



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.”

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

When I approached Step 8 I thought this will be easy as all I have to do is review my Step 4 list and become willing to make amends. My sponsor pointed out that there was more to Step 8 and we were going to do it AA’s way, not Sharon’s way; that is if I wanted to remain sober. OUCH! As you can see I was really anxious to start on Step 9, but like a good sponsor, she said these steps are in order for a reason. You’ve got to love her!

She pointed out Step 8 is about action and has two parts as it reads:

1. Make a list of all the persons we had harmed. (physical-discipline)
2. Become willing to make amends to them all. (emotional-justice)

So I started making a list of all the persons I have harmed with my 4th Step list. Next I reviewed my personal relationships, going back as far as I could remember listing all I had harmed. I then took a mental and emotional survey. After careful self examination and the result of my survey, I was more aware of my desire to continue to change for the better doing God’s will and seek forgiveness. Keeping in mind all persons, mean all persons I had harmed, were ever possible.

So once again by listening to my sponsor and breaking down Step 8 in two sections, I became willing to forgive, seek forgiveness, and live a greater life in brotherly love. It’s all about love and forgiveness. “Faith without works is dead.”

Now I’m ready for Step 9.

Sharon S.

Vero Beach, Florida

8 EIGHT VIII

Tradition 8:

Alcoholics Anonymous should remain forever non professional, but our service centers may employ special workers.

Concept VIII:

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Principle Behind Step 8:

Justice

“While we are preparing a list of those to whom we owe amends, it becomes true for the ‘golden rule.’

It is important to begin treating others as we wish to be treated. We must also learn not to judge others, but to accept them for who they are, not our vision of who they should be.”

8 *Made a list of all persons we had harmed, and became willing to make amends to them all.*



I ask: Who did I hurt?
How can I fix it?



Traditions Checklist

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get **some** reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps & Twelve Traditions*? The pamphlet *AA Tradition—How it Developed*?

2011 OFFICE ACTIVITY

Calls for Assistance and Walk-Ins

Nature of Calls

	1ST Q	APRIL	MAY	JUNE	2ND Q	July	Aug	Sept	3RD Q	4TH Q
12th Step Support	31	8	16	11	35	14				
General Info/Misc	272	71	92	90	253	92				
Purchases	313	91	93	87	271	75				
Meeting Info	137	53	34	48	135	43				
Alanon / NA	28	13	11	3	27	14				
TOTAL	781	236	246	239	721	238				

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Open Discussion		Speaker
				8/13	VBMG
8/16	ODATT	8/18	Roseland	8/20	Early Raiser
8/23	Royal palm	8/25	Candlelight	8/27	Free & Easy
8/30	Kings Hwy	9/1	I Am Responsible	9/3	Sundowners
9/6	Noontime	9/8	IR Men's	9/10	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					
8/15	South Vero	8/22	Vero Beach Men's	8/29	FNYP
9/5	Early Riser				

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

**August 2011
BIRTHDAYS**

**799 YEARS
Of CONTINUOUS Sobriety!**



AA Only

Dian F.20
Ken C.13

Candlelight

Mark P.1
Patricia H.1

Free & easy

Mark o.5
Donnie S.9
Sharon S.12
Theresa L.14

Indian River Men's

Bill J.6
Craig R.7
Tim K.8
Dick P.45

Indian River Thursday Night

July

Tiffany S.1

Aug

Toni B.6

Indian River Women's Group

Megan.3
Ruth T.4
Paula F.4
Rebecca H.10

King's Highway

Rod C.3
Kathleen.25
Bill R.34

Noontime Recovery

July

Danielle1
Matt.1
Corrie.2
Linda L.2
Richie P.3
Trish K.5
Gray B.8

O.D.A.A.T.

May

Lee K.7

July

Ginger W.1
Cliff B.2
Penny M.2
Michelle M.2
Scott H.7
Dan N.20
Jack W.23
Brigid C.23
Richard B.27
Suzie S.30
Tim C.30
Kay D.38
Roger C.39

O.D.A.A.T Aug

Colleen Z1
Stephen L1
Joyce S.2
Paula F.4
Sandra T.8
Rebecca H.10
Ellie Y.12
George C.14
Tim Mc.25
Ginny K.28

Royal Palm Group

Lucy O.27

Sebastian 5:32

Ryan w.2
Cyndy v.6
Ron m.12

Sebastian sundowner

Kim L.1
Judy K.3

Lunch Bunch Group

Gennet.4
Monica.4
Mary R.10
Peter D.23
Tom F.40

Sebastian 12 & 12

Dan M.7

Eighth Step Prayer

**Higher Power,
I ask Your help in making my list of all
those I have harmed.
I will take responsibility for my mis-
takes, and be forgiving to others as
You are forgiving to me.
Grant me the willingness to begin my
restitution.
This I pray.**

South Vero Group

- Greg S.1
- Nan O.1
- Shelly B.1
- Wes W.4
- Daniel M.7
- Bruce P.11
- Robert F.16
- Ann E.27

Surfside Group

July

- Liz C.1
- Greg F.18
- Charlie M.27
- Pat C.36
- Howard G.57

Aug

- Lucy O'K.28

Vero Step & Tradition

- John R.29

Vero Beach 12 & 12

- Karen P13
- Rich M.27

Vero Beach Men's

- Lane S.10
- Tom F.11



**Service
Service
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)

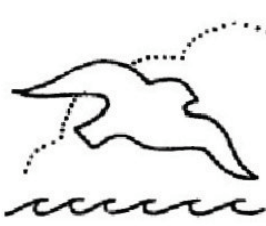
(2 yrs. of sobriety required)

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!



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. Corrections—Women.....Lorelei G.</p>	<p>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.</p>	<p>Where and When.....Craig S. General Service Liaison/Rep.....Paul S.</p> <p 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

