

# HOW

A publication of Indian River Central Office

Volume 24, Issue 1

HOW  
January 5, 2004



"... Be ye doers of the word and not hearers only, deceiving your own selves."

It was the legendary final straw (added weight) that broke the camel's back. The same thing can happen to us, alcoholically, if we allow ourselves to become over-burdened with "the cares that infest the day."

*First Things First* kept me from being a victim of my own folly and procrastination at the beginning of my AA membership. And it's still an invaluable guidepost in my daily twenty-four hour living.

It's my favorite *action* slogan.

Have I got a lot of things to do? Don't know where to start? My mind a whirlpool of conflicting thoughts and impulses?

Each time that happens, I have to make a decision. Any kind of a decision, where it's necessary, is better than doing nothing at all.

I decide what particular thing I should do, or attempt, *first*.

Action automatically follows.

Should events prove, through no fault of my own, it was the wrong decision, nothing says I can't try again. That, it seems to me, is part of the main purpose in practicing *First Things First*.

I'm so temperamentally constituted that I cannot endure a lot of "unfinished business" in my life. Doing *First Things First* is the best way out of difficulties for any harassed and problem-ridden alcoholic.

It gains force and direction when I think of it in conjunction with the Biblical admonition: "... Be ye doers of the word and not hearers only."

Naturally, the *first* concept of *First Things First* is -- to stay away from the *first* drink.

Its other applications are simply a mopping-up process of our various daily be-devilments.

J.F. , Long Island NY

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**FINANCIAL  
REPORTS ARE  
NOT INCLUDED  
ONLINE**

There is a vast amount of fun in the A.A. fellowship. Some people might be shocked at our seeming worldliness and levity but just underneath there lies a deadly earnestness and a full realization that we must put *first things first* and with each of us the first thing is our alcoholic problem.

*Excerpt from the Early AA Preamble*

# 2004



The five slogans were originally published on the inside back cover of five issues of the Grapevine (September to December 1956 and February of 1957), accompanied by a short article interpreting each one. The slogans, however, do not belong to AA, and were simply adopted informally by the Fellowship -- probably because they worked so well in helping to keep alcoholics sober.

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# 1 One I

## STEP

**“We admitted we were powerless over alcohol - that our lives had become unmanageable.”**

“... We know that little good can come to any alcoholic who joins AA unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety - if any - will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of AA life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.”

“... Under the last of alcoholism, we are drive to AA, and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.”

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## TRADITION

**“Our common welfare should come first; personal recovery depends upon AA unity.”**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as “just for the sake of discussion,” plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

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## CONCEPT

**The final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship.**

“... The life of each individual and of each group is built around our Twelve Steps and Twelve Traditions. We very well know that the penalty for extensive disobedience to these principles is death for the individual and dissolution for the group. An even greater force of AA's unity is the compelling love that we have for our fellow members and for the principles upon which our lives today are founded.”

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TREATMENT: GROUP COMMITMENTS

ALCOHOPE

Meeting Open to AA Community  
5925 37th St, Vero Beach, FL 32966  
778-7215

CENTER FOR EMOTIONAL & BEHAVIORAL HEALTH

CEBH - Meeting Closed to Public  
1190 37th St, Vero Beach, FL 32960  
563-4666

TUESDAYS:	SATURDAYS:
Noontime Recovery 1-06	South Vero 1-03
Royal Palm 1-13	Serenity House 1-10
Candlelight 1-20	Barefoot Bay 1-17
Indian River Men's 1-27	Easy Does It 1-24
	Discovery Women's 1-31
Free & Easy 2-03	
ODAAT 2-10	Beachside Beginners 2-07
Midnight Oil 2-17	Sebastian Freedom 2-14
Noontime Recovery 2-24	Vero 12 & 12 2-21
	Indian River Women's 2-28
Easy Does It 3-02	
Free & Easy 3-09	Royal Palm 3-06
ODAAT 3-16	Candlelight 3-13
Indian River Men's 3-23	King's Highway 3-20
South Vero 3-30	Vero Beach Group 3-27

