

# HOW

A publication of Indian River Central Office

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HOW  
April 5, 2004

## SPIRITUAL OR RELIGIOUS?

*"In Alcoholics Anonymous it is not uncommon to find someone caught up in the debate concerning Spirituality vs. Religion or becoming overly concerned with so-called "New Age" mysticism. Some AAs also appear at times to get lost in the psychobabble often heard at meetings.*

"The *Central Bulletin* of Cleveland, Ohio was AA 's first newsletter and within its pages are to be found some of the best writings ever relating to recovery from alcoholism. This article was published in February 1944, and concerns using the so-called "Lord's Prayer" or "Our Father" at meetings.

*"The article is from a time in AA history when there were many in Alcoholics Anonymous whose main focus was on just trying to keep it simple."*

"Our Father..." These are crucial words. Of all the words of the most universal of all prayers, these two words are of greatest importance to us.

In uttering them, we turn to a Power greater than our own. We turn from complete reliance upon our own egotistical natures, from exaggerated self-love and self-exaltation. We confess that our efforts to run our entire lives in our own willful way have led to error, frustration, defeat, failure. We admit that the self-justification that resulted from our errors has only deepened our defeat.

Even when we have seen the depth of our failure, the folly of self-justification and the pitfalls of egotism, we have discovered that our efforts to re-establish ourselves solely through willpower have led to more stumbling. Our wills, as one writer has observed, are where we are sickest.

So we, out of desperation, turn to the sure Power that has always existed and make that Power the rock upon which we will rebuild our lives. Many of us had long since lapsed in belief in any Supreme Power. Most of us had not addressed ourselves to that Power for many years except, perhaps, in an occasional desperate moment. In the realization of the position in which we have found ourselves, we come to a crossroads. We may continue to rely upon our sick wills and our erring judgments, which so often speak the words of justification. Our experience should show us what the result of following along that path may be.

Most of us find it better to choose the other path. Certainly all who have succeeded in application of the AA program have found this other path better. We turn from our selves to anchor our lives on something outside. Preferably, we anchor our lives to that something outside that we consider greater than ourselves, and eventually, we recognize that something as being the Supreme Power.

We bring that Supreme Power into our lives, and by so doing, we lift ourselves up. We think of that Supreme Power in our own terms, but we know that the realm of that Power is the realm of the Good, where the spirit may find peace.

With these words, "Our Father," we address ourselves to the Supreme Power. In the morning when we get up to prepare for the day's work and in the evening when we retire and think for a few moments about our actions during the day that has just passed, we place ourselves in the presence of that Supreme Power with the words "Our Father."

When occasion arises during the day, when we are sorely tempted, when we are angry, when we are resentful, when we pity ourselves, when we feel frustrated or worried, we can shift gears and connect ourselves with the Supreme Power by uttering the words, "Our Father." There we will find help.

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**PLEASE NOTE!!!!!!**

**FOR FINANCIAL REPORTS PLEASE PICK UP A COPY OF THE HOW AT EITHER YOUR HOME GROUP OR AT THE CENTRAL OFFICE**



# 4 Four IV

## STEP

### **“Made a searching and moral inventory of ourselves.”**

Next we launched out on a vigorous course of action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision [Step 3] was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom.

So we had to get down to causes and conditions.

Reprinted with permission from the *“Big Book”*  
Copyright © Alcoholics Anonymous World Services, Inc.

## TRADITION

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

1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

Reprinted with permission from *The Traditions Checklist*  
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## CONCEPT

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

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**20 Questions That Only You Can Answer:****Are You A Recovering Alcoholic?**

To find out, ask yourself the following questions, and answer them as honestly as you can:

1. Do you find more time for work these days?
2. Has your home life become happier?
3. Do you find that you are less shy with other people?
4. Is the fact that you are not now drinking affecting your reputation positively?
5. Are you waking up in the morning without guilt and remorse?
6. Are your financial difficulties becoming easier to manage?
7. Do you turn to sober companions and a superior environment?
8. Are you now more concerned with your family's welfare?
9. Has your ambition increased?
10. Do you have a craving to pray and meditate at a definite time daily?
11. Do you feel gratitude when you wake up in the morning?
12. Do you sleep better?
13. Is your efficiency increasing?
14. Is not drinking affecting you positively in your job or business?
15. Do you deal with your troubles and worries head-on?
16. Do you find it easier to live with yourself?
17. Is your memory improving?
18. Has your doctor recently commented on improvement in your health?
19. Is your self-confidence increasing?
20. Have you ever been asked to share your story with others?

