



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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October 13, 2011

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

The First of the Maintenance Steps

After been told to read the ten step out of the big book which I found on pages 84 and 85 I found that I need to continue on my spiritually journey, that I was gave a gift to enjoy life one day at a time. I must hold myself accountable for my actions because when I didn't practice this I am left irritable miserable and discontent. Only by the grace of my higher power have I've been in this position and not pick up a drink so resting on my laurels is not an option. So as I have found out through my 32 month in this program,. this is a program of action. Starting the morning with many prayers. The step ten pray is a must for me

I pray I may continue:

To grow in understanding & effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative &
Self-defeating attitudes & behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; &
To continue in daily prayer how I can best serve You,
My Higher Power.

After this pray my day continues and throughout the day I can come across many obstacles, selfishness, dishonesty, resentment, and fear. I have many tools to work around these obstacles but since this is the tenth step I will stick to those tools. I ask my higher power to take away this mind set I am in and I try my hardest to talk to someone about it. Sometimes I am in a position where I can't talk to people so I breathe in and out until I calm down. I must swallow my pride omit to myself and admit to someone that I have wronged them. The last thing I try to do is help someone weather they are in AA or not. Although I would like to say I work this in my life perfectly, I can't lie I am practicing this to the best of my ability one day at a time. Thank you for letting me share my experience strength and hope. love you .

10 TEN X

Tradition 10:

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be brought into public controversy.

Concept X:

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Principle Behind Step 10:

Perseverance

“We have entered the world of the Spirit and strive to grow in understanding and effectiveness. This takes practice and means we have to keep on keeping on. We are beginning to trudge the road of Happy Destiny, and this takes diligence.”

10 *Continued to take personal inventory and when we were wrong promptly admitted it.*



I check up on myself. I am honest.

Traditions Checklist

1. Do I give the impression that there really *is* an “A.A. opinion” on Antibuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of these without giving the impression I am stating the “A.A. Opinion?”
3. What in A.A. history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own A.A. life?
5. What would A.A. be without this tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside A.A.? Inside A.A.?



GRATITUDE IN ACTION/SERVICE IN A.A.

Learn how A.A. really works.

How can you be of service within A.A.?

What is the A.A. service structure?

Free hot dogs & chips

Where: Newport Club
2536 16th Ave.
Vero Beach, FL

When: November 5th, 2011 1:30 - 3:30 p.m.
Presented by: Indian River DCMs and GSRs

*Supported by contributions from
Indian River County AA Groups*



Experience, Strength and Hope...

On Step 10

For me the 10th is a means of keeping myself in line. It's a way for me to continually keep my side of the street clean and doing the next right thing. I have the ability to be honest today, and when I am wrong I am able to admit it. The 10th step has taught me to see my part in things and quickly make any amends whenever necessary. Before the 12 steps I had no direction or aspirations, now I have an outline of living which allows me freedom and happiness. Not only am I happy and free, I am able to relate to and help other people today. The 10th step has taught me humility which allows me to grow into a more useful human being everyday.

I've been in the program roughly 19 months and I did my 10th step with my sponsor when I had a little over a year sober. When I first got onto the 10th step the first thoughts that came to mind were "Do I really have to do this crap every day?" Although after working out of the big book and talking with my sponsor about it and learning the spiritual principles I started to see it wasn't that bad it really helped me on a day to day basis of learning where I wrong other people. Now after doing the 10th step everyday taking down where I've wronged other people, I catch myself before I even do those wrong doings anymore. Although I may slip up sometimes and do something wrong to someone when I write it down on my 10th step and review it every night to see where I have to make amend to those people and I do so promptly and I've noticed that as time went on those amends had to be made less and less and I started getting what I put out I was showing very positive behavior around people and being kind and understanding and that is exactly what I got in return. What I hope for from the tenth step is that one day I can go months without doing anyone wrong and without needing to make any amends. So far I've made good progress on that and all I need to do is call my sponsor talk to him and write on paper what I do for the day to review if I did wrong to people. approaching the tenth step to me is not thinking that i have to do this everyday just look at it as " all I have to do this for is today" and do that everyday. Also for me instead of writing everything at night I write stuff here and there throughout the day. From my personal experience I find that I tend to be a bit more through and I get a lot more out of it. That's my experience strength and hope.

