



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.”

“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.”

7TH PRINCIPLE HUMILITY

The spiritual focus of Step 7 is humility, asking a higher power to do something that cannot be done by self-will or mere determination.

Humility is a word often used by speakers, but not always understood by the newcomer to our Fellowship. To A.A. it means neither subservience, servility nor a general invitation to the world to walk over us. It is recognition of the fact that alcohol has got us licked; that, without help from outside ourselves, we will be powerless to recover. It is the faculty of seeing ourselves as we really are and not as we have dreamed ourselves to be. It is a newborn ability to admit “I don’t know”, in place of pretending to knowledge that we have not got. It is a realization that it is possible to accept help, no matter from whom, without loss of dignity or independence. It is a new willingness to learn how to live. Humility, in short, to us is the art of living without our pride, but with our self-respect.

- S. Dublin

COURAGE TO CHANGE

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

(continued on page 3)

IN THIS
ISSUE:

2 Steps &
Traditions

4-5 Upcoming Events
Announcements

6 Treatment Schedules

7 Birthdays

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 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 A.A. purpose 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 group's 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?

COURAGE TO CHANGE (continued from page 1)

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 perfect 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...

AA Daily Reflections ~ "Step 7 "A measure of humility": July 16 ~ In every case, pain had been the price of admission into a new life. But this admission price had purchased more than we expected. It brought a measure of humility, which we soon discovered to be a healer of pain. [12&12]

It was painful to give up trying to control my life, even though success eluded me, and when life got too rough, I drank to escape. Accepting life on life's terms will be mastered through the humility I experience when I turn my will and my life over to the care of God, as I understand Him. With my life in God's care, fear, uncertainty, and anger are no longer my response to those portions of life that I would rather not have happen to me. The pain of living through these times will be healed by the knowledge that I have received the spiritual strength to survive."

- DonInLondon

South Vero Picnic

Round Island Park ~ Ocean Side
2201 Hwy A1A, Vero Beach

JULY 18TH FROM NOON - 4:00

FOOD • DRINKS • DESSERT

FELLOWSHIP & MORE

**DISHES TO SHARE
ARE WELCOME**

PLAY GROUND FOR THE KIDDIES

FREE PARKING!

Important Info From Indian River Central Office

All checks for Literature, Group Contributions or Donations must be made out to our official title, "Indian River Central Office"

The bank will not accept "Indian River Intergroup" as a substitute when submitting a check for deposit.

Our two mailing addresses are as follows:

Indian River Central Office
1600 26th Street, Suite 6
Vero Beach, FL 32961

Indian River Central Office
P.O. Box 1776
Vero Beach FL 32961

Literature increases imposed by New York back in September will now go into affect January 1st.

CELEBRATION TIME

COME CELEBRATE WITH US
MAGNOLIA GROUP
3rd ANNIVERSARY

THURSDAY AUG. 13 6-7 pm
1st PRESBYTERIAN CHURCH
520 Royal Palm Blvd.

SPEAKER
FINGER FOODS
FELLOWSHIP

CONTRIBUTION MAILING ADDRESSES

Please write your group number on your check – if you don't know your group number, you may call the Central Office at (772) 562-1114 or contact your Central Office, District 6 or Area 15 Treasurer.



Make checks payable to:

INDIAN RIVER CENTRAL OFFICE

1600 26th Street, Suite 6
Vero Beach, FL 32960
"or"
P.O. Box 1776
Vero Beach, FL 32961-1776

GENERAL SERVICE AREA 15 DISTRICT 6

P.O. Box 12248
Ft. Pierce, FL 34979-2248

GENERAL SERVICE AREA 15

P.O. Box 690275
Vero Beach, FL 32969-0275

THE GENERAL SERVICE OFFICE

P.O. Box 459
Grand Central Station
New York, NY 10163-0459

Please write your group number on your check – if you don't know your group number, you may call the Central Office at (772) 562-1114 or contact your Central Office, District 6 or Area 15 Treasurer.

