



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

The HOW is published to improve communication between local AA groups and encourage the participation of AA members in service and activities. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to airhow@yahoo.com

STEP 12

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

Principle: Service

Service is contribution to the welfare of others ; useful labor that does not produce a tangible commodity .

“When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.”

“This is Twelfth Step work in the very best sense of the word. “Freely you have received; freely give...” is the core of this part of Step Twelve.”

“If we pray—we will BELIEVE

If we believe—we will LOVE

If we love—we will SERVE.”

Mother Teresa

One of the first phrases that I heard when I got sober was, “you have to give it away in order to keep it.” At the time, my only thought was I have almost nothing left to give and what little I do have is sure as hell not going to anyone else. I was still living in survival mode so it was every drunk for himself. How grateful I am today for sponsorship and the willingness I had to become teachable to gain a full understanding of what that phrase means and how it helped me to define Step Twelve. Throughout my sobriety, my service to others and the AA community has kept me moving forward in my own life and my own concept of what it truly means to give with no expectations except to insure my sobriety for another day. The spiritual awakening helped me to understand unconditional love and concern for another person and their best welfare. This is a constant growth and a constant change throughout my life so far. As for the second part of Step Twelve, well that too is a work in constant process. As one of my sponsors used to say, “it’s easy to practice these principles if you’re single and happy.” At the time I wasn’t single and there were many days that I wasn’t happy. Regardless of the subjective, I missed the objective. It clearly says to practice these principles in all our affairs. The word I have to keep in mind is “practice”. Continued on page 2.

“AA’s twelve steps are a set of principles, spiritual in their nature, which, if

Practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.”



Daily Reflections

“True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God.”

“When the Twelfth Step is seen in its full implication, it is really talking about the kind of Love that has no price tag on it.”

“Our Twelfth Step—carrying the message—is the basic service that AA’s Fellowship gives; this is our principle aim and the main reason for our existence.”

Cont...Bill W. had this to say at one of his talks regarding principles. “If you cannot practice these principles in your own home then you have learned nothing in Alcoholics Anonymous.” This is of course paraphrased but you get the point or at least I did.

It has been a real challenge to apply these principles in my daily life. Life on life’s terms well, they’re not my terms and therein lies the problem. Thank you AA for having the solution. Today it causes me great pain to live without spiritual principles, good morals and virtues. But pain is the touchstone to all growth and it still holds true for me today. The woman that I was will drink again so I try and practice applying principles into my affairs big and small so that the pain lessens, the growth increases and I never have to take another drink.

Anonymous

“For it is only by accepting and solving our problems that we begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A.’s Twelfth Step.

With each passing day of our lives, may every one of us sense more deeply the inner meaning of A.A.’s simple prayer:

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Twelve and Twelve p. 125

Twelve Tips on Keeping Your Holiday Season Sober and Happy

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

1. Line up extra AA activities for the holiday season. Arrange to take newcomers to meetings, speak, help with setup or clean-up, support meetings at the local

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.

8. Worship and/or celebrate the holidays season in your own way. Be respectful of others in their beliefs and how they choose to celebrate the season.

2. Be host to AA friends, especially newcomers. If you don't have a place to throw a party, take one person to a dinner or spring for coffee. Give of your self to others so that you may receive.



9. Don't sit around brooding. Catch up on those books, museums, walks, and letters. Plan a movie, game or tree decorating night.

3. Keep your AA telephone list with you at ALL times. If a drinking urge or panic comes—postpone everything else until you have called an AA or get to a meeting ASAP.

10. Don't start now getting worked up about all those holiday temptations. Remember....One Day at a Time.

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.

6. If you have to go to a drinking party, and can't take an AA with you, keep some candy handy and be sure to have your AA telephone list with you.

11. Enjoy the true beauty of holiday love and joy. Maybe you can't give material gifts... but this year you can give you love.

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

12. "Having had a..." No need to spell out the Twelfth Step here, since you already know it.



Tradition Twelve

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

The spiritual substance of anonymity is sacrifice.

These experiences taught us that anonymity is real humility at work.

We are sure that humility, expressed by anonymity, is the greatest safeguard that alcoholics Anonymous can ever have.

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 as a whole disappeared?
2. When I do not trust AA’s current servants, who do I wish had the authority to straighten them out?
3. In my opinions of remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try and get a certain AA group to conform to my standards, not its own?