MONDAYS:
South Vero Group January 5
Vero Beach 12 & 12 January 12
Noontime Recovery January 19
Safe Harbor Women's January 26
Friday Young People's February 2
Discovery Women's February 9
Easy Does It February 16
NEED GROUP COMMITMENT ? February 23
South Vero Group March 1
Vero Beach 12 & 12 March 8
Noontime Recovery March 15
Safe Harbor Women's March 22
Friday Young People's March 29
Discovery Women's April 5
Easy Does It April 12
NEED GROUP COMMITMENT ? April 19
South Vero Group April 26
Vero Beach 12 & 12 May 3
Noontime Recovery May 10
Safe Harbor Women's May 17

THESE MEETINGS ARE SPONSORED BY THE TREATMENT COMMITTEE OF THE INDIAN RIVER CENTRAL OFFICE OF ALCOHOLICS ANONYMOUS AND SHOULD BE CONDUCTED IN KEEPING WITH AA GUIDELINES.

IF YOUR GROUP WOULD LIKE TO PARTICIPATE IN THE ROTATING COMMITMENT FOR CARRYING THE AA MESSAGE INTO THESE FACILITIES, PLEASE CONTACT THE TREATMENT COMMITTEE CHAIR, LEE KIMBALL.

GROUP COMMITMENTS ARE CURRENTLY NEEDED FOR THE CEBH MEETING ON MONDAYS AT 7PM.

THE CEBH MEETING IS A SPEAKER/DISCUSSION MEETING AND AS REPRESENTATIVES OF CENTRAL OFFICE, GROUPS TAKING COMMITMENTS ARE REQUIRED TO ADHERE TO CRITERIA ESTABLISHED BY THE FACILITY.

THERE IS A MINIMUM REQUIREMENT OF 2 YEARS OF AA SOBRIETY FOR THIS MEETING.

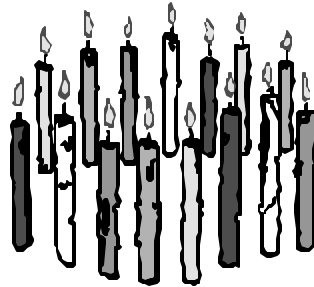
THE FORMAT IS FOR 2 PEOPLE TO CARRY THE MEETING, A LEADER AND A SPEAKER. A COPY OF THE AA PREAMBLE AND HOW IT WORKS ARE AT THE FRONT DESK AND SHOULD BE RETURNED AT THE CONCLUSION OF THE MEETING. ONCE THE LEADER OPENS THE MEETING, THE SPEAKER SHARES HIS EXPERIENCE, STRENGTH AND HOPE AS IT PERTAINS TO ALCOHOLISM, MAKING SURE TO LEAVE TIME FOR QUESTIONS AND DISCUSSION. MEETINGS ARE CLOSED WITH THE LORD'S PRAYER.

