



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."

A DAILY REPRIEVE

A daily reprieve from active alcoholism, based on the daily enlargement of my spiritual condition, is the only promise AA makes to me. True, there are certain additional promises cited in the Big Book that come as a result of step work, and they are cumulative to the first one. But as I tread along my journey of recovery, through life's joys and pains, I need to remember that I was rescued from the horrors of this fatal disease, and that should be enough, considering the hopeless state I was in when I found AA. I survived, and in truth, I did significantly more than survive. At times I thrived, then again at times I didn't, but when I recall where I came from, what happened and what it is like now, I have every right to consider myself a success as a human being.

*"You can get the monkey off your back,
but the circus never leaves town."*

STEP 4 – A DIFFERENT WAY OF SEEING MY PART IN MY PAST

When the time came around for me to start on my fourth step, I had been to enough step four discussion meetings to feel a bit intrigued yet anxious. I had heard many fellow members talk about the relief, as well as a connection to another human being they had felt after completing steps four and five. The fact that they had all completed it, were still coming around to meetings, and were still sober partially convinced me that the process may not be as bad as I thought.

On the other hand, the sheer volume of resentments I had, knowing that the step formed the basis for writing my amends list for step eight, and the fact that I'm excellent at procrastinating made it challenging to gain the motivation to start. However, the biggest mental obstacle I was facing in completing my fourth step was the column that I was supposed to write about "my part" in every resentment I had.

While my part in many of my resentments illuminated the character defects I had, and would later let go of in step six, I was upset about having to write about my part in my resentments about the abuse I had experienced as a child, and the sexual assault I had experienced as a late teenager and young adult. Thankfully, we don't have to do this alone.

I shared my concerns with my sponsor, who helped me understand that my part doesn't always involve me taking responsibility for causing certain events. In situations involving abuse and assault, she explained that my part could be taking care of myself and my emotional needs

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"Made a searching and fearless moral inventory of ourselves"

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves.

By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

Twelve Steps and Twelve Traditions
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PRINCIPLE BEHIND STEP 4

Courage - "This step is really about courage to look honestly at ourselves. Take a look at how our behavior has become warped to justify our current behavior. We are here to take an honest assesment of ourselves. Looking at causes and conditions of our alcoholic behavior can be scary

TRADITION 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

CONCEPT IV

At all responsible levels, we ought to maintain a traditional "Right of Participation", allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

TRADITIONS CHECKLIST

1. Do I insist that there are only a few *right* ways to do things in A.A.
2. Does my group always consider the welfare of the rest of A.A.? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know that I am in A.A., I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths - his lengths, not mine - to stay sober?
6. Do I share my knowledge of A.A. tools with other members who may not have heard of them?

and giving myself the love that I wasn't always given as a child. My part could also be recognizing that I deserve to have boundaries. I can listen to my intuition and make healthy choices of which people I feel safe enough around to have in my life as an adult.

The biggest gift that I received from doing my fourth step was realizing that I didn't have to keep living the same small life that I had constructed in order to keep myself safe. I can have boundaries with others and take care of my emotional needs, while allowing safe, kind and respectful people in my life to share the gifts of recovery.

- Sam M., *The Hill*

FEAR AND THE FOURTH STEP

Step 4 – Made a searching and fearless moral inventory of ourselves.

How often have you heard, "I know I should start on my Fourth Step, but I'm terrified!"? I know guys in the Fellowship who, when active, were flat-out reckless. But take these very same go-for-broke guys, and suggest it's time to do a Fourth Step and you've never seen such cagey deliberation, such wariness, such humorless, frozen-faced fear.

Where does this terror come from? Have we somehow unknowingly fostered this fear? Have we turned the Fourth Step into something that bears almost no resemblance to the original process?

At other times, we seem to let our disease come up with palliatives to put off doing a Fourth. For instance, when a newer member tells her sponsor she's afraid of tackling the Fourth Step, this well-meaning sponsor tells her with the best of intentions not to worry, or to hold off for a couple of years. Why? To stay irritable, restless, and discontented for two more years?

Sometimes, we make the Fourth Step just about impossible to do. Where did the suggestion "Write your life story" come from, foreexample? Very few of us have time to write an autobiography. And even if we did, how much of it would actually contain an inventory of the resentments, fears, and guilt that we have to get rid of? Then there are those recovery publications that peddle twenty-page inventories or guides. Are we writing federal legislation or doing an inventory? Here's another new twist: "Don't forget to put down your assets, too." Why? Has anyone you know ever gotten drunk over an asset? Has anyone ever wanted to get rid of his or her assets?

