



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

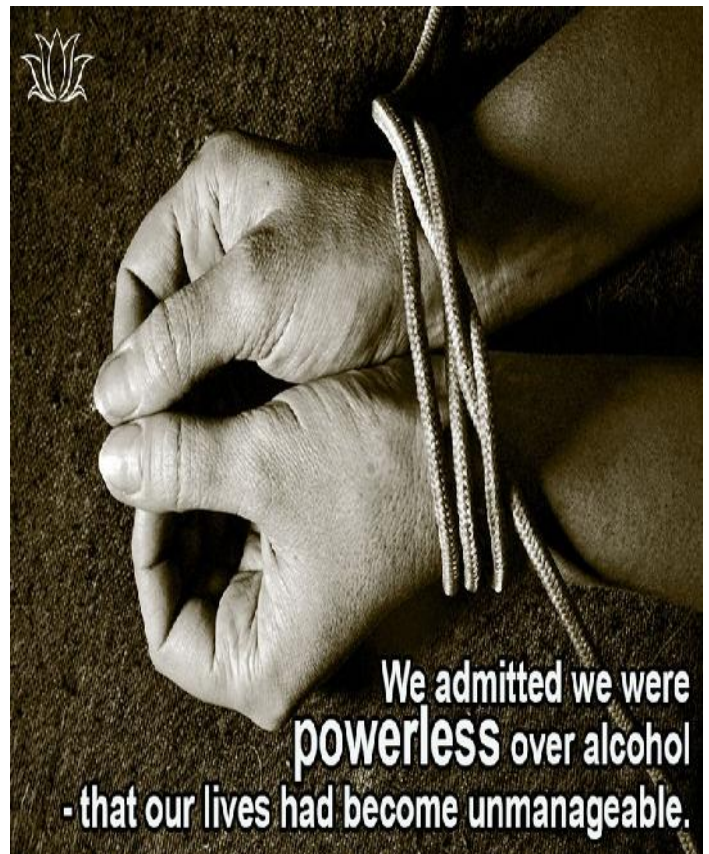
January 2016
Volume 35 Issue 1

To paraphrase the writer, Henry Thoreau, “mankind’s walk through life in utter desperation”, explains my years of my life after returning home from the Korean War and during the first ten years of my marriage. My constant battle with alcohol became more twisted and devastating than the war from which I had just returned. We may have won the battle “over there”, but alcohol annihilated me physically, mentally and spiritually. Everything I did in life was now centered around alcohol yet I still believed was a good husband, father and employee. I was able to keep up good appearances. I worked and provided for my family and attended church regularly on Sundays. But honestly, all I really wanted to do was drink. I began to lose interest in all that I once held dear to me and my life began to be centered around the bottle.

I knew what I was doing to myself, but I didn’t care. Everyone around me knew that I drank too much and they told me how this was effecting my life. I couldn’t see it and I didn’t want to. What’s wrong with a few drinks every day? Leave me alone. Let me enjoy myself. Stop nagging and hassling me. I can stop whenever I want to. Truth was – I couldn’t.

My health began to deteriorate, my job was on the line and I had no idea where my marriage was headed. Now, I could go into my “drunk-a-log”, but it would just make you all very thirsty. I believe that those events are helpful at meetings where I can share my experiences with other drunks. And yes, I call myself a drink. I am a recovered alcoholic but this thought keeps it fresh for me what I will become if I ever pick up another drink. I’ll share with you my introduction to AA. It was a snowy Saturday night in January and my friend Charley came over to take me to my first meeting. I had spoken to him the day before about what I could do about my dinking as I knew he was a member of AA. And I knew that I had to do something different because I had tried many times to stop and was unsuccessful. We walked ten blocks to a meeting in a

church hall and there weren’t any stores open except the saloons and there was no one in them. We entered into a smoke filled room with about 60 happy smiling faces. They all welcomed me and handed me a cup of coffee. We sat down and the meeting started. George C. Smith was celebrating his sixteenth anniversary of sobriety. cont.....



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

. The first speaker was a blue-haired grandmother named Vivian R. from Queens Village who spoke of taking a six-pack of beer into her pantry and drinking it so nobody would see her. The problem was that there was no one home. I could identify with that because I was hiding the amount I drank or so I thought. The next speaker Jim B. Woodhaven. He was another white-haired fellow from Wall Street. He was the one that used the quote I started out this story with. He told of his riding home at night on the elevated train from his job wondering what to do. When the train arrived at the his station, he jumped down on the tracks, laid down and waited for the train to take his life. But the train pulled out of the station going in the opposite direction. I could identify with his story as I wasn't going the right direction either. I found that identifying with the speakers gave me the understanding of what Charley had told me earlier. "If you don't want to drink, you don't have to." All I had to do was go to meetings with him and learn about the disease of alcoholism.

