



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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Home Groups: The Heartbeat of AA

One Tuesday night, a lonely confused woman named "Sara" walks through the doors of A.A. Sara feels alienated and depressed, feelings she has had most of her life. She is completely demoralized and knows she will never be accepted or feel loved by anyone again. But through all this despair she doesn't want to die. So cautiously she slips in the far right chair in the very back row. She doesn't raise her hand and as a newcomer because she's too paranoid. She is too afraid they will see her and know and then she will be rejected one more time. So every Tuesday night she comes back and quietly sneaks into that chair in the back row because she doesn't want to die and has no other place to go.

And then one night she is called on and she tries to

speak but cries instead. Or maybe one night someone notices her and walks up to her to welcome her. She is given a schedule of meetings and a list of A.A. phone numbers. She learns she is not alone, but she is still terrified. She learns about establishing a home group and makes the Tuesday night meeting her home group. A woman talks about the things she wants in her life, about how she wants to be and sound and look, and that woman becomes her sponsor. Now when Sara walks through the door of A.A., people come up to her and say, "How are you doing, Sara?" and they mean it. She begins to feel terror leaving. She is coffeemaker and they need her and now she sits on the front row. She is still scared at some other meetings, but now she has one that she can relax in. She feels a part of something for the first time in her life. Sara smiles now and looks over her family with love as she begins the meeting—she is now the secretary. She sees a lonely woman sneak quietly past everyone and sits down in the very last row on the far right right-hand chair—she sees herself two years ago. She walks over and tells the woman she is home and can begin to belong now.

A year later Sara is the GSR (general service representative) for the Tuesday night meeting and then becomes DCM (district committee member) and continues to give back what she has received by carrying the message that she heard in her home group on Tuesday nights.

That is why home groups are so very important to Alcoholics Anonymous. This where people begin. This is where the spark of service is first ignited. This is where the AA member begins to learn about the *how* of A.A. By selecting a home group, cont. on p. 4



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 TEN (Recovery)

“Continued to take personal inventory, and when we were wrong, promptly admitted it.”

Whenever we fail any of these people, we can promptly admit it — to ourselves always, and to them also, when admission would be helpful. Courtesy, kindness, justice and love are the keynotes by which we may come into harmony with practically anybody.

When in doubt we can always pause, saying, “Not my will, but Thine be done.” And we can often ask ourselves, “Am I doing to others as I would have them do to me __ today?”

...Someone who knew what he was talking about once remarked that pain was the touchstone of all spiritual progress. How heartily we A.A.’s can agree with him, for we know that the pain of drinking had to come before sobriety, and emotional turmoil before serenity.

Twelve Steps and Twelve Traditions p. 93-94

Principle: Perseverance— Continued effort to do or achieve something despite difficulties, failure, or opposition.

TRADITION TEN (Unity)

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

As by some deep instinct, we A.A.’s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival.

Twelve Steps and Twelve Traditions, p. 176-177

CONCEPT TEN (Service)

“Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”

To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.

The Twelve Concepts for World services Pamphlet

DISTRICT 6 ANNUAL GRATITUDE DINNER



Saturday, November 12, 2016

Doors open @ 6 p.m. - Dinner @ 6:30 - Speaker @ 8:00

Only a LIMITED number of tickets will be available so purchase your ticket EARLY!

The event will be held at:

First Presbyterian Church

520 Royal Palm Blvd.

Yero Beach, FL 32960

Please bring a dessert to share



RAFFLES *** CLOTHESLINE*** DOOR PRIZE*** SOBRIETY COUNTDOWN

Tickets
each

\$15.00



Proceeds will be
sent to the
General Service Office



The newcomer begins to feel like he/she belongs somewhere. They begins to know people and let people know them. They feel safe in this meeting because they know everyone's story and where they came from. They get to watch people come and go, so they can actually see what works and what doesn't. They develop close friendships and when the sea gets rough, they have people who can see over the swelling waves.

The home group is where the AA member takes the first tiny step into making the support system of Alcoholics Anonymous work. This may be by just putting one dollar into the basket every week and knowing where it is going, or by washing coffee cups, or by cleaning up or setting up. By going to the same meeting every week, the AA member hears where the money is going, what the "Central office" is, what a coordinator and GSR do. This gives the member a chance to participate in service work. If the member does not have a committed home group where he or she was allowed to vote on issues in AA, the member may never listen to anything the GSR or coordinator says to the group. Hence, by getting a home group, the AA member accepts the responsibility of participating in the whole system, thereby keeping the wheels of Alcoholics Anonymous rolling.