Does Step Five say to share the exact nature of our assets? Is it possible that our disease has come up with yet another way to water down this Step?

Shouldn't we stick to the original analogy Bill W. used? He chose the word "inventory." He did not choose "balance sheet." Assets go on balance sheets. On one tape recording, Bill W. said that part of the reason for publishing the Big Book was to "nail it down in black and white so the drunks couldn't wiggle out of it." Nowhere in the Fourth Step section of the Big Book does it even once mention the word "asset." Could it be that we drunks are trying our best to "wiggle out" of this simple process?

Remember the classic scene from old gangster movies? The setting is an interrogation room at the police station. The veteran detective wants information from the nervous suspect, and in a tired, I've-been-here-before voice, says: "Okay, Louie. We can do this one of two ways: the hard way or the easy way." It's the same with the Fourth Step. We can do it one of two ways. The easy way is between pages 63 and 71 of the Big Book.

Ted D.

Teaneck, New Jersey

Twelve Steps and Twelve Traditions

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Sebastian 5:32 27th Anniversary

The Sebastian 5:32 is celebrating their 27th group anniversary on April 20th.

Food at 5:30 speakers at 6:00. held at the Roseland United Methodist Church on Roseland Road.

This is an open mtg so bring your family and friends and a dish to share if you wish.

THE MEAT & POTATOES GROUP of ALCOHOLICS ANONYMOUS

Invites you to join us for our
11th Group Anniversary Celebration



Friday, April 24th at 6:00PM
Community Church of Vero Beach
Room 113/114
1901 23rd Street, Vero Beach

Open Speaker Meeting Format

POT LUCK DINNER after the Speaker
Beverages, coffee & cake provided by the group.

A COMMON SOLUTION

59th Florida State Convention
Orlando, FL August 12-16, 2015
www.59.flstateconvention.com

Speakers:

Kent C.
Sandusky, OH

Chris S.
Bedmester, NJ

Peter M.
Boca Raton, FL

Mary P.
Orlando, FL

Chet P.
Orlando, FL

Joe C.
Palm Coast, FL

Rich B.
Ocean City, MD

Tera B.
Apopka, FL

Hilary R.
Dallas, TX

Georgia B.
La Crescenta CA

Programs:

AA Workshops
AI-Anon Meetings & Workshops
Young People in AA Meetings & Workshops
LGBT Meetings & Workshops
Spanish Meetings & Workshops
History of AA Workshop
Marathon Meetings
Grapevine Displays
Old Timers Meeting
Meditation
Yoga

Activities:

Friday & Saturday Banquets
Ice Cream Social
Golf Tournament
Dance and Entertainment
DJ Party—Craft Room—Talent Show

Rosen Plaza Hotel
9700 International Drive
Orlando FL 32819
800-627-8258 or 407-996-9700

"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.



A.A. 2015 INTERNATIONAL CONVENTION

JULY 2 - 5, 2015 - ATLANTA, GEORGIA

3 WAYS TO REGISTER *Online: www.aa.org *Fax: (508) 743-3605 *Mail

REGISTRATION OPENS
SEPTEMBER 3, 2014

PRE-REGISTRATION DEADLINE IS:
MAY 12, 2015

DISCOVER ATLANTA

Atlanta gleams amid glass and steel towers, but the heart of the South's largest city is its people. Visitors are likely to be greeted with a big helping of "How y'all doing" hospitality. Atlanta may have birthed *Gone with the Wind*, yet today's big, bustling city is more New South than old. This diverse population of 4 million residents is decidedly youthful - younger than the U.S. population and more racially diverse. You're more than likely to meet people who came for a weekend and decided to stay a lifetime.

Many visitors enjoy the restaurants serving ethnic cuisine, as well as traditional eateries specializing in southern dining. You may want to take a tour bus upon arrival and then decide which of Atlanta's historic and cultural sites to visit - be it the Chattahoochee Nature Center, the Georgia Aquarium, Atlanta Botanical Gardens and much more.

It's easy to see why Atlanta, Georgia is one of the most popular destinations in the Southeast to visit.

MEETINGS, MEETINGS AND MORE MEETINGS!

Beginning Thursday at midnight through early Sunday, Marathon A.A. meetings will be held in English and Spanish. A.A. topic meetings, workshops, panels, special interest meetings, and regional meeting will be held Friday and Saturday at the Georgia World Congress Center. Sharing with members from around the world will energize you to Carry the Message back home!

A SOUTHERN TASTE OF EVENTS

Centennial Olympic Park, located next to the Georgia World Congress Center will host Thursday evening's "Party in the Park." Friday night we all join forces in the Georgia Dome for the Flag Ceremony and Opening A.A. Meeting in the Georgia World Congress Center; Saturday night an Old-timers A.A. Meeting; and Sunday morning the Closing A.A. Meeting. There will be more dancing and fellowship opportunities at the Georgia World Congress Center after the Friday and Saturday night A.A. Meetings.