CARRY THE AA MESSAGE!  
FOR INFORMATION CALL LEE: 567-4759





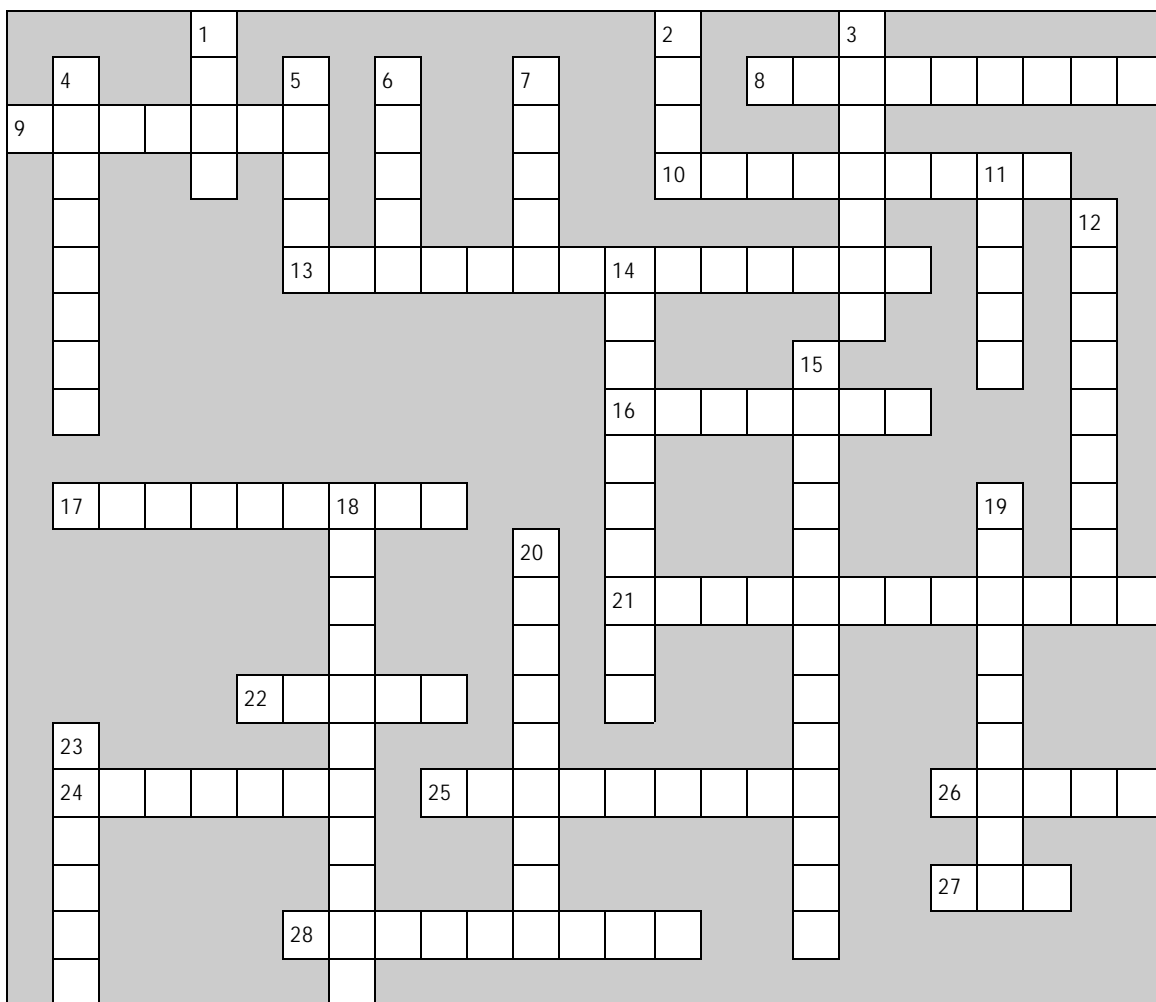
# JANUARY BIRTHDAYS



## HAPPY AA BIRTHDAY!

To publish announcements of birthdays being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor," send via e-mail to [irhow@yahoo.com](mailto:irhow@yahoo.com), or use link from website at [indianriveraa.freesevers.com](http://indianriveraa.freesevers.com).

<b>ROYAL PALM GROUP</b>		<b>I AM RESPONSIBLE</b>		<b>VERO BEACH MEN'S</b>	
<i>Celebrates Last Monday</i>		Debbie U.	1	John S.	1
Jodi M.	8	Hank C.	23	Bill K.	2
Toni B.	8	<b>FRIDAY NIGHT BIG BOOK</b>		Mike C.	6
Joyce K.	9	Annie C.	13	Rich R.	8
Mac M.	27	<b>ODAAT</b>		Randy M.	14
<b>SOUTH VERO GROUP</b>		<i>Celebrates Last Friday</i>		<b>DISCOVERY WOMEN'S</b>	
<i>Celebrates Last Wednesday</i>		Allan M.	1	Ashley B.	1
Mark T.	1	Tom M.	1	Sharon K.	5
David H.	1	Michael P.	2	Janet C.	10
Bonnie H.	1	Loretta D.	4	Vicki S.	15
Stacy McG.	2	Mark E.	9	<b>HIBISCUS MONDAY NIGHT</b>	
Greg R.	2	Terri E.	9	Bryce B.	4
Doug K.	5	Rodney S.	10	Norm S.	5
Lee R.	9	Karen H.	14	Daniel C.	8
Ellyn S.	11	Myra G.	15	Al C.	24
Darcie A.	14	Robb H.	16	Ray F.	27
Kim H.	14	Pat J.	18	Sarah P.	35
Gail T.	15	Eileen H.	18	<b>KING'S HIGHWAY</b>	
Glenn B.	28	Terry R.	19	Judy S.	6
Bill L.	36	Chuck S.	21	<i>December:</i>	
<b>SAFE HARBOR WOMEN'S</b>		Jean S.	21	Beverly R.	29
Loretta D.	3	Kathy S.	27	<b>SEBASTIAN LUNCH BUNCH</b>	
Carol C.	7	Mac M.	27	Marty P.	39
Myra G.	14	David J.	28	<b>MIDNIGHT OIL</b>	
Nancy D.	15	Judy H.	30	Audrey K.	2
Faith S.	21	Walter L.	30	Mike S.	2
Eleanor T.	49	Beryl K.	37	Robert Z.	13
<b>NOONTIME RECOVERY</b>		<b>INDIAN RIVER WOMEN'S</b>		Mike H.	14
<i>Celebrates Last Friday</i>		Maggie S.	3	<b>VERO 12 &amp; 12</b>	
Chrissy	1	<b>EARLY RISERS</b>		<i>Celebrates Last Thursday</i>	
Michel	1	Judy M.	30	Chris C.	14
Yvette McD.	1	<b>INDIAN RIVER MEN'S</b>		Michael S.	14
Andy	1	Mike P.	13	<b>WOW!</b>	
Greg L.	2	Steve B.	16	<b>HOW IT WORKS!</b>	
Lisa S.	3	<b>INDIAN RIVER THURSDAY</b>			
Tommy McD.	4	<i>Celebrates Last Thursday</i>			
<b>EASY DOES IT</b>		Louise D.	1		
Trish G.	1				

