(\$27.69)	-1%
Total	\$7,940.76	\$8,886.82	\$946.06	12%

Income/Expense Comparison by Category

1/1/2010 through 6/30/2011

Category Description	1/1/2010- 6/30/2010	1/1/2011- 6/30/2011	Amount Difference
INCOME			
10 Birthday Plan	709	729	20
12 Birthday Dinner	3,750	6,225	2,475
15 Coffee & Soda Sales	48	1	-46
20 Group Contributions	6,792	7,416	624
30 Literature Sales	7,654	6,734	-920
35 Other Contributions	122	81	-41
45 Alkathons	558	246	-312
46 Unity Committee	80	120	40
TOTAL INCOME	19,713	21,553	1,839
EXPENSES			
101 Alkathons	178	0	178
102 Birthday Dinner	2,893	1,967	927
103 Corporate Papers	61	61	0
105 Literature Purchases	6,072	7,354	-1,282
130 Insurance	464	463	1
140 Office Alarm	120	120	0
142 Office Electric	346	311	34
144 Office Lease	2,970	2,970	0
145 Office Supplies	296	2,036	-1,741
150 Office Telephone	770	750	20
153 Outside Rentals	470	425	45
160 Printing HOW	2,078	1,421	658
162 Printing Where & When	1,699	739	960
167 Sales Tax 7%	455	503	-48
171 Travel	88	0	88
172 Unity Committee	78	69	9
175 Web Site	9	0	9
TOTAL EXPENSES	19,048	19,189	-141
OVERALL TOTAL	665	2364	1698



Group Contribution

Group	Thru June 2010	Thru June 2011	Difference	Birthday Plan Contributions thru June 2011	Number of members contributing to Birthday Plan in 2011
AS Bill Sees It					
Barefoot Bay	\$400	\$200	-\$200		
Beachside Beginners	\$150	\$250	\$100		
Beginnings in Sebastian		\$1,100	\$1,100		
Candlelight	\$100		-\$100		
Early Risers	\$618	\$203	-\$415		
Free & Easy	\$120		-\$120		
Friday Night Lights			\$0		
Friday Night Young People			\$0		
Hibiscus Monday Night	\$50	\$50	\$0	\$50	1
Hibiscus Thursday Night	\$750	\$671	-\$79		
I Am Responsible	\$432	\$588	\$156		
IR Men			\$0		
IR Thursday Night	\$27		-\$27		
IR Women	\$125	\$200	\$75	\$32	1
Kings Highway	\$85		-\$85		
Man To Man	\$50	\$250	\$200		
New Beginnings	\$50		-\$50		
Noontime Recovery		\$250	\$250		
No Name	\$167	\$217	\$50		
ODAAAT	\$750	\$975	\$225	\$165	6
Ossabaw	\$95	\$95	\$0		
Roseland	\$52	\$200	\$148		
Royal Palm		\$118	\$118	\$102	3
Safe Hardor Women	\$150	\$250	\$100	\$278	7
San Sebastian	\$205		-\$205		
Sebastian 12&12			\$0		
Sebastian 5:32	\$155		-\$155		
Sebastian Discovery Women			\$0		
Sebastian Lunch Bunch	\$800	\$650	-\$150		
Sebastian Freedom			\$0		
Sebastian Sundowners	\$177	\$494	\$317	\$40	2
Stepsisters		\$50	\$50		
Sober Rainbow			\$0		
Sobriety to Serenity	\$100	\$95	-\$5		
South Vero	\$200	\$200	\$0		
Surfside	\$70	\$70	\$0	\$34	1
Thurs Night Big Book Study	\$30		-\$30		
VB Mens	\$500	\$150	-\$350		
VB Step & Traditions	\$105	\$60	-\$45		
Vero Beach	\$250		-\$250		
Vero 12&12	\$30	\$30	\$0		
We Came To Believe			\$0		
Not Identified			\$0	\$28	1
Total	\$6,792	\$7,416	\$624	\$729	22



**July 2010
BIRTHDAYS**

**1112 Years
Of CONTINUOUS Sobriety!**



Candlelight	Dennis B.25	Sebastian lunch bunch
Dan C.2	Tim S.25	Esther S.2
Allison G.31	Bill B.28	Gus R.2
	Brian D.37	Roseanne.12
Early Risers	Woody H.44	Mary B.28
Kevin D.2		Brian D.37
	Noontime Recovery	Sebastian Sundowners
Hibiscus Group	Linda L2	Kathy W.1
Alix C.8	Trish K5	Rich K.4
Pixie H.30		Missy D.8
Charlie L.32	Royal Palm Group	Jean B.23
Lynn J.40	Janice S.22	
	Charlie M.27	Sebastian step sisters
Indian River Men's		Sarah D.6
Jerry H.2	Safe Harbor	Mikki.18
Manny C.22	Valery S. 2	Judy.28
Jack W.23	Maggie M.7	
Dave S.27	Julie M.9	South Vero
	Anne M.18	Andrea S.1
Indian River Women's Group	Betsy D.27	Diane J.1
Donna A.20	Mary L.36	Marlene P.1
		Teri L.3
Man to Man Group	Sebastian 5:30 Step	Peter C.4
Eric S.1	Ryan w. 2	Stevie B.10
Scott B.2	Cyndy v.6	Suzan S.10
Jay W.3	Ron m.12	Julie L.14
Wayne R.5		Nick M.19
Bill F.10	Sebastian 12&12	Donald S.23
Dave L.18	Dottie H.31	Dave N.33
Donald S.23		



Vero Beach 12&12

Joe E.	19
Donnie Y.	8
Vero Beach Men's Group	
June	
Brett.b.	5
Dave o.	11
Vero beach Men's group	
july	
Josh A.	1
Peter w	1
Alan P.	9
James h.	19
Bob W.	19
Donald s.	23
Bill V.B.	29
Vero steps & tradition	
Liz C.	1
Dutch V.	26
Heather.	6

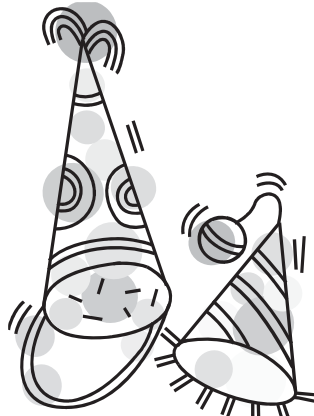
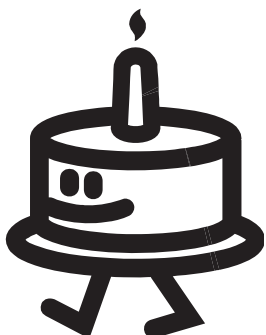


HAPPY BIRTHDAY TO ALL!

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 20TH OF EACH MONTH!



The Seventh Step Prayer

from page 76 of the Big Book of Alcoholics Anonymous

My Creator,

I am now willing that you should have all of me, good and bad.

I pray that you now remove from me

every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding.

Amen



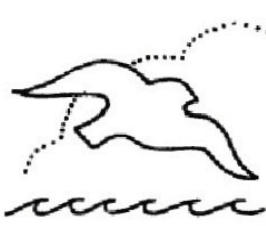
Service

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>	<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.</p>	<p>Website.....Dutch V. Where and When.....Craig S. General Service Liaison/Rep.....Paul S.</p> <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**