



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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Lifting the Burden

I had been sober in A.A. for two when I went to a meeting and admitted that I felt ashamed for being an alcoholic. The feedback I got was extensive and helpful, and something one fellow said to me really clicked. "It sounds as if you're ready for Step Five," he said.

I was between sponsors at the time, so I asked a woman who attended one of my regular meetings if she'd hear my Fifth Step. Using all I had learned about Step Four in the meetings, I set about writing my inventory.

Searching and fearless it was, as I proceeded to write pages that unearthed memories I had long buried. And along with my past history, I realized I wanted to be rid of a resentment against someone I'd been carrying since getting sober. I had tried to pray for this person and to let go of the resentment, but each day my anger toward this person still simmered. I knew I was finally ready to be rid of the resentment when I admitted it was hindering my progress toward sobriety and peace.

When I finished my Step Four writing, a friend suggested that I not let too much time go by between writing my inventory and sharing it. So one cold February day in 1990, I sat at her table and read my inventory.

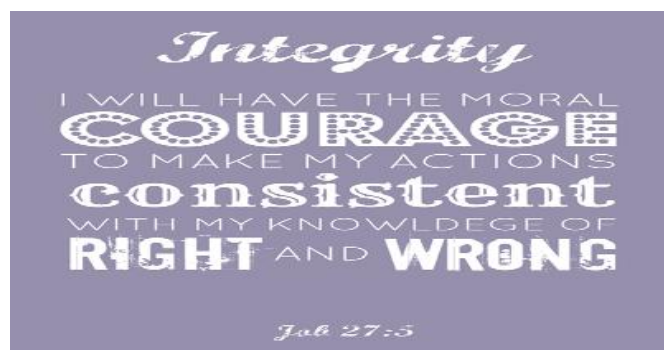
However, before I started, she offered some im-

portant guidance: "Remember that our Higher Power is also here listening" and "You can trust that nothing you say will leave this room." That second statement was especially helpful because if anything was an exercise in trust for me, it was this experience.

As I read my inventory, I was sure she'd be shocked or judgmental. What a relief to encounter only understanding and acceptance. I felt my shame melt away. When I finished, she said, "The things you talked about today are over and no longer a part of you. If you do another Step Four and Five, it won't be on what you've addressed now, for that's gone."

I left her home that day feeling relieved of a huge burden and also cleansed. Several days later, I realized I hadn't once thought of the person I'd resented so much. This was a miracle. Through Step Five, God removed my shame about being an alcoholic as well as the resentment I'd harbored for so long. And that freedom still exists, years later.

Teresa P., Syracuse, NY



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 FIVE (Recovery)

“Admitted to God, to ourselves, and another human being the exact nature of our wrongs.”

“A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we’d rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.”

Twelve Steps and Twelve Traditions p. 55

PRINCIPLE: Integrity— to apply oneself to a set of principles or values without compromise

TRADITION FIVE (Unity)

“Each group has but one primary purpose...to carry its message to the alcoholic who still suffers.”

Just As firmly bound by obligation are the members of A.A., who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the on aim that today animates A.A.’s all around the globe. There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it’s not strange that our Society has concluded that it has but one high mission— to carry the A.A. message to those who don’t know there’s a way out.

Twelve Steps and Twelve Traditions p. 150-151

CONCEPT FIVE (Service)

“Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.”

“Trusted servants” according to Bill, “do for the groups what the groups cannot and should not do for themselves.” And in exercising their “Right of Decision” (see concept III), trusted servants are almost always “a small but truly qualified minority” - whether in the form of area committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, in their own meetings, to pay special attention deference to the minority voice.”

The Twelve Concepts For World Service Pamphlet



SPIRITUAL PERSEVERANCE

Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on. We find that bit by bit we can discard the old life – the one that did not work – for a new life that can and does work under any and all conditions whatever.

Bill W.

A.A. Grapevine, December 1957

“You are asking yourself, as all of us must: “Who am I?”... “Where am I?”... “Whence do I go?”

The process of enlightenment is usually slow, But, in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity.”

Bill W.

Letter, 1955

MY SPIRITUAL GROWTH IS WITH GOD AS I UNDERSTAND HIM.

Entering A New Dimension

In the late stages of our drinking, the will to resist has fled. Yet when we admit complete defeat and when we become entirely ready to try A.A principles, our obsession leaves us and we enter a new dimension — freedom under God as we understand Him.

As Bill Sees It, p. 283

WHEN I “Let Go and Let God,” I think more clearly and wisely.

RESPONSIBILITY DECLARATION

I Am Responsible. When anyone, anywhere, reaches out for help, I want the hand of AA to always be there. And for that, I am Responsible.

“To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.” D. Adams

**“The best to find yourself is to lose yourself in the service of others.”
Mahatma Gandhi**

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.*****

PLEASE RETURN OR MAIL YOUR FORM TO :

IRCO

1600 26TH ST., SUITE 6

VERO BEACH, FL 32960

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.

