

# HOW

A publication of Indian River Central Office

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HOW  
November 10, 2003

## DR. BOB'S FAREWELL TALK

My good friends in AA and of AA ... I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you - not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable.

I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago, played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis; one is the simplicity of our Program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers.

Thank you very much.

*Dr. Bob's brief remarks on Sunday, July 30, 1950, at the First International A.A. Convention, in Cleveland, Ohio  
He died at his Akron home the following November 16th on a Thursday.  
At his side in addition to a private duty nurse were his son Bob, Jr, and daughter Susan.*



## DR. BOB ON TRADITION ELEVEN

*"We need always maintain personal anonymity at the level of press, radio and films."*

*Dr. Bob, co-founder of AA, commented on Tradition Eleven as follows: "Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition.*

*"The AA who hides his identity from his fellow AA by using only a given name violates the Tradition just as much as the AA who permits his name to appear in the press in connection with matters pertaining to AA.*

*"The former is maintaining his anonymity ABOVE the level of press, radio, and films, and the latter is maintaining his anonymity BELOW the level of press, radio, and films - whereas the Tradition states that we should maintain our anonymity AT the level of press, radio, and films."*

*Grapevine, February, 1969*

## CONTENTS:

TRIBUTE TO DR. BOB	1
ELEVEN	2
HISTORICAL TRIVIA	3
TREATMENT SCHEDULES	3
FYI	4
BIRTHDAYS	5
CALENDAR	6
THE MATTER OF PRAYER	7
YOUR CENTRAL OFFICE	8



# 11 Eleven XI

## STEP

**"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."**

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 unshakable 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 falteringly, to find and do the will of our own Creator.

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## TRADITION

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

1. Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

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## CONCEPT

While the Trustees hold final responsibility for A.A.'s world service 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.

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TREATMENT: GROUP COMMITMENTS

ALCOHOPE

5925 37th St, Vero Beach, FL 32966

TUESDAYS:	SATURDAYS:
Free & Easy	11-11 King's Highway 11-01
ODAAT	11-18 Beachside Beginners 11-08
Midnight Oil	11-25 Sebastian Freedom 11-15
	Vero 12 & 12 11-22
Noontime Recovery	12-02 Friday Young People's 11-29
Indian River Men's	12-09
South Vero	12-16 Discovery Women 12-06
Serenity House	12-23 Candlelight 12-13
Royal Palm	12-30 Vero Beach Group 12-20
	ODAAT 12-27

CENTER FOR EMOTIONAL & BEHAVIORAL HEALTH (CEBH)

1190 37th St, Vero Beach, FL 32960

MONDAYS:	
South Vero	November 10
Friday Young People's	November 17
Indian River Thursday	November 24
ODAAT	December 01
NEED GROUP COMMITMENT ?	December 08
Safe Harbor Women's	December 15
Vero Beach 12 & 12	December 22
Noontime Recovery	December 29

CARRY THE AA MESSAGE!

FOR INFORMATION CALL LEE: 567-4759

KING SCHOOL

805 Memorial Parkway, Akron, Ohio. Akron's Group Number One, founded by Dr. Bob, met in the Auditorium of this public school building from 1939 to the early 1960's. Although the physical meeting place of the group has changed twice since then, it is still fondly referred to as the King School Group, and it still meets every Wednesday night.



Dr. Bob and Anne...

Her love and faith sustained him through the difficult first years of his sobriety. Her deep compassion made a home in her living room for the first A.A. meetings; she poured the first A.A. coffee... and with Lois laid the groundwork for what was to become the Al-Anon Family Groups. Many "earlytimers" remember Anne sitting near her fireplace reading aloud from her Bible the admonition, "Faith without works is dead." Anne passed away about a month after this picture was taken in 1949. Both she and Dr. Bob are buried in Mt. Peace Cemetery in Akron.





F Y I . . . and Pass It On!

