

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 38 Issue 4

April 2019



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 aairehow@yahoo.com

Step 4 MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Mandated

A newcomer shares about getting out of jail and the close call he had at his first outside meeting.

I was in a Texas prison when I was introduced to AA by a fellow inmate. The day before was Christmas Day and a few of us had drunk a batch of wine we'd made. Every year, the ingredients varied on every batch we made depending upon what was available to us at the time, as did the quality. But this Christmas Day, our wine was not just tolerable but perhaps the best batch we'd ever made.

Within a few hours, we all were inebriated, and we became so loud that none of us noticed the officers enter the day room. We all got written up and, in my case, the write-up had the potential to set back my parole date.

The following day, a fellow inmate spoke to me about my drinking. He told me his own drinking history and then opened a Big Book and we began to read. Soon I was attending meetings that some outside AA members were bringing into the prison. As I listened to their stories and we continued to read the Big Book, I felt hope that perhaps I could recover from alcoholism.

My parole was approved, and the AA volunteers brought me a meeting directory from my home city so I could schedule meetings to attend at groups close to where I lived. My parole officer had me sign the terms of my parole, which included attendance at 12-Step meetings. I was then put on a bus and sent back into the free world.

A few days later, I attended my first outside AA meeting. At the end of the hour, I presented the paper to be signed for parole and the meeting chairperson angrily and loudly said, "I don't sign probation sobriety!"

Everyone turned and looked. I was ready to get out of there and never return to AA. As I was leaving, a woman gently grabbed me by the arm and led me back to the angry chairperson. "That's not our group conscience," she told the man. I wasn't sure exactly what was being said, but I knew they were arguing over me. When they were through arguing, the chairman apologized and signed my paper. He and the woman asked about my history with alcohol. Then they asked if I had a desire to stop drinking.

Once they qualified me, I was as welcome as every other member every time I attended. I got a sponsor. I worked the Steps, and then I started serving my group by chairing meetings, cleaning ashtrays and the like.

Soon after, I became the group's GSR. When that term ended, I became the DCM for my district. Following that, I became the Correctional Facilities Committee chair for my area. While doing workshops at groups and districts throughout my area, the topic of how to handle "paper signers or court cards" at our meetings came up often. Some members felt the courts and parole officers don't understand our singleness of purpose and too often send non-alcoholics to AA meetings. My answer was to remind our members of our Third Tradition: "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover."

Instead of focusing on the court requirements or parole cards, we should focus on qualifying still-suffering alcoholics with our Third Tradition as we would any other new members. I don't know where I would be today had that woman not stepped up and qualified me at my first meeting.

-- David T.

South Padre Island, Texas

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OUR THREE LEGACIES



STEP FOUR (Recovery)

“Made a searching and fearless moral inventory of ourselves.”

PRINCIPLE: *Courage—mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty*

“A business which takes no regular inventory usually goes broke. Taking commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.”

A.A. Big Book, p. 64

TRADITION FOUR (Unity)

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

“In a way, the Fourth Tradition is like the Fourth Step: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, ‘Would this break any Tradition?’

Twelve Traditions Illustrated

CONCEPT FOUR (Service)

To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

The Twelve Concepts for World Services Pamphlet

We thought “conditions” drove us to drink, and when we tried to correct these conditions and found that we couldn’t to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

4/1 Ask it Basket

5/6 Ask it Basket

4/8 Early Risers

5/13 Early Risers

4/15 South Vero

5/20 South Vero

4/22 VBMG

5/27 VBMG

4/29 Early Risers



ALL WELCOME!



**OPEN SPEAKER MEETING
& POTLUCK DINNER**

(Bring a dish to share if able)

Friday, April 26th, 2019 at 6 PM

Community Church of Vero Beach

Room #113/114 1901 23rd Street

(Enter by preschool)

APRIL ANNIVERSARIES

A NEW DAY

Tina M. 4 years
 Mark N. 6 years
 Cindy N. 6 years
 Ray. C. 10 years
 Sue W. 14 years
 Linda W. 16 years
 John M. 46 years

EARLY RISERS

Rodney . 5 years
 Bobby 17 years
 Mike M. 14 years

EASY DOES IT

Lynn H. 27 years
 Sandy S. 21 years

SOUTH VERO

March

Desiree W 1 year
 Rick Z 1 year
 Dave D 1 year
 Jim M 1 year
 Tracy W 2 years
 Bruce P 4 years
 Dennis M 34 years
 Stuart L 36 years

