

# HOW

A publication of Indian River Central Office

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HOW  
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## AGREE OR DISAGREE

Recently, I heard a speaker at an AA meeting deride all the churches, the clergymen and all the people who support the church. He actually spent most of his time ridiculing the people who are conforming to their religious belief, and he told his listeners that going to church was a waste of time. At another meeting, a speaker said there are no musts in AA, and he added that if his sponsor would have told him there were certain rules he would have to follow to stay sober, he would still be out drinking. The truth is that life is full of musts and there are many things we must do if we want to live in peace and harmony with others.

Most alcoholics considered themselves rebels in their drinking days and a few of them dribbled into AA with their rebellious attitude and refusal to conform to the AA principals. They wanted to hold on to their ingrained inclination of setting themselves up against the accepted normal conventionalities, which most people accept as an established pattern of life.

Most alcoholics are rebels in name only. Mostly a carry over from their drinking days, they are holding on to their rebellious attitude because they think it makes them stand out from the crowd and separates them from ordinary conforming mortals. However, no matter how long and hard we sneer at the established social and economic patterns followed by most people we will never free ourselves completely

from the habit of doing the daily things most people are doing. We are controlled just as much by the traditional standards as the standards we are fighting against. Most of the rebellious men and women are the people who came into AA just to satisfy their wives or husbands, or to avoid penal confinement. So, they stay sober but continue to mourn for their so-called lost paradise rather than accept the AA principles as a necessary part of their lives.

So, when we start mourning for the good old days, we should pause and look back to our drinking days when we were prisoners rather than rebels. We had lost control over alcohol and as a result our lives became unmanageable. We should look back at the many times we sat in some gloomy saloon, looking out through a dirty window, with envy at the people who were conforming to the daily normal standards. We wanted to be free like our neighbors and friends and do the same things we saw they were doing, but we did not know how to rid ourselves from the curse of alcohol. So, we prostrated ourselves at the wailing wall of self-pity and resentment. There are times when every human being disagrees with another human being, but we should learn how to disagree without being disagreeable. It would be a dull and stagnant world if we all agreed with each other. We all have a right to express our opinion, and others have the right to disagree with us, but we do not have a right to belittle or berate the person who doesn't agree with us or to dismiss how they might feel, think or believe.

Dr. Bob and Bill W. were two different personalities and they didn't always agree with each other but they respected each other's opinions and, as a result of that respect, the Fellowship of Alcoholics Anonymous was built years ago and is standing on its solid foundation of love and service. It has survived in this world of moral and spiritual confusion because there are always enough men and women in AA who can temper their crusading spirit with conformity to the AA principles — and not at the expense of them.

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Akron Intergroup News*

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### IN MEMORIAM

James "Bob" Robert Mattingly, 76, of Vero Beach, died Nov. 6, 2003, at his home after a brief illness.

Mr. Mattingly was born Aug. 3, 1927, in Loogoote, IN, and moved to Vero Beach in 1981 from Vincennes, Indiana.

He was the founder and owner of The Steam Thing in Vero Beach, manager of the Newport Club, Vero Beach, and a retired long-distance truck driver for Hoover Universal, Vincennes. He was president of United Auto Workers in Vincennes. He was a U.S. Army veteran of World War II. Mr. Mattingly was a member of St. Helen Catholic Church, Vero Beach.

Excerpt from *Vero Beach Press Journal*  
November 9, 2003



# 2 Two II

## STEP

**“Came to believe that a power greater than ourselves could restore us to sanity.”**

“... Then I woke up. I had to admit that A.A. showed results, prodigious results. I saw that my attitude regarding these had been anything but scientific. It wasn't A.A. that had the closed mind, it was me. The minute I stopped arguing, I could begin to see and feel. Right there, Step Two gently and very gradually began to infiltrate my life. I can't say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now.

To acquire it, I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could.”

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## TRADITION

**“For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”**

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

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## CONCEPT

**When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference — excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter — the actual voice and the effective conscience for our whole Society.**

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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:**

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

**SATURDAYS:**

**MONDAYS:**

|                         |             |
|-------------------------|-------------|
| 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.

