

# HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

**Volume 38 Issue 8**

**August 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 [aairhow@yahoo.com](mailto:aairhow@yahoo.com)

**Step 8 MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL**

The Big Book states how some of us tried to hold onto our old ideas. Did that apply here? I have discovered that, for me, my outside activities were a barrier that prevented me from reaching the next level of the Traditions. Having strong, vocal opinions on outside issues, for me, creates a separation, a feeling of right and wrong, good and bad.

## Lots of opinions

### A member with strong views shares what she's learned about tolerance, compassion and Tradition Ten

I have worked to understand how Tradition Ten and Tradition Five connect to our singleness of purpose. The idea that we should not draw the AA name into public controversy made sense to me from the start. I've read the history of the Washingtonians and found it a relief to know that, no matter what the latest issue is in the world at large, in an AA meeting I do not have to hear anybody's opinion on it.

Meetings for me are a place of recovery and safety, where we are free from having to pick sides or decide what is right or wrong for the future of the country. My only purpose in attending an AA meeting is to help the alcoholic who still suffers, which, as I found out, isn't always necessarily the newcomer. My experience has shown me anyone at any time can be the one in need, including myself.

As I studied the Traditions with my sponsor, I began to understand the importance of AA not having an opinion on outside issues at the public level. That is a very sensible policy. But I still held onto my personal opinions. I continued to attend public rallies on controversial issues I felt passionate about. That, I felt, was OK. I was not breaking the Traditions by doing so, as I did not represent AA. These were personal matters that I participated in.

As time passed and my understanding of how to live a sober, happy life grew, I began to think about my passion for those controversial issues I rallied for in the public eye and how my participation would appear to my fellow AA members who may also be passionate for the same issue, only from the other side. What might they think if they saw me rallying and I then sat in a meeting with them and spoke of compassion?

I had to ask myself: Was I concerned about what they thought or what I thought? Could I really honestly believe that while in a meeting, I was able to turn my opinions off and feel true compassion for the alcoholic sitting next to me who did not believe as I believed?

The Big Book also warns of resentments being the dubious luxury of normal men, but for alcoholics, these things are poison. Can I apply that same warning here with those opinions I held in such high regard as defining who I was?

It took me close to 13 years of consideration to come to this point of view about my opinions on outside issues. I believe fear prevented me from seeing this, fear of who or what I would be without my strong opinions. What I have found is that trust in a power greater than myself, along with a willingness to allow my opinions to melt away, has eased the fear, and it is being replaced with tolerance, compassion and unconditional love, not only for the still-suffering alcoholic, but all living beings.

When I truly feel this at a deep personal level, I no longer have fear of breaking the Tradition. Understanding the Traditions in this way has provided me with a vital connection to AA as a whole, which is one reason why the Traditions work.

-- D.T.  
Yakima, Washington

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**Always review your list  
with your sponsor before  
taking action!**

# OUR THREE LEGACIES



## STEP EIGHT (Recovery)

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

**PRINCIPLE: Brotherly Love: "Love thy neighbor as thyself."**

Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake

Twelve and Twelve pg. 77

## TRADITION EIGHT (Unity)

**“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”**

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words “Freely ye have received, freely give.” We have discovered that at the point of professionalism, money and spirituality do not mix.

Twelve and Twelve pg. 166

## CONCEPT EIGHT (Service)

**“The trustees are the principal 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.”**

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

***There is a solution. Almost none of us liked the selfsearching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it.***

# UPCOMING EVENTS AND ANNOUNCEMENTS

## BHC Group Schedule

8/5 Sebastian Freedom

9/2 Sebastian Freedom

8/12 OSSABAW

9/9 OSSABAW

8/19 Sundowners

9/16 Sundowners

8/26 Candlelight

9/23 Candlelight

## New Open Discussion Meeting

West Vero Group

@ St John of the Cross

74th Ave/26th street

Fridays @ 7pm

# AUGUST ANNIVERSARIES

## A NEW DAY

Sandy S	1 year
Lou N	3 years
Dawn B	4 years
Tom M	5 years
Dan Mc	15 years

## EARLY RISERS

Katherine	1 year
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## OSSABAW

Dana R	31 years
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## I AM RESPONSIBLE

*From July*

Morgan T	1 year
Corey M	1 year
Danielle E	4 years
Michael B	2 years
Derrick E	8 years
James L	29 years
Nichole L	7 years
Trish K	13 years

*August*

James R	1 year
Don E	22 years
Evan M	2 years
Frankie D	2 years
Mary Ellen M	1 year
Michael O	2 years
Misty K	1 year
Rosanna F	28 years
Susan E	19 years

## SEBASTIAN 5:32

John B	4 years
Cyndy V	14 years

## ROYAL PALM GROUP

Bryan	4 years
Christina	36 years

## SOUTH VERO

AJ	1 year
Kevin	1 year
Michael J	1 year
Paige F	1 year
Geno D	2 years
Mark E	2 years
Melissa S	2 years
Linda R	3 years
Patricia B	3 years
Derek M	4 years
Gregg R	5 years
Carol L	7 years
Billy B	24 years
Nick S	26 years

