

# 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. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to [airhow@yahoo.com](mailto:airhow@yahoo.com)

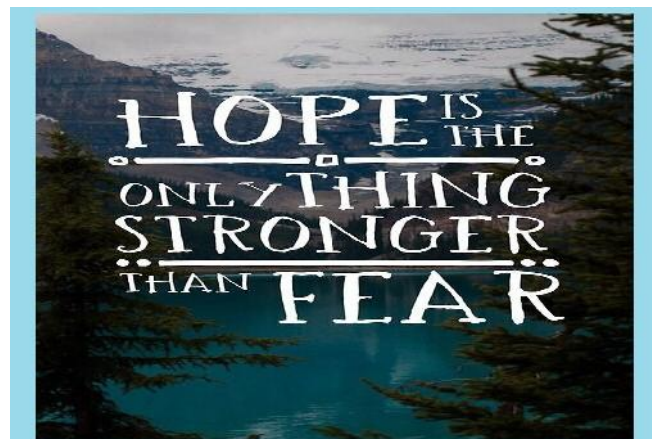
*“Came to believe that a Power greater than ourselves could restore us to sanity.”*

Me? Insane? I don't think so. I may have a drinking problem but I won't be labeled as insane. I don't belong in that category of people. Then I looked up the definition of insanity: Lack of ability to understand the nature or consequences of one's actions. Ok so maybe that does define my behavior but not me as a person. EXACTLY! In Alcoholics Anonymous it is not about defining the person but rather the behavior. But wait, it said restore us to sanity. And the definition of sanity: Having the ability to make rational sound decisions. That got my attention. I had been sober about three months when someone sat down and explained this to me. I was so grateful to hear that there was hope for me. I still wasn't convinced necessarily about a Higher Power but I could see that I didn't want to drink anymore at the time and I was beginning to make better decisions for myself and my life.

My sponsor was kind in pointing out that AA did not demand or expect to believe anything. She told me all I needed was an open mind. These two points came straight out of the Twelve and Twelve. I was starting to make peace with my Higher Power. That is what

the first three steps did for me. And they still do even today. I have found that when I begin to run on self-will rather than God's will my sanity slowly slips away again and I become unable to make sound decisions for my life. Fear begins to make all my decisions and my life becomes unmanageable at best again!

Throughout my sobriety I have had the opportunity to be restored to sanity time and time again. I have found that emotionalism is not spiritualism but rather self-destruction. I have learned that my hope truly does come from the rooms and people in AA. I have learned that if I am struggling, I can turn to literature and read these words: *“True humility and an open mind can lead us to faith, and every AA meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.”*



# **OUR THREE LEGACIES**

## **STEP TWO (Recovery)**

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

PRINCIPLE: Hope— Trust without proof

Then I woke up. I had to admit that A.A. showed results, prodigious results. I saw that my attitude regarding these had been anything but scientific. It wasn't A.A. that had the closed mind, it was me. The minute I stopped arguing, I could begin to see and feel. Right there, Step Two gently and very gradually began to infiltrate my life. I can't say upon what occasion or upon what day I came to believe in a Power greater than myself, but I certainly have that belief now. To acquire it, I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could.

Twelve Steps and Twelve Traditions p.27

## **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.’ Its voice is heard when a well-informed group gathers to arrive at a decision.

Twelve Traditions Illustrated Pamphlet

## **CONCEPT TWO (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 the effective conscience for our whole Society.

The twelve Concepts for World Services Pamphlet

Group	12 months 2015	12 months 2016	Difference	Birthday Plan Contributions 2016	Number of members con- tributing to Birthday Plan
Anonymous	0	0	0		
A New Day	\$1,700	\$1,560	-\$140	\$258	6
As Bill See It	\$20	\$10	-\$10		
Barefoot Bay	\$375	\$325	-\$50		
Beachside Beginners	\$200	\$250	\$50	\$199	2
Beginnings in Sebastian	\$1,140	\$805	-\$335		
Came To Believe		\$30			
Candlelight	\$100	\$125	\$25		
Early Risers	\$577	\$1,215	\$638	\$36	1
Free & Easy	\$60	\$115	\$55		
Hibiscus Monday Night	\$100	\$100	\$0	\$15	1
Hibiscus Thursday Night		\$400	\$400		
I Am Responsible	\$300	\$450	\$150	\$136	7
IR Men	\$200	\$0	-\$200	\$31	2
IR Thursday Night		\$410	\$410	\$13	1
IR Women	\$139	\$75	-\$64	\$15	1
Kings Highway	\$503	\$399	-\$104		
Lakewood Park				\$20	1
Magnolia	\$300	\$300	\$0	\$25	1
Man To Man	\$225	\$240	\$15	\$33	1
Meat & Potatoes	\$40	\$71	\$31		
No Name	\$61	\$0	-\$61		
Noontime Recovery	\$300	\$1,666	\$1,366		
ODAAT	\$1,835	\$1,963	\$128	\$188	6
Ossabaw	\$100	\$100	\$0		
Roseland/Sebastian Speaker	\$500	\$35	-\$465	\$47	1
Royal Palm	\$80	\$200	\$120	\$98	3
Safe Harbor Women	\$400	\$425	\$25	\$90	4
Saturday Mourning Women	\$450	\$300	-\$150		
Sebastian 12&12	\$105	\$35	-\$70	\$27	1
Sebastian 5:32	\$400	\$500	\$100		
Sebastian Freedom	\$100	\$50	-\$50		
Sebastian Lunch Bunch	\$743	\$919	\$176		
Sebastian Stepsisters	\$150	\$188	\$38		
Sebastian Sundowers		\$706	\$706		
Sober Rainbow	\$140	\$40	-\$100	\$11	1
Sobriety to Serenity	\$99	\$60	-\$39		
South Vero	\$446	\$400	-\$46	\$67	3
Surfside	\$100	\$110	\$10	\$87	2
VB Mens	\$438	\$448	\$10		
Vero 12&12	\$100	\$100	\$0	\$50	1
Vero Beach	\$400	\$200	-\$200		
<b>Total</b>	<b>\$12,925</b>	<b>\$15,325</b>	<b>\$2,400</b>	<b>\$1,446.00</b>	<b>46</b>