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REGISTRATION BY WEB, MAIL OR FAX

Registration opens September 3, 2014.

Preregistration Fees: \$100 USD or \$120 CAD (Canadian residents only).

Payable by: Check, Money Order, or Credit Card

International checks and money orders (except Canadian) must be in U.S. funds drawn on a U.S. bank. NOTE: We cannot accept travel agency checks for multiple registrations.

You may register online through www.aa.org. Look for the logo with International Convention information, including the link to registration.

Or fill out and mail or fax the registration form with full payment to:

Fax: (508) 743-3605 (credit card only)

Mail: 2015 International Convention
(check, money order or credit card)
c/o Convention Data Services
107 Waterhouse Road
Boume, MA 02532

Convention Dates: July 2 - 5, 2015

Pre-Registration Deadline: May 12, 2015

Registration & Housing Bureaus Opens: September 3, 2014

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.

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.

Gate Lodge



TUESDAY 8:30 pm	
4/7	Noontime
4/14	ODAAT
4/21	A New Day
4/28	Easy Does It
5/5	Noontime
5/12	ODAAT
5/19	Royal Palm

THURSDAY 8:30 pm	
4/9	Man to Man
4/16	Candlelight
4/23	Indian River Men's
4/30	I Am Responsible
5/7	Man to Man
5/14	Candlelight
5/21	Indian River Men's

SATURDAY 6:30 pm	
4/11	Indian River Women's
4/18	Indian River Thursday
4/25	South Vero
5/2	Early Risers
5/9	Vero Beach Men's
5/16	Indian River Thursday
5/23	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

4/13	Lunch Bunch
4/20	Vero Beach Men's
4/27	Indian River Men's
5/4	Early Risers
5/11	South Vero
5/18	Lunch Bunch
5/25	Vero Beach Men's

BIRTHDAYS

April 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

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A New Day

Ben W.	1
Ryan C.	1
Mark N.	2
Jim K.	5
Sue W.	10
Linda W.	12
David G.	20
Dennis H.	20
John M.	42

Barefoot Bay

Lore	17
Dennis H.	20
Warren D.	32
Eddie D.	46

Candlelight

Brianna W.	1
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Early Risers

.....

Easy Does It

Sandy S.	17
Lynn H.	23

Free and Easy

Anita L.	16
Sue L.	28

Free Wheeling

.....

Friday Night Young People

.....

I Am Responsible

Finn Mc.	1
Mike P.	3
Larry M.	4
Jen M.	7
Trish F.	9
Alice N.	33

Indian River Thursday Night

Gina D.	3
Tom I.	35

Indian River Men's

Joe	11
John L.	11
Lou V.	34

Indian River Women's

Alicia H.	3
Kim P.	8
Paula H.	14
Nancy T.	19
Cindy C.	22
Susan H.	25
Gay P.	48

Kings Highway

Betty L.	52
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The Magnolia Group

Rochelle	11
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Man to Man

.....

Meat & Potatoes Group

Steve C.	37
Rick H. (February)	3

Noontime

.....

ODAAT

Alex	1
Brad H.	1
Victoria S.	1
Dennis S.	2
Patricia S.	2
Pat D.	4
Hal O.	6
Mike S.	7
Linda J.	12
Jennifer M.	16
Cheri S.	19
Candy B.	31
Bob C.	41
Bill W.	44
Al C.	55

OSSABAW

.....

Royal Palm

Craig K.	1
Rich R.	19
Bob K.	29
Clell B.	33
Brian L.	42

Roseland Sebastian Speakers

Jack T.	30
Mickey R.	36
Annie M.	38

Safe Harbor

.....

Sebastian 12 & 12

.....

Sebastian 5:32

Ray C.	6
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Sebastian Lunch Bunch

Kathy C.	8
John R.	44

Sebastian Sundowners

.....

Sebastian Stepsisters

Dianne C.	10
Kandi	18

Sober Rainbow

.....

South Vero

Lynda C.	2
Mike M.	3
Tracy W.	5
Sandra G.	6
Dennis S.	7
Jamie K.	8
Mike M.	10
Donna M.	18
Skip M.	22

Surfside

.....

Vero Beach 12 & 12

.....

Vero Beach Group

.....

Vero Beach Men's

Chris	2
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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

2015 Steering Committee

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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 26th Street, Suite 6
 Vero Beach, FL 32961**

Phone 772-562-1114