



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous
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AUGUST 2016

A Good List is a Good Start

STEP 8

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

Checklists are incredibly powerful things. Surgeons use them every time they prepare to cut someone open, and pilots use them every time they make ready to throttle a plane full of human cargo into the sky. If it is a good list, and if it is followed closely—without skipping or shortchanging any steps—then the odds for a successful operation or a smooth flight are much improved. On the flip side, a shoddy list, or one that is partially ignored, can cost lives.

So, when Step 8 opens with instructions to make a list of persons we had harmed, it occurs to me that the better job I do with the list, the better my chances for success become. And in this case success sounds pretty sweet. Here’s the closing sentence to the Step 8 entry in our Twelve and Twelve book: “It is the beginning of the end of our isolation from our fellows and from God.” Not bad.

My 4th and 5th Steps exposed plenty of bloody red in my ledger. It turns out that virtually all of the folks I had resentments against had also suffered plenty from my drinking. I was beginning to appreciate the irony of discovering the people I was most resentful and angry with in my earlier inventory were the same people now at the top of my amends list. Thankfully my anger by now had given way to a more humble understanding of myself. I felt ready to make my list of amends without getting hung up on any lingering resentments. I put down on

my list all the people from my inventory, and added to it everyone else I could think of—including all those innocent victims who just happened to wander in too close to my hurricane of drunkenness at the wrong time. I quickly realized there were plenty of people who were never going to get a proper apology. How would I ever track down all those fuzzy acquaintances that only conjured up a face and maybe a first name?

So I created two lists. One included all the people I could realistically reach out to—wife, parents, close family and friends, former lovers, and others who I still had the ability to track down. The other list included all those on the periphery—one night stands, owners of smashed cars and all the other casualties of my countless nightly benders.

In a way this second list took on a special meaning to me. I found that there was real value to trying to catalog all the lives I stumbled over and bumped into (some pretty hard!). While I was fairly well aware of the harm I was causing those close to me, I really didn’t have much sense of what kind of harm I was inflicting on society in general until I got into this second list. I soon realized I was like poison to the touch—and that my poison only became more and more potent as time went on. Realizing this gave me an idea of what kind of life I would need to live to hope to achieve some kind of balance with all that past wreckage. If I ever needed an excuse to be nice, kind, polite, etc. to people in general, I certainly had one now.

As for my list—all the people I would actually have to speak to, call or write—I knew right away I would be willing to make amends to each.

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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. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to aairhow@yahoo.com

OUR THREE LEGACIES

STEP EIGHT (Recovery)

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

“Steps eight and nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault, next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know “

Twelve Steps and Twelve Traditions p. 77

PRINCIPLE: Love— Unselfish concern for another person’s best welfare as God sees it.

TRADITION EIGHT (Unity)

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

“You can’t mix the Twelfth Step and money. Line of cleavage between voluntary Twelfth Step work and paid for services. A.A. could not function without full-time service workers. Professional workers are not professional A.A.’s. Relation of A.A. to industry, education, etc. Twelfth Step work is never paid for, but for those who labor in service for us are worthy of their time.”

Twelve Steps and Traditions p. 11

“Spiritual as it is, A.A. remains very much of this world. The Eighth Tradition like the Seventh, focuses on a vulgar five-letter word that isn’t actually mentioned in either: money. Many of us have had to explain to some cynical prospect, “No, I’m not a social worker. I don’t get paid for talking with you. I’m doing it because it’s the best way to stay sober myself.”

The Twelve Traditions Illustrated Pamphlet

CONCEPT EIGHT (Service)

“The Trustees are the principal planners and administrators of over-all 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.”

“Since our Trustees bear the primary responsibility for the good conduct of all our world service affairs, this discussion deals with the basic concepts and methods by which they can best discharge their heavy obligations. Long experience has now proved that our Board as a whole must devote itself almost exclusively to the larger and more serious questions of policy, finance, group relations, public relations and leadership that constantly confront it. In *these more critical matters*, the Board must of course function with great care and deliberation. Here the Board is expected skillfully to *plan, manage, and execute.*”

A.A. Service Manual Combined With Twelve Concepts for
World Services by *Bill W.*

AUGUST ANNIVERSARIES

Free and Easy

Linda B. 29 years
 Clarence H. 14 years
 Tina S. 13 years
 Becky M. 8 years

Sebastian 5:32

Cyndy V. 11 years

July

Maryann 24 years
 John B. 1 year

Man To Man

Ben W. 2 years
 Dan M. 12 years
 Greg B. 1 year
 Hank T. 25 years
 Matt P. 1 year
 Pat G. 2 years
 Steve V 14 years
 Tom B. 4 years

ODAAT

Carroll K. 1 year
 Thomas P. 2 years
 Suzanne B. 5 years
 Alex H. 5 years
 David P. 5 years
 Kimberlee A. 5 years
 Mary B. 5 years
 Blair F. 6 years
 Sandra T. 13 years
 Rebecca H. 15 years
 Lori L. 16 years
 Ellie Y. 17 years
 Tom Mc. 30 years
 Ferne S. 31 years