**ACROSS**

8. Site of 1st International Conference
9. Site of 2005 International Conference
10. Pastor of Calvary Church
13. They *almost* had it
16. Bill W's Spiritual advisor
17. The "Little doctor who loved drunks"
21. The forerunner of AA, sort of (plural)
22. The 12 \_\_\_\_\_
24. Street where Dr. Bob's house is located
25. She introduced Bill to Bob, last name
26. Co-founder
27. GSO is located here
28. She introduced Bill to Bob, first name

**DOWN**

1. Dr. \_\_\_\_\_, who treated Roland Hazard
2. Co-founder
3. State where both co-founders were born
4. The 12 \_\_\_\_\_ for World Service
5. Co-founder's spouse
6. Co-founder's spouse
7. Where it all began
11. He brought the message to Bill
12. The Heartbeat of AA
14. The 12 \_\_\_\_\_
15. She helped Dr Bob treat 1000s of drunks
18. He gave dinner for AA and donated \$500
19. Our "Most Prized Possession"
20. He wrote the *Saturday Evening Post* article
23. The first successful woman in AA

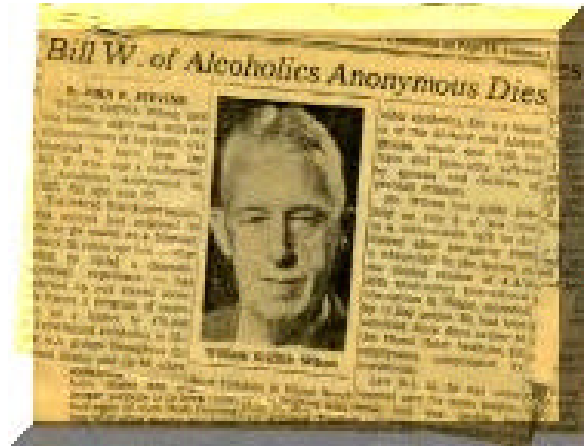
## JANUARY

### 2004

- 2- 4 South Florida Area 15 Quarterly Conference - Tampa, FL
- 8 Indian River Central Office Meeting - Newport Club 7PM
- 13 District 6 General Service Meeting, IRCC Ft. Pierce, 7:30PM