**RESPONSIBILITY PLEDGE**

*When anyone anywhere reaches out, I want the hand of AA always to be there; and for that, I am responsible.*

**CARRY THE AA MESSAGE!**

FOR INFORMATION CALL LEE: 567-4759

"Man is born broken. He spends all of his life mending. God's grace is the glue."

Eugene O'Neill

**DECLARATION OF UNITY**

*This we owe to AA's future:  
To put our common welfare first;  
To keep our fellowship united.  
For on AA unity depend our lives  
And the lives of those to come.*



# F Y I . . . and Pass It On!

**NEEDS SUPPORT**  
 The Source Mission  
 1872 Commerce Ave  
 Vero Beach  
 OPEN DISCUSSION  
 Thursdays 7PM

**SUNSET ROUNDUP 2004**  
 June 4th - 6th  
 HOLIDAY INN BEACHSIDE  
 KEY WEST  
 URL = [www.sunsetroundup.com](http://www.sunsetroundup.com)  
 E-mail = [KO@sunsetroundup.com](mailto:KO@sunsetroundup.com)  
 Snail Mail = P.O. Box 2557  
 Key West, FL 33045

**NEEDS SUPPORT**  
 Newport Club  
 2536 16th Ave  
 Outside Room  
 OPEN DISCUSSION  
 Mondays 6PM

**NEW MEETING**  
 BEGINS WEDNESDAY, FEBRUARY 25th  
 VERO BEACH STEP & TRADITION  
 CLOSED 12x12 BYOB\* DISCUSSION  
 SALVATION ARMY DINING HALL  
 2655 5th ST SW  
 (Corner of 27th Ave and 5th St SW)  
 \* Bring Your Own Book

**FRIDAY NIGHT BIG BOOK STUDY GROUP**  
 Our Savior Lutheran Church  
 1850 6TH Ave, Vero Beach  
 FRIDAYS 7:30PM ~ CLOSED BIG BOOK STUDY

**"MAN TO MAN"**  
 Saturday Mornings 9AM  
 Men's N/S Open Discussion  
 Sebastian Yacht Club  
 Indian River Drive, Sebastian

**48th ANNUAL FLORIDA STATE CONVENTION**  
 60th SOUTHEAST REGIONAL CONFERENCE  
 AUGUST 4th - 8th, 2004  
 The Adams Mark Hotel  
 Jacksonville  
 Rooms @ \$89/Night  
 Phone 1-800-444-2326  
 Information Available at Central Office

**SOUTH VERO GROUP**  
 FRIDAY NIGHT OPEN DISCUSSION  
 MEETING TIME CHANGED FROM 11PM  
 TO 11:30 PM

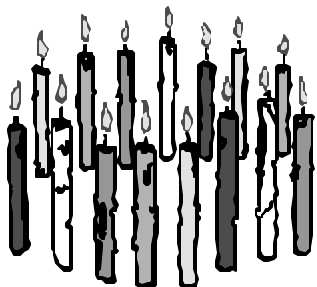
**TRADITIONS SKIT**  
 SPONSORED BY THE UNITY COMMITTEE  
 of Indian River Central Office  
 SATURDAY, FEBRUARY 28th  
 NEWPORT CLUB ~ 2PM

**SPACECOAST ROUND UP**  
 February 12th - 15th  
 Holiday Inn Oceanfront Resort  
 Melbourne  
 1-800-HOLIDAY or 321-777-4100  
 Rooms @ \$67/Night  
 Info available from Brevard Intergroup, Inc.  
 E-mail: [intergroup@aaspacecoast.org](mailto:intergroup@aaspacecoast.org)  
 Tel: 321-724-2247 or 321-633-0052

**47th International Conference of  
 Young People in Alcoholics Anonymous**  
 May 27th - 30th, 2004  
 The Peabody Orlando  
 URL = [www.icypaa47.org](http://www.icypaa47.org)  
 E-Mail = [info@icypaa47.org](mailto:info@icypaa47.org)  
 Snail Mail = P.O. Box 150412  
 Altamonte Springs, FL 32715