**NEW MEETING**  
The Source Mission  
1872 Commerce Ave  
Vero Beach  
OPEN DISCUSSION  
Thursdays 7PM

**NEW AWAKENINGS GROUP**  
**MEETS AT 7:30AM**  
**MONDAY THRU FRIDAY**  
**CHURCH OF CHRIST**  
3306 20th St  
(Route 60 at 33rd Ave)  
Vero Beach

**NEW MEETING**  
Newport Club  
2536 16th Ave  
Outside Room  
OPEN DISCUSSION  
Mondays 6PM

**NOTICE:**  
The Serenity House meetings at Sebastian River Junior Women's Club are open to men AND women.  
  
Mondays 12PM: Open Big Book  
Thursdays 12PM: Closed Step Study  
  
SERENITY HOUSE Group  
952 US Hwy 1, Sebastian

**FRIDAY NIGHT BIG BOOK STUDY GROUP**  
Our Savior Lutheran Church  
1850 6TH Ave, Vero Beach  
FRIDAYS 7:30PM ~ CLOSED BIG BOOK STUDY

**"MAN TO MAN"**  
*Saturday Mornings 9AM*  
*Men's N/S Open Discussion*  
*Sebastian Yacht Club*  
*Indian River Drive, Sebastian*

**AGENDA OF**  
**NEXT CENTRAL OFFICE MEETING**  
**INCLUDES DRAWING FOR ALKATHON SLOTS**  
**FOR CHRISTMAS AND NEW YEAR'S.**  
**IS YOUR GROUP ACTIVELY REPRESENTED?**  
**2 HOUR SHIFTS**  
FROM 4PM CHRISTMAS EVE DAY TO 4PM CHRISTMAS DAY  
AND  
FROM 4PM NEW YEAR'S EVE DAY TO 4PM NEW YEAR'S DAY  
*Look for Schedule in December HOW*

**NEW MEETING**  
First Church of God  
1105 58th Avenue  
SUNDAYS from 6 – 7PM

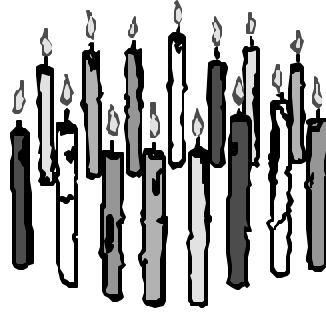
**SOUTH VERO GROUP**  
**EATING MEETING**  
FOLLOWS 5:30PM ANNIVERSARY MEETING  
WEDNESDAY, NOVEMBER 26TH.  
ALL WELCOME... Please bring a covered dish!

Annual District 6 Gratitude Dinner  
Saturday, November 15th  
Vero Beach Community Center  
2266 14th Avenue  
TICKETS = \$15  
Bob K. - 567.7983  
Danny W. - 778.5385

**MEETING CHANGE:**  
  
SOUTH VERO GROUP  
FRIDAY 10PM  
OPEN DISCUSSION MEETING  
CHANGED TO 11PM.



# NOVEMBER BIRTHDAYS



HAPPY BIRTHDAY!

To publish announcements of birthdays being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor," send via e-mail to [irhow@yahoo.com](mailto:irhow@yahoo.com), or use link from website at [indianriveraa.freesevers.com](http://indianriveraa.freesevers.com). Previous months' anniversaries gladly published, space permitting.



