



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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"The HOW is published to improve communication between local AA Groups and encourage the participation of AA members in service and activities."

Experience, Strength and Hope... "Powerless Over Alcohol"

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

A journey of honesty....For many of us Alcoholics, is a road not traveled on. As we come out of a blackout, get released from jail/prison, go through a divorce/bankruptcy or are sick and tired of being sick and tired...We have come to the conclusion that we NEED help. While everyone's bottom is different, the results are the same: We admitted we were powerless over alcohol-that our lives had become unmanageable. We have come to the point that we completely give up and surrender because OUR way has stopped working for us.

We learn about an allergy of the body and the **mental obsession** and it begins to make sense. IF we have truly reached our bottom, we make a choice to leave an old way of life behind and are reborn into a life of recovery....A life of Serenity, Courage, Wisdom, Honesty and Willingness.

These are a few parts of the 12 & 12 that really stood out to me. "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". "Rigorously honest and tolerant. The average alcoholic, self-centered in the extreme, doesn't care for this prospect unless he has to do these things in order to stay alive himself".

With my experience it was very easy to accept this. I had become powerless over my life, my choices and my drinking. I was doing and saying things that I had no control over, it's what I NEEDED to do because of this disease.

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1 ONE 1

Tradition 1:

Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept 1:

Final responsibility and final authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Principle Behind Step 1:

Honesty:

“It is vital to concede that we are alcoholics if we are to achieve sobriety. The odds are against us if we don’t completely admit defeat and surrender. This takes being truthful with ourselves. The alcoholic cannot differentiate the truth from the false. By learning to be honest with ourselves and admit an honest desire to be sober, we begin the spiritual program of action.”

1 *We admitted we were powerless over alcohol — that our lives had become unmanageable.*



The bottle has me down.
My life is a mess.



Traditions Checklist

1. Am I 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 such pious preludes 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, 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 hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?



Continued from page 1

I was tired of living that way-of drinking when I didn't want to, obsessing about the next one, the **suicidal thoughts** and wanting to die. I was mentally and physically done, and by the grace of GOD I was shown the way to the rooms of AA. I was taught what the disease of alcoholism was, the true meaning of humility, powerlessness and was told I would never have to feel that way again. I learned to accept this disease and how to forgive myself. This is one step I had to accept 100% to start a new way of life. For today, I don't have to drink-and if I do what I did today, tomorrow, that's a good sign I won't have to drink then either.

- Anonymous-



“For the last time, the jaywalker story doesn’t apply to us.”

-Virgil F., Toronto

This is YOUR H.O.W.!

“To keep it we have to give it away!”

If the voice of Indian River AA is to be *HEARD*, this is **YOUR** chance. **YOUR** stories on **Personal** recovery from alcoholism, **Personal** service in AA, and **Personal** experience, strength and hope are encouraged. Critiques of other AA members or groups are not considered as acceptable articles.

You can e-mail them to irhow@yahoo.com

**2010 OFFICE ACTIVITY****Calls for Assistance and visitors****Nature of Calls**

| | JULY | AUG. | SEPT | 3RD Q | OCT. | NOV. | DEC. | 4TH Q. | 1ST Q | 2ND Q |
|-------------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 12th Step Support | 15 | 10 | 17 | 42 | 14 | 18 | 8 | 40 | 46 | 27 |
| General Info/Misc | 59 | 46 | 68 | 173 | 74 | 84 | 77 | 235 | 156 | 157 |
| Purchases | 78 | 88 | 68 | 234 | 84 | 89 | 89 | 262 | 307 | 267 |
| Meeting Info | 37 | 35 | 38 | 110 | 38 | 36 | 50 | 124 | 184 | 128 |
| Alanon / NA | 14 | 9 | 9 | 32 | 19 | 13 | 11 | 45 | 48 | 25 |
| TOTAL | 203 | 188 | 200 | 591 | 229 | 240 | 235 | 704 | 741 | 604 |

| Gate Lodge** | | | | | |
|-----------------------|------------|------------------------|-------------------|------------------------|----------------------|
| TUESDAY 8:30PM | | THURSDAY 8:30PM | | SATURDAY 8:30PM | |
| Open Discussion | | Speaker | | Open Discussion | |
| 1/18 | ODATT | 1/20 | I am Responsible | 2/22 | Free & Easy |
| 1/25 | Royal Palm | 1/27 | Noontime Recovery | 2/29 | Hibiscus |
| 2/1 | ODATT | 2/03 | South Vero | 2/05 | Indian River Woman's |

| | | | | | |
|-----|-------------------|------|------------------|------|------------------|
| 2/8 | Noontime recovery | 2/10 | I am Responsible | 2/12 | Vero Beach Men's |
|-----|-------------------|------|------------------|------|------------------|

All meetings start at 8:30pm. Group members that are taking the commitment are asked to check in with the tech on duty upon arrival. Thank you to all the groups for participating.

We represent the fellowship and present the program.

Clyde K. (772)-205-1041

| CEBH * - MONDAYS AT 7PM | | | | | |
|--------------------------------|--------------------|------|------------------|------|------------------|
| 1/3 | Early riser | 1/31 | Vero Beach Men's | 2/28 | Vero Beach men's |
| 1/10 | Hibiscus | 2/7 | Early riser | 3/7 | Early riser |
| 1/17 | South Vero | 2/14 | Hibiscus | 3/14 | Hibiscus |
| 1/24 | Friday night young | 2/21 | South Vero | 3/21 | South Vero |
| | | | | 3/28 | Vero beach men's |

**This facility requires 2 years of Sobriety for visiting AAs*



Have you visited your Indian River Central Office?