That was on Saturday, January 15, 1965 and I've been coming back ever since commencing to not pick up a drink one day at a time. I came home that night knowing that my life was about to change. I just didn't know how much. Barbara, my wife, speaks of that night. She said she noticed that for the first time in a long time I seemed at peace with myself. I look back now and realized that I had taken the first three steps of the program. Was this my "spiritual awakening" that we alcoholics speak of? I believe so. I discovered that I was at peace with myself and a tremendous weight had been lifted off my shoulders. I feel strongly that I was given a new chance at life and I have taken it very seriously throughout my sobriety. I could go on for hours about what God has given to me and my gratitude towards him. I also would be cutting myself short if I didn't say something about my wife, Barbara. Another gift I have received from God... She has been there for me since the day we took our vows. My dad use to say, "when you tie the knot tie it tight". This has been evident to me for a long time.

Life hasn't always been "peaches and cream" since I stopped drinking but it's been a hell of a lot easier. We have been able to face many challenges over the last 50 years. Today we enjoy each other's company and our new life.

"My life is God's gift to me. What I do with that life is my gift to him".
Marty P.



STEP 1 PRINCIPLES

Honesty: the quality of being fair and truthful; fairness and straightforwardness of conduct.

Acceptance: the act of accepting something or someone

"AA's twelve steps are a set of principles, spiritual in their nature, which, if

Practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

OUR THREE LEGACIES

STEP ONE (Recovery)

“We admitted we were powerless over alcohol—that our lives had become unmanageable.”

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety— if any—will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered. *Twelve Steps*

and Twelve Traditions p. 21-22

TRADITION ONE (Unity)

“Our common welfare should come first, personal recovery depends upon A.A. unity.”

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, “What a great thing A.A. might have been!”

Thus it has been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which—God willing—shall sustain us in unity for so long as He may need us. *Twelve Steps and Twelve Traditions pp. 129,*

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CONCEPT ONE (Service)

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.”

The principles of Tradition 2 are crystal-clear, Bill asserts: “The AA groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.” The outside world cannot imagine an organization run this way, but Bill calls it “a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and God to insure that our democracy of world service will work.....”

| Group | Thru December 2014 | Thru December 2015 | Difference | | Number of members contributing to Birthday Plan in 2015 |
|-----------------------------|--------------------|--------------------|--------------|-------------------|---|
| Anonymous | \$36 | 0 | -\$36 | \$307.00 | 4 |
| A New Day | \$950 | \$1,700 | \$750 | | |
| As Bill See It | | \$20 | \$20 | | |
| Barefoot Bay | \$750 | \$375 | -\$375 | \$38 | 1 |
| Beachside Beginners | \$250 | \$200 | -\$50 | | |
| Beginnings in Sebastian | \$1,100 | \$1,140 | \$40 | | |
| Candlelight | \$300 | \$100 | -\$200 | \$35 | 1 |
| Early Risers | \$420 | \$577 | \$157 | \$133 | 2 |
| Easy Does It | \$60 | | -\$60 | \$23 | 1 |
| Free & Easy | \$10 | \$60 | \$50 | \$25 | 2 |
| Freedom From Alcohol | \$180 | \$0 | -\$180 | | |
| Friday Night Young People | | | \$0 | | |
| Hibiscus Monday Night | | \$100 | \$100 | | |
| Hibiscus Thursday Night | \$305 | | -\$305 | | |
| I Am Responsible | \$545 | \$300 | -\$245 | \$87 | 4 |
| IR Men | \$150 | \$200 | \$50 | \$43 | 3 |
| IR Thursday Night | | | \$0 | \$17 | 2 |
| IR Women | | \$139 | \$139 | | |
| Kings Highway | | \$503 | \$503 | | |
| Magnolia Group | \$75 | \$300 | \$225 | \$13 | 1 |
| Man To Man | \$626 | \$225 | -\$401 | \$52 | 2 |
| Meat & Potatoes | \$60 | \$40 | -\$20 | | |
| New Beginnings | \$0 | | \$0 | \$25 | 1 |
| No Name (Christ by the Sea) | \$295 | \$61 | -\$234 | | |
| Noontime Recovery | \$750 | \$300 | -\$450 | | |
| ODAAAT | \$1,650 | \$1,835 | \$185 | \$226 | 9 |
| Ossabaw | \$225 | \$100 | -\$125 | | |
| Roseland/Sebastian Speaker | \$600 | \$500 | -\$100 | | |
| Royal Palm | \$85 | \$80 | -\$5 | \$71 | 2 |
| Safe Hardor Women | \$125 | \$400 | \$275 | \$146 | 7 |
| Saturday Morning Women's | | \$450 | \$450 | | |
| Saturday Noon Unity | | \$60 | \$60 | | |
| Sebastian 12&12 | \$105 | \$105 | \$0 | | |
| Sebastian 5:32 | \$200 | \$400 | \$200 | | |
| Sebastian As Bill Sees It | | | \$0 | | |
| Sebastian Freedom | \$50 | \$100 | \$50 | | |
| Sebastian Lunch Bunch | \$826 | \$743 | -\$83 | | |
| Sebastian Stepsisters | \$38 | \$150 | \$112 | | |
| Sebastian Sundowners | \$467 | | -\$467 | | |
| Sober Rainbow | \$45 | \$140 | \$95 | | |
| Sobriety to Serenity | \$193 | \$39 | -\$154 | | |
| South Vero | \$400 | \$446 | \$46 | \$71 | 3 |
| Surfside | \$50 | \$100 | \$50 | \$85 | 2 |
| Unity Group (Sat) | \$20 | | -\$20 | | |
| VB Mens | \$165 | \$438 | \$273 | \$64 | 2 |
| Vero 12&12 | | \$100 | \$100 | \$50 | 1 |
| Vero Beach | \$700 | \$400 | -\$300 | \$67 | 3 |
| Total | \$12,806 | \$12,925 | \$119 | \$1,578.00 | 53 |

