



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."

"Make a Change for the Better"

I have always found it difficult to talk about the 8th Step and 9th Step separately, since the 8th Step prepares us for the 9th Step. What I can say, however, is that without the constant guidance of a sponsor, I would have made more of a mess of my life by trying to do these steps alone. Thank God for sponsorship in the Program of Alcoholics Anonymous, as I was told when I came into the rooms that my best thinking got me here.

In the Big Book, the Basic Text of Alcoholics Anonymous, Steps 8 and 9 begins on page 76. "Now we need more action, without which we find that 'Faith without works is dead.'" Let's look at Steps Eight and Nine. We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory." This is my experience.

I returned to my Fourth Step list, reviewed the list with my sponsor, and discussed one by one to determine if there needed to be an amends made with each individual. In some cases, it was determined that no amends was necessary. Then, we discussed other individuals whom I had felt that I had harmed throughout my lifetime that were not on my original fourth step list. My sponsor pointed out to me that "amends" means to make a change for the better, and that this is very different than an apology. While it is necessary for me to take responsibility for my actions and in some cases make an apology for my behavior, in many cases, it would do more harm than good to revisit the events of the past, and a confession of my sins to my victims is hardly the point.

The point is that I discover patterns of my behavior and change this behavior; that I take responsibility for my actions and admit where I am at fault. The point is not to point fingers or justify my behavior. The point is to learn to live differently than I lived when I was drinking, to become the kind of person that God always intended me to be. "We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this we ask until it comes." (P. 76) Becoming willing was a challenge in many instances, and I had to pray for the willingness to make many of these amends.

Each amends has brought with it different challenges, different fears, different opportunities for growth, and, when the amends has been made, different rewards. Each has taught me a lesson, and the longer that I stay sober, the less amends I have to make on a regular basis as my behavior becomes more aligned with God's will for me. Although I am far from perfect, this program has given me the ability to live one day at a time, and to surrender my character defects one day at a time also. The more I allow God to remain in control and try to stay out of his way, the less amends I find I have to make.



9 NINE IX

Tradition 9:

AA, as such, should never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept IX:

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Principle Behind Step 9:

Good Judgment

“We are continuing to remove the barriers that can block forward sober growth. We’re getting ready to sweep our side of the street clean. We’re learning to become accountable while making amends to those people we have harmed. We’re practicing new behaviors by facing our wrongs, so it’s important to have this self discipline. We’re trying to correct our wrong through action, not just words.”

9 *Made direct amends to such people wherever possible, except when to do so would injure them or others.*



I try to fix things if I can.



Traditions Checklist

1. Do I still try to boss things in A.A.?
2. Do I resist formal aspects of A.A. because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the A.A. program-even if no one makes me do so-with a sense of personal responsibility?
4. Do I exercise patience and humility in every A.A. job I take?
5. Am I aware of all those to whom I am responsible in any A.A. job?
6. Why doesn't every A.A. group need a constitution and bylaws?
7. Have I learned to step out of an A.A. job gracefully-and profit thereby-when the time comes?
8. What has rotation to do with anonymity? With humility?



2011 OFFICE ACTIVITY

Calls for Assistance and Walk-Ins

Nature of Calls

	JULY	AUG	SEPT	3RD Q	OCT	NOV	DEC	4TH Q	1ST Q	2ND Q
12th Step Support	14	21							<u>31</u>	<u>35</u>
General Info/Misc	92	71							<u>272</u>	<u>253</u>
Purchases	75	83							<u>313</u>	<u>271</u>
Meeting Info	43	58							<u>137</u>	<u>135</u>
AI-Anon / NA	14	10							<u>28</u>	<u>27</u>
TOTAL	238	243							<u>781</u>	<u>721</u>

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Open Discussion		Speaker		Open Discussion
				9/10	VBMG
9/13	Noontime	9/15	Roseland	9/17	Early Raiser
9/20	O.D.A.A.T	9/22	Candlelight	9/24	Free & Easy
9/27	Royal palm	9/29	FNYP	10/1	
10/4		10/6		10/8	

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.

