



HOW

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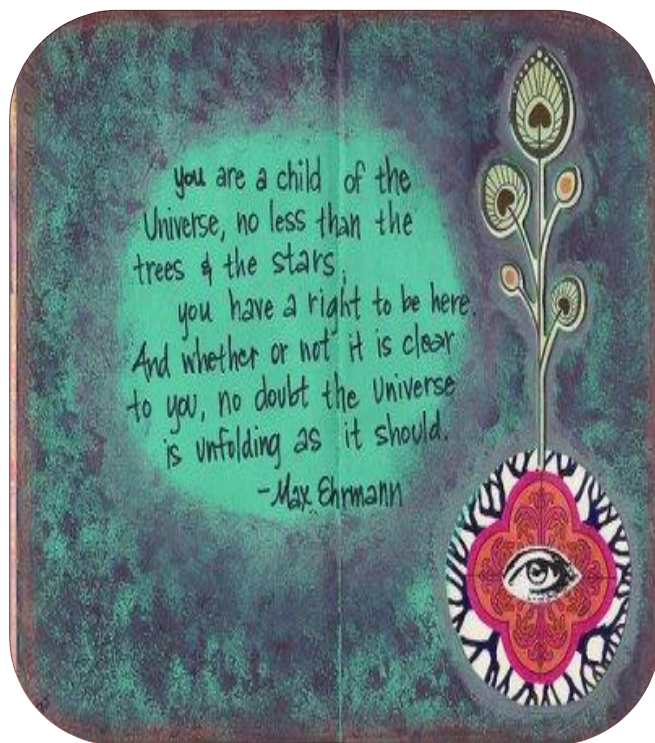
NOVEMBER 2016

When I was released from the gates of hell into the rooms of AA, I had no idea of just how unaware I was of everything, especially a Higher Power. While in the throes of my addiction the last connection I had was with any sort of Ultimate Authority and I wasn't sure I wanted one. I didn't trust "God" and I was certain that I had been abandoned and left without any hope. There was nothing in the Universe that had any concern or care for me. I truly felt a loneliness like no other. After going to meetings and listening to others share their experience on finding a Higher Power of their understanding, I began to develop my own understanding and my own concept. My sponsor was a tremendous help in this matter. She had me draw a line down the center of a piece of paper. On the left, I was to list the way I thought of my Higher Power at the time. On the right I was to list the qualities and attributes I wanted my Higher Power to have. When I finished, she tore the paper in half and threw away the list on the left. She said from now on I could see my Higher Power with all the qualities I had listed on the right. From that moment on, I began to form a relationship, a personal relationship, with a God of my own understanding and concept. That is one of the greatest gifts I have found in AA. I am not required or expected to believe or accept anyone else's beliefs, religions or spirituality.

My relationship with my Higher Power has changed over the years. My trust and faith wains on any given day. The first and foremost thing I suffer from is humanism. I am not capable of having complete

trust and faith 100% of the time. It's impossible for me to be perfect but I am always aware of how I feel and react to my Higher Power on a day to day basis. I have burned my spiritual beam down more than once and have thrown principles over personalities out the window when I decide my Higher Power isn't working in my best interest.

Cont. on p., 3



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

OUR THREE LEGACIES

STEP ELEVEN (Recovery)

“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.”

Prayer and meditation are our principal means of conscious contact with God.

There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakeable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God’s kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however faltering, to find and do the will of our own Creator.

One of the first fruits is emotional balance. With it we can broaden and deepen the channel between ourselves and God as we understand Him.

Twelve Steps and Twelve Traditions p. 96, 98, 101-102

Principle: Awareness— A spiritual connection that gives an essence that gives life

TRADITION ELEVEN (Unity)

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

By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.

This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our fellowship.

Twelve Steps and Twelve Traditions, p. 181, 183

CONCEPT ELEVEN (Service)

“While the Trustees hold final responsibility for A.A.’s world services administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern”



"Love is what we were born with. Fear is what we learned here. The spiritual journey is the relinquishment, or unlearning, of fear and the acceptance of love back into our hearts."

"Only in quiet waters things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world."