Ben

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	<u>14</u>	<u>21</u>	<u>11</u>	<u>46</u>					<u>31</u>	<u>35</u>
General Info/Misc	<u>92</u>	<u>71</u>	<u>90</u>	<u>253</u>					<u>272</u>	<u>253</u>
Purchases	<u>75</u>	<u>83</u>	<u>95</u>	<u>253</u>					<u>313</u>	<u>271</u>
Meeting Info	<u>43</u>	<u>58</u>	<u>43</u>	<u>144</u>					<u>137</u>	<u>135</u>
Al-Anon / NA	<u>14</u>	<u>10</u>	<u>17</u>	<u>41</u>					<u>28</u>	<u>27</u>
TOTAL	<u>238</u>	<u>243</u>	<u>256</u>	<u>737</u>					<u>781</u>	<u>721</u>

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Speaker		Speaker
				10/15	Early Risers
10/18	O.,D.A.A.T	10/20	Roseland	10/22	Free & Easy
10/25	Royal Palm	10/27	Candlelight	10/29	Fri Night YP
		11/3	I AM Responsible	11/5	Sundowners
11/8	Noontime	11/10	IR Mens	11/12	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.

Please contact Amanda U 1 310 926 8924

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

10/17	South Vero	10/24	VBMG	10/31	Fri Night YP

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



**October 2011
BIRTHDAYS**

**1220 Years
Of CONTINUOUS Sobriety!**



Barefoot Bay Group

- Ann D.23
- Bill P.41
- Kay R.51

Candlelight Group

- George M.5
- Don J.21

Friday Night Easy Does It

- Edie M.24

Hibiscus Group

- Susie H. 4

I Am Responsible

- Lynne P.6
- John MC.10
- Liz G.21
- Johh. H.39

Indian River Men's

- Roger S.9
- Rich C.9
- Vinny23

Indian River Women's Group

- Sunshine P.4
- Amanda U.5
- Linda P.36

Man to Man Group

- Anthony S.1
- Chris J.1
- Frank L.1
- Robert K.2
- Bill W.8
- Steve W.8
- Fred S.19
- Kevin L.27

Noontime Recovery

- Jerry.1
- David D.5
- Elizabeth.16
- Capp V19
- Terry K.19

O.D.A.A.T.

- Ron M.1
- Adam S.3
- Catharine M.3
- Micah E.3
- Jimmy V.4
- Richard T.4
- Lisa T.5
- Jill S.5
- David D.5
- Stephen L.7
- Lauren Sp.8
- Jim W.9
- Jane Mc.10

O.D.A.A.T

- Gaylea L.13
- Jack C.14
- Rita F.20
- John S.25

Ossabaw

- Teresa M.5
- Bill W.8
- Grace L.9
- Sam G.29

Safe Harbor Women's

- Becky M.4
- Gaylea L.12

Sebastian 5:32 Group

- Steve W.8
- Jim M.23

Sebastian Lunch Bunch

- Dedra M.7
- Eileen F.38

Sebastian Sundowners

- Ned9
- Debbie D.20
- Pam G.20

South Vero Group
 Morgan S.1
 Dave D.5
 Ed S. 9
 Jim S.11
 Jayne McA.18
 Harry H.19
 Phil S.29

Surfside
 September
 Kathy S.2
 Pat C.10
 Hugh L.28
 Jim L.34
 Connie P.38
 Eileen K.38

Surfside
 October
 Joan D.48

VB Steps & Traditions
 September
 Becky M.3

October
 Judy B.8
 Bob B.23
 Ken C.26

Vero Beach 12 & 12
 Angela K.2
 Patricia W.20
 Ruth C.37

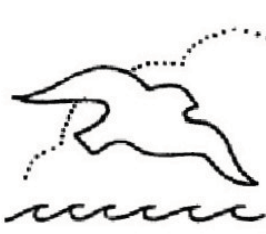


HAPPY BIRTHDAY TO ALL!

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 ir-how@yahoo.com

BY THE 30TH OF EACH MONTH!

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), Bill VB (321.2897) or Lorelei (501.2945)
(2 yrs. of sobriety required)



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.</p>	Corrections—Women.....Lorelei G. 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.....Amanda U. Telephone Coordinator.....Sara R. Unity.....Kimberly P.	Website.....Dutch V. Where and When.....Craig S. General Service Liaison/Rep.....Paul S.
		<p><u>2011 DELEGATES AT LARGE</u> Lane S Cynthia G. Paul H.</p>

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