## MAN TO MAN

Glen A.	1 year
Hank T.	28 years
Lewis N.	3 years
Matt P.	4 years
Mike F.	23 years
Pat G.	5 years
Rod C.	11 years
Ron P.	16 years
Steve V.	17 years

## NOONTIME RECOVERY

Andrew B	16 years
Alison G	39 years
Gary B	16 years
Kevin K	7 years

## MAGNOLIA GROUP

Sandy	10 years
Debra	21 years
Mary Ellen	1 year

## ODAAT

Patrick C.	2 years
Pat B.	3 years
Tara H.	3 years
Kera C.	4 years
Thomas B.	5 years
Chris G.	5 years
Linda S.	5 years
Doris G.	5 years
David P.	8 years
Suzanne B.	8 years
Blair F.	9 years
Sandra T.	16 years
Rebecca H.	18 years
Ellie Z.	20 years
Tom M.	33 years
John R.	37 years

## LUNCH BUNCH

Bonnie R	15 years
Hank T	28 years
Peter D	31 years

## INDIAN RIVER MEN'S

In Memory of Dick Palmer

Billy	35 years
Bob C	21 years
Tim K	16 years

## VERO 12 & 12

Doris V	2 years
Ken K	19 years
Rich M	35 years
Gene F	6 years

## VERO BEACH MEN'S

Bill L.	9 years
Tom F.	19 years
Lane S.	18 years
Brian C.	1 year
Bill H.	3 years
Bill Crane	31 years
John O.	1 year
William L.	9 years
Ross R.	1 year
Josh D.	1 year

# **SPIRITUAL TOOL KIT**

*“There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it.*

*When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the **simple kit of spiritual tools laid at our feet.**” (Alcoholics Anonymous pg. 25)*

So, what are these spiritual tools? Over the next few issues we will take a look at the various tools that are presented in our literature and how some of our members use those tools in their daily lives.

## **Tool for August: Prayer**

From one of our members:

Page 85 of the Book Alcoholics Anonymous says “It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. ***What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.***”

Since my first day, I have always got on my knees, night and morning, to connect with a Higher Power or a God of my own concept or understanding.

Each morning I ask my Higher Power to keep me sober that day, all so that I can be of help to others. Then again at night, I get on my knees, and thank that same power for keeping me sober that day.

This getting on our knees, is a very, very important spiritual tool. It allows us to humbly connect with a Higher Power or God of our own concept, and allows us to express gratitude to that same concept of God or Higher Power for keeping us sober each day.



**“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.”**



Hi Indian River County family, my name is Fawn S. your Indian River County DCM. I attended this weekend's quarterly at the Tampa Airport Marriott. District 2 did a great job hosting and we were "Rocketed". I re-read the DCM wish-list from our Service Manual and thought "God will have to make a way" as currently I am the only DCM for Indian River County. Just to put this in perspective we have 76 groups in our meeting list with 136 meetings. Of these 21 groups are contributing to District 6 and 12 groups contribute to Area 15. We have a few new groups rumored to have started recently. I would like to hear about these groups and if there is anything that I can do to support you please let me know.

Great news from our county, we had a great gratitude dinner well supported by local groups. We have many meetings going into the jails with support from Chaplin Louie, Judy W. and Lorelei G. and their many volunteers with a few missed meetings due to A/C outages. The oldest group in Vero, the Vero Beach group, was close to closing last year and has made a great recovery. This year's Founders' day at the Newport club had Debbie M. sharing from her 58 years of sobriety and her experience sharing many years with her husband Walter M. who served as Trustee and General Manager of GSO and she saw first-hand the explosive growth of AA.

From the previous quarterly our DCM sharing had a few good points, one was a brief history of Area 15 that started in 1950 and became north and south Florida in 1957. I would be happy to make copies of this I do shed for anyone interested. Another tip was to make an informational board that I can take with me when I visit groups that will include Area and District notices. I look forward to meeting with Indian River County GSRs before the September District meeting. I hope that you can join District 6 for our Delegate sharing on August 13 held at Indian River State College off Virginia Blvd, Building W, Room 242 at 6:45 p.m. There will be food before. Everyone is welcome.



**COME ONE COME ALL!**

**Join us at the District 6 General Service meeting for  
the Delegates Report**

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**Tuesday, August 13, 2019**

**Indian River State College**

**Bldg. W Room 243 Fort Pierce, FL**

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**6:00 pm Food will be available**

**6:45 Our Delegate, Shirley P. will give her 2019  
General Service Conference Report.**

**Get informed. All are Welcome!**

## 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.

### 2019 STANDING COMMITTEES

Archives.....Mitchell Kline  
Birthday Dinner 2018..... Elise B/JoAnn Hall  
Desk Coordinator.....Bill VB  
Corrections—Women.....Lorelei G  
Corrections-Men..... Lane S.

Corporate Documents.....Trish H.  
Public Information.....Craig Schlitt/Ricky R.  
Unity Committee.....Open  
Nominating Committee.....Bill VB.  
After Hours Phone..... Mindy S.  
HOW Editor .....Rick 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.  
  
District 6 Liaison.....JoAnn H.

### 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 26<sup>th</sup> 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.