



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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Step Two

“Came to believe that a Power greater than ourselves could restore us to sanity.”

I came, I came to, I came to believe. After many years of abusing others and myself, gone through a divorce losing my three children, ruining a sweet relationship with an innocent woman, and killing a second marriage, which was caused by daily drinking, one night I could not get drunk. It scared me. When I woke the next day instead of having a beer for breakfast I had a coffee and went to work.

About 10:00 o'clock a salesperson who made his weekly stop came by and I said to him “I want to stop drinking FOREVER!” He said “Why? Do you have a problem?” I said “No. I just want to stop.” He said “Forever is a long time. Could you stop for one day?” I didn't know he was in AA. I went to my first meeting that night. February 22, 1982. I came. At that meeting they asked me to attend a “beginners” meeting and at that meeting I found a sponsor.

My sponsor started me on the first three steps early. Step one was to remind myself that I can't drink safely and if I don't have that first drink I can't get drunk. I came to.

One night after leaving a meeting I had a feeling that my God had abandoned me and I felt frightened. I went to a coffee shop that I was told

about and my sponsor was there! He had a bad day and by chance went to get a coffee and BOOM there he was for me? I told him what happened. He said “maybe the bottle god left you and now you have a little Faith that this AA stuff works?” What is the Faith? I asked. He said “Do you believe there will be a meeting tomorrow night?” I said “Yes, because there is one every night.” Then he asked “Are you drinking?” I said “No. I haven't had a drink in four months.” I came to believe.

Having been restored to sane thinking is the result of keeping mindful, “A Power greater than ourselves could restore us to sanity.”

Mike K.



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 aairhow@yahoo.com

OUR THREE LEGACIES

STEP TWO (Recovery)

“Came to believe that a Power greater than ourselves could restore us to sanity.”

“When we encountered A.A., the fallacy of our defiance was revealed. At no time had we asked what God’s will was for us; instead we had been telling Him what it ought to be. No man, we saw, could believe in God and defy Him, too. Belief meant reliance, not defiance.”

Twelve Steps and Twelve Traditions p.

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Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

Twelve

Steps and Twelve Traditions p. 33

TRADITION TWO (Unity)

“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Then who’s in charge around here? A.A. is a spiritual movement, and so the “ultimate authority” is the spiritual concept of the “group conscience unity of” Its voice is heard when a well-informed group gathers to arrive at a decision. The results rests on more than arithmetic, a “yes” and “no” count. Minority ideas get thoughtful attention. What about that annoying character who’s always sure she’s right. If she’s wrong, she will - if she remembers the First Tradition as well as the Second—go along with the decision of the group conscience. Does this notion seem too cloudy? Think back to our first meetings. The presence we newcomers felt in those rooms was the same as the group conscience. And it was real—welcoming us in, setting up no barriers of rules...

The Twelve Traditions Illustrated Pamphlet

CONCEPT ONE (Service)

“When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and effective conscience for our Society.

Sanity Clause

February 1982

The “sanity clause” in my “contract” with AA simply tells me that if I want to maintain my sobriety, I must go to any length to keep my mental attitude constantly aimed toward sound, rational thinking in all my affairs, one day at a time.

If anyone had told me thirty years ago that AA would come to mean basically that to me, I would have thrown up my hands and said, “What an order! I can’t go through with it.” As it has turned out, however, from the day—November 16, 1950—when I first came into contact with AA, it has been my privilege to be an active member. For this, I am truly grateful!

The word sanity had very little meaning to me during my early years in AA. When the occasion arose to discuss Step 2, we would talk about the word insanity, but little time was spent on sanity. Someone usually set the theme by telling about his or her insane escapades, and then each of us in turn would follow by recalling our own insane acts. Sometimes, it would take on the appearance of a contest, the object being to see who could out-insane the other members.

Then, one night after a step 2 meeting, I decided to find out what those courageous early members who put our Twelve Steps together really meant by sanity. I was a little surprised to find that my dictionary defined it as the quality of being sound of mind, sound judgement, reasonable and rational in one’s thoughts. I was further surprised to find that the definition of sanity did not even mention insanity. As I sat there mulling over the definition, an idea occurred to me: “This is what I’m to be restored to—sound, reasonable, rational thinking.”