All of us are just alcoholics together, and in our groups we are not entitled (Tradition 3) to rule on the qualifications of other alcoholics seeking the same help we have had. Yes, a group needs humility too. It may make its name public, but in the spirit of anonymity it should see the Whatever Group as merely part of a bigger whole (Tradition 4), careful in every enterprise to consider the welfare of all the other groups that make up AA. In both group and individual activities, we should remember what the full name of fellowship is. It does not represent any established religion, nor is it a new religion. We are not evangelists or gurus out to save humanity; we are anonymous alcoholics trying to help other alcoholics (Tradition 5).

This we owe to A.A.’s future:

To place our common welfare first;
To keep our fellowship united.
For on A.A. Unity depend our lives,
And the lives of those to come.

Concept Twelve

“General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principal; that none of the Conference Members shall ever be placed in a position of unqualified authority over any others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that, though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.”

This concept consists of the General Warranties of the General Service Conference. It is cast in stone; that is, although Bill leaves the door open for alteration and changes in the other Concepts and points out that the rest of the Conference Charter “can be readily amended,” these General Warranties—like the Twelve Steps and the Twelve Traditions—can be changed only by “written consent of three-quarters of all AA groups” in the world.

Why?

Because “these Warranties indicate the qualities of prudence and spirituality which the Conference should always possess....These are the permanent bonds that hold the Conference fast to the movement it serves.”

.....”Freedom under God to grow in His likeness and image will ever be the quest of Alcoholics Anonymous. May our General Service Conference be always seen as a chief symbol of this cherished liberty.”

AA ANNOUNCEMENTS AND UPCOMING EVENTS

The Central Office now has in stock tri-plated medallions from 1-50 years.

They are \$10.00

Also available are coffee mugs with the serenity prayer, seventh step prayer and an acceptance bistro mug.

Prices range from \$5 to \$8

Stop in and check out what all the IRCO has to offer and say hello to an old or a new friend.



August 3rd—7th, 2016

Innisbrook Golf and Spa Resort

Palm Harbor, FL

Registration:

60.flstateconvention.com

Sebastian Freedom

Tuesdays

Beginning December 1st

New Time 7:30

REMINDER

The revision of the By-Laws are completed and up for review by each member of Alcoholics Anonymous.

There is a copy posted on the IRCO website www.indianriveraa.org

Note From the Editor

I am always looking for new stories from the community.

Please share your experience, strength and hope by sending in your stories to aairhow@yahoo.com



DECEMBER ANNIVERSARIES

A New Day

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Barefoot Bay

Candlelight

Early Risers

Easy Does It

Free and Easy

Hibiscus Monday Night

Rod R.....27yrs

Susan L....41yrs

I Am Responsible

Indian River Thursday

Indian River Women's

Allene M..... 24 yrs.

Indian River Men's Group

Ryan-.....2 yrs.

Jim Mc.-...28 yrs.

Lunch Bunch Group

Man To Man

Magnolia Group

Meat and Potatoes

Steve C.....2 yrs..

Noontime Recovery

Justine....-9 yrs.

Richard N.....1 yr.

OSSABAW

Rick W... 10 yrs.

ODAAAT

Danny C.....1 yr.

Terri R.2 yrs.

Ron S.4 yrs.

Michael W.5 yrs.

Joani M.11 yrs.

Donna K.12 yrs.

Dawn T.13 yrs.

Karen M.16 yrs.

Jim H..... 16 yrs.

Barbara L.....23 yrs.

Paul H.30 yrs.

Vivien B.....33 yrs.

Bev R.40 yrs.

Linda Mc.....46 yrs.

Royal Palm Group

Jim W ..31 yrs.

Leslie C ..2 yrs.

Safe Harbor

Sebastian 12&12

.

Sebastian 5:32

Denise L...27yrs

Barbara L...25 yrs.

Linda c...10 yrs.

.

Sebastian Freedom

Sebastian—Roseland

Sebastian Stepsisters

Jenna L 23 yrs.

South Vero

Art B..... 30 yrs.

Blake C....1 yr.

Bob H. 29 yrs.

Gus J. 14 yrs.

Howard I. 1 yr.

Kellee T. 20 yrs.

Kevin S. 32 yrs.

Louie F. 18 yrs.

Noah L. 3 yrs.

Robert F. 34 yrs.

Ronald (Lee) 1 yr.

Sandie S. 3 yrs.

Sundowners

David3 yrs.

Vero Beach Men's

Vero Beach Group

Judy W.....