If you have answered YES to one of the above questions, you just may be a recovering alcoholic. If you have answered YES to two, it is probable that you are a recovering alcoholic. If you have answered YES to three or more, you are definitely a recovering alcoholic.



F Y I . . . and Pass It On!

NEED SUPPORT  
OPEN DISCUSSION MEETINGS  
Monday 6PM  
Newport Club ~ Outside Room  
Thursday 7PM  
The Source Mission  
1872 Commerce Ave, Vero Beach

**HELP WANTED**  
Indian River Central Office  
PUBLIC INFORMATION COMMITTEE  
NEEDS VOLUNTEERS TO SPEAK AT  
(NON) AA MEETINGS  
in the community  
SIGN UP SHEET AVAILABLE  
AT YOUR GROUP OR CALL  
MARTY P. ~ 299-3296

*SUNSET ROUNDUP 2004  
June 4th - 6th  
HOLIDAY INN BEACHSIDE  
KEY WEST  
URL = www.sunsetroundup.com  
E-mail = KQ@sunsetroundup.com  
Snail Mail = P.O. Box 2557  
Key West, FL 33045*

**NEW MEETING**  
WEDNESDAYS 7:30PM  
VERO BEACH STEP & TRADITION  
CLOSED 12x12 BYOB\* Discussion  
Salvation Army Dining Hall  
2655 5th ST SW  
(Corner of 27th Ave and 5th St SW)  
Entrance to building on 5th St SW side  
\* Bring Your Own Book

SERENITY WEEKEND WOMEN'S SPRING CONFERENCE 2004  
"Women Living with Grace and Dignity"  
Thursday, April 29 - Sunday, May 2  
Holiday Inn Town Center, Boca Raton  
INFO: 561-368-5200

VERO BEACH GROUP  
SUNDAYS 7PM - OPEN DOUBLE SPEAKER  
ST. HELEN'S CATHOLIC CHURCH  
**NOW NON-SMOKING**  
**COME... LISTEN... BREATHE**

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

47th International Conference of  
Young People in Alcoholics Anonymous  
"WE STOPPED IN TIME"  
May 27th - 30th, 2004  
The Peabody Orlando  
URL = www.icypaa47.org  
E-Mail = info@icypaa47.org  
Snail Mail = P.O. Box 150412

**NEW (OPEN DISCUSSION SMOKING) MEETING**  
SUNDAYS ~ 7PM ~ NEWPORT CLUB

INDIAN RIVER CENTRAL OFFICE  
BIRTHDAY DINNER  
**TICKETS @ \$10 EACH AVAILABLE NOW**  
ST. HELEN'S CATHOLIC CHURCH  
SATURDAY, APRIL 17TH  
OPEN AT 6 ~ DINNER AT 7 ~ SPEAKER AT 8:30PM

**WAKE UP GROUP**  
MEETS TUESDAYS  
7-8AM  
ROSELAND METHODIST  
CHURCH (LIBRARY)  
OPEN DISCUSSION  
12962 ROSELAND ROAD

*NEEDS SUPPORT*  
**NO B.S.  
WOMEN'S GROUP**  
MEETS TUESDAYS  
7-8:30PM  
NEWPORT CLUB  
TV ROOM

NEW!  
**NEW BEGINNINGS GROUP**  
Meets at Roseland Fire Department  
8025 129th Court, Roseland  
OPEN DISCUSSION/SMOKING MEETING  
WEDNESDAYS @ NOON



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

Friday Young People's	April 6	Indian River Women's	April 3
Indian River Men's	April 13	Barefoot Bay	April 10
Serenity House	April 20	South Vero	April 17
Royal Palm	April 27	Discovery Women's	April 24
Candlelight	May 4	King's Highway	May 1
Free & Easy	May 11	Beachside Beginners	May 8
ODAAT	May 18	Sebastian Freedom	May 15
Midnight Oil	May 25	Vero 12+12	May 22
		Friday Young People's	May 29
Indian River Men's	June 1	Discovery Women's	June 5
South Vero	June 8	Candlelight	June 12
Serenity House	June 15	Vero Beach Group	June 19
Noontime Recovery	June 22	ODAAT	June 26
Easy Does It	June 29		

MONDAYS

Indian River Thursday	April 5
Indian River Women's	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

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

Alchope and CEBH 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.

