



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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March 10, 2011

“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... “Notes on Step Three”

Made a decision to turn our will and our lives over to the care of God as we understood Him.

The Principle of this step is faith.

This is what I was told by my sponsor. I was only making a decision and that my will and my life was my thinking and action. I had to quit fighting. I surrendered and prayed for willingness. I was given the free gift of faith. My way never worked! I was led to incarceration by my disease, never having anything of my own or anyone but my disease to turn to. So I turned it over to the care of God as I understood Him and the decision was made and life started. Then I took action. Let go and let God. I know in my heart that my way doesn't work!

I reached my bottom where there was no other way but up. I looked up and made a decision. My first decision was not to drink no matter what! This was a very important decision in my life. My second decision was to turn my life over to the care of God. I trust God and the faith that He has given me to meet each day. God is the director of my life and I do the best I can one day at a time. I do take it back. I am not perfect!

I was told that this is a process. It's not going to happen overnight.

I say the third step prayer every morning.

“God I offer myself to Thee to build with me and to do with me as Thou wilt. Relieve me of bondage of self that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!”



3 THREE III

Tradition 3:

The only requirement for A.A. membership is a desire to stop drinking.

Concept III :

To insure effective leadership, we should endow each element of A.A., the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision”

Principle Behind Step 3:

Faith

“The decision step to go on with the 12 Steps of Alcoholics Anonymous asks that we step out on faith. It is only a matter of being willing to believe. Through the process of the 12 steps, that belief turns into faith. We carry this faith into the rest of the steps by being willing to believe. We must begin to have faith that it will work.

3 *Made a decision to turn our will and our lives over to the care of God as we understood Him.*



I let a Higher Power take over.

Traditions Checklist

1. In my mind, do I prejudge some new A.A. members as losers?
2. Is there some kind of alcoholic whom I privately don't want in my A.A. group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, clergyman or ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at A.A. needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to A.A. before? What his other problems are?





When I leave my house in the morning I open my door and say, "You go first, I'm behind You. Your will be done, not mine. I'll do the best I can today."

I encourage everyone to practice Step 3! It's life-changing!! I thank God and I thank the AA program and the fellowship. Thank you for letting me be of service. God Bless!

FOOD, FUN & FELLOWSHIP!!
Plan to be at the...
32nd Annual
Indian River Central Office
Birthday Dinner

"We Aren't a Glum Lot"

Saturday, March 19, 2011
Community Church of Vero Beach
1901 23rd Street

Featured speaker will be Nicole M.
from West Palm Beach



Doors Open at 6:30pm
Dinner Served at 7:00pm
Speaker at 8:30pm

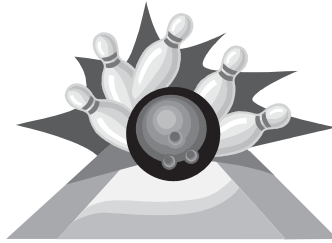
Tickets are \$18 and available
from intergroup reps and at YOUR Central
Office!

Please bring a covered dessert



Thanks

Merci



Obrigado!

Gracias

Dielen Dank

THANK YOU to all who made either donatios
or attended the District 6

“Bowling for Big Books” **SUCH** a success!!

- District Six Corrections Committee and the Indian River Women
and Men’s Corrections Committees

Service Work

“WHAT ARE YOU WAITING FOR?”

The Men’s and Women’s Correction Committee is looking for volunteers to take a meeting once a month to
the Indian River County Jail.

Call Brett (643.6016) or Lorelei (501.2945)

(2 yrs. of sobriety required)



Self Will Replaced By His Will

“So it is by circumstance rather than by virtue that we have been driven to AA., have admitted defeat, have acquired the rudiments of faith, and now want to make a decision to turn our will and our lives over to a higher power.”

Self-will had brought this alcoholic to the brink of suicide before being brought to Alcoholics Anonymous.

Though sober many years, my serenity depends on a fit spiritual condition and I must say it waxes and wanes depending on how close I stay to the program and how often I ask a higher power for help. After 10 years of sobriety, some unkind words nearly made me pick up again. I cannot function properly if I am sore at someone or have a grudge in some situation.