### THROUGH THE YEARS

- 1915 - Dr. Bob S. marries Anne R.
- 1918 - Bill and Lois W. are married days before Bill is sent to Europe in the 1st World War
- 1937 - Fitz M. and others bring AA to Washington, DC
- 1938 - Jim B. a former atheist, gives AA "God as we understand Him"
- 1940 - First AA meeting not in a home meets at King School in Akron, OH
- 1941 - Bill and Lois W. drive to Bedford Hills to see Stepping Stones and break in through an unlocked window
- 1941 - Jack Alexander tells Bill W. that the Oxford Group will be in his *Saturday Evening Post* article on AA
- 1941 - Bill W. tells Jack Alexander that Jack will be "the toast of AA... in Coca Cola, of course"
- 1943 - The press reports about the first AA group in Pontiac, MI
- 1943 - A Canadian newspaper reports 8 men meet at "Little Denmark," a Toronto restaurant, to discuss starting Canada's first AA group
- 1946 - The AA Grapevine increases a year's subscription to \$2.50.
- 1948 - Polk Health Center Alcoholic Center for Negroes begins operation with 14 willing subjects. The Washington Negro Group of AA is cooperating with the clinic.
- 1951 - The AA Grapevine publishes a memorial issue on Dr. Bob
- 1954 - Hank P., early AA member who helped Bill start the NY office, dies in Pennington, NJ
- 1961 - Bill W. sends a letter of appreciation, which he considers long overdue, to Dr. Carl Jung for his contribution to AA
- 1961 - Dr. Jung answers Bill's letter with "Spiritus Contra Spiritum"
- 1971 - Bill Wilson dies in Miami, FL
- 1971 - The *New York Times* publishes Bill W's obituary on page one
- 1984 - "Pass It On," the story of Bill W. and how AA reached the world, was published
- 2003 - Dr. Earle M., author of "Physician Heal Thyself" sober 49 years, dies.



A copy of the original New York Times obituary for William Griffith Wilson, who died in Miami on Sunday, January 24th, 1971, just before 11:30PM. The article chronicling his remarkable life and AA accomplishments is more than 2,000 words in length.

A lifetime smoker, Bill's health had become impaired by frequent colds and chronic bronchitis in the 1940s followed by a diagnosis of emphysema in the early sixties. A number of visitors to Stepping Stones during Bill's last years report witnessing scenes where Bill would be trying to decide whether to have a dose of oxygen or another cigarette and where invariably the cigarette almost always won out. Bill was thought to have finally quit smoking in 1969 after his bouts with bronchitis became struggles with pneumonia but several people confirm he was still smoking even after most everyone thought he had quit.

With his ego in collapse at depth at 39 years of age and in a moment of complete desperation, Bill W. had a spiritual experience that released his obsession to drink while in for his fourth treatment at Towns Hospital in December, 1934. He followed with the program of action that helped him along his path of spiritual growth and helping other alcoholics that ensured his abstinence for 36 years, until the time of his death. However, he never had a relationship of this kind from the consequences of his smoking and it was this addiction that eventually killed him.

At Bill's death, a private memorial was held for him at Stepping Stones and in many cities and towns all over the world. The service in New York was at the Cathedral of St. John the Divine, the largest cathedral in the world. Although St. John the Divine can accommodate 4,500 people, perhaps the greatest tribute to Bill lay in the fact that only 500 people are reported to have attended this service.

Fourteen years later, however, in 1985, New York area AAs and visitors to the city again assembled at the Cathedral of St. John the Divine. This time, it was in celebration of the 50th anniversary of Alcoholics Anonymous. And the church was packed to overflowing.



A man drinks a shot of whiskey every night before bed. After years of this ritual, the wife wants him to quit. She gets two shot glasses and fills one with water and the other with whiskey.

After bringing his bait box in from the garage, she brings her husband to the table where the glasses are waiting. She says, "I want you to see this." She puts a worm in the shot glass that's filled with water and it swims around.

Then she puts a worm in the glass with the whiskey and the worm dies immediately. Confident that she has made her point, she exclaims, "There, what do you have to say about this experiment?"

He responds by saying: "Well, if I drink whiskey... I won't get worms!"

A man comes in to the room and says to his wife, "I'm going to the pub. Get your coat on."

The wife, overjoyed that he has included her in his activity replies, "Does that mean that you are taking me with you, darling?"

The husband replies, "No - I'm turning the heating off."

A rather drunk man was walking along the street one day. He was staggering quite a bit and made two nuns who were approaching him very nervous. The two nuns split apart and walked around him, one to the man's left and one to his right.

After the nuns passed, the man turned around and said, "Now how in the hell did she do that?"

A boy is watching television and he hears the name "Jesus Christ." Wondering who Jesus Christ is, he asks his mother. She tells him that she is busy, and to ask his father. His father is also busy so he asks his brother. His brother kicks him out of the room because he doesn't have time to answer his stupid questions, so he goes downtown and meets up with a bum in an alley.

He asks the bum, "Who's Jesus Christ?"

The bum replies, "Well, I am."