F Y I... *Continued*

**26th Annual Big Book Study Seminar**

*with Joe McQ. and Charlie P.*

Begins Thursday, July 1st at 1PM

Ends at Noon on Sunday, July 4th, 2004

*Embassy Suites Hotel*

*661 NW 53rd St*

*Boca Raton, FL 33487*

Registration \$20

Hotel Rates \$75 per room per night

(up to 4 people per room)

includes full breakfast

*Seminar Registration: 954-941-3042*

*Hotel Reservation: 561-994-8200*

Look for registration flyers in AA community  
or call Ellen M. @ 913-4151



**2005 International Convention**

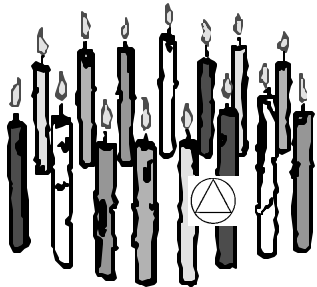
JUNE 30 - JULY 3, 2005

TORONTO, CANADA

MORE WILL BE REVEALED...  
IN FUTURE ISSUES OF HOW



# APRIL BIRTHDAYS



## HAPPY AA BIRTHDAY!

To publish announcements of birthdays being celebrated by your Group's members each month, please bring list of names with 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).



### SOUTH VERO GROUP

- Celebrates Last Wednesday*
- Delillah G. 1
- Jimmy C. 1
- Joseph H. 1
- Shane W. 1
- Tom M. 1
- Ken G. 2
- Donna M. 7
- Jim R. 9
- Haskell P. 11
- Katrina T. 11
- Jim B. 16
- Pam B. 18
- Tom G. 18

### NOONTIME RECOVERY

- Celebrates Last Friday*
- Anna C. 8
- Victor K. 16

### HIBISCUS MONDAY NIGHT

- Russell C. 4
- Ken W. 4

### BEACHSIDE BEGINNERS

- Pam D. 5

### SERENITY HOUSE

- Celebrates Last Monday*
- Linda J. 1
- Karann S. 2
- Richard B. 2
- Wendell 34

### INDIAN RIVER WOMEN'S

- Paula H. 3
- Beth M. 10
- Susan H. 14
- Sallie D. 28
- Gay P. 37
- March:*
- Gwen F. 23

### ODAAAT

- Celebrates Last Friday*
- Toni K.S. 1
- Cindy H. 1
- Mark J. 1
- Bob H. 1
- Mary Jane H. 1
- Chuck R. 1
- Delta H. 1
- Sheila P. 5
- Nancy T. 8
- Chuck McN. 28
- Bob C. 30
- William Q. 32
- Al C. 44

### I AM RESPONSIBLE

- Marina G. 13

### SURFSIDE

- Gerald C. 1
- Lynn H. 12
- Bob K. 18
- John McP. 31
- Betty L. 41

### VERO BEACH (St. Helen's)

- March:*
- Fred P. 3
- Clifford H. 11

### VERO 12 & 12

- Celebrates Last Thursday*
- Ann C. 8
- David P. 24

### SAFE HARBOR WOMEN'S

- Barbara D-S 2
- Anita L. 5
- Lisa C. 9
- Gail T. 15
- Marsha D. 16
- Sue L. 17
- Carol McC. 31

### BAREFOOT BAY

- Bob M. 5
- Warren D. 21

### INDIAN RIVER MEN'S

- Steve V. 2
- Dave D. 9
- Frank L. 22

### DISCOVERY WOMEN'S

- Mary B. 2
- Vivian L. 2

## HAPPY AA BIRTHDAY!



**ABOUT GROUP MEMBERSHIP:** IF YOU HAVE LEFT A GROUP AND HAVE JOINED ANOTHER, IT IS YOUR RESPONSIBILITY TO ALERT THE OLD HOME GROUP THAT YOU ARE NO LONGER A MEMBER. MOST GROUPS MAINTAIN MEMBERSHIP LISTS ON WHICH A MEMBER'S NAME WILL REMAIN UNLESS THERE IS A DIRECT REQUEST BY THE MEMBER TO REMOVE IT. IF YOU HAVE MOVED ON TO ANOTHER GROUP CONTACT THE GROUP SECRETARY OR ANY TRUSTED SERVANT OR ACTIVE MEMBER OF THE PREVIOUS GROUP TO LET THEM KNOW YOU WOULD LIKE YOUR NAME REMOVED FROM THEIR MEMBERSHIP LIST. THE HOW EDITOR DOES NOT CENSOR THE ANNIVERSARY LIST AND IS RESPONSIBLE FOR PUBLISHING BIRTHDAY ANNOUNCEMENTS AS THEY ARE REPORTED BY THE GROUPS.

**A FEMININE VICTORY**

Florence Rankin, New York City  
(OM, pg 217, 1st edition)

Florence was the first woman to get sober in A.A., even for a short time. She came to A.A. in New York in March of 1937. She had several slips, but was sober over a year when she wrote her story for the Big Book.