Since that time, I have used my dictionary to check on the meaning of other words in our Twelve Steps, Traditions, and the first part of the fifth chapter of the Big Book. I find that this gives clearer meaning to my program as a whole. This habit of checking the meanings of words has caught on with other members. One of our women members even donated a fine dictionary to our group, to be used with our Big Book and other AA material. *W.H.*



Step By Step: Real AAs, Real Recovery

I’m always looking for personal stories of experience, strength and hope from our AA community. So put pen to paper and email your stories. The Email address for the HOW is

airhow@yahoo.com.

Please send in your monthly anniversaries, meeting announcements for the good of AA and any other information you would like to convey to the AA community. Thank you for allowing me to be of service. Kimberly P.



SPIRITUAL PERSEVERANCE

"Everyone must agree that we AAs are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand and love each other so supremely well ... Indeed most of us are well aware that these are rare gifts which have their true origin in our kinship born of a common suffering and a common deliverance by the Grace of God."

AA Co-Founder, Bill W., October 1959 From: "AA Communication Can Cross All Boundaries" The Language of the Heart

"Much to our relief, we discovered we did not need to consider another person's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him. As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of the Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men." (BB p46)

"We found that as soon as we were able to lay aside prejudice and express a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God." (BB p46)

GATE LODGE TREATMENT SCHEDULE

			Thursday		Saturday
		1/7/16	Indian River Men's	1/9/16	Vero Beach Men's
		1/14/16	I Am Responsible	1/16/16	Indian River Women
		1/21/16	Man to Man	1/23/16	Indian River Thursday
		1/28/16	Candlelight	1/30/16	South Vero
		2/4/16	Indian River Men's	2/6/16	Vero Beach Men's
		2/11/16	I Am Responsible	2/13/16	Indian River Women
		2/18/16	Man to Man	2/20/16	Indian River Thursday
		2/25/16	Candlelight	2/27/16	South Vero
		3/3/16	Indian River Men's	3/5/16	Vero Beach Men's
		3/10/16	I Am Responsible	3/12/16	Indian River Women
		3/17/16	Man to Man	3/19/16	Indian River Thursday
		3/24/16	Candlelight	3/26/16	South Vero
		3/31/16	Indian River Men's		Vero Beach Men's

BHC TREATMENT SCHEDULE

01/04/16	Indian River Men	03/07/16	Vero Beach Men
01/11/16	Early Risers	03/14/16	Indian River Men
01/18/16	South Vero	03/21/16	Early Risers
01/25/16	Lunch Bunch	03/28/16	South Vero
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		



BHC requires 2 yrs. Continuous sobriety

****Meetings begin at 7pm /ALL visitors must check in with Tech upon arrival

AA ANNOUNCEMENTS AND UPCOMING EVENTS



There are always service opportunities within the AA community. The Intergroup has several committee chair openings. You can always stop by IRCO and inquire about any qualifications and the responsibilities of each position.

37th Annual Indian River Central Office Birthday Dinner

"WE ARE NOT ALONE"

Saturday, March 19th, 2016

First Presbyterian Church

520 Royal Palm Blvd.

Doors open at 6:00 pm

Tickets are \$15.00

Please bring a dessert to share



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 aaairhow@yahoo.com

FEBRUARY ANNIVERSARIES

A New Day

Barefoot Bay

December
Carol S. 31yrs
JoAnn 31yrs
sandy A 33yrs
January
John S 12yrs
Bob W. 50yrs
Donna E. 41yrs
Tom O. 41yrs
February
Bertelle 30yrs
Don H. 28yrs

Candlelight

Early Risers

Leslie 1 yr
Seth 28 yrs.
Betsy 2 yrs.
Emma 1 yr.
Fernando 4 yrs.
Doug 6 yrs.
Bill c. 5 yrs.
Terri 3 yrs.

Easy Does It

Michelle-5 yrs.
James -13 yrs.
Kathy- 24 yrs.