"Know that although in the eternal scheme of things you are small, you are also unique and irreplaceable, as are all your fellow humans everywhere in the world."

"Just as a candle cannot burn without fire, men cannot live without a spiritual life."

Cont.

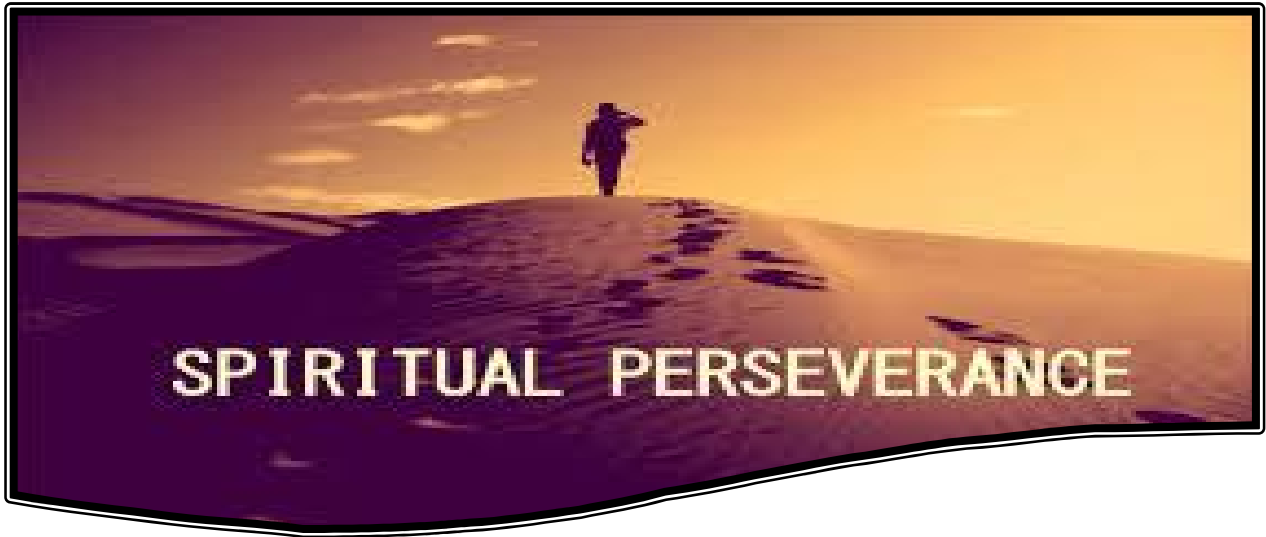
In fact, over the past couple of years I have hit an emotional and spiritual bottom that seemed more painful than anything I have experienced in my life. I read the Eleventh Step in the Twelve and Twelve recently, again, and on p.101-102, the words that jumped off the page the first time I read it, reached out and ignited my desire to build a new relationship with my Higher Power. "One of the first fruits is emotional balance. With it we can broaden and deepen the channel between ourselves and God as we understand Him." Again, I felt a loneliness because I knew exactly what was missing from my life; trust and faith in something that was keeping me sober one day at a time, sometimes on hour at a time, as I went through the grief, sadness, anger and pain that life had dealt out.

I got on my knees for the first time in a year and cried out for relief from myself and my pain. A week passed and I began to become aware of the peace and serenity that was beginning to fill my day rather than panic, uncontrollable anxiety and deep depression. Once more, I became aware of the Spirit of the Universe.

I remembered that prayer was not about changing my Higher Power's mind but rather conforming to It's will. I no longer feel lost, abandoned, full of fear or purposeless. My life has meaning. I am loved and cared for beyond my conception or ability to even believe.

My perception on life has changed and I no longer feel angry or punished. I pulled out that list because I carry it in my book. I reminded myself that I made a decision to my life and my will over to God, As I Understand Him. The circumstances in my life haven't changed and I still struggle but I have quit fighting the feelings, the circumstances and have a sincere awareness of surrender and acceptance. It has taken every step of every day to reach the point where I am at today. I am sober because of grace and mercy given to me by something that I believed cared nothing for me or my life. That is the miracle of the program and principles and I am glad I didn't leave before It happened.