# FEBRUARY ANNIVERSARIES

## I AM RESPONSIBLE

Stephanie B. 5 years  
Joel K. 11 years

## SOUTH VERO GROUP

Boyd W 21 years  
Chris A 1 year  
Danny M 5 years  
Sailboat Dick 40 years  
Doug S 4 years  
Jeremy S 8 years  
Michael F 25 years  
Paul H 3 years  
Peggy H 11 years  
Peter H 27 years  
Sheila D 1 year  
Terry K 36 years  
Thom P 11 years  
Toby L 24 years  
Walter B 2 years

## MAN TO MAN

Ed K. 1 year  
Jack C. 46 years  
Mark Y. 5 years  
Mike G. 29 years  
Nathan L. 1 year  
Pete C. 40 Years

## INDIAN RIVER MEN

George M. 42 years  
DJ 16 years

## ODAAT

Tommy F. 1 year  
William M. 1 year  
Michael O. 2 years  
Sharon L. 3 years  
Ron B. 4 years  
Robert H. 6 years  
Bob G. 7 years  
Monika R. 32 years  
Hank H. 32 years  
Terry K. 36 years  
George M. 42 years

## SEBASTIAN 5:32

Liz R. 26 years  
Anna S. 1 year

## CANDLELIGHT

Bill P. 4 years  
Boz 9 years  
Kevin W. 1 year

## BAREFOOT BAY GROUP

Sue 1 year  
Bertelle 31 years

## EASY DOES IT

Kathy I. 25 years  
Mary Jo 15 years  
James W. 14 years  
Michelle H. 6 years

## SEBASTIAN STEP SISTERS

Kathy N. 2 years

## MAGNOLIA GROUP

Jan P. 5 years  
Sheila R. 9 years  
Denise D. 29 years

## A NEW DAY (January)

Tom O - 42 Years  
Priscilla G - 12 Years  
Chris N - 1 Year  
Vicki - 28 Years  
Ray - 2 Years  
John G. - 24 Years  
Bob L - 3 Years

## INDIAN RIVER THURSDAY NIGHT(December)

Justine S. 10 years  
Tom W. 30 years  
Debbie F. 32 years

38th ANNUAL  
INDIAN RIVER CENTRAL OFFICE BIRTHDAY DINNER

"...A COMMON SOLUTION."



Saturday March 4, 2017  
First Presbyterian Church  
520 Royal Palm Blvd.  
DOORS OPEN: 5:45-DINNER: 6:00-SPEAKER:7:00  
TICKETS—\$15.00  
PLEASE BRING A DESSERT TO SHARE



**LOVE AND SERVICE DISTRICT 6**

**SPAGHETTI DINNER**

**FEBRUARY 11, 2017**

Holy Family Catholic Church  
2230 Mariposa Avenue

Port St Lucie FL

Doors open at 5 pm

Food entertainment fun fellowship love

Bring a dessert to share

Tickets \$15.00

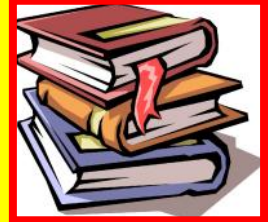
Tickets cannot be obtained at the door

To all AA groups & Members: please bring donated AA literature to be raffled

# 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



## SERVICE STUDY

**There is a new Service Study that has started to meet on the 3rd Thursday of every month to help in having a better understanding of the Concepts of Alcoholics Anonymous. If you would like to attend, please bring a Service Manual and a 12 Concepts Illustrated Pamphlet. The next meeting will be help on February 16th at 8 pm.**

**Crossings Church 8103 Indrio Road**

**Open to all who wish to grow in service**

**The Literature Committee will be gifting a Grapevine to one member of Alcoholics Anonymous each month to read and write a review. This will be submitted to the Literature Chair and published in the HOW the following 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.....OPEN  
HOW Editor .....Kimberly P.  
Inventory Control.....Bobby Z.  
Literature.....Dutch V.  
Treatment.....OPEN  
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.\*\****



**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**

**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.