The boy, not believing the bum, asks for proof. So the bum leads the boy to the pub down the street and takes him inside. They walk up to the bar and the bartender exclaims, "Jesus Christ, are you here again?"

There's a man sitting in a bar who is really, really drunk. When the bar closes he gets up to go home. He stumbles and falls a couple of times and finally manages to get out the door. As he gathers himself, he sees a nun passing by. He stumbles over to her and then turns and starts punching her in the face. The nun is shocked beyond belief but, before she could say anything, he leans over and punches her again.

This time the nun hits the pavement. The drunk stumbles over to her, kicks her in the butt, picks her up and throws her against the wall. By now the nun is very weak and can barely move. He leans over her, grabbing her by the collar of her habit and says, "Not feeling too *STRONG* tonight, *ARE YOU, BATMAN?*"

This guy goes into a bar and sees a man pounding shots of bourbon as fast as the bartender can pour them. He watches for a while, then finally goes up to the drunk and says, "What kind of a way is *that* to drink good bourbon?"

"It's the only way I can drink it since my accident," the man replies, throwing down two more shots in fast order.

"Well, what kind of an accident did you have?"

The man guzzles another shot, shudders and then answers, "I once knocked over a tumbler full with my elbow!"

A completely inebriated man was stumbling down the street with one foot on the curb and one foot in the gutter. A cop pulled up and said, "I've got to take you in, pal. You're so drunk you can hardly walk!"

Our wasted friend asked, "Officer, are ya absolutely *sure* I'm drunk?"

"Yeah, buddy, I'm sure," said the copper. "Let's go."

Breathing a sigh of relief, the wino said, "Thank goodness, I thought I was a cripple!"

"To love oneself is the beginning of a lifelong romance."  
*Oscar Wilde, 1854-1900*

"To sit alone with my conscience will be judgment enough for me."  
*Charles William Stubbs*

"It is much more comfortable to be mad and know it than to be sane and have any doubts."  
*G. B. Burgin*

"Show me a sane man and I will cure him for you."  
*Carl Gustav Jung, 1875-1961*

"An egotist is a person more interested in himself than in me."

"Reality is merely an illusion, albeit a very persistent one."  
*Albert Einstein, 1875-1955*

"All are lunatics but he who can also analyze his delusions is called a philosopher."  
*Ambrose Bierce, 1842-1914*

"The optimist proclaims that we live in the best of all possible worlds, and the pessimist fears this is true."

Answers to Crossword on Page 6

**DOWN**

1. Jung
2. BobS
3. Vermont
4. Concepts
5. LoisW
6. AnneS
7. Akron
11. EbbyT
12. HomeGroup
14. Traditions
15. SisterIgnatia
18. Rockefeller
19. Anonymity
20. Alexander
23. MartyM

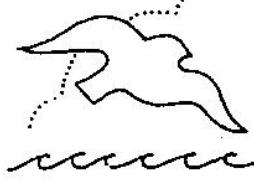
**ACROSS**

8. Cleveland
9. Toronto
10. Shoemaker
13. Washingtonians
16. Dowling
17. Silkworth
21. OxfordGroups
22. Steps
24. Ardmore
25. Henrietta
26. BillW
27. NYC
28. Seiberling

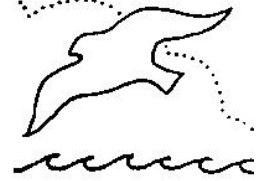




# HOW



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 772-562-1114



URL: [www.indianriveraa.freesevers.com](http://www.indianriveraa.freesevers.com)

E-MAIL: [info@indianriveraa.freesevers.com](mailto:info@indianriveraa.freesevers.com)

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CO-CHAIR:

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SECRETARY:

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Darcie A

Richard E

Katrina T

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Dutch VN

Petra D

Lin C

—

Sue L

Darcie A

Dutch VN

John H

Marty P

Paul H

STANDING COMMITTEES (Cont'd...)

TELEPHONE COORDINATOR:

UNITY CHAIR:

WHERE & WHEN:

AREA LIAISON DISTRICT 6:

Bill K

Lorrie N

Joseph J

Rich K

DELEGATES AT LARGE:

Rich K

Sarah P

John H

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 855 Centre, Suite 4, Miracle Mile  
 P.O. Box 1776  
 Vero Beach, FL 32960

PLACE  
 STAMP  
 HERE