Anonymous



Outgoing Love

*“Lord, make me a channel 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 is 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.
It is by dying that one awakens to Eternal Life.”*

Most of us will never perfectly achieve the ideals expressed in this prayer, commonly known as the St. Francis Prayer. But the stories and experiences of others show that when we are able to practice outgoing love, we can, in the words of one writer, “start being open to all the gifts the AA life can bring.”

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.*****

NOVEMBER ANNIVERSARIES

South Vero Group

Adrienne W 25 yrs.
Honey M 25 yrs.
Jo-Ann H 18 yrs.
Shelly F 13 yrs.
Chase M 2 yrs.
Chris O 6 yrs.
Dave B 20 yrs.
Mike O 1 yr.
Ryan O 1 yr.
Scott G 31 yrs.
Mike J 6 yrs.
Ed S 1 yr.
John M 41 yrs.
David P 8 yrs.

I Am Responsible

Andrea D. 2 yrs.
Kara L. 2 yrs.
Craig S. 11 yrs.
Jack C. 13 yrs.

Man To Man

Bill F. 1 yr.
Bill W. 8 yrs.
Brian M. 2 yrs.
Ed R. 20 yrs.
Frank A. 2 yrs.
John M. 25 yrs.
Leonard C. 7 yrs.
Marshall R. 30 yrs.
Mike H. 2 yrs.

ODAAT

Tina S. 1 yr.
Kelli S. 1 yr.
Justin P. 1 yr.
Ron D. 2 yrs.
Emily W. 2 yrs.
Karen K. 2 yrs.
Jim A. 5 yrs.
Katie M. 5 yrs.

Marc B. 7 yrs.
Jessie K. 9 yrs.
Kate H. 14 yrs.
Fred D. 24 yrs.
David K. 27 yrs.
Lisa B. 35 yrs.

Magnolia Group

Lynn C. 25 yrs.
Natasha 5 yrs.

Sebastian 5:32 Group

Ellie R. 15 yrs.
Dottie 8 yrs.

Royal Palm Group

Rod M. 35 yrs.
Bob S 27 yrs.
Jim H. 19 yrs.
Glenn F. 7 yrs.
Wally T. 2 yrs.

Sebastian Sundowners

Vicki 32 yrs.

Candlelight Group

Micheal C. 3 yrs.

Barefoot Bay

Cat 1 yr.
Peter H. 29 yrs.
Marshall 30 yrs.
Frank M. 36 yrs.

Sebastian Step-Sisters

Joy R. 34 yrs.
Amelia 6 yrs.
Sheila H. 6 yrs.
Kathy H. 2 yrs.

Indian River Women

Samantha G. 7 yrs.
Katie L. 3 yrs.
Lucia L. 3 yrs.

Free and Easy

Allison H. 6 yrs.

October Anniversaries

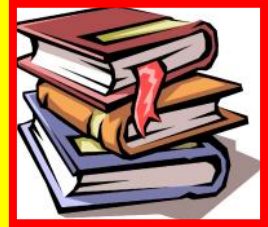
Todd T. 5 yrs.
Quan T 1 yr.
Debbie C. 2 yrs.
Christine O. 2 yrs.
Cari M. 2 yrs.
Kelly E. 2 yrs.
Ashlei L. 4 yrs.
Susan J. 4 yrs.
Tim C. 4 yrs.
Rhonda S. 5 yrs.
Don H. 6 yrs.
Rita F. 25 yrs.
Bob B. 28 yrs.
John S. 30 yrs.
David B. 34 yrs.
Mary Ellen 32 yrs.
Gary N. 1 yr.
Melissa C. 1 yr.
Christina P. 2 yrs.
Jon L. 2 yrs.
Martin K. 3 yrs.
Joseph S. 5 yrs.
Vince S. 5 yrs.
Howard G. 33 yrs.
Ben H. 33 yrs.
Jim s. 17 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 airhow@yahoo.com before the 1st of each month.

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

Need Service Work????

The IRCO is in need of several committee chairs.

