



# HOW



Monthly Publication of the Indian River Central Office  
of Alcoholics Anonymous

"The HOW is published to improve communication  
between local AA Groups and encourage the partici-  
pation of AA members in services and activities."

August 10, 2015

Volume 35 Issue 8

*TRADITION 8: Alcoholics Anon-  
ymous should remain forever non-  
professional, but our service cen-  
ters may employ special workers.*

1. *Is my own behavior accurately described by the traditions? If not, what needs changing?*
2. *Do I sometimes try to get some reward –even if not money–for my personal AA efforts?*
3. *Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? OR, HEAVEN EVEN ON HUMILITY?*
4. *In my own AA life, have I any experiences which illustrate the wisdom of this tradition?*



## STEP 8

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

PRINCIPLE: Justice

Unselfish concern for another person's best welfare as God sees it

## CONCEPT VIII:

The trustees are the principles planners and administrators of overall 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.



## Step 8

*Made a list of all person we had harmed and became willing to make amends to them all*

The first list I made of the persons I had harmed, I missed one LITTLE word in the step—all. Thank God for sponsorship. She explained to me that we put everyone, every institution, every bill collector, etc. on the list. She reminded me again, "are you willing to go to any length"? I responded yes and proceeded to add to my list. It was a simple action that needed to be taken in order to strengthen my foundation of sobriety and begin to clean up the wreckage of my past. She and I sat down and read step 8 out of the 12&12 to give me a better understanding of the principle behind step 8 and to assure me that all I needed was a willingness to clean up "my side of the street". I was told the principle behind step 8 was LOVE, An unselfish concern for another's person's best welfare as God sees it. I began to understand that this list was the beginning process of healing and lessening the separation between myself, others and God. This list would be the beginning of "mending" the damage I had caused to others throughout my years of selfishness and self-centeredness disregarding the destruction I always walked away from.

This list turned out to be more than just writing down names of people I had harmed. It was a second look into the patterns of my life that kept on the alcohol express derailed train. Emotional wounds began to reopen and it was painful but obstacles began to move away and the path to freedom was becoming clearer. I also found out how important forgiveness of others was. I can't ask for something I am not willing to give to another. The hardest person on my list was the woman in the mirror. I had done extensive emotional harm to myself and even today I have to remind myself that I am a child of God and I have the right to be here as well as anyone else. I am always reminding myself that I am willing to make amends when the time is presented without hesitation due to fear. The eighth step promises me that this is the step which begins to end the isolation from others and from God.

# HOW

## **I AM RESPONSIBLE GROUP ANNIVERSARY**

**August 22, 2015**

**6:00 PM Dinner**

**8:00 PM Speaker**

**Guest speaker from Delray to share their experience  
strength and hope.**

**Please Bring a Covered Dish**

**FLORIDA UNITY ROUNDUP**

**OCTOBER 2-4, 2015**

**Hyatt Regency Jacksonville**

**Outstanding AA and Alanon Speakers, Red Ball  
Old Timers Panel, Saturday Night Banquet,  
Ice Cream Social, Night Dancing, Great Fellowship  
And MORE!!!**

**Registration online at [www.floridaunityroundup.com](http://www.floridaunityroundup.com)**



## HOW

### OKEECHOBEE FISH FRY

Saturday September 12, 2015

10 AM—3 PM

Okeechobee Civic Center

1750 HWY 98 N

APPLES

GREAT FOOD

DUNK TANK (Take your best shot at DUTCH)

Children's Playground

Catch a Fish....We'll cook it!!

Tickets \$12

**Please bring a covered dish or dessert**

# **ANNIVERSARIES**

**August 2015**

A New Day	Sebastian Speakers	The Magnolia Group
Barefoot Bay	Safe Harbor	Man To Man
Candlelight	Sebastian 12&12	Meat and Potatoes
Early Risers	Sebastian 5:32	Noontime
Easy Does It	Sebastian Lunch Bunch	ODAAT
Free and Easy	Sebastian Sundowners	OSSABAW
Free Wheeling	Sebastian Sundowners	Royal Palm
Friday Night Young People		Sober Rainbow
I Am Responsible		South Vero
Indian River Thursday Night		Surfside
Indian River Men's		Vero Beach 12&12
Indian River Women's		Vero Beach Group

# **BHC\*\***

**MONDAYS @ 7:00 pm**

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

**8/3**

**Vero Beach Men's**

**8/10**

**Indian River Men's**

**8/17**

**Early Risers**



# **GATE LODGE**

## ***TUESDAY 8:30***

**8/18 Easy Does It**

**8/25 Noontime**

## ***THURSDAY 8:30***

**8/13 Indian River Men's**

**8/20 I Am Responsible**

**8/27 Man to Man**

## ***SATURDAY 6:30***

**8/15 Indian River Thursday**

**8/22 Early Risers**

**8/29 South Vero**

# Indian River Central Office of Alcoholics Anonymous

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**Contact:** [www.indianriveraa.org](http://www.indianriveraa.org)

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## 2008 STEERING COMMITTEE

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## 2015 Delegates at Large

Lane S.

Karen M.

Don Mc.

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 26<sup>th</sup> Street, Suite 6**

**Vero Beach, FL 32960**

**Phone: 772-562-1114**