



# HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 33 • Issue 7 • July 10, 2014

"The HOW is published to improve communication between local AA Groups and encourage the participation of AA members in service and activities."

"A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

## HUMILITY

For me, drinking alcoholically lead to a great deal of private and public humiliation. I have had a hard time dealing with the resulting shame and guilt. This, in turn, contributed to my drinking to escape those bad feelings.

Spiritual growth and real recovery, however, occurs as a result of our failures, not successes. For me, and I would venture to guess a lot of attorneys, I thought I was a "big shot" and better and smarter than most. And because success was the currency of my upbringing, I was always chasing recognition, which in turn, bloated the ego. Thinking I was better than other alcoholics in the room was a recipe for disaster, and a sure path to relapse.

Humility is a critical component of the 12 Step Recovery Program. Step 7 says: "*Humbly*" Aked Him to Remove Our Shortcomings

Bill W. says in the 12 in 12 Book that "the attainment of greater humility is the foundation of principle of each of AA's Twelve Steps. For without humility, no alcoholic can stay sober at all."

I really like the saying that humility is not thinking less of yourself, but thinking about yourself less. (~C.K. Lewis). So for me, I need to stop thinking that I am the Center of the Universe, and that I'm more special, smarter and unique from everyone else. I'm clearly not. I also need to stop thinking that my own personal achievements are a barometer for my own self-worth. Somehow, I have to learn that my own self-worth comes from within. This will take time, I know. Hard to teach an old dog new tricks...

My weekly visits to the local detox center and frequent AA meetings are very helpful to ground my humility. For there, I can focus on hearing others' stories and maybe helping my fellow alcoholic rather than focusing on myself.

Have a great and humble day! - Dick

## "HUMBLY" AKED HIM TO REMOVE OUR SHORTCOMINGS

The book Drop the Rock states "Let's fill that big self – centered hole in our being with spiritual usefulness....we're taught in the Twelve Steps , the chief activator of our defects has been self-centered fear. Mainly fear that we would lose something we already possessed or that we would fail to get something we demanded."

"F.E.A.R = Frustration, Ego, Anxiety and Resentment."

"The key ingredient in living the Seventh Step is humility...they have got down to their right size...Humility is understanding that they're worthwhile. It's the middle ground between extremes of grandiosity and intense shame. It's being our true selves. Humility for us means staying our right size – and remembering that we are as humble as we are grateful."

"For our definition we will use this idea from Sam Shoemaker: **humility = gratitude.**"

"Humility is our acceptance of ourselves. ...There exists within us, at all times, a Higher Power that is the builder of all successes and our comforter during times of trial."

"An aspect of humility that is often talked about at meetings is that of being teachable. If we are humble , we are open to new ideas and new ways of seeing things. Open mindedness is a very important part of humility. We don't know it all. There is still more we can learn. And maybe even more important, some we need to unlearn."

"Yet, how many of us in the Program aren't open to new ideas and thoughts? Especially after having been around for a while, how many do we see who continue to say and do the exact same things year after year? It seems that many of us resist a clear idea of humility so we don't have to conform to it."

(continued on page 3)

# 1 2 3 4 5 6 **7** 8 9 10 11 12

# S T E P



## ***"Humbly asked Him to remove our shortcomings"***

The Seventh Step is where we make the change in our attitudes which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

*Twelve Steps and Twelve Traditions  
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### **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.

#### **TRADITION 7**

Every A.A. group ought to be fully selfsupporting, 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 A.A. purse for final effectiveness.

#### **TRADITIONS CHECKLIST**

1. Honestly now, do I do all I can to help A.A. (my group, central office, G.S.O) remain self-supporting?
2. Should the Grapevine sell ad space to book publishers and drug companies so it could make a big profit and become a bigger magazine at a cheaper price per copy?
3. If G.S.O. runs short of funds some year, wouldn't it be okay for the government to subsidize A.A. groups in hospitals and prisons?
4. Is it more important to get a big A.A. collection from a few people or a smaller collection in which more members participate?
5. Is a groups treasury report unimportant A.A. 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?

