



# HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Email: [aairhow@yahoo.com](mailto:aairhow@yahoo.com)

Volume 35 Issue 6

JULY 2016

## ***Step Seven: Humbly asked Him to remove our shortcomings***

What are shortcomings? Was it just drunkenness? No, that was just one of the many other character defects with which we are burdened. Among them are conceit, arrogance, selfishness, dishonesty, intolerance and worst of all the searing and caustic tongue with which we whiplashed ourselves and others, some of whom have tried to help us.

How can we expect God as we understand Him to remove these shortcomings when we are too small and prideful to admit them? These things must be brought out into the open, must be admitted and then exposed to the cleansing effect of the sunlight of humility and honesty.

A humble person in true humility does this without reservations, he doesn't do it partially, he does it wholly, even though it may hurt. Why? For the same reason that a surgeon excises a cancer totally-he takes out the whole evil mess because then there is no chance of a recurrence. Why shouldn't we do the same? It takes a little more effort

and is a lot more painful to our ego, but the cure is more apt to be permanent.

The expansion of true humility is the willingness to serve others without reservation of reward, prestige or recognition for our service to them. It should be done in a spirit of cheerfulness and joy.

We must at all times be willing to subordinate ourselves to a Power greater than ourselves. We should neither by thought nor by expression be critical of others or their opinions. We must be big enough to give the other person the right of expression, give credit where credit is due, be a doer instead of a critical wisher. In short be of AA and not just in it.

This above all: to thine own self be true, and it must follow, as the night the day, Thou canst not then be false to any man.



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](mailto:aairhow@yahoo.com)

# OUR THREE LEGACIES

## STEP SEVEN (Recovery)

*“Humbly asked Him to remove our shortcomings.”*

“The chief activator of our defects has been self-centered fear— primarily fear that we would lose something we already possessed or would fail to get something we demanded. No peace was to be had unless we could find a means of reducing these demands. This begins with Step Seven. We begin to move out from ourselves, toward others and toward God. The whole emphasis of Step Seven is on humility “

*Twelve Steps and Twelve Traditions p. 76*

**PRINCIPLE: Humility— accepting ourselves and others for who and what we are.**

## TRADITION SEVEN (Unity)

*“Every A.A. group ought to be fully self-supporting, declining outside contributions.”*

“Often, of course, we don’t have to ask. A.A. is now high on the worthy-cause list; G.S.O. and groups politely turn down unsolicited gifts and bequests. In Tradition Seven, there’s a note of realism: Handsome gifts may have strings attached. We even put a limit of \$3000.00 on the amount *members* may leave to A.A. in their will or contribute annually while living, so that none of us can buy influence in A.A., no matter how rich we are.

Money may pose a different problem if a group treasury grows too fat, beyond a prudent reserve. Squabbling over uses for the spare cash, groups have lost their unity and strayed from their primary purpose. But there’s one simple solution that strengthens our unity and advances our purpose; Give the excess to A.A. activities and services... ”)

*The Twelve Traditions Illustrated Pamphlet*

## CONCEPT SEVEN (Service)

*“The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purpose for its final effectiveness.”*

“This Concept attempts to clarify the relationship and “balance of powers” between the conference and the General Service Board. “This...may look like the collision of an irresistible force with an unmovable object.” On the one hand, “the board is invested with complete legal power over A.A.’s funds and services; on the other hand the Conference is clothed with such great influence and financial power it could overcome the legal rights of the board.”

“If... the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board, and if the trustees... constantly realize that the Conference is the real seat of ultimate service authority...neither will be seriously tempted to make a ‘rubber stamp’ out of the other... In this way, grave issues will always be resolved and harmonious cooperation will be the general rule.”

World Service Pamphlet

The Twelve Concepts For

*This was sent to me by a friend - I'm on the fence with this one though. When I first started attending AA I use to call myself an alcoholic/addict too, but that lasted for about a year, now @ AA I say I am an alcoholic and at NA an addict despite how rare it is that I go.*

#### AMENDS TO ALCOHOLICS ANONYMOUS

Excerpted from article published in Mirus,  
THE NEWSLETTER OF THE MINNEAPOLIS INTERGROUP

I recently completed the Eighth step and have decided that my first amends should be to Alcoholics Anonymous itself, which I believe I have harmed to some extent by violating its singleness of purpose.

I used to identify myself as an alcoholic and an addict. I do not anymore because I believe other addictions are irrelevant at AA meetings. But, aside from that, I used to always insist on talking about my other addictions beyond what was necessary to relate them to alcohol. I justified this by saying that alcohol was just another drug and so it was unfair to expect me not to talk about all my addictions. And I refused to attend any other fellowship because I claimed to prefer the wisdom and sobriety an AA.

I realize now how rude and self-centered this position was. It is not a question of what is fair, or whether alcohol is just another drug. The Traditions and primary purpose of AA are what they are, whether I agree or not.

In the past when I was actively using, I often had dinner at the homes of people who did not use drugs, but who drank. I never considered insisting that I had a right to smoke a joint at their dinner table because they were drinking wine. And imagine if I had and then added insult to injury by saying, "And not only do I have the right to use any drug I want around here if you are going to drink, but I'm going to keep coming back and I'm going to keep using any drug I want in your home because I like the food you serve and your company better than the food I find in the homes of my drug addicted friends, and I have a right to do this because all drugs are the same and I don't care what the rules or customs of your home are."

Such a gross abuse of hospitality sounds preposterous, but that is essentially what I was doing by insisting that I had the right to violate AA's singleness of purpose. I was abusing the hospitality of this fellowship

This is not an apology. I was too sick to realize how selfishly I was acting, and the mere apology is not necessarily an amends. I hope to amend the harm I did by stating clearly what I did, for the benefit of others, and further, by not doing it again.



