



# HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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November 10,  
2011

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

“Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the Power to carry that out.”

Many of us have questioned the idea of prayer and meditation as newcomers- just as we have the idea of a Power greater than ourselves. We, as agnostics, have thought such acts asinine and illogical. Religion was the *last* thing we wanted to hear about and even then, we snarled at the idea because we “knew” that God couldn’t exist. We “knew” that no God would allow pain and suffering in the world; or so we thought.

It wasn’t until we repeatedly found ourselves staggering drunk, in debt with no friends to turn to and family members that decided it would be best if we were no longer a part of their lives that we began to open up to the very idea of prayer and meditation to a Power greater than ourselves.

After some time, prayer and meditation had become a part of our daily living. Whenever we were faced with problems, we asked God for help and asked that, “*His will, not mine, be done.*” In the words of Robert Frost, “that has made all the difference.”

If the idea of prayer and meditation to a greater Power sounds asinine and illogical, maybe you’re not an alcoholic.



# 11 ELEVEN XI

## Tradition 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press radio and films.

## Concept XI :

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties shall always be matters of serious concern.

## Principle Behind Step 11—Spiritual Awareness:

“Step 11 suggests that we continue to improve our conscious contact with our Higher Power, so we tap into that power through prayer and meditation. We became cognizant of the blessings we are receiving in our new life. We are learning to notice His handiwork in all aspects of our lives.”

## 11th step pray

**Lord, make me an instrument of thy peace!**

**That where there is hatred, I may bring love.**

**That where there is wrong, I may bring the spirit of forgiveness.**

**That where there is discord, I may bring harmony.**

**That where there is error, I may bring truth.**

**That where there is doubt, I may bring faith.**

**That where there is despair, I may bring hope.**

**That where there are shadows, I may bring light.**

**That where there is sadness, I may bring joy.**

**Lord, grant that I may seek rather to comfort, than to be comforted.**

**To understand, than to be understood.**

**To love, than to be loved.**

**For it is by self-forgetting that one finds.**

**It is by forgiving that one is forgiven.**

## Traditions Checklist

1. Do I sometimes promote A.A. so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an A.A. member?
3. Am I careful about throwing A.A. names around—even within the Fellowship?
4. Am I ashamed of being a recovered or recovering alcoholic?
5. What would A.A. be like if we weren't guided by the ideas in Tradition Eleven? Where would I be?
6. Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for himself?



**2011 OFFICE ACTIVITY****Calls for Assistance and Walk-Ins****Nature of Calls**

	JULY	AUG	SEPT	3RD Q	OCT	NOV	DEC	4TH Q	1ST Q	2ND Q
12th Step Support	14	21	11	46	14				31	35
General Info/Misc	92	71	90	253	110				272	253
Purchases	75	83	95	253	70				313	271
Meeting Info	43	58	43	144	51				137	135
Al-Anon / NA	14	10	17	41	9				28	27
<b>TOTAL</b>	<b>238</b>	<b>243</b>	<b>256</b>	<b>737</b>	<b>254</b>				<b>781</b>	<b>721</b>

**Gate Lodge**

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Speaker		Speaker
				11/12	VBMG
11/15	O.,D.A.A.T	11/17	Roseland	11/19	Early Riser's
11/22	Royal Palm	11/24	Candlelight	11/26	Free & Easy
11/29	Easy Does It	12/1	I AM Responsible	11/3	Sundowners
12/6		12/8	IR Men's	11/10	VBMG

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.