## “HUMBLY” ASKED HIM TO REMOVE OUR SHORTCOMINGS *(continued from page 1)*

“In the process of working the First through the Sixth Steps, I gained an ability to move through my fear and look toward God. I learned to talk honestly and openly in meetings and share my limits and fears with another human in an inventory. With the Seventh....it’s suggesting that since I’ve done the groundwork, now is the time to “humbly” ask to change those things that stand in my way.”

“I was used to arrogantly demanding spiritual enlightenment or groveling melodramatically for forgiveness.....Gentleness and patience were new to me.”

“Another part of humility is **service**.”

“The message in the Sixth and Seventh Steps produces **other centeredness**. We by the grace of God care less about ourselves and our fellows. In the words of Joe McQ: “We are born to help others.”

“When we pass on recovery, we keep it. The spiritual paradox becomes an all determining reality for us..... Service becomes a way of life.”

“If humility, being humble, is valuable to us, then we must learn to model it. Practice humility.”

“What other values, spiritual and otherwise, do we hold and how do we demonstrate them? Have we examined closely the meaning and purpose of our lives. The Sixth and Seventh Steps are really asking us “What is important to us?” Here is where we have to get to the basics.”

“What is the value in our life? How is our life giving meaning to others? Are we helping? Are we part of the solution or part of the problem? How does it show? How is our Higher Power part of our life and how does it show? What value do we give to spirituality and how does it show? From the answers to these questions comes our ability to share, give, act and practice humility.”

*Quotations from Drop the Rock, Removing Character Defects, Steps Six and Seven, by Bill P., Todd W. Sara S. Hazelden Books, 2005 p 54 to 64*

-William Hay

## AA 12 STEPS IN ACTION - STEP 7 COURAGE TO CHANGE

Alcoholics Anonymous Today’s AA daily reflection: “humility, the way to a new life...” In my world humility is about openness and willingness to learn how to feel life in the moment of now. Our fellowship is founded on emotional and spiritual well-being. Emotional, learning and understanding all the feelings we have as they happen to really experience the “Zeitgeist.” Reality in the moment of now...

Sometimes admission to this new life is described as having a price, an emotional response, and that feeling being pain. Emotional pain rather than physical pain, but as we know emotional pain causes every physical element of us to react and somehow freeze our bodies and contort everything. Emotional pain can be extreme as we learn over and over again all our emotions. As all my emotions began to emerge, the high and low extremes of feeling extended and deepened reality in all my experiences in the moment...

In some cases, or indeed all cases in recovery happiness may begin very quickly and the change in how we can live is understood almost from the moment we stop drinking. The dark gallows humour can have us rolling around in laughter, yet every moment of recollection has a sharp cut into deep wounds and memories. These deep wounding cuts to ourselves and others are reminders for step eight and making a list of amends we feel necessary to make...

And indeed with humility to accept what happened to us

with the focus of humility, we start to recognise the self-inflicted pain back in the day. And as we recognise the pain we felt, we start seeing the pain we may have caused others in the past. The thorough and fearless inventory, sharing it, recognising our deficits and our assets leads to a willingness to make a list of amends. A tall order indeed if we do not let go and start learning this new recovery life, humility in all respects is key...

Progress not perfection and knowing that every day something new is likely to happen. Sometimes we have a breakthrough and have clarity beyond any of the experiences we may have had so far. Sometimes a foggy day where nothing makes sense, and a gratitude list may pull us away from our anger and resentments which can pile up very quickly. Asking for help at any time to improve our outlook, share what is going on and get feedback can make an unbearable day bearable. We may find clarity, or we can remain confused as we realise not all problems are solved in the moment of now...

Even though we may have problems, be so confused there is no light at the end of the tunnel, I have found serenity possible even in the most dark times. How so? The answer does lie in the serenity prayer and often I repeat to myself the part which keeps me safe, “can do and cannot do and the wisdom to know the difference” and the wisdom of not knowing in the moment of now is often the best possible place to be as long as I recall that humility works and I can keep on learning just for another day...