It must have been difficult for Florence being the only woman. She prayed for inspiration to tell her story in a manner that would give other women courage to seek the help that she had been given.

She was the ex-wife of a man Bill Wilson had known on Wall Street. She thought the cause of her drinking would be removed when she and her husband were divorced. But it was her ex-husband who took Lois Wilson to visit her at Bellevue. Bill and Lois got her out of Bellevue and she stayed in their home for a time. After she left their home she stayed with other members of the fellowship.

In part, due to Florence having been sober more than a year, "One Hundred Men" was discarded as the name for the Big Book.

She moved to Washington, D.C. and tried to help Fitz Mayo ("Our Southern Friend"), who after sobering up in New York started A.A. in Washington, D.C. She married an alcoholic she met there, who unfortunately did not get sober. Eventually Florence started drinking again and disappeared. Fitz Mayo found her in the morgue. She had committed suicide.

Despite her relapse and death from alcoholism, Florence helped pave the way for the many women who followed. She was in Washington by the time Marty Mann ("Women Suffer Too"), the next woman to arrive in A.A. in New York, entered the program. Marty only met her once or twice, but her story in the Big Book no doubt encouraged Marty.

From the website  
AA HISTORYLOVERS groups.yahoo.com  
Research conducted and article written by Nancy Olsen  
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**ON CULTIVATING TOLERANCE**  
by Dr. Bob Smith

During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior - which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another - and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important - is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

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**COMING JUNE 2004**

**THE AA GRAPEVINE DIGITAL ARCHIVE**

In June 2004, the new AA Grapevine Digital Archive will be up and running, and you'll be able to go online and access every Grapevine article and letter published between 1944 and 2002 (all 12,000 of them), including the 150 articles Bill W. wrote for the magazine. Access will be free for the entire month of June.

With the AA Grapevine Digital Archive's search engine, you can just type in a key word, such as "meditation" or "anonymity," and you will get a wealth of articles on the subject. Or type in "Traditions," and you will get the first essays Bill wrote about them, and a report on the 1950 Convention where they were formally adopted.

You'll also be able to find articles by departments, such as *Around AA* or *Ham on Wry*, as well as by author, geographic location, or date. Or, if you just want to browse, you'll be able to scroll through topics to see what the Fellowship and its friends have had to say about spirituality, twelfth-stepping, or the Concepts.

The online subscription process will begin July 1, 2004. Starting then, you will be able to subscribe to the AA Grapevine Digital Archive in the following ways:

- thirty-day access – \$2.00
- one-year access for Grapevine subscribers – \$10.00 \*
- one-year access for non-Grapevine subscribers – \$15.00.

\* Until October 31, 2004, a special introductory rate will be available for current and new Grapevine subscribers -- \$5.00 for one-year access.

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Or, if my disturbance was seemingly caused by the behavior of others, why do I lack the ability to accept conditions I cannot change? These are the sort of fundamental inquiries that can disclose the source of my own discomfort and indicate whether I may be able to alter my own conduct and so adjust myself serenely to self-discipline.

Twelve Steps and Twelve Traditions  
Copyright © Alcoholics Anonymous  
World Services, Inc.

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Twelve Steps and Twelve Traditions  
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During the day a friend of mine brought me some magazines to take to a hospital group I was interested in, and I looked through them and a "banner" across the front of one featured an article by a prominent clergyman in which I caught the word "resentment."

He said, in effect: "If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love."

It worked for me then, and it has worked for me many times since, and it will work for me every time I am willing to work it. Sometimes I have to ask first for the willingness, but it too always comes. And because it works for me, it will work for all of us. As another great man says, "The only real freedom a human being can ever know is doing what you ought to do because you want to do it."

This great experience that released me from the bondage of hatred and replaced it with love is really just another affirmation of the truth I know: I get everything I need in Alcoholics Anonymous—everything I need I get—and when I get what I need I invariably find that it was just *what I wanted all the time*.

Excerpt from "Freedom From Bondage"  
ALCOHOLICS ANONYMOUS  
Copyright © Alcoholics Anonymous World Services, Inc





## ANONYMITY AT ONLINE MEETINGS

The Web is a beguiling place for A.A.s. We treat online meetings as the worldwide entities the Web makes of them, but what about personal anonymity? It is easy for individual members, sitting alone at their computers, to feel as though they're sharing one-to-one, especially when the absence of a crowded "meeting room" creates the impression of intimacy. Nonetheless, a caveat is in order, A.A. experience suggests: The Internet is an international mechanism for conversation, and not everyone "listening" has the same level of knowledge about what A.A. is and is not, so we sometimes need to remind ourselves and our fellow members to carry the A.A. message, not our own.