INDIAN RIVER CENTRAL OFFICE

TUESDAY
QUALIFY/OPEN DISCUSSION
8:30 PM

THURSDAY
SPEAKER
8:30 PM

SATURDAY
QUALIFY/OPEN DISCUSSION
8:30 PM

GATE LODGE SCHEDULE

DECEMBER

12/01/15 A New Day

12/08/15 Easy Does It

12/15/15 Noontime Recovery

12/22/15 ODAAT

12/29/15 Royal Palm

12/03/15 Indian River Men

12/10/15 I Am Responsible

12/17/15 Man To Man

12/24/15 Candlelight

12/31/15 NO MEETING

12/05/15 Vero Beach Men

12/12/15 Indian River Women

12/19/15 Indian River Thursday

12/26/15 South Vero

DECEMBER 2015

12/07/15 Early Risers
12/14/15 South Vero
12/21/15 Lunch Bunch
12/28/15 Vero Beach Men

BHC MONDAYS

7 PM***

JANUARY 2016

01/04/16 Indian River Men
01/11/16 Early Risers
01/18/16 South Vero
01/25/16 Lunch Bunch

FEBRUARY 2016

02/01/16 Vero Beach Men
02/08/16 Indian River Men
02/15/16 Early Risers
02/22/16 South Vero
02/29/16 Lunch Bunch

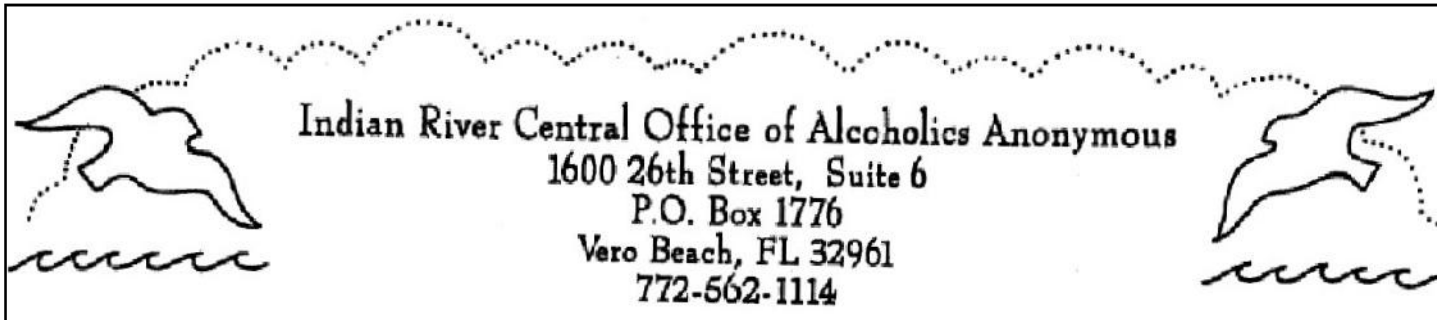


MARCH 2016

03/07/16
03/14/16
03/21/16
03/28/16

**Check in with Tech upon arrival

***BHC Requires 2 yrs of continuous sobriety for visiting AA members



2015 STEERING COMMITTEE

Chair.....Tim W.
 Co-Chair.....Steve S.
 Treasurer.....Pat D.
 Secretary.....Judy W.

2015 STANDING COMMITTEES

Archives.....Craig S.
 Birthday Dinner 2015.....Linda W.
 Desk Coordinator.....Marty P.
 Corrections—Women.....Stefanie M,
 Corrections-Men.....Bill K.
 Corporate Documents.....Vickie S.
 Public Information.....Rodney D.
 Unity Committee.....Liz G.
 Nominating Committee.....Marty P.

AA Coordinators

After Hours Phone.....Doug C.
 District 6 Liaison.....Cynthia G.
 Desk Coordinator.....Marty P.
 HOW EditorKimberly P.
 Inventory Control.....Bobby Z.
 Literature.....John H.
 Treatment.....Maria G
 Website.....Dutch V.
 Where and When.....John L.

Indian River Central Office

MISSION STATEMENT

The purpose of the Indian River Central Office (hereafter “IRCO”) is to provide AA services within Indian River County, with the primary goal being to carry the AA message to the alcoholic who still suffers. It is the mission of the IRCO to keep groups informed about AA activities by newsletter and by maintain a website, answer inquiries for help, provide AA meeting information, maintain an available supply of Conference Approved books and literature, and to provide guidance and support to the IRCO standing committees.

The IRCO shall function within the meaning and intent of the Twelve Traditions and the Guidelines for Intergroup and Central Offices and other guidelines as set froth by the General Service Office of Alcoholics Anonymous.

The IRCO is entirely accountable to the groups it serves and is entirely supported by the voluntary contributions of AA groups within Indian River County.

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.