The Indian River Central office is located diagonal cross the street from the New Port Club. Where you can find AA literature and AA fellowship from the hours of 9:00 am to 4:30 pm Monday—Saturdays. We look forward to see you

HOPE

Hearing Other People Experience

I started coming to A.A. in my mid twenties. The people at the meetings would talk about Step One and how they were powerless over alcohol. I couldn't wrap my brain around the idea that a twelve ounce can of beer or a one ounce shot of tequila that I had loved so much had more power than me. Needless to say, I didn't get sober.

Finally, after drinking for several more years, I knew what those people were talking about. I was powerless over alcohol. A bag of potato chips had more power to stay away from a drink than I did. Alcohol ruled my life. I couldn't put two days together without drinking. I drank when I didn't want to. I had to drink just to live.

I wound up in A.A. once again. This time I ask someone to be my sponsor and he took me through the steps. I could now admit that I was powerless over alcohol but how could my life be unmanageable? I always managed to get FPL to turn the lights back on. I always managed to quit my job before I got fired. I always managed to move out of my apartment before I got evicted. My sponsor simply asked me if I had quit drinking before. Of course I had, hundreds of times. Then he asked me if I ever managed to stay quit. I knew he had me right then because I never managed to stay quit. Step one was that simple but my sick mind had blown it up into this huge thing that I couldn't grasp until I was willing to get a sponsor to take me through it. Thank God he did because life is worth living today and I haven't found it necessary to take a drink in quite sometime.



WALT

Live and Let Live... Easy Does It... But for the Grace of God... Just Things First.

KISS

The Unity Committee of I.R.C. Central Office presents

AA SLOGANS

More Than Just Wall Hangings

Saturday, February 19, 2011

2:00 - 4:00 p.m

The Newport Club
2536 16th Avenue

Meeting Makers Make It

This too shall pass

EGO

Ice Cream provided by Indian River Central Office
at 3:30ish pm !!! Bring a dessert !!!

Come listen to 12 AA members from 12 local groups give their
experience on AA Slogans

God grant me the Serenity to accept the things I cannot change...
Courage to change the things I can
and Wisdom to know the difference...

?!l a! tnatroqnl woH

Don't leave before the miracle happens...

slip

If it doesn't affect my breathing, it isn't that bad.



January 2011 BIRTHDAYS

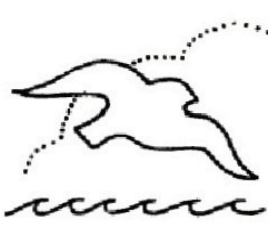
HAPPY BIRTHDAY TO ALL!

To publish announcements of AA anniversaries 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 irhow@yahoo.com

BY THE 20TH OF EACH MONTH!



| Free and Easy | Man to Man Group | Safe Harbor |
|----------------------------|--------------------|------------------------|
| Ray H. 1 | Tom M.4 | Nancy D.23 |
| | Rich S.7 | Sharon S.25 |
| I am responsible | Greg N.15 | Kathleen G. 26 |
| Brandy H. 1 | Bill W.17 | Eleanor F.27 |
| Mardi H. 1 | Mike S.21 | Sarah P.19 |
| Shannon R. 1 | Grey L.26 | |
| Irene M. 6 | Bob D.36 | Vero Beach Men's Group |
| Chuck K. 6 | Walter L.37 | John C.1 |
| | Bob W.45 | Rich p.1 |
| Indian River Men's Group | | Bob a.1 |
| | Noon Time Recovery | Steve h.1 |
| Bob S. 2 | Brad W.6 | Hal O.1 |
| Steve G. 25 | Greg L.9 | Mike R.2 |
| | | Justin B.4 |
| Indian River Women's Group | Royal Palm | Bill K.9 |
| Doreen K.1 | Rich R.15 | Marty P.46 |
| Linda S.10 | | |
| Joli W.16 | | |



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 Vero Beach, FL 32961
 772-562-1114



URL: www.indianriveraa.org **E-MAIL:** info@indianriveraa.org

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| <p><u>2010 STEERING COMMITTEE</u> Chair.....Lane S. Co-Chair.....Karen M. TreasurerJohn H. Secretary.....Sunshine</p> <p><u>2010 STANDING COMMITTEES</u> Archives.....Amy C./Joyce E. Desk Coordinator.....Sue L. HOW Editor.....Jeremy S.</p> | <p>Corrections—Women.....Lorelei G. Corrections—Men..... Brett B./D.J.I. Critical DocumentsRichard/Margaret B. Literature.....Sue L. Public Information.....Jeff S. Inventory Control.....D.J. I./Jeff S. Treatment.....Clyde K. Telephone Coordinator.....Donna S. Unity.....Judy W.</p> | <p>Website.....Dutch V. Where and When.....Craig S. General Service Liaison/Rep.....Vacant</p> <p style="text-align: center;"><u>2010 DELEGATES AT LARGE</u> Cynthia G. Darcie A. Paul H..</p> |
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It is both a privilege and a responsibility for groups and members to ensure that not only their group but also the Indian River Central Office remains self-supporting. It has been a tradition in Indian River County that individual members are encouraged to donate one dollar for each year of sobriety, during their Birthday or Anniversary month. Below is a handy form for that purpose.

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**