### The Best For Today

*The principles we have set down are guides to progress.*

*Alcoholics Anonymous p. 60*

*Just as a sculptor will use different tools to achieve desired effects in creating a work of art, in AA the Twelve Steps are used to bring about results in my own life. I do not overwhelm myself with life's problems, and how much more work needs to be done. I let myself be comforted in knowing that my life is now in the hands of my Higher Power, a master craftsman who is shaping each part of my life into a unique work of art. By working my program I can be satisfied, knowing that "in doing the best we can for today, we are doing all that God asks of us."*

***Faith in a Power greater than ourselves, and miraculous demonstrations of that Power in human lives are facts as old as man himself.***

***Bill W.***

"The idea keeps persisting that the instincts are primarily bad and are the roadblocks before which all spirituality falters. I believe that the difference between good and evil are not the difference between spiritual and instinctual man; it is the difference between proper and improper use of the instinctual. Recognition and right channeling of the instinctual are the essence of achieving wholeness."

Letter, 1954

"Among A.A.'s there is still a vast amount of mix-up respecting what is material and what is spiritual. I prefer to believe that it is all a matter of motive. If we use our worldly possessions too selfishly, then we are materialists. But if we share these possessions in helpfulness to others, then the material aids the spiritual.

Letter, 1958



**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.....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.  
Nominating Committee.....Marty P.

**AA Coordinators**

After Hours Phone.....Doug C.  
District 6 Liaison.....Cynthia G.  
HOW Editor .....Kimberly P.  
Inventory Control.....Bobby Z.  
Literature.....John H.  
Treatment.....Todd T.  
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.

# JULY ANNIVERSARIES

## BAREFOOT BAY

Gregg H. 4 yrs.  
Wayne R. 10 yrs.  
Nona 24 yrs.

## CANDLELIGHT

Allison G. 36 yrs.

## EARLY RISERS

Donald 28 yrs.  
Deborah 1 yr.

(June)

Fritz 3 yrs.  
Sam 11 yrs.

## HIBISCUS MONDAY NIGHT

Sam E. 43 yrs.  
Pat C. 41 yrs.  
Gene B. 34 yrs.  
Harold F. 24 yrs.  
Greg F. 23 yrs.  
Kathy M, 3 yrs.  
Tom N. 1 yr.

## I AM RESPONSIBLE

Nichole L 4 yrs.  
Derrick E 5 yrs.  
Trish K 10 yrs.

(June)

Zach J 4 yrs.  
Lorelei G 11 yrs  
Alex I 12 yrs.  
Paul S 18 yrs.  
Tom W 27 yrs.

## INDIAN RIVER WOMEN'S

Heather Z. 11 yrs.  
Ruth H. 9 yrs.  
Sarah L. 5 yrs.  
Marla B. 7 yrs.  
Gale S. 27 yrs.

## MAGNOLIA GROUP

Lynn J. 45 yrs.  
Christina K. 33 yrs.  
Donna S. 14 yrs.

(June)

Eileen K. 1 yr.

## MAN TO MAN

Bill B. 33 yrs.  
Bill F. 15 yrs  
Bob M. 2 yrs.

Brian D. 42 yrs.

Chris E. 3 yrs.

Dale C. 1 yrs.

Dave L. 23 yrs.

Dave O. 27 yrs.

Donald S. 28 yrs.

Gregg H. 4 yrs.

Jay W. 8 yrs

Tim S. 30 yrs.

Wayne R. 10 yrs.

Woody H. 49 yrs.

(June)

Bill F. 22 yrs.

Joe A. 28 yrs.

John M. 1 yr.

Mark L. 16 yrs.

Nick F. 12 yrs.

Pat B. 31 yrs.

Paul T. 19 yrs.

## NOONTIME

Gregg B. 15 yrs.

## ODAAT

Kevin B. 2 yrs.

Kevin T. 4 yrs,

Liz L. 5 yrs.

Dave L. 5 yrs.

Heidi 6 yrs.

Linda S. 6 yrs.

Trish K. 10 yrs.

Scott H. 12 yrs.

Michael B. 17 yrs.

Dan N. 25 yrs.

Graham C. 26 yrs.

Bridget C. 28 yrs.

Jack W. 28 yrs.

Richard B. 32 yrs.

Suzie S. 35 yrs.

Kay D. 43 yrs.

## ROYAL PALM

Christina K. 33 yrs.

Janice S. 27 yrs.

## SOUTH VERO

Brian G 2 yrs.

Chris F 1 yrs.

David D 4 yrs.

Greg M 2 yrs.

Jack W 28 yrs.

Jessie T 1 yr.

John B 2 yrs.

Mack M 1 yr.

Rick D 1 yr.

Ron P 4 yrs.

Steve B 15 yrs.

Steve H 3 yrs.

(June)

Adam F. 15 yrs.

# AA ANNOUNCEMENTS AND UPCOMING EVENTS

Experience shows that Service Keeps You Sober and Unity ensures the lifeline of Alcoholics Anonymous for the next suffering alcoholic.

## **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



*There are openings for coordinators of the DRCO Intergroup. If you would like to be a part of community and need service work in your life this is a great opportunity to get to know others and be a "part of". The next mtg. will be held on July 14th at the Newport Club at 7:00 pm. If you need information please contact the Central Office 772-562-1114*

## 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](mailto: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 MU FOLDER AT THE CENTRAL OFFICE OR EMAIL IT TO THE ABOVE EMAIL ADDRESS. REMEMBER THAT IT CAN BE SIGNED ANONYMOUS,

THANK YOU FOR ALLOWING ME TO BE OF SERVICE.

KIMBERLY P.



### 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**

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.