It is both an honor and a privilege to be of service to the community of Alcoholics Anonymous and to the next suffering alcoholic.

Service work is one of the best ways to give back in order to pass on what was freely given to you.

Be a part of rather than apart from.

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.

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.

Vero Beach, FL 32960

Please bring a dessert to share



Tickets \$15.00 each



*Proceeds will be
sent to the
General Service Office*





**Toys for Kids Spaghetti Dinner
And Toy Drive Event**

Join us on Saturday, December 17th

5:30pm – 7:00pm

Newport Club for a Home cooked Spaghetti Dinner

Admission: An unwrapped gift for children between 1 – 18 years of age. Bring your whole family to enjoy a home cooked meal, fellowship and the chance to help others!

Toy Drive: Will take place on Sunday, December 18th

10:00am – 12:00pm

This event is for active AA members who need some help during the Christmas Season.

If you cannot make the Spaghetti Dinner, but would like to donate, the management team at the Newport Club are accepting donations.

Volunteers are needed!

Call Trish K at 772-713-6068



THANKSGIVING SEBASTIAN ALKATHON

November 24, 2016

MEETINGS 10 am—7 pm

SERVICE COMMITMENTS AVAILABLE!!!

Community Center

1805 N Central Ave, Sebastian, FL 32958

- 1. Volunteer, contribute your time, opportunity for service work.**
- 2. Bring your favorite covered dish, snack, or dessert to the alkathon.**
- 3. Raffle/Door Prizes Contributions (AA literature or small gift) Contact Mark Y 508-243-5147**
- 4. Monetary Contributions to help support the cost of the events. Contact Grace L. 772-913-0716**
- 5. Any other questions Ted J. (co-chair) 954-559-8262**

The Holidays are approaching and there will be a number of parties, events and of course Family.

Have a plan for your sobriety. It is the most important gift you can give yourself this holiday season. Here a few suggestions:

- 1. Keep numbers on hand for support*
- 2. Plan your day around your meeting(s)*
- 3. Extra service work is always a good idea*
- 4. No Matter what, Don't drink!!!!*

The IRCO will be closed on the following holidays:

New Years

Christmas Day

Memorial Day

Labor Day

Thanksgiving Day

Fourth of July

The after-hours phone line will be available all day and night.

Just a note from the editor's desk:

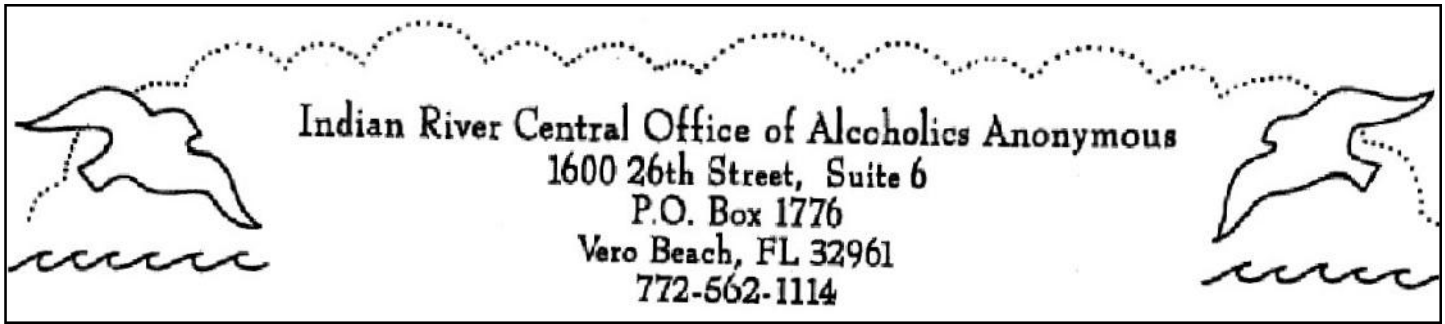
I am always looking for members of the AA community to share their experience, strength, and hope through their stories to be a part of your newsletter.

Please submit your articles, announcements, flyers and stories to

cairhow@yahoo.com

Thank you for allowing me the honor to be of service.

Kimberly P.



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 forth 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.