-Don in London

# HELP SERVE INDIAN RIVER A.A.

VOLUNTEERS NEEDED FOR INDIAN RIVER  
CENTRAL OFFICE INTERGROUP

## POSITIONS OPEN FOR

- DISTRICT 6 LIASION
- UNITY CHAIRPERSON

772-562-1114 or  
info@indianriveraa.org

## "PEN TO PAPER, IF YOU PLEASE"

### How can I serve my A.A. community too?

Wouldn't it be nice if we could have some local flavor articles to publish. We have a thriving A.A. community in Indian River County so there should be plenty to go around.

Another source for good articles would be the committee chairs, let everyone know what your committee is up to; what does it entail to be on your committee; are there requirements; and what are some of the rewards you have received having been involved in service at the local level.

Articles or personal stories would be welcomed on the Steps, Traditions or Concepts.

Don't forget, this publication is YOUR voice to the AA Community.



## DISTRICT 6 OKEECHOBEE FISH FRY

Saturday

August 30, 2014  
10 AM—3 PM

*(Food served beginning at noon)*

Okeechobee Civic Center

1750 Hwy 98 N  
Okeechobee 34973



Raffles



Great Food

Catch a fish...



... We'll cook it!

Children's



Playground

TICKETS \$12

*In Advance or  
At the Door*

*Please bring a covered dish or a dessert*



## NEW MEETING BYOB GROUP OF ALCOHOLICS ANONYMOUS

EVERY WEDNESDAY  
6:30PM - 7:30PM  
At The Newport Club

## USED GRAPEVINES?

Please donate your used Grapevines to  
the Public Information Committee.

You can drop them off at Central Office.  
They will be distributed to various waiting  
rooms around the county.  
Thank you for your support.



## Group Contributions 2014 vs. 2013 thru June

Group	Thru June 2013	Thru June 2014	Difference	Birthday Plan Contributions Thru June 2014	Number of Members Contributing to the Birthday Plan
A New Day	\$20	\$400	\$380		
Barefoot Bay	\$200	\$600	\$400	\$77	2
Beachside Beginners	\$90	\$50	-\$40		
Beginnings in Sebastian	\$750	\$500	-\$250		
Candlelight		\$200	\$200	\$34	1
Early Risers		\$420	\$420	\$1	1
Easy Does It			\$0		
Free & Easy	\$10		-\$10	\$50	3
Freedom from Alcohol		\$100	\$100		
Friday Night Young People			\$0		
Hibiscus Monday Night	\$25	\$0	-\$25		
Hibiscus Thursday Night	\$300	\$305	\$5	\$24	1
I Am Responsible	\$200	\$400	\$200		
IR Men			\$0	\$13	1
IR Thursday Night			\$0		
IR Women			\$0		
Kings Highway			\$0	\$15	1
Man To Man	\$384	\$221	-\$163	\$26	1
Meat & Potatoes	\$25	\$30	\$5		
New Beginnings	\$100	\$0	-\$100		
Noontime Recovery	\$100	\$200	\$100		
No Name	\$179	\$139	-\$40		
ODAAT	\$850	\$750	-\$100	\$158	6
Ossabaw	\$150	\$125	-\$25		
Roseland/Sebastian Speaker	\$200	\$300	\$100		
Royal Palm	\$160	\$0	-\$160	\$105	3
Safe Hardor Women			\$0	\$75	3
San Sebastian			\$0		
Sebastian As Bill Sees It			\$0		
Sebastian 12&12	\$35	\$35	\$0		
Sebastian 5:32	\$150	\$200	\$50		
Sebastian Lunch Bunch	\$165	\$513	\$348	\$34	2
Sebastian Freedom			\$0		
Sebastian Saturday Noon	\$80	\$0	-\$80		
Sebastian Sundowners	\$790	\$0	-\$790		
Sober Rainbow			\$0		
Sobriety to Serenity	\$93	\$128	\$35		
South Vero	\$200	\$400	\$200		
Stepsisters	\$50	\$0	-\$50		
Surfside	\$70	\$0	-\$70	\$42	1
Thurs Night Big Book Study	\$90	\$0	-\$90		
VB Mens	\$200	\$165	-\$35	\$18	1
Vero Beach	\$250	\$300	\$50	\$105	4
Vero 12&12			\$0		
We Came To Believe			\$0		
You Are Not Alone	\$25	\$0	-\$25		
Not Identified	\$40	\$26	-\$14	\$6	2
<b>Total</b>	<b>5981</b>	<b>\$6,507</b>	<b>\$526</b>	<b>783</b>	<b>33</b>