Please contact Amanda U 1 310 926 8924

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

9/12	hibiscus	9/19	South Vero	9/26	Vero Beach Men's

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



September 2011 BIRTHDAYS

1130 Years Of CONTINUOUS Sobriety!



Candle Light

Jeff S.4

Hibiscus Group

August

Jo Anne V.29

Maureen L.32

September

Eileen.1

Chris W.3

Nancy G.5

Hibiscus Monday

Jim L.34

I Am Responsible

August

Billy C.4

Colleen R.7

Susan E.11

Don E.14

Rosanna F.20

September

Howard I.1

Kristy S.2

Lewis J.9

Indian River Men's

JD V.15

Shoupy31

Indian River Thursday Night

Sandy.2

Ruben C.4

Mike W.22

Indian River Women's Group

Robin N.;3

Nancy G.4

Beth M.6

King's Highway

Brain G.11

John S.11

Ken B.40

Lunch Bunch Group

Don G.1

Kathleen.5

Joan W.8

Man to Man Group

Peter J.1

Jim D.3

Bob A.5

Rob M.6

Gary L.13

Jim G.21

Mike W.22

Bob C.27

Harry T.27

Noon Time Recover

Charlene.1

O.D.A.A.T.

Paul G.1

Cathy S.2

Betsy T.3

Marta W.3

Rick J.3

Debbie D.5

Jim K.17

Elizabeth M.20

Joan C.24

Jonathan M.26

Molly H.27

Vickie S.30

Dick W.51

Ossabaw

Matt S.2

Stephanie.2

Royal palm Group

Kathy S.2

Stephen M.8

Pat C.10

Nancy M.15

Tom O.37

Connie P.38

Sebastian 5:32 Group

David C.23

Kevin L.26



Safe Harbor	South Vero Group
August	BOB.1
Barbara H.1	Colette C.2
Jean T.2	Mark B.2
Kathleen W.8	Bruce S.3
Patricia C.22	Chris C.4
Sandy C.27	Richard N.4
Stephanie C.31	Joe H.5
September	Mary Margaret H.6
Ingrid B.4	MK C.6
Lori G.6	Sara C.9
Nancy H.9	Nancy M.15
Pat P.22	
Sebastian Sundowners	Vero Beach 12 & 12
Linda F.3	Angela K.2
Marcia.3	Ruth C.37
Gary L.13	
Lois W.21	
Bob C.27	

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!

Ninth Step Prayer

Higher Power,

I pray for the right attitude to make my amends, being ever mindful not to harm others in the process.

I ask for Your guidance in making indirect amends.

Most important, I will continue to make amends by staying abstinent, helping others, and growing in spiritual progress.

Alternative MC Treasure Coast Chapter

*Annual Event
Helping others along
the road....*

Benefit for New Horizons Detox and Re- hab Center

**Where: Alterna-
tive MC Clubhouse
6964 Heritage Dr,
Port St Lucie
Saturday Sept 17th
Noon – 5:00 pm**

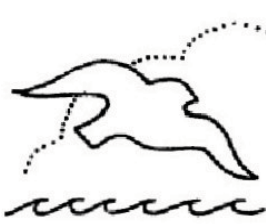


LIVE MUSIC!!



Tickets \$10.00

**Includes admission, food,
drink, music!**



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 772-562-1114



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2011 STEERING COMMITTEE

Chair.....Karen M.
 Co-Chair.....D.J. I.
 TreasurerJohn H.
 Secretary.....Sunshine P.

2011 STANDING COMMITTEES

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 Treatment.....Amanda U.
 Telephone Coordinator.....Sara R.
 Unity.....Kimberly P.
 Website.....Dutch V.
 Where and When.....Craig S.
 General Service Liaison/Rep.....Paul S.

2011 DELEGATES AT LARGE

Lane S
 Cynthia G.
 Paul H.

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