Home groups become the spokes in the big wheel of AA. The wheel, according to the Seventh Tradition, cannot be moved by any outside contributions. Because each group is responsible to ALL AA services, this wheel can roll along and touch those Lone members who do not have the luxury of an AA meeting with coffee, donuts, hugs, and people sharing their experience, strength, and hope. It can rumble along and carry literature, experience, strength and hope to institutions, treatment facilities, new groups and all AA groups.

Through home groups contributing to all AA services, Alcoholics Anonymous will continue to touch more and more families, men, and women each year. Because of this kind of support in your home groups, one Tuesday night a lonely alcoholic will not walk up the stairs to Alcoholics Anonymous and find the door barred shut. One day more and more "Saras" will come tiptoeing through the doors of Alcoholics Anonymous and get on that GIANT wheel that keeps so many of us clean and sober and FREE.

G. H.

San Diego, California 1989

Alcoholics Anonymous is a place where the weak are accepted with open arms. We are all weak links when we find our way into AA. But what makes us strong, as individuals and as a fellowship, is when we are forged in the furnace of Unity, Service, and Recovery.

OCTOBER ANNIVERSARIES

Roseland Sebastian

Speaker

Caryn D. 27 yrs.
Lowell P. 40 yrs.
Fred S. 24 yrs.

Vero 12 & 12

Ruth C. 42 yrs.

Noontime Recovery

Mary W. 2 yrs.
Florence 10 yrs.

Easy Does It

Edie M. 29 yrs.
Jessica G. 2 yrs.

Magnolia Group

Faith B. 7 yrs.
Debbie D. 25 yrs.

Man To Man

Bob L. 20 yrs.
Fred S. 24 yrs.
Kevin L. 32 yrs.
Mike J. 1 yr.
Phil C. 1 yr.
Rick B. 26 yrs.
Steve W. 13 yrs.

Sebastian 5:32

Mark 1 yr.
Steve W. 13 yrs.
Jim M. 28 yrs.

South Vero

Gaby N. 1 yr.
Melissa C. 1 yr.
Christina P. 2 yrs.
Jon L. 2 yrs.

Martin K. 3 yrs.

Joseph S. 5 yrs.
Jim S. 17 yrs.
Vince S. 31 yrs.
Howard G. 33 yrs.
Ben H. 33 yrs.

Hibiscus Monday

Joan D. 53 yrs.
John H. 39 yrs.
Brent A. 35 yrs.
Lewis L. 27 yrs.
John M. 5 yrs.

Indian Rivers Men

Al H. 26 yrs.
Frank A. 23 yrs.
John R. 9 yrs.

Barefoot Bay

Barbara S. 19 yrs.
Sara C. 35 yrs.
Kay R. 56 yrs.
Doug I. 34 yrs.

Candlelight Group

Paul F. 1 yr.
Gene D. 5 yrs.
George M. 10 yrs.
Donny J. 26 yrs.

Sebastian Sundowners

John S. 23 yrs.
Trudy S. 2 yrs.
Jeff A. 5 yrs.

Ossabaw

Grace P. 14 yrs.
Robert K. 7 yrs.
Sam G. 34 yrs.

Safe Harbor

Cynthia G. 7 yrs.
Mary Lynn 3 yrs.
Paula A. 2 yrs.
Debbie C. 2 yrs.

September Celebrants

Sandy 17 yrs.
Kelly 1 yr.
Dan 2 yrs.
Barbara B. 2 yrs.
Ingrid B. 9 yrs.
Melani B. 9 yrs.
Nancy H. 10 yrs.
Robin K. 1 yr.
Elise H. 2 yrs.
Phyllis P. 31 yrs.

The HOW wants to acknowledge every celebrant in the month of their anniversary. If your groups anniversaries are not appearing in the HOW, please contact your group secretary and have them email them to me at aairhow@yahoo.com before the 1st of each month.

WHY DOES YOUR GROUP NEED AN IRCO DELEGATE?

THE IRCO HAS NO AUTHORITY OF IT'S OWN BUT DERIVES IT FROM THE PARTICIPATING GROUPS. THE REPRESENTATIVE THAT EACH GROUP ELECTS IS THE GROUPS VOICE TO IRCO—YOUR LINK TO THOSE WHO MAINTAIN AND OPERATE THE IRCO.