## Group Contributions 2014 by months

Group(2014)	Jan	Feb	Mar	Apr	May	Jun
A New Day	50.00	50.00	50.00	100.00	75.00	75.00
Barefoot Bay		400.00				200.00
Beachside Beginners					50.00	
Beginnings in Sebastian		150.00		150.00	50.00	150.00
Candlelight					200.00	
Early Risers		120.00		300.00		
Free & Easy						
Easy Does It						
Freedom From Alcohol		100.00				
Friday Night Young People						
Hibiscus Monday Night						
Hibiscus Thursday & Mon			305.00			
I Am Responsible		200.00			100.00	100.00
IR Men						
IR Thursday Night						
IR Women						
Kings Highway						
Magnolia Group						
Man To Man	50.86			170.33		
Meat & Potatoes			30.00			
New Beginnings						
Noontime Recovery			200.00			
No Name	74.50			65.00		
ODAAT		150.00	150.00	150.00	150.00	150.00
OSSABAW				125.00		
Roseland/Sebastian				300.00		
Royal Palm						
Safe Harbor Women						
Sebastian As Bill Sees It						
Sebastian 12 & 12			35.00			
Sebastian 5:32					200.00	
Sebastian Lunch Bunch	119.00		250.00		144.01	
Sebastian Freedom						
Sebastian Noon Recovery						
Sebastian Sundowners						
Sober Rainbow						
Sobriety to Serenity	59.55			68.00		
South Vero	200.00	100.00		100.00		
Stepsisters						
Surfside						
VB Mens	90.00		75.00			
Vero Beach Group	100.00			100.00	100.00	
Vero 12 & 12						
You Are Not Alone						
Not Identified						26.00
<b>Total</b>	<b>743.91</b>	<b>1270.00</b>	<b>1095.00</b>	<b>1628.33</b>	<b>1069.01</b>	<b>701.00</b>
2013	771.00	665.00	1381.00	1695.00	915.00	555.00
2012	596.00	872.00	1152.00	1068.00	475.00	1977.00
2011	995.00	606.00	1769.00	1431.00	1089.00	1526.00

# 2014 OFFICE ACTIVITY

## Calls for Assistance & Walk-Ins Nature of Calls

	APR	MAY	JUNE	1st Q	2nd Q	3rd Q	4th Q	TOTAL
12th Step Support	12	31	14	42	57			99
General Info / Misc.	86	93	78	204	257			461
Purchases	118	90	85	367	293			660
Meeting Info	25	31	34	105	90			195
Alanon / NA	4	8	10	26	22			48
<b>TOTAL</b>	<b>245</b>	<b>253</b>	<b>221</b>	<b>744</b>	<b>719</b>			<b>1463</b>

# Gate Lodge

TUESDAY 8:30 pm	
7/8	ODAAT
7/15	A New Day
7/22	Easy Does It
7/29	Noontime
8/5	ODAAT
8/12	Royal Palm
8/19	Easy Does It

THURSDAY 8:30 pm	
7/10	Roseland
7/17	Candlelight
7/24	I Am Responsible
7/31	OSSABAW
8/7	Indian River Men's
8/14	Roseland
8/21	I Am Responsible

SATURDAY 8:30 pm	
7/12	South Vero
7/19	Early Risers
7/26	Vero Beach Men's
8/2	Indian River Women's
8/9	Indian River Thursday
8/16	South Vero
8/23	Early Risers

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 Samantha G. @ 772 584 9838

# BHC\*\*

**MONDAYS @ 7:00 pm**

\*\* This facility requires 2 years of sobriety for visiting AA's

7/14	Vero Beach Men's
7/21	Indian River Men's
7/28	Early Risers
8/4	South Vero
8/11	Lunch Bunch
8/18	Vero Beach Men's
8/25	Indian River Men's

# BIRTHDAYS

June 2014

Happy Birthday to All!