<b>BAREFOOT BAY</b>		<b>VERO 12 &amp; 12</b>		<b>SOUTH VERO GROUP</b>	
Teresa D.	4	<i>Celebrates Last Thursday</i>		<i>Celebrates Last Wednesday</i>	
Sue H.	16	Mary S.	4	Dawn W.	1
Peter H.	16	Tom M.	10	Bill D.	3
Frank M.	23	Bill S.	19	Doug C.	7
Ann L.	26			Mary Z.	13
Ed V.	46	<b>ROYAL PALM GROUP</b>		Joe M.	24
<i>October:</i>		<i>Celebrates Last Monday</i>			
Ann D.	15	Jim H.	6	<b>ODAAAT</b>	
Barrie J.	16	Pam C.	10	<i>Celebrates Last Friday</i>	
Doug I.	21	Bob S.	12	Mike M.	2
Dave S.	23	Bob S.	14	Richard E.	4
Chris B.	24	Rod M.	22	Bob H.	16
Bill P.	33	George H.	30	Fred D.	11
Kay R.	43	Rollie R.	41	Ivar M.	18
				Carol Van B.	19
<b>NOONTIME RECOVERY</b>		<b>BEACHSIDE BEGINNERS</b>		Jim B.	21
<i>Celebrates Last Friday</i>		<i>Celebrates Last Tuesday</i>		John J.	28
Darcene E.	2	Fred D.	11	Chris E.	34
Quentin C.	4	Boris G.	14	Leo P.	35
Noel W.	13	Susan S.	17		
		<i>October:</i>		<b>MIDNIGHT OIL</b>	
<b>SERENITY HOUSE</b>		Liz L.	5	Tom S.	1
Tracy S.	1	Lee L.	19		

**HAPPY AA ANNIVERSARY!**





## 11th Step Prayer

(Prayer of St. Francis of Assisi)

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 are 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.

## ABOUT THIS MATTER OF PRAYER...

- Prayer means any form of communication or thought of God.
- Prayer is the only real action that changes one's character and soul.
- Prayer brings about a conversion or psychic change.
- Prayer always brings about some change regardless of how apparent it is.
- Prayer brings about a change in our reaction to an experience.

## SANSKRIT PROVERB

Look to this day;  
 For it is life,  
 The very life of life.  
 In its brief course lies all  
 The realities and verities of existence,  
 The bliss of growth,  
 The splendor of action,  
 The glory of power -  
 For yesterday is but a dream  
 And tomorrow is only a vision.  
 But today, well lived,  
 Makes every yesterday a dream of happiness  
 And every tomorrow a vision of hope.  
 Look well, therefore, to this day.

Author Unknown

## LETTER FROM BILL REGARDING THE LORD'S PRAYER

April 14, 1959

Dear Russ,

Am right sorry for my delay in answering. Lois and I were a long time out of the country and this was followed by an attack of the marathon type of flu that has been around here in New York. We are okay now, however, but I did want to explain my delay.

Now about the business of adding the Lord's Prayer to each A.A. meeting.

This practice probably came from the Oxford Groups who were influential in the early days of A.A. You have probably noted in AA. Comes of Age what the connection of these people in A.A. really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore it quite easily got shifted into a general custom among us.

Of course there will always be those who seem to be offended by the introduction of any prayer whatever into an ordinary A.A. gathering. Also, it is sometimes complained that the Lord's Prayer is a Christian document. Nevertheless this Prayer is of such widespread use and recognition that the arguments of its Christian origin seems to be a little farfetched. It is also true that most A.A.s believe in some kind of God and that communication and strength is obtainable through His grace. Since this is the general consensus it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to the extent of completely hiding our light under a bushel.

However, around here, the leader of the meeting usually asks those to join him in the Lord's Prayer *who feel that they would care to do so*. The worst that happens to the objectors is that they have to listen to it. This is doubtless a salutary exercise in tolerance at their stage of progress.

So that's the sum of the Lord's Prayer business as I recall it. Your letter made me wonder in just what connection you raise the question.

Meanwhile, please know just how much Lois and I treasure the friendship of you both. May Providence let our paths presently cross one of these days.