Ginny K. 33 years
 John R. 34 years

I Am Responsible

Virginia H. 1 year
 Shawn F. 1 year
 Susan E. 16 years
 Don E. 19 years
 Rosanna F. 25 years

Noontime Recovery

Kevin 4 years
 Francine 1 year
 Michael M 2 years
 Kathleen 31 years

A New Day

Dawn B. 1 year
 Tom M 2 years
 Joe B. 3 years
 Rene B. 3 years

July

Matthew G 1 year
 Mark C 2 years
 Lacy H. 2 years
 Kathy M. 2 years
 Chris E. 3 years
 Gregg H. 4 years
 Patty A. 10 years
 Stephen O. 14 years
 Diana D. 16 years

Candlelight

Victoria S 1 year

Mark P 6 years
 Signe T 8 years
 July

Michael H 5 years

Barefoot Bay

Dawn 1 year
 Rene 3 years
 Jazz 29 years
 Peter D. 45 years
 Matt 1 year

Magnolia Group

Sandy M 7 years
 Marybeth D 27 years
 Maureen L 37 years

Indian River Womens

Rebecca H 15 years
 Ruth H 9 years
 Sarah L 5 years

Indian River Mens

Dick p. 50 years
 Billy 32 years
 Steve v. 14 years
 Tim k. 13 years

Roseland—Sebastian Spkr.

Paul A. 30 years
 Bob M. 19 years

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 Anniversary month.



A New Perspective

“Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.”

) **Alcoholics Anonymous, p. 58**

)

Old-timers sometimes say, Staying sober I simple: Don't drink and change your whole life.” The willingness to let go of old ways of thinking and behaving seems to be what emotional sobriety is all about. Once sober, we begin to let go of resentments and fears, self-pity and anger. We try to replace regrets about the past and worries about the future with faith in AA and AA's Twelve Steps and a Power greater than ourselves. We used to see problems as insurmountable; now we take responsibility for finding solutions. And we find that, slowly, we can claim moments of real peace — “a quiet place in bright sunshine,” as Bill W. puts it in the essay that gave the impetus to this book. For alcoholics, this is a true spiritual awakening.

Cont. from page 1

No longer clinging to the resentments I used to have against any of these people made it easy to be willing to move forward with making amends. And in most cases I was sure the exchange would be well received. Many of the people on the list already knew I was active in recovery, and a number of the others would certainly be (very) glad to hear I was no longer keeping company with alcohol.

It's been a number of years since I did those initial Step 8 lists, and in hindsight I think they were pretty good lists. I've added a few people over the years who I forgot about or who I later realized were due an apology. And I often think about all those people on my second list who never got an apology. I hope my efforts at living an upright life—those living amends—somehow help balance out the sorry behavior of my past.

Mike T.



OKEECHOBEE FISH FRY

SUNDAY SEPTEMBER 11, 2016

10 AM—3 PM

OKEECHOBEE CIVIC CENTER

1750 HWY 98 N

OKEECHOBEE FL 34973

RAFFLES - FUN - FOOD - FELLOWSHIP

PLEASE BRING A DESSERT TO SHARE

TICKETS \$15 EACH

DJ TWIZZLE—NOODLE SHAKE SPAGHETTI DINNER AND DANCE

SATURDAY AUGUST 13, 2016

6:00—11:00 PM

NEWPORT CLUB

TICKETS \$6.00

SPAGHETTI DINNER

**PIC DANCE HALL FABULOUSNESS WITH DJ
TWIZZLE.**



I ONCE HEARD THAT IF YOUR HUNGRY AND LONELY IN AA THEN YOU'RE NOT IN AA!!

AA ANNOUNCEMENTS AND UPCOMING EVENTS

STOP IN THE CENTRAL OFFICE AND CHECK OUT THE NEW BOOKS, COFFEE MUGS AND OTHER NEW ITEMS RECENTLY ADDED.

IRCO Treatment Coordinator

If you would like to participate in taking a meeting into the treatment centers you can contact Todd for information and become a part of this rewarding service to the next suffering alcoholic.

Contact Info:
772-696-1211



FROM THE EDITOR'S DESK

JUST A REMINDER THAT ALL ANNIVERSARIES NEED TO BE SUBMITTED BY THE END OF THE MONTH. PLEASE EMAIL ALL INFORMATION INCLUDING ANY ANNOUNCEMENTS TO:

iraahow@yahoo.com

ALSO, I AM ALWAYS IN NEED OF PERSONAL EXPERIENCE, STRENGTH AND HOPE TO PRINT IN THE HOW TO SHARE WITH OUR COMMUNITY. PLEASE PUT PENCIL TO PAPER AND LEAVE IT IN MY FOLDER AT THE CENTRAL OFFICE OR EMAIL IT TO THE ABOVE EMAIL ADDRESS. REMEMBER THAT IT CAN BE SIGNED ANONYMOUS,

The 2017 Birthday Dinner will be held on March 4, 2017 at the Royal Palm First Presbyterian Church. Volunteers are needed to begin the planning and ticket sales. If you are interested in doing some great service work for the AA community, please contact Doug C. @772-559-0619 or Cynthia G. @ 772-559-1339.