2016 STEERING COMMITTEE

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

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

2016 STANDING COMMITTEES

Archives.....Open
Birthday Dinner 2017..... Doug C.
Desk Coordinator.....Marty P.
Corrections—Women.....Open
Corrections-Men.....Open
Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Linda W.

12 STEP VOLUNTEER APPLICATION

NAME _____

PHONE NUMBER _____

AREA YOU WOULD BE WILLING TO PARTICIPATE

NORTH COUNTY Y N SOUTH COUNTY Y N

AVAILABILITY MON—FRI WEEKENDS DAYS EVENINGS

I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

TALK TO SOMEONE OVER THE PHONE TAKE SOMEONE TO DETOX*

TALK TO SOMEONE AT THEIR HOME** GIVE RIDES TO AA MEETINGS

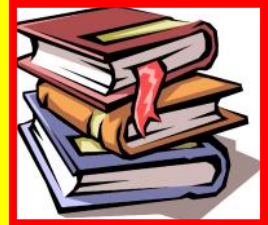
MEET SOMEONE AT A MEETING OTHER _____

*****IT IS SUGGESTED THAT A PERSON NOT GO ON A TWELFTH STEP CALL ALONE TO HELP AN ALCOHOLIC WHO IS STILL SUFFERING. ALSO YOU SHOULD NOT DRIVE A WET DRUNK TO A TREATMENT FACILITY (DETOX) WITHOUT HAVING ANOTHER A.A. MEMBER WITH YOU. IF YOU CIRCLED EITHER OF THESE ITEMS, PLEASE BE SURE THAT YOU HAVE ANOTHER MEMBER OF A.A. THAT IS WILLING TO GO ALONG WITH YOU.*****

AA ANNOUNCEMENTS AND UPCOMING EVENTS



STOP IN THE CENTRAL OFFICE AND CHECK OUT THE NEW BOOKS, COFFEE MUGS, MEDALLIONS AND OTHER NEW ITEMS RECENTLY ADDED.



The IRCO needs volunteers for desk workers.

The Unity Committee needs volunteers for upcoming events. Please contact Linda W. at 772-766-6055

Volunteers are needed for Treatment meetings. You may contact Todd at 772-696-1211.

If your group would like the commitment to take meetings to BHC on Monday nights at 7 please contact Todd T. I will put a schedule in the HOW as soon as I receive the information. Thank you for your love and service.

**Check in with Tech upon arrival

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

The Unity Committee of I.R. Central Office

Presents Celebrating October

Saturday, October 15, 2016

6:00 p.m

The Newport Club 2536 16th Avenue

**BRATS, SAUERKRAUT,
GERMAN POTATO SALAD**

6:00 pm !!!

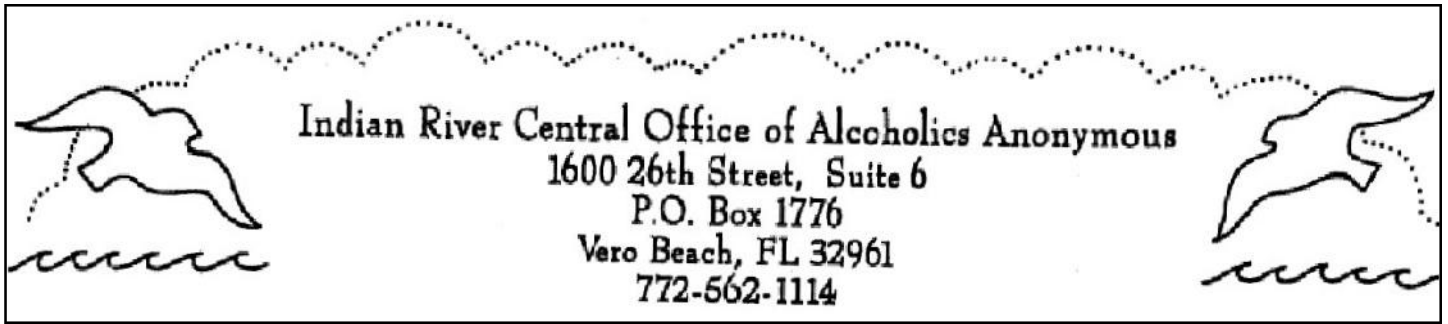
Donations accepted

Speaker Meeting: 8:00pm

Lane S. Vero Beach Men's Group

The Corporate Documents Committee is in need of a chair person. You can contact Vic S. at 772-501-1249 for further info regarding this position.

The Women's Correction Committee is looking for a chair person. Please contact Lorelei G. for further info.



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

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.