Most A.A.s informed by the lessons of our history would agree that, among other things, anonymity serves two vital purposes: safety and spirituality. It lets members participate freely in A.A. meetings knowing their privacy will be respected; and it reminds us, in the words of the Twelfth Tradition, "to place principles before personalities." But transferring the anonymity principle to excursions on the Web is still a work in progress, and many A.A.s seek help from the General Service Office in finding their way.

Wrote one member: "Is it appropriate for A.A. members to use our full names when corresponding via e-mail?" G.S.O.'s response: "Experience shows that most members do use their full names and, in fact, when they are writing to this office—where anonymity is protected—we ask that they not only use their full names but also provide us with the area or region from where they are writing. It is possible, of course, that any message, e-mail or snail mail, could be intercepted, and those who are concerned about this may choose not to reveal their identities—the choice is personal."

In its popular service piece "Frequently Asked Questions About A.A. Web Sites," G.S.O. states that on its own Web site ([www.aa.org](http://www.aa.org)), which is visited nearly 5,000 times a day, the office "observes all A.A.'s principles and Traditions." Regarding anonymity, the piece notes, the Fellowship's experience is that "an A.A. Web site is a public medium with the potential for reaching the broadest possible audience and, therefore, requires the same safeguards we use at the level of press, radio, and film."

The online Lamplighters Group ([www.aa-lamplighters.org](http://www.aa-lamplighters.org)), founded in 1991 and now numbering close to 700 members logging in from more than 30 countries, takes this position on anonymity: "The Lamplighters Group rents a 'listserver,' the electronic equivalent of a church basement. Through it we control the entry to our meetings and request from new members only a statement of Third Tradition intent ["The only requirement for A.A. membership is a desire to stop drinking"]. People 'cruising' the Internet cannot stumble into one of our meetings. They must be members of Lamplighters by dint of having subscribed. Subscription, of course is free."

Lamplighters goes on to explain that "as a result of the electronic configuration of our listserver, anonymity is generally better protected in Internet e-mail meetings than in face-to-face A.A. meetings. And many of us find that being unaware of the race, age, physical characteristics, spoken accent, dress, even gender of our fellow members makes putting principles before personalities easier. We still, of course, ask our members to respect the anonymity of our membership. And alcoholics who, for their own reasons, require additional guarantees, are able to gain access under pseudonyms for further protection of their anonymity."

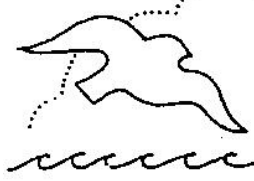
*Reprinted with Permission  
Box 459, Vol 50 No1 /Feb -March, 2004*

## THROUGH THE YEARS IN APRIL

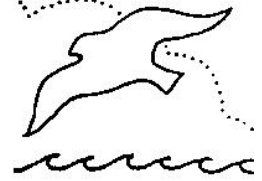
- 1939: Alcoholics Anonymous (the AA "Big Book") was published.
- 1939: Marty Mann attended her first meeting at the Brooklyn home of Bill and Lois Wilson.
- 1940: The first AA pamphlet, simply entitled "AA," was published.
- 1941: First AA meeting in Florida was held.
- 1941: Ruth Hock reported there were 1,500 letters asking for help as a result of the *Saturday Evening Post* article by columnist Jack Alexander.
- 1941: Bill and Lois moved into their new home, Stepping Stones.
- 1958: The word "honest" was dropped from "an honest desire to stop drinking" in the AA Preamble.
- 1960: Bill Wilson refused to appear on the cover of *Time Magazine*.
- 1966: Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron, OH.
- 1973: Dr. Jack Norris, Chairman of the AA General Service Board, presented President Nixon with the one-millionth copy of the "Big Book" at The White House.
- 1989: "My Name is Bill W.," a Hallmark Hall of Fame film presentation, was broadcast during primetime television on ABC.



# HOW



Indian River Central Office of Alcoholics Anonymous  
 855 Centre, Suite 4, Miracle Mile  
 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

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

STANDING COMMITTEES

ARCHIVES: Sue L  
 WEBSITE COORDINATOR: Dutch VN  
 CORRECTIONS WOMEN: Petra D  
 Lin C  
 CORRECTIONS MEN: John K  
 D.J. I  
 DESK COORDINATOR: Sue L  
 HOW EDITOR: Darcie A  
 PROOFREADER: 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  
 Dutch VN

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

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