April

Christine W 1 year
 Brian S 1 year
 Daniel V 1 year
 Jerry G 1 year
 Kevin E 2 years
 Skylar S 2 years
 Randy F 2 years
 Judy M 6 years
 Ryan R 7 years
 Todd W 9 years
 Mike M 14 years

INDIAN RIVER MEN'S

Lou V. 38 years
 John L. 13 years
 Joe M. 15 years

MAGNOLIA GROUP

Ellie L. 26 years
 Danielle B. 3 years
 Kimberly P. 12 years

ROYAL PALM GROUP

Brian L. 46 yers
 Clell B. 37 years
 Bob K. 33 years
 Rich R. 23 years
 Marco M. 3 years

MAN TO MAN

Ed R. 31 years
 Eric O. 5 years
 Kenneth G. 4 years
 Killian S. IV 6 years
 Paul C. 33 years
 Tom F. 3 years

I AM RESPONSIBLE

Jerry D. 1 year
 Joe D. 2 years
 Zach R. 2 years
 Cheryl M. 3 years
 Michael P. 7 years
 Trish F. 13 years

SAFE HARBOR WOMEN'S

SEBASTIAN 12 & 12

Linda P. 35 years

SEBASTIAN FREEDOM

Ralph 30 years

ODAAT

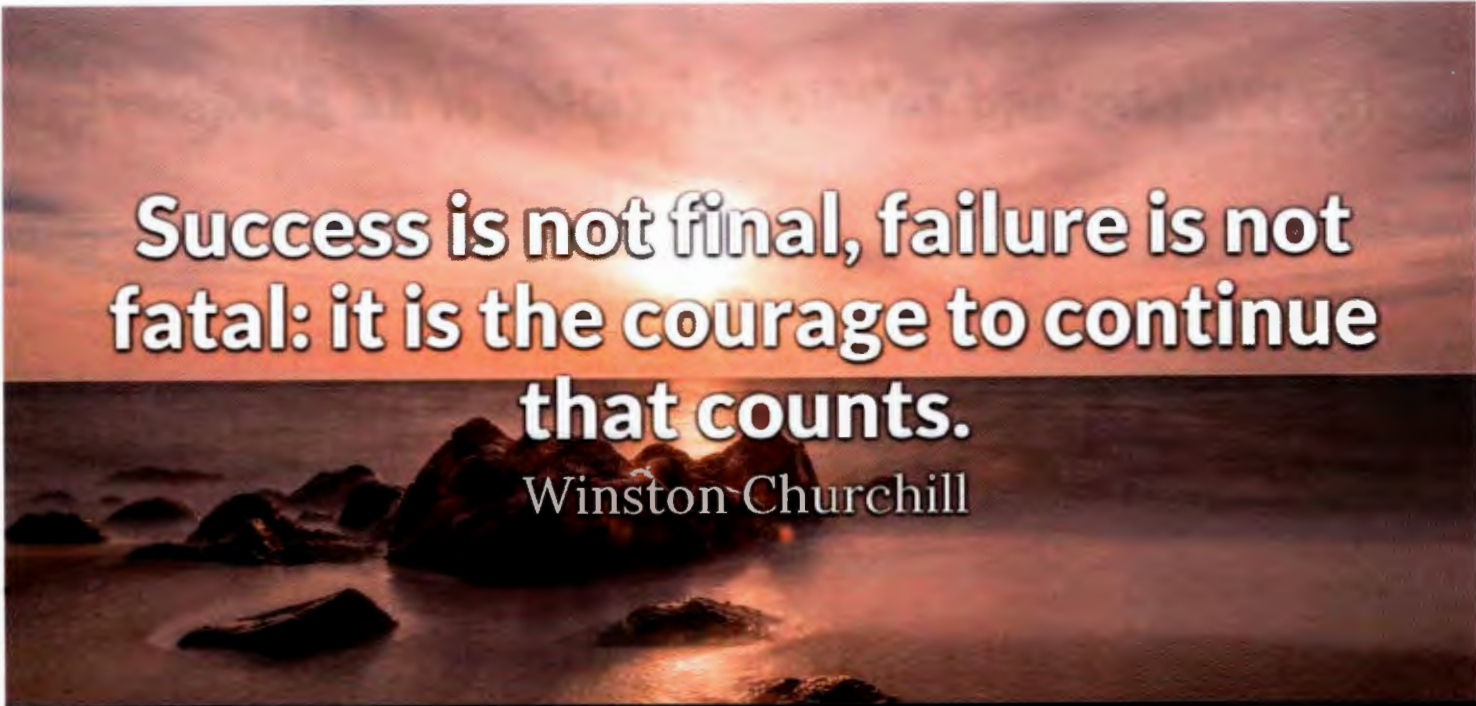
Audrey M. 1 year
 Adriana W. 3 years
 Bryan M. 4 years
 Helene L. 4 years
 Alex Z 5 years
 Brad H. 5 years
 Dennis S. 6 years
 Patricia S. 6 years
 Pat D. 8 years
 Mike S. 10 years
 Linda W. 16 years
 Jennifer M. 20 years
 Barbara D. 23 years
 Jim R. 24 years
 Darlene D. 29 years
 Candy B. 35 years
 George P. 49 years