Please bring list of your group's celebrants' names and number of years to Central Office or submit via e-mail to irhow@yahoo.com by the last Friday of the preceding month (email submissions preferred)  
Thank you.

## AA Only

.....

## A New Day

Chris E. ....	1
David S. ....	1
Stephanie Q. ....	1
Greg H. ....	2
Stephen O. ....	12
Bill F. ....	13
Diana D. ....	14
Nona ....	22
Gene A. (May) ....	32

## Barefoot Bay

Gregg H. ....	2
Steve B. ....	4
Dale R. ....	8
Wayne R. ....	8
Nona ....	22

## Candlelight

Alison G. ....	34
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## Early Risers

.....

## Easy Does It

Michael B. ....	37
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## Free and Easy

Leann ....	2
Mark O. ....	7

## Friday Night Young People

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## I Am Responsible

Michael Mc. ....	1
Nichole M. ....	2
Michael O'. ....	2
Derreck E. ....	3
Trish K. ....	8
Gail S. ....	25

## Indian River Thursday Night

Angela B. ....	1
Tiffany D. ....	4
Suzan B. ....	13
Donna A. ....	23

## Indian River Men's

Manny ....	25
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## Indian River Women's

Sandra L. ....	2
Marla B. ....	5
Ann ....	7
Heather Z. ....	9

Donna A. ....	23
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## King's Highway

.....

## The Magnolia Group

Donna ....	12
Lynn ....	43

## Man to Man

Chris E. ....	1
Gregg H. ....	2
Jim D. ....	3
Jay W. ....	6
Bill F. ....	13
Scott B. ....	15
Wayne R. ....	18
Bill B. ....	20
Dave L. ....	21
Don S. ....	26
Tim S. ....	28
Jason J. ....	31
Brian D. ....	40
Woody H. ....	47

## Meat & Potatoes Group

.....

## Noontime

Gary G. ....	7
Gary B. ....	11
David O. ....	25

## ODAAAT

Liz L. ....	3
Ginger W. ....	4
Heidi ....	4
Linda S. ....	4
Scott H. ....	10
Dan N. ....	23
Graham C. ....	24
Bridget C. ....	26
Jack W. ....	26
Richard B. ....	30
Tim C. ....	33
Suzie S. ....	33
Kay D. ....	41
Roger C. ....	42

## OSSABAW

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## Royal Palm

Mark R. ....	1
Janice S. ....	25
Dutch V. ....	29
Kathryn B. ....	35

## Roseland Sebastian Speakers

Woody H. ....	47
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## Safe Harbor

Eileen M. ....	1
Melani B. ....	2
Liz L. ....	4
Maggie M. ....	10
Anne M. ....	21
Patricia B. ....	27

## Sebastian 12 & 12

Dotty H. ....	34
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## Sebastian 5:32

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## Sebastian Lunch Bunch

Gus R. ....	5
Wayne R. ....	8
Roseanne ....	15
David L. ....	21

## Sebastian Sundowners

Brian I. ....	3
Debra M. ....	5
Dale B. ....	5
Darlene ....	7

## Sebastian Stepsisters

.....

## South Vero

Mike K. ....	1
Ron P. ....	2
Dave D. ....	2
Diane J. ....	4
Marlene P. ....	4
David L. ....	8
Suzanne H. ....	12
Stevie B. ....	13
Jason J. ....	31
Dave N. ....	34

## Surfside

Pat C. ....	39
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## Vero Beach 12 & 12

.....

## Vero Beach Group

.....

## Vero Beach Men's

Bob W. ....	23
Bill VB. ....	33

## Vero Beach Step & Tradition

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Indian River Central Office of Alcoholics Anonymous  
 1600 26th Street, Suite 6  
 P.O. Box 1776  
 Vero Beach, FL 32961  
 772-562-1114

www.indianriveraa.org • info@indianriveraa.org

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 12th List Coordinator ....Steering Committe

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**2014 Delegates at Large**

Lane S.  
 Karen M.  
 Don Mc.

It is both a privilege and a responsibility for groups and members to insure 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 the 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 32961**

**Phone 772-562-1114**