2016 STANDING COMMITTEES

Archives.....
Birthday Dinner 2017.....
Desk Coordinator.....Marty P.
Corrections—Women.....Stefanie M,
Corrections-Men.....Bill K.
Corporate Documents.....Vickie S.
Public Information.....Rodney D.
Unity Committee.....
Nominating Committee.....Marty P.

AA Coordinators

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

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 froth 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.



MAY ANNIVERSARIES

AA Only Group

Annie M. 39 yrs.

Barefoot Bay Group

Pat S 44 yrs.

Tim W. 42 yrs.

Bob M. 35 yrs.

David S. 10 yrs.

Paul C. 1 yr.

Candlelight Group

Bobbi K 1yr

Bob B 1yr

Kristin P 6 yrs.

Early Risers Group

April

Rodney - 2 yrs.

Steve A - 1 yr.

Guido - 4 yrs.

David M - 1 yr.

May

Chris M 1 yr.

Dean S 1 yr.

Don M 2 yrs.

Joe R. 5 yrs.

Easy Does It Group

Don F. 36 yr s.

Hibiscus Group

Betsy S 17 yrs.

Dan B. 21 yrs.

Meave W. 44 yrs.

Indian River Mens Group

Joseph J. 24 yrs.

Bob G. 18 yrs.

Indian River Womens Group

Rachel M. 1 yr.

Maggie K. 30 yrs.

Indian River Thursday Night Group

Jill I. 4 yrs.

Man To Man

Bob M. 36 yrs.

Mike M. 37 yrs.

Noontime Recovery Group

John L. 32 yrs.

Steve L. 1 yr.

Kenny 17 yrs.

ODAAT

Audrey M. 2 yrs.

Mary Jeanne W. 3 yrs.

Marlene F. 6 yrs.

Patti R. 11 yrs.

Carl C. 12 yrs.

Bev M. 16 yrs.

Lin C. 17 yrs.

Jack D. 27 yrs.

Peter T. 29 yrs.

Tim Z. 29 yrs.

Helen M. 32 yrs.

Suzanne H. 34 yrs.

Dick D. 34 yrs.

Tulio C. 38 yrs.

Don Mc. 39 yrs.

Sheila T. 40 yrs.

Maeve W. 44 yrs.

Royal Palm Group

Susie K. 36 yrs.

Steven S. 27 yrs.

Katie H. 22 yrs.

South Vero Group

Billy R. 30 yrs.

Keith T. 26 yrs.

Paula W. 22 yrs.

Liam O. 13 yrs.

Greg E. 7 yrs.

David D. 5 yrs.

George M. 4 yrs.

Mike G. 3 yrs.

Walter S. 1 yr.

Dan B. 1 yr.

Denis A. 1 yr.

Janice R. 1 yr.

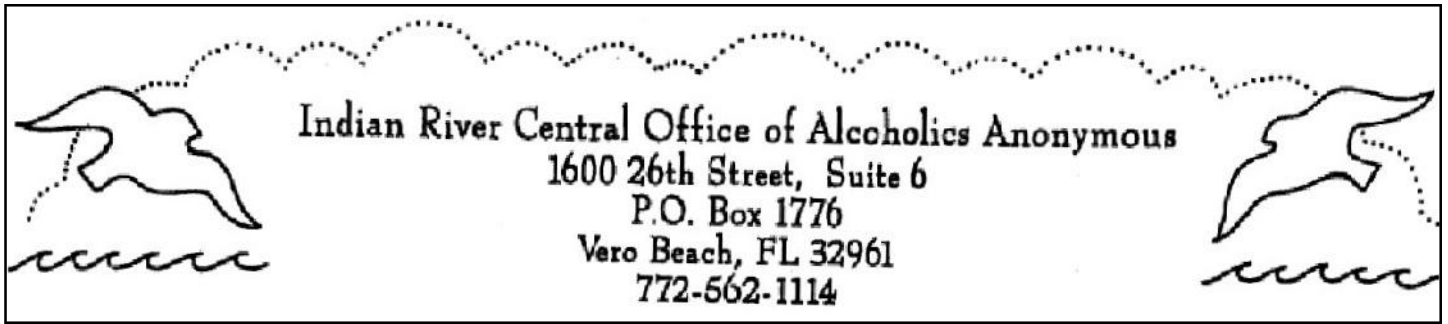
AA ANNOUNCEMENTS AND UPCOMING EVENTS



The IRCO of Alcoholics Anonymous is conducting their Inventory of how they are functioning in service to the groups and community of Alcoholics Anonymous. They have put together a survey and would like your input. These can be found on the website or you can stop by the Central Office and pick up a copy. Everyone is encouraged to participate. Your input is important and remember this is your Central Office and Steering Committee. They are here to serve the groups and individuals so that AA can continue to grow and change to best serve and preserve the future of AA.

"AA isn't for the people who need it or for the people who want it; it's for the people who are willing to do the work to get it."

"To educate a man in mind and not in morals is to educate a menace to society."



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

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.