Being “emotionally sensitive” the wrong word can set off negative feelings. Self-willed, I think I can handle every situation no matter how serious or painful. Sometimes I even get secretive about how to go about solving a situation.....until it gets painful enough to seek help. Today, when I’m in over my head I know where to find help. I’ve had a wise sponsor for all these years and she knows me and my family so there’s no guessing about my character or my defects.

Step Three says, “Made a decision to turn our will and our lives over to the care of God as we understood Him”.

When I am rational and working the program I can **decide** to ask my higher power for help by getting on my knees and saying the simple words I said when I came home from my first AA Meeting; Please, God, help me.

It works. The life I have today is one of love and gratitude and all I had to do was be humble enough to ask.

Joyce E.



2010 Quarters/2011 month of January OFFICE ACTIVITY

Calls for Assistance and Walk-Ins

Nature of Calls

	JAN	FEB.	MAR	1ST Q	APR.	MAY.	1ST Q	2ND Q	3RD Q	4TH Q.
12th Step Support	8	9					46	27	42	40
General Info/Misc	85	75					156	157	173	235
Purchases	112	93					307	267	234	262
Meeting Info	49	35					184	128	110	124
Alanon / NA	8	12					48	25	32	45
TOTAL	262	224					741	604	591	704

Gate Lodge**

TUESDAY 8:30PM		THURSDAY 8:30PM		SATURDAY 8:30PM	
Open Discussion		Speaker		Open Discussion	
3/15	O.D.A.A.T.	3/17	I AM Responsible	3/19	Early riser
3/22	Royal Palm	3/24	Noontime	3/26	Hibiscus
3/29	O.D.A.A.T.	3/31	Free & Easy		

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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)-205-8007

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*



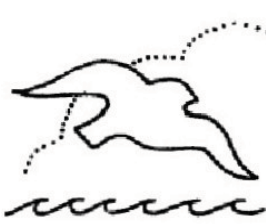
March 2011 BIRTHDAYS

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 Last Friday OF EACH MONTH!

Beginnings In Sebastian	Suzy B16	Joyce b4
Candlelight	Yvette C18	Deb p4
Early Riser	Gwen F30	Flo g35
Megan4	Kings Highway	Sebastian12/12
Easy Dose It	Man To Man	Sebastian Lunch Bunch
Free & Easy	Denny B5	Valerie G4
Sharon S1	Steven V5	Carol Ann M20
Jan G8	Butch S13	Sebastian Freedom
Joe B16	Frank M27	Sebastian Sundowners
Denise D23	Midnight Oil	Sebastian Step Sisters
Friday Night Young People	New Beginning	South Vero
Hibiscus Thurs./Mon. (Noon)	Noontime Recovery	Sharon W3
I Am Responsible	Stan w1	Jack K17
Indian River Men	Sandy2	Mike H29
Bobby Z2	Tom I3	Surfside Step
Dave2	Susan4	Vero Beach 12 &12
Myron S2	Dana26	Vero Beach men
Dave D16	One Day At A Time	Jason D1
Frank L29	OSSABAW	Hal W1
Indian River Thursday	Butch13	Bob c2
Diane K17	Cindy c17	Joe M4
Beth E22	Roseland Group	Bob G15
Indian River Woman Group	Royal Palm	Vero Steps & Traditions
	Tom S14	
	George W27	
	Safe Harbor	



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 772-562-1114



URL: www.indianriveraa.org

E-MAIL: info@indianriveraa.org

2010 STEERING COMMITTEE

Chair.....Karen M.
 Co-Chair.....D.J. I.
 TreasurerJohn H.
 Secretary.....Sunshine

2010 STANDING COMMITTEES

Archives.....Amy C./Joyce E.
 Desk Coordinator.....Sue L.
 HOW Editor.....Jeremy S.
 Corrections—Women.....Lorelei G.

Corrections—Men..... Brett B D.J I.
 Critical DocumentsRichard/Margaret B.
 Literature.....Sue L.
 Public Information.....Jeff S.
 Inventory Control.....Joseph J. Jeff S.
 Treatment.....Clyde K.
 Telephone Coordinator.....Donna S.
 Unity.....Judy W.
 Website.....Dutch V.
 Where and When.....Craig S.

General Service Liaison/Rep.....Vacant

2010 DELEGATES AT LARGE

Cynthia G.
 Darcie A.
 Paul H..

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