



# 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.”

**Step 12, for me, was more about action. It was the next step to finding more freedom from my illness. I was instructed to read “Working With Others.” That is where I learned that this was the only way to insure that I could stay away from a drink, one day at a time. As I read through the chapter, I was able to see and identify with how I had a spiritual awakening.**

**When I first came in to AA, I was lonely and hopeless. By going through the steps and going to meetings, I found a fellowship that I love. Hope was restored to me in many aspects of my life. I had learned to be loving and compassionate to others.**

**I took my ‘sponsee’ through the steps the same way I was taught from the Big Book. As I walked with him through the steps, I started to realize that he was not only not drinking, but building a relationship with his higher power just as I did with mine. He was developing a new manner to which he could live his life by. Most importantly, I was able to see who I had become; how I handled situations that came up on good and bad days. I was a preacher of AA and actively living it through my day by day action.**

**Earlier last year I was able to see this happen in my life. I started reading classes and was working with a great hearted person and it was my first real test to see if I was a preacher or a member, living this program. First, I had to get honest with myself and others. I couldn't read and I didn't know the alphabet. After admitting that, I wasn't sure that my reading was ever going to get better, but my sponsor suggested that I learn to read in order to take my ‘sponsee’ through the Big Book. So, I turned to God with the hope that he loved me and wanted me to be able to help others. From there, I prayed. I needed to have faith that, even though this was not going to be easy and filled with ups and downs, this was his will for me; all doors were open. Not knowing how to read was one of my biggest fears on my Fourth Step and it took courage to admit it, but I was not alone. The people in the fellowship stood behind me and gave me the extra courage that I did not have. Integrity came to me in the form of a test. I went to the recruiting office to join the service, but didn't score high enough on the AS-VAB to get in. I was crushed and stopped reading for a month. My sponsor was pushing the message of doing the next right thing, so with the little integrity I had left, I went back to reading. I became willing.**

**My willingness to read every night put me on my way. The day came when I needed to practice humility. I was asked to help someone through the steps. From the start, I told him about my reading impairment and that he might have to help me understand some of the reading. That was the start of what is now brotherly love. I helped him and he helped me. The justice of learning how to read out of the book was that my sponsor and I were able to get the full message. The perseverance of learning how to read has taken time away from the fellowship and my service work, but it was necessary to help carry the message from the Big Book to other alcoholics. Spiritually, I feel that God has done it again. I gave my fear up to him and he gave, to me, this incredible gift. If not for this program and living these principles in my everyday life, I would've never been able to carry the message.**



# 12 TWELVE XII

## Tradition 12:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to put principles over personalities.

## Concept XII :

The Conference shall serve the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reaches all important decisions by discussion, vote, & whenever possible by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never performs acts of government; and like the Society it serves always remain democratic in thought and action

## Step 12—Service:

“Having experienced a psychic change that keeps us sober one day at a time, we’re empowered to demonstrate the new principles by which we live. We remain in action in our daily life through example. We seek out and are available to help others in need. We continue to carry the message of hope and recovery. We strive to help wherever we can even in the smallest simple tasks of life.

**12** *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*



I live by these Steps and get better.  
I try to help other alcoholics.

## Traditions Checklist

1. Why is it a good idea for me to place the common welfare of all AA members before Individual welfare? What would happen to me if AA disappeared?
2. When I don't trust AA's current servants, who do I wish had the authority to straighten them out?

3. In my opinions of and remarks about other AAs, am I implying membership requirements other than the desire to stay sober?
4. Do I ever try to get a certain AA group to conform to *my* standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose?
6. Does my personal behavior reflect the Sixth Tradition-or belie it?
7. Do I do all I can to support AA financially? When is the last time I anonymously gave away a *Grapevine* subscription?
8. Do I complain about certain AAs behavior-especially if they're paid to work for AA? Who made *me* so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret or reveal it in a private conversation when that may help another alcoholic (and therefore me)?
12. What is the real importance of me among more than a million AAs?



Join us for the ***Christmas Alcathon*** at the  
Newport Club - Festive Fellowship, Eat & Meet



12/24 - 4pm-6pm: Monday Night Hibiscus  
6pm-8pm: Hibiscus Thursday  
8pm-10pm: AA Only  
10pm-12am: Candlelight

12/25 - 12am-2am: Easy Noontime Recovery  
2am-4am: Vero Beach Men's  
4am-6am: Friday Night Young People  
6am-8am: Safe Harbor  
8am-10am: Indian River Men's  
10am-12pm: King Highway  
12pm - 2pm: South Vero  
2pm - 4pm: Monday Night Hibiscus

And then the ***New Year's Alcathon***



12/31 - 4pm-6pm: I Am Responsible  
6pm-8pm: Noontime Recovery  
8pm-10pm: Indian River Men's  
10pm-12am: Indian River Woman's

1/01 - 12am-2am: ODAAT  
2am-4am: South Vero  
4am-6am: Royal Palm Group  
6am-8am: Candlelight  
8am-10am: Safe Harbor  
10am-12pm: Vero Beach Group  
12pm-2pm: AA Only  
2pm-4pm: I Am Responsible