Devotedly yours,

Bill Wilson

WGW/ni  
 Mr. Russ

From the A.A. Archives in New York

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

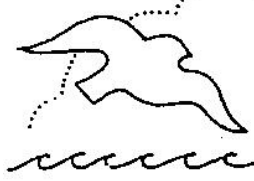
Saturday

						1941 - <b>1</b> Oklahoma City media reports first mass meeting of 7 guys at Ramsey Tower, stating "An 8th man was roaring drunk."
<b>2</b>	1936- <b>3</b> Fitz M. leaves Towns Hospital to become NY's AA #3. Bill D. and Hank P. are the other two.	1975 - <b>4</b> General Service Board officially opens the GSO Archives with ribbon-cutting ceremony.	<b>5</b>	1934 - <b>6</b> Ebby T. surrenders his life to God at Calvary Episcopal Church mission run by Sam Shoemaker.	1940 - <b>7</b> The first AA group meeting in San Diego is held at an apartment at 3229 Adams Ave. In 2003, it still remains.	1940 - <b>8</b> The first AA group in Minneapolis is formed
1966 - <b>9</b> President Johnson appoints Marty M. to the 1 <sup>st</sup> National Advisory Council on Alcoholism. Marty was an early AAer.	1940 - <b>10</b> The Alcoholic Foundation publishes the first AA bulletin.	2003 - <b>11</b> <i>District 6 General Service Meeting at IRCC, 7:30PM.</i> 1939 - Bill and Lois visit founder of AA in Cleveland, Clarence S.	1940 - <b>12</b> First AA meeting in Boston is held.	2003 - <b>13</b> <i>District 6 Central Office meets 7PM at Newport Club.</i> 1939 - NY AAs urge Bill W. to stay on as fellowship leader and not hunt for a job, despite money problems.	1943 - <b>14</b> <i>L.A. Times</i> prints story on AA's first "open meeting" at local veterans' hospital.	2003 - <b>15</b> <i>District 6 Gratitude Dinner, 6PM at Vero Beach Community Center.</i> 1959 - First foreign language translation of Big Book. Andries K. completed African version.
1950 - <b>16</b> Dr. Bob Smith, AA co-founder, dies at age 71. He had his last drink in 1935 at age 56.	1986 - <b>17</b> Paperback version of Big Book is published.	<b>18</b>	<b>19</b>	1941 - <b>20</b> Fresno, CA <i>Bee</i> reports 28 newcomers asking for help in the local group's first week.	1952 - <b>21</b> Rev. Willard S. Richardson dies. Treasurer and later Chairman of the Alcoholic Foundation, he was AA's connection to the Rockefeller Foundation.	1949 - <b>22</b> Bill W. suggests that AA groups everywhere devote the entire week of Thanksgiving to discussions of the Twelve Traditions.
1943 - <b>23</b> 800 NY AAs celebrate 9 <sup>th</sup> anniversary with dinner and guest speaker, Norman Vincent Peale.	1942 - <b>24</b> Dr. Harry Emerson Fosdick is speaker at Manhattan AA group's 8th anniversary dinner. He gave Big Book its first positive review.	<b>25</b>	2003 - <b>26</b> <i>South Vero Group Eating Meeting follows 5:30PM monthly Anniversary.</i> 1895 - Bill W. born in East Dorsett, VT.	2003 - <b>27</b> <i>Thanksgiving</i> 1939 - <i>Cleveland Plain Dealer</i> runs first of a series of articles on AA. Cleveland soon has more AAs than any other US city.	1939 - <b>28</b> Hank P. writes letter to Bill advocating autonomy for all AA groups.	1941 - <b>29</b> Columbus, OH press reports 25 active members in local Friday night AA group.

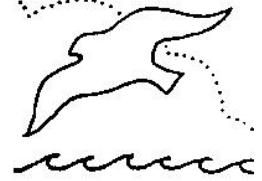




# HOW



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 772-562-1114



URL: [www.indianriveraa.freesevers.com](http://www.indianriveraa.freesevers.com)

E-MAIL: [info@indianriveraa.freesevers.com](mailto:info@indianriveraa.freesevers.com)

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 TREASURER: Richard E  
 SECRETARY: Darcie A

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 Kathy B  
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 HOW EDITORS: Darcie A  
 Dutch VN  
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 Rich K  
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PLACE  
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