**Please contact Amanda U. 310-926-8924**

**\*\*BHC\*\* - MONDAYS AT 7PM**

11/14	Hibiscus	11/21	South Vero	11/28	VBMG
12/5	Early Riser's				

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



# November 2011 BIRTHDAYS

# 1322 Years Of CONTINUOUS Sobriety!



### Hibiscus Monday

October

Boo I. ....15

John H. ....32

Joan D. ....48

### November

#### AA only

Jeff B. ....15

#### Barefoot Bay Group

Lynne. ....2

Ed R. ....15

Peter H. ....24

Marshall. ....25

Joe m. ....28

Frank M. ....31

Dennis M. ....43

Ed V. ....54

#### Candlelight

Erin R. ....1

Arthur G. ....3

Michael H. ....9

#### Hibiscus Group

Tina a .....2

Jeffrey R. ....4

Jay C. ....21

#### I Am Responsible Group

Penny Mc. ....3

John R. ....4

Craig S. ....6

#### Indian River Men's Group

Jim P. ....2

John K. ....2

John R. ....4

Jeff B. ....15

John K. ....16

Kevin K. ....19

Marshall. ....25

#### Indian River Women's Group

Christina G. ....2

Samantha G. ....2

Jill S. ....5

#### Man to Man Group

Bill F. ....1

Michael P. ....1

Leonard C. ....2

Michael W. ....3

Mark G. ....10

Ed R. ....15

Marshall R. ....25

#### Noontime Recovery Group

Hugh. ....1

Jim W. ....3

Kevin F. ....8

Noel W. ....21

Bill E. ....24

#### O.D.A.A.T.

Amelia L. ....1

Andrew G. ....2

Marc B. ....2

Doris G. ....3

Jessie K. ....4

Richard E. ....12

Fred D. ....19

Joe Mc. ....20

Bill E. ....27

Kay H. ....29

Linda B. ....30

John J. ....36

Leo P. ....43

#### Wabasso

Nicole P. ....1

Karen m. ....22

#### Royal Palm Group

Pam G. ....18

Bob Sm. ....20

Bob St. ....22

George H .....38

#### Safe Harbor Group

Colleen Z. ....1

Cindy S. ....1

Kate H. ....9

Patricia W. ....16

Ginny R. ....30

Shirley V. ....35

Marilynn G. ....39



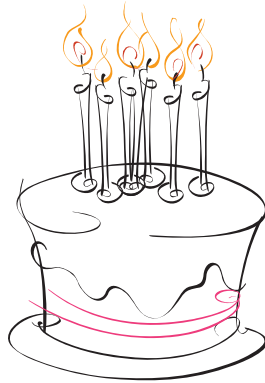
Sebastian Lunch Beach  
Leonard C. ....2

Sebastian Sundowners  
Michael W. ....3  
Vicki  
.....27

Sebastian 5:32  
Dottie . ....3

South Vero Group  
Alison H . ....1  
Colleen Z. ....1  
John W. ....1  
Korey Y. ....1  
Matt H. ....1  
Nathan s . ....1  
Chuck H. ....2  
Robby H. ....2  
Shannon C. ....2  
Chuck S. ....3  
David P. ....3  
Elisa M. ....4  
Christine C. ....7  
John G. ....7  
Shelly F. ....8  
Dave B. ....15  
Honey M. ....20  
Bill E. ....24  
George C. ....26  
Ron M. ....27  
John M. ....36

Vero Beach 12 & 12  
Bill S. ....27



**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," or send via e-mail [irhow@yahoo.com](mailto:irhow@yahoo.com)

**BY THE 25th OF This MONTH!**



**service**

**service**

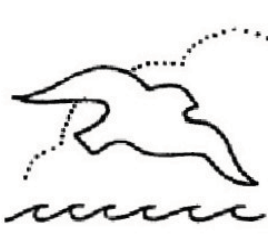
**service**

**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), Bill VB (321.2897) or Lorelei (501.2945)**

**(2 yrs. of sobriety required)**



**Indian River Central Office of Alcoholics Anonymous**  
 1600 26th Street, Suite 6  
 P.O. Box 1776  
 Vero Beach, FL 32961  
 772-562-1114



URL: [www.indianniveraa.org](http://www.indianniveraa.org) E-MAIL: [info@indianniveraa.org](mailto:info@indianniveraa.org)

<p><b><u>2011 STEERING COMMITTEE</u></b>          Chair.....Cr.....Karen M.          Co-Chair.....D.J. I.          Treasurer .....John H.          Secretary.....Sunshine P.</p> <p><b><u>2011 STANDING COMMITTEES</u></b>          Archives.....Joyce E.          Desk Coordinator.....Sue L.          HOW Editor.....Jeremy S.          Corrections—Women.....Lorelei G.</p>	Corrections—Men.....Brett B./Bill VB. Critical Documents.....Richard/Margaret B. Literature.....Sue L. Public Information.....Jeff S. Inventory Control.....Joseph J./Jeff S. Treatment.....Amanda U. Telephone Coordinator.....Sara R. Unity.....Kimberly P. Website.....Dutch V.	Where and When.....Craig S. General Service Liaison/Rep.....Paul S. <p style="text-align: center;"><b><u>2011 DELEGATES AT LARGE</u></b>          Lane S          Cynthia G.          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; individual members donate

**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 26<sup>th</sup> Street, Suite 6**  
**Vero Beach, FL 32960** **Phone: 772-562-1114**