Free and Easy

January
Leeann 1 yr.
Ron 17 yrs.

Hibiscus Monday Night

I Am Responsible

Stephanie B 4 yrs.
Joel K 10 yrs.

Indian River Thursday

Indian River Women's.

Indian River Men's Group

George Mc. 41yrs.
DJ 15 yrs.

Lunch Bunch Group

Man To Man

Don H. #28
Jack C. #45
Mark Y. # 4
Mike G. #28
Pete C. #39
Scott W. # 1

Magnolia Group

Meat and Potatoes

January
Joli W. 21 yrs.
Susan W. 13 yrs.
Annie C. 25 yrs.
Noontime Recovery
January Birthdays ;
Robert- 5yrs.
Dave R.-1yrs.
Johanna-1yr
John- 2yrs
Creg- 14yrs
February Birthdays ;
Beth- 13yrs
Mike- 29yrs

OSSABAW

Bill W. 22 years
Charles D. 10 years
Eddie D. 19 Years
Jennifer G. 5 years
Mark P. 18 years
Ray A. 27 years

ODAAT

Sharon N. 2
Ron B. 3
Kathleen B. 4
Robert H. 5
Bob G. 6
Annabel A. 7
Dennis D. 7
Chris S. 8
Carol L. 15
Monika R. 31
Hank H. 31
Terry K. 35

George M. 41

Royal Palm Group

Barb P.....38 years
John B.....37 years
Lynn N.....31 years
Ed B.....27 years

Safe Harbor

Sebastian 12&12

Sebastian 5:32

Liz r...25 years

Sebastian Freedom

Sebastian Roseland Speakers Meeting

Lori B. 24 yrs.
Lela H. 47 yrs.

Sebastian Stepsisters

Kristina C 6 yrs.
Brenda P. 20 yrs.

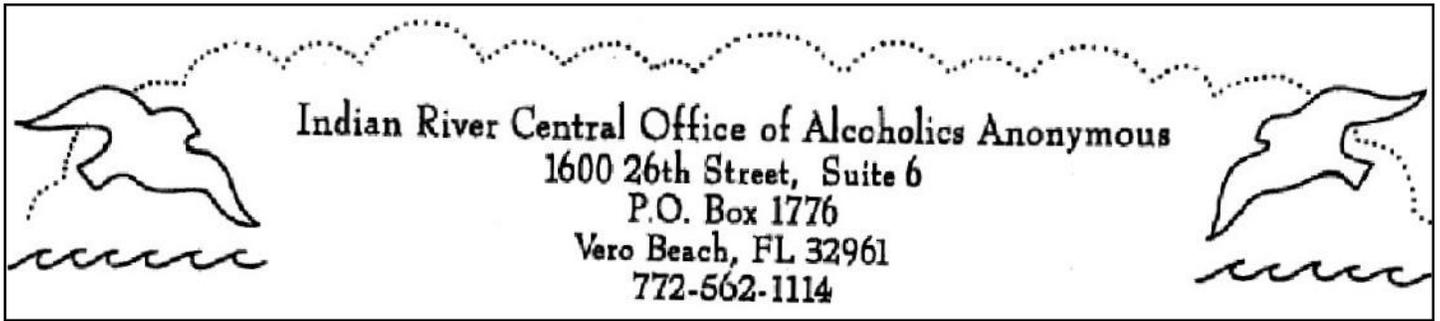
South Vero

Sailboat D. 39
Louise M. 31
Michael F. 24
Toby L. 23
Boyd W. 20
Peggy H. 10
Thom P. 10
Jeremy S. 7
Danny M. 4
Doug S. 3
Paul H. 2
Walter B. 1

Sundowners

Vero Beach Men's

Vero Beach Group



2015 STEERING COMMITTEE

Chair.....Steve S.
 Co-Chair.....Joseph J.
 Treasurer.....Pat D.
 Secretary.....Trish H.

2015 STANDING COMMITTEES

Archives.....
 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.....
 Nominating Committee.....Marty P.

AA Coordinators

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

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

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.