**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	12			31	35
General Info/Misc	92	71	90	253	110	94			272	253
Purchases	75	83	95	253	70	76			313	271
Meeting Info	43	58	43	144	51	33			137	135
Al-Anon / NA	14	10	17	41	9	5			28	27
<b>TOTAL</b>	<b>238</b>	<b>243</b>	<b>256</b>	<b>737</b>	<b>254</b>	<b>220</b>			<b>781</b>	<b>721</b>

# Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Speaker		Speaker
				12/10	VBMG
12/13	Noontime	12/15	Roseland	12/17	Early Riser's
12/20	O.,D.A.A.T	12/22	Candlelight	12/25	Free & Easy
12/27	Royal Palm	12/29	I AM Responsible		

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**

12/12	Hibiscus	12/19	South Vero	12/26	VBMG
1/2	Early Riser's	1/9	Hibiscus		

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



# December 2011 BIRTHDAYS

# 1107 Years Of CONTINUOUS Sobriety!



### November

#### Noontime Recovery Group

Cassandra .....9

#### Hibiscus Monday Night

Suzie H. ....4  
Larry s. ....12  
Bill G. ....18  
Jim B. ....29

#### Barefoot Bay Group

Timothy G. .... 10  
Bill B. .... 11  
Carol S. .... 27  
Joann. .... 27  
Sandy A. .... 29  
Edith. .... 31  
Al F. .... 43

#### Candlelight Group

Tom R. ....22  
Tom W. ....25

#### Friday Night Easy Does It Group

Jenny J. ....20

#### Hibiscus Group

Joan W .....36

#### Hibiscus Monday Night

Rod R. ....13

#### Noontime recovery

Mike M. ....1

### Indian River Men's Group

Clay.....6  
Jim MC. ....24

### Indian River Women's Group

Melissa c. ....1  
Allene M. ....20

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

Vinnie L. ....3  
John G. ....4  
Adam B. ....5  
John M. ....7  
Dawn T. ....9  
Karen M. ....12  
Jim H. ....12  
Allene M. ....20  
Anne K. ....22  
Denise L. ....23  
Paul H. ....27  
Vivian B. L. ....29  
Linda M. ....42

### Ossabaw Group

Adam P ..... 4  
Gene L .....12  
Rick M .....22

### Royal Palm Group

John O. ....26  
James W. ....27  
Ray F. ....34

### Safe Harbor Women's Group

Ali P. ....2  
Deloris. ....2  
Louise. ....8  
Lottie C. ....17  
Bev D. ....22  
Mary C. ....25  
Judy M. ....35

### Sebastian Lunch Bunch

Carl D. ....36

### Sebastian Sundowner's Group

Linda I. ....6

### South Vero Group

Danielle M. ....1  
Jeff S. ....1  
Todd T. ....3  
George Y.....4  
Gus.....10  
Dick G. ....12  
Sheila M. ....12  
Louie F. ....14  
Tyrone .....18  
Bob H. ....25  
Art B. ....26  
Kevin S .....28  
Marianne C. ....39

### Vero Beach 12 and 12

Tiera T. ....1  
Barbara M. ....1





# ***Sebastian Alcathon***

## ***Christmas Alcathon***

**Dec 24 TH 2:00pm**

**until**

**Dec 25TH 4:00PM**

## ***New Year's Alcathon***

**New Years eve 2:00pm**

**Until**

**New Years day 4:00pm**

Community Center 1805 N. Central Ave (off Jackson St)  
near Wal-Mart on USI

**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](mailto:irhow@yahoo.com)  
**BY THE Last Friday OF EACH**



## **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)**



## 12 Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem like a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober – an idea we would never have dreamed of, wanted, believed possible when drinking. Here are some tips for having an all around-ball without having a drop of alcohol.



**1**  
**Line up extra AA activities for the holiday season.** Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2**  
**Be host to A.A. friends, especially newcomers.** If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3**  
**Keep your A.A. telephone list with you all the time.** If a drinking urge or panic comes – postpone everything else until you've called another A.A.



**4**  
**Find out about the special Holiday Parties, meetings, or other celebrations** given by groups in your area, and go. If you're timid, take someone newer than you are.



**5**  
**Skip any drinking occasion you are nervous about.** Remember how clever you were at excuses when drinking? Now put that talent to good use. No office party is as important as saving your life. If you're timid, take someone newer than you are.



**6**  
**If you have to go to a drinking party and can't bring an A.A. with you, keep some candy handy.**



**7**  
**Don't think you have to stay late.** Plan in advance an "important date" you have to keep.



**8**  
**Worship your own way...**



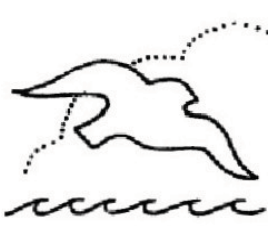
**9**  
**Don't sit around brooding.** Catch up on those books, museums, walks and letters.



**10**  
**Don't start now getting worked up about all those holiday temptations.** Remember – "One Day At A Time."



**11**  
**Enjoy the true beauty of holiday love and joy.** Maybe you cannot give material gifts – but this year, you can give love.



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



<b>URL:</b> <a href="http://www.indianriveraa.org">www.indianriveraa.org</a>		<b>E-MAIL:</b> <a href="mailto:info@indianriveraa.org">info@indianriveraa.org</a>	
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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 26<sup>th</sup> Street, Suite 6**  
**Vero Beach, FL 32960** **Phone: 772-562-1114**