VERO 12 & 12

Tiers T. 4 years
 Jessica C. 2 years

VERO BEACH MEN'S

Joe D. 2 years



**Success is not final, failure is not
fatal: it is the courage to continue
that counts.**

Winston Churchill



**NEVER
GIVE UP**

"If you have decided you want what we have
and are willing to go to any length to get it —
then you are ready to take certain steps."

Step Prayers and Twelve Principles of AA Bookmarks

3rd Step Prayer

God, I offer myself to Thee to build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love & Thy way of life.

AA Big Book, p63

7th Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen

AA Big Book p76

11th Step Prayer

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life. Amen

The 12 Principles Behind The Steps

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly love
9. Justice
10. Perseverance
11. Spirituality
12. Service

Feel free to cut out and laminate

Why does your group need an IRCO Delegate?

The IRCO has no authority of it's own but derives it from the participating groups. The representative that each group elects is the group's voice to IRCO—Your link to those who maintain and operate the IRCO.

2019 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....John B.

Corporate Documents.....Trish H.
Public Information.....Susan M.
Unity Committee.....Open
Nominating Committee.....Bill VB.
After Hours Phone..... Mindy S.
HOW EditorRick H.
Inventory Control.....Terri C.
Literature..... Dutch V.
Treatment..... Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Maria G.
12 Step List Coordinator.....Trent L.

2019 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2018..... Sunshine/Natalie
Desk Coordinator.....Bill VB
Corrections—Women.....Judy W.
Corrections-Men..... Lane S.

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*

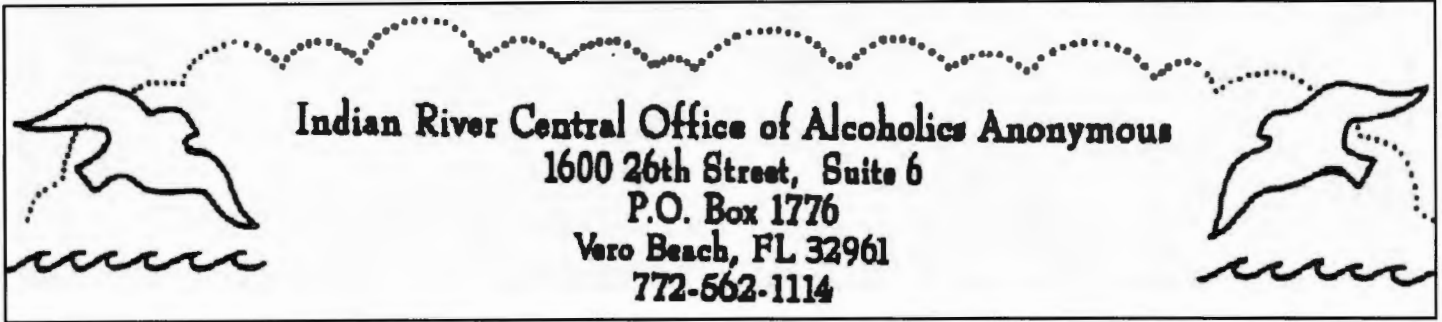
Talk to someone at their home*

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.****



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

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 forth 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.