Group [2015]	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
A New Day	150.00		350.00	250.00	200.00	100.00							1,050.00
Barefoot Bay					125.00								125.00
Beachside Beginners		50.00		50.00									100.00
Beginnings in Sebastian			150.00	150.00	150.00	150.00							600.00
Candlelight				100.00									100.00
Early Risers		276.60			300.00								576.60
Easy Does It					20.00								20.00
Friday Night Young People													
Hibiscus Monday	100.00												100.00
Hibiscus Thursday													
I Am Responsible		200.00											200.00
IR Men													
IR Thursday Night													
IR Women				115.77									115.77
Kings Highway		300.00		128.00									428.00
Magnolia Group			150.00										150.00
Man To Man													
Meat & Potatoes	15.00												15.00
No Name-Christ by the Sea		30.00		31.00									61.00
Noontime Recovery													
ODAAT	150.00	150.00	176.00	151.00	151.00	151.00							929.00
Ossabaw													
Roseland/Sebastian		200.00											200.00
Royal Palm					40.00								40.00
Safe Harbor Women			200.00			200.00							400.00
Saturday Morning Women						450.00							450.00
Sebastian 12 & 12				35.00									35.00
Sebastian 5.32	200.00												200.00
Sebastian/AsBill Sees It													
Sebastian Freedom		50.00											50.00
Sebastian Lunch Bunch		225.00	212.50										437.50
Sebastian Noon Recovery													
Sebastian Stepsisters			50.00										50.00
Sebastian Sundowners													
Sober Rainbow					50.00								50.00
Sobriety to Serenity		39.00											39.00
South Vero			50.00	146.00	50.00								246.00
Surfside	50.00												50.00
VB Mens													
Vero 12&12						200.00							200.00
Vero Beach Group			100.00	100.00									400.00
TOTAL	665.00	1520.60	1438.50	1256.77	1,086.00	1,251.00							7,217.87
2014	743.91	1,270.00	1,095.00	1,628.33	1,069.01	701.00							
2013	771.00	665.00	1,381.00	1,695.00	915.00	555.00							

Group	Thru June 2014	Thru June 2015	Difference	Birthdays Plan Contributions 2015	Number of members contributing to Birthday Plan in 2015
Anonymous	\$26	0	-\$26	\$282.00	3
A New Day	\$400	\$1,050	\$650		
Barefoot Bay	\$600	\$125	-\$475	\$38	1
Beachside Beginners	\$50	\$100	\$50		
Beginnings in Sebastian	\$500	\$600	\$100		
Candlelight	\$200	\$100	-\$100	\$35	1
Early Risers	\$420	\$577	\$157	\$100	1
Easy Does It		\$0	\$0	\$23	1
Free & Easy		\$20	\$20		
Freedom From Alcohol	\$100	\$0	-\$100		
Friday Night Young People		\$0	\$0		
Hibiscus Monday Night		\$100	\$100		
Hibiscus Thursday Night	\$305		-\$305		
I Am Responsible	\$400	\$0	-\$400		
IR Men		\$200	\$200	\$43	3
IR Thursday Night		\$0	\$0		
IR Women		\$115	\$115		
Kings Highway		\$428	\$428		
Magnolia Group	\$0	\$150	\$150		
Man To Man	\$221	\$0	-\$221	\$32	1
Meat & Potatoes	\$30	\$15	-\$15		
New Beginnings		\$0	\$0	\$25	1
No Name (Christ by the Sea)	\$139	\$61	-\$78		
Noontime Recovery	\$200		-\$200		
ODAAT	\$750	\$929	\$179	\$122	6
Ossabaw	\$125	\$0	-\$125		
Roseland/Sebastian Speaker	\$300	\$200	-\$100		
Royal Palm		\$40	\$40	\$71	2
Safe Harbor Women		\$400	\$400	\$58	3
Saturday Morning Women's		\$450	\$450		
Sebastian 12&12	\$35	\$35	\$0		
Sebastian 5.32	\$200	\$200	\$0		
Sebastian As Bill Sees It		\$0	\$0		
Sebastian Freedom		\$50	\$50		
Sebastian Lunch Bunch	\$513	\$438	-\$76		
Sebastian Stepsisters		\$50	\$50		
Sebastian Sundowners		\$0	\$0		
Sober Rainbow		\$50	\$50		
Sobriety to Serenity	\$128	\$39	-\$89		
South Vero	\$400	\$246	-\$154	\$30	1
Surfside		\$50	\$50	\$43	1
VB Mens	\$165	\$0	-\$165	\$50	1
VB Step & Traditions		\$0	\$0		
Vero 12&12		\$0	\$0		
Vero Beach	\$300	\$400	\$100	\$67	3
Total	\$6,507	\$7,217	\$710	\$1,019.00	29