# 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).



**FREE & EASY GROUP**  
*Celebrates Last Thursday*  
 Jan G. 1  
 Fritz 3  
 Joe B. 9  
 Denise D. 16  
*January:*  
 Ron 6  
 Mickey 34

**NEW AWAKENINGS GROUP**  
 Carol B. 16  
 Louise M. 19

**SOUTH VERO GROUP**  
*Celebrates Last Wednesday*  
 Jill N. 1  
 Josh S. 1  
 Kara L. 1  
 Tom A. 1  
 Dave W. 11  
 Toby L. 11  
 Michael F. 12  
 Louise M. 19

**SAFE HARBOR WOMEN'S**  
 Betty M. 6

**NOONTIME RECOVERY**  
*Celebrates Last Friday*  
 Earl S. 1  
 Debra M. 2  
 Carol 4  
 Bob O'N. 5  
 Wendy R. 10

**EASY DOES IT**  
 Mary Jo H. 2  
 Kathy I. 12

**BEACHSIDE BEGINNERS**  
 Peter M. 4

**ODAAT**  
*Celebrates Last Friday*  
 Joan T. 4  
 Mary M. 6  
 Mary McP. 18  
 Philip K. 18  
 James W. 33

**INDIAN RIVER MEN'S**  
 Chuck 1  
 DJ I. 3  
 George M. 29

**DISCOVERY WOMEN'S**  
 Sharon S. 17  
 Sharon L. 9  
 Brenda E. 8

**HIBISCUS MONDAY NIGHT**  
 Ken W. 3  
 Scott H. 5  
 Ted L. 12  
 Norbert Y. 13  
 Jim C. 15  
 David O'D. 24  
 Don P. 29

**SERENITY HOUSE**  
*Celebrates Last Monday*  
 Group Anniversary 3

**BAREFOOT BAY**  
 Lori B. 12  
 MaryAnn F. 19  
 Gerry L. 25  
 Pat C. 30  
 Lela H. 35  
*January:*  
 Dawn M. 11  
 Steve B. 16  
 Tom O. 29

**VERO BEACH MEN'S**  
 Rich K. 11

**KING'S HIGHWAY**  
 Rick D. 10

**VERO 12 & 12**  
*Celebrates Last Thursday*  
 Matt G. 2  
 Tamara H. 2  
 Paul O. 2  
 Brett H. 11  
 Vera C. 15  
 Doug S. 22  
 Jean R. 36

## HAPPY AA BIRTHDAY!



**BOB WAS...**

... the first person I met at my first meeting. He held out his hand, welcomed me, and asked if I was new. Of course I was trying to look like anything but new in my penny loafers, slacks, Izod shirt, and cardigan sweater. On the outside I thought I looked pretty cool, but on the inside I was scared to death. After all, look at where it all had gotten me. I was at an AA meeting! Me... of all people! Mr. in charge! Mr. know it all! Mr. I don't have a problem! Mr. just plain flat out scared to death!

After admitting that I was indeed new, he then asked me if I knew anything about AA. I responded that I did know a little about it because I had a family member who had been in and out of the program, but that it didn't seem to work too well for her. Also I had a few friends who had tried it without much success, but that I had no where else to turn. Nothing seemed to work. I could stop, but I couldn't stay stopped. Then I heard the words that would become the most important thing I have ever heard in my life. "It will work for you just as long as you want it to work... not a second longer."

This from a strange little guy in kind of baggy pants, plaid shirt, sleeves turned up a couple times, oily jet black hair, a cigarette between his lips and that hollow eyed look of someone who has seen it all, and had the tee shirt to prove it. My instant appraisal was an old guy who wasn't long out of the woods or sleeping on a park bench some place with a brown paper bag sticking out of his back pocket just barely enclosing a pint of Thunderbird.

Mr. Smart guy, me, with all the sarcasm I could muster said, "Oh yeah, and how long has it worked for you?" He looked at me with those sad, knowing eyes and said, "This month it has been twenty years since you people found me. It has been twenty years since I have found it necessary to take a drink of any kind of alcohol."