There are several Committee Chair Openings for IRCO. Our next meeting will be held on August 11th at 7:00 pm at the Newport Club in the outside room. Anyone is welcome to attend. If you need any information on these positions, responsibilities and length of sobriety required you may contact the Central Office at 562-1114 or drop by and chat with the desk worker.

WHY DOES YOUR GROUP NEED AN INTERGROUP DELEGATE?

THE IRCO INTERGROUP HAS NO AUTHORITY OF IT'S OWN BUT DERIVES IT FROM THE PARTICIPATING GROUPS. THE REPRESENTATIVE THAT EACH GROUP ELECTS IS THE GROUPS VOICE TO INTERGROUP—YOUR LINK TO THOSE WHO MAINTAIN AND OPERATE THE INTERGROUP OFFICE.

2016 STEERING COMMITTEE

Chair.....Steve S.
Co-Chair.....Joseph J.
Treasurer.....Pat D.
Secretary.....Trish H.

Nominating Committee.....Marty P.

2016 STANDING COMMITTEES

Archives.....Open
Birthday Dinner 2017..... Doug C.
Desk Coordinator.....Marty P.
Corrections—Women.....Open
Corrections—Men.....Open
Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Linda W.

AA Coordinators

After Hours Phone.....Doug C.
District 6 Liaison.....Cynthia G.
HOW EditorKimberly P.
Inventory Control.....Bobby Z.
Literature.....John H.
Treatment.....Todd T.
Website.....Dutch V.
Where and When.....Susan

12 STEP VOLUNTEER APPLICATION

NAME _____

PHONE NUMBER _____

AREA YOU WOULD BE WILLING TO PARTICIPATE

NORTH COUNTY Y N SOUTH COUNTY Y N

AVAILABILITY MON—FRI WEEKENDS DAYS EVENINGS

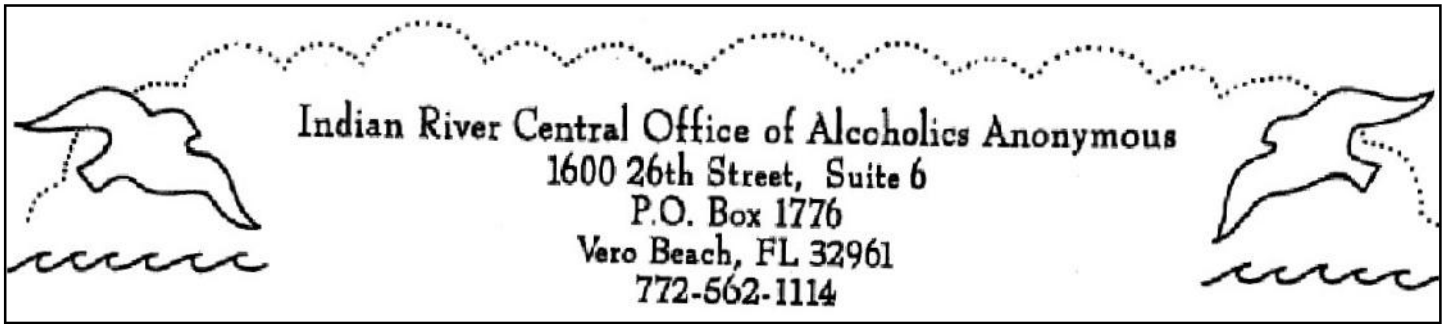
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

TALK TO SOMEONE OVER THE PHONE TAKE SOMEONE TO DETOX*

TALK TO SOMEONE AT THEIR HOME** GIVE RIDES TO AA MEETINGS

MEET SOMEONE AT A MEETING OTHER _____

*****IT IS SUGGESTED THAT A PERSON NOT GO ON A TWELFTH STEP CALL ALONE TO HELP AN ALCOHOLIC WHO IS STILL SUFFERING. ALSO YOU SHOULD NOT DRIVE A WET DRUNK TO A TREATMENT FACILITY (DETOX) WITHOUT HAVING ANOTHER A.A. MEMBER WITH YOU. IF YOU CIRCLED EITHER OF THESE ITEMS, PLEASE BE SURE THAT YOU HAVE ANOTHER MEMBER OF A.A. THAT IS WILLING TO GO ALONG WITH YOU.*****



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

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

Indian River Central Office

MISSION STATEMENT

The purpose of the Indian River Central Office (hereafter "IRCO") is to provide AA services within Indian River County, with the primary goal being to carry the AA message to the alcoholic who still suffers. It is the mission of the IRCO to keep groups informed about AA activities by newsletter and by maintain a website, answer inquiries for help, provide AA meeting information, maintain an available supply of Conference Approved books and literature, and to provide guidance and support to the IRCO standing committees.

The IRCO shall function within the meaning and intent of the Twelve Traditions and the Guidelines for Intergroup and Central Offices and other guidelines as set forth by the General Service Office of Alcoholics Anonymous.

The IRCO is entirely accountable to the groups it serves and is entirely supported by the voluntary contributions of AA groups within Indian River County.