Gate Lodge



TUESDAY 8:30 pm	
7/14	Royal Palm
7/21	Easy Does It
7/28	Noontime
8/4	ODAAT
8/11	A New Day
8/18	Easy Does It
8/25	Noontime

THURSDAY 8:30 pm	
7/16	Indian River Men's
7/23	I Am Responsible
7/30	Man to Man
8/6	Candlelight
8/13	Indian River Men's
8/20	I Am Responsible
8/27	Man to Man

SATURDAY 6:30 pm	
7/18	Indian River Thursday
7/25	Indian River Women's
8/1	South Vero
8/8	Vero Beach Men's
8/15	Indian River Thursday
8/22	Early Risers
8/29	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.

Please contact Samantha G. @ 772 584 9838

BHC**

MONDAYS @ 7:00 pm

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

7/13	Early Risers
7/20	South Vero
7/27	Lunch Bunch
8/3	Vero Beach Men's
8/10	Indian River Men's
8/17	Early Risers
8/24	South Vero

BIRTHDAYS

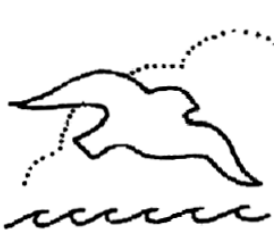
July 2015

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	The Magnolia Group Donna 13 Lynn 44	Roseland Sebastian Speakers
A New Day Kathy M. 1 Marc C. 1 Lacy H. 1 Chris E. 2 Gregg H. 3 Robert 4 Stephen O. 13 Bill F. 14 Nona 23 Diana D. 25	Man to Man Bob M. 1 Gregg H. 3 Jim D. 4 Jay W. 7 Wayne R. 95 Bill F. 14 Dave L. 22 Donald S. 27 Tim S. 29 Bill B. 32 Brian D. 41 Woody H. 48	Safe Harbor Liz L. 5 Maggie M. 11 Anne M. 22 Patricia B. 28 Mary L. 40
Barefoot Bay Gregg H. 3 Dale R. 9 Wayne R. 9 Nona 23	Meat & Potatoes Group	Sebastian 12 & 12 Dottie H. 35
Candlelight Alison G. 35	Noontime Gary B. 12	Sebastian 5:32 Steve O. 13 Maryann S. 25
Early Risers	ODAAT Kevin B. 1 Kevin T. 3 Liz L. 4 Dave L. 4 Heidi 5 Linda S. 5 Trish K. 9 Scott H. 11 Michael B. 16 Dan N. 24 Graham C. 25 Bridget C. 27 Jack W. 27 Richard B. 31 Tim C. 34 Suzie S. 34 Kay D. 42 Rodger C. 43	Sebastian Lunch Bunch Gus R. 6 Wayne R. 9 Roseanne 16 Dave L. 22
Easy Does It	OSSABAW Linda R. 9 Nick F. 11 Mark L. 15 Paul T. 18	Sebastian Sundowners
Free and Easy Mark O. 8	Royal Palm Dutch V. 30 Christina K. 32	Sebastian Stepsisters
Free Wheeling		Sober Rainbow
Friday Night Young People		South Vero Steve H. 2 Steve B. 4 Ron P. 3 Marlene W. 5 David D. (Sr) 3 Ann M. 22 Christine S. 25 Dave N. 37
I Am Responsible Nichole L. 3 Derrick E. 4 Trish K. 9		Surfside Pat C. 40
Indian River Thursday Night Tiffany D. 5 Suzanne B. 14 Donna A. 24		Vero Beach 12 & 12
Indian River Men's		Vero Beach Group
Indian River Women's		Vero Beach Men's Bob W 14 Bill VB 34
Kings Highway		



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 1600 26th Street, Suite 6
 P.O. Box 1776
 Vero Beach, FL 32961
 772-562-1114



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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 26th Street, Suite 6
Vero Beach, FL 32961

Phone 772-562-1114