What a revelation. How could this be? How could anyone not drink for twenty days much less twenty years? My one sober period had lasted just seventeen days. That was due to having a doctor sit on the end of my hospital bed and tell me that I was V.N.D - Very Near Dead, and I would surely die soon if I didn't make some changes in my lifestyle. So while I was in the hospital and for eleven more days after I came out I was afraid to drink. Guess what, I started right back up.

The fear of dying wasn't as great as the need or want to drink. And it was now three years later

and I knew that I was at the bitter end. There was nothing left, no where else to turn, and it had all come down to this. Suddenly, I realized that here before me was the first truth I had known in years. I suddenly knew for sure that he had been where I had been. He had drunk like I did. He had lied and stolen and cheated the way I had. And he had once been a slave to alcohol and was now free. I also knew that if he could do it, maybe I could also. At that moment, I had something that I hadn't had in years. I had hope. No faith, just hope. Hope was enough, and the FAITH would come later.

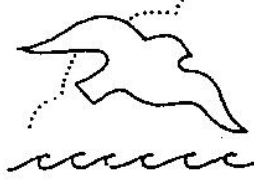
This meeting and the greeting I got from Bob Mattingly took place in December, fourteen years ago, and a lot has happened since then. About a week later, after at least two meetings a day, I asked Bob to be my sponsor and he accepted, but only for so long as I didn't drink or at least call him before I did. I didn't and I didn't need to call him about it either. I have called him about a lot of other stuff though. We helped each other through the loss of our wives. We went out to dinner a lot and he got to know my family and friends and I got to know his, too, and we became close. Very close! Over time he became as close to me as I had always hoped my brother and I would become. But that closeness between my brother and me never happened except on those few occasions that we got drunk together. Bob even took the place of my dad in a lot of ways. I loved my dad and respected him and he and Bob looked a lot alike, and acted and thought the same, so it was easy to grab on to that feeling of similarity.

Bob told me once that he had been diagnosed with cancer, years before, and given a short time to live. He wondered why he had survived when so many others didn't. I knew why. Being the selfish person that I am, I figured that God had kept him around just for me. It took awhile, but I finally realized that God's plan was not for one little twerp like me, but for the multitudes that were helped and influenced by having Bob in their lives, even sometimes for only a short time. I have never heard of anyone who knew him to say anything but that he had had a positive influence on them and that they liked him. Bob became more than a surrogate family member to me. He was a leader, a teacher, a good influence, a guide, a trusted confidant, a mentor, an advisor and all of the things a good sponsor should be but, most importantly, BOB WAS my friend. Boy, do I ever miss him.

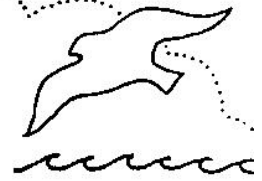
Tom R.  
Candle Light Group



# HOW



Indian River Central Office of Alcoholics Anonymous  
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 P.O. Box 1776  
 Vero Beach, FL 32961  
 772-562-1114



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

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

STEERING COMMITTEE

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 CO-CHAIR: Darcie A  
 TREASURER: Richard E  
 SECRETARY: Katrina T

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 CORRECTIONS WOMEN: Petra D  
 Lin C  
 CORRECTIONS MEN: John K.  
 D.J. I  
 DESK COORDINATOR: Sue L  
 HOW EDITORS: Darcie A  
 Dutch VN  
 LITERATURE: John H  
 PUBLIC INFORMATION: Marty P  
 INVENTORY CONTROL: Paul H

STANDING COMMITTEES (Cont'd...)

TELEPHONE COORDINATOR: Bill K  
 UNITY CHAIR: Lorrie N  
 WHERE & WHEN: Joseph J  
 AREA LIAISON DISTRICT 6: Rich K  
 BIRTHDAY DINNER 2004: Lee K

DELEGATES AT LARGE:

Rich K  
 Sarah P  
 John H

Indian River Central Office of Alcoholics Anonymous  
 855 Centre, Suite 4, Miracle Mile  
 P.O. Box 1776  
 Vero Beach, FL 32960

PLACE  
 STAMP  
 HERE