AA ANNOUNCEMENTS AND UPCOMING EVENTS



The Magnolia Group had its first Christmas Luncheon at Vincents, in Miracle Mile. We were a party of 16 with 304 years and 6 months of sobriety. It was a wonderful time with laughter and fellowship to celebrate with each other. Yes, there is fun after getting sober. Thank you, Debbie D.

The Toys for Kids event this year was so amazing, that I thought I'd write a little something to add to the HOW for January. I was taught in AA that a major key to my recovery is to give back what was so freely given to me. The spirit of giving was prevalent, which left me and many others speechless; in fact, a few tears we shed at the Toys for Kids event this year. Our community came together in the spirit of love, to help those members of "our family" who needed us most. I want to thank all of you who participated this year, sharing with us your time, talent and treasures. Because of you and your generosity, every family was able to provide their children a Christmas that every child deserves.

A special thank you goes out to Kenny and the rest of the staff at the Newport Club who provided a delicious home cooked meal, decorations and wonderful Christmas music. For the members who came to dinner and supported our families and children; your generosity can never be repaid. For all the women and men who volunteered to wrap; you are outstanding and I truly appreciate your service.

I am overcome with gratitude to be a member of Alcoholics Anonymous and I thank you all for allowing me to be of service. May you all have a blessed 2016.

In love and service...Trish K

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

GATE LODGE TREATMENT SCHEDULE

| | Tuesday 8:30 | | Thursday 8:30 | | Saturday 6:30 |
|---------|-------------------|---------|--------------------|---------|------------------------|
| 1/5/16 | A New Day | 1/7/16 | Indian River Men's | 1/9/16 | Vero Beach Men's |
| 1/12/16 | Easy Does It | 1/14/16 | I Am Responsible | 1/16/16 | Indian River Women |
| 1/19/16 | Noontime Recovery | 1/21/16 | Man to Man | 1/23/16 | Indian River Thursday |
| 1/26/16 | ODAAT | 1/28/16 | Candlelight | 1/30/16 | South Vero |
| 2/2/16 | Royal Palm | 2/4/16 | Indian River Men's | 2/6/16 | Vero Beach Men's |
| 2/9/16 | A New Day | 2/11/16 | I Am Responsible | 2/13/16 | Indian River Women |
| 2/16/16 | Easy Does It | 2/18/16 | Man to Man | 2/20/16 | Indian Rivery Thursday |
| 2/23/16 | Noontime Recovery | 2/25/16 | Candlelight | 2/27/16 | South Vero |
| 3/1/16 | ODAAT | 3/3/16 | Indian River Men's | 3/5/16 | Vero Beach Men's |
| 3/8/16 | Royal Palm | 3/10/16 | I Am Responsible | 3/12/16 | Indian River Women |
| 3/15/16 | A New Day | 3/17/16 | Man to Man | 3/19/16 | Indian Rivery Thursday |
| 3/22/16 | Easy Does It | 3/24/16 | Candlelight | 3/26/16 | South Vero |
| 3/29/16 | Noontime Recovery | 3/31/16 | Indian River Men's | | Vero Beach Men's |

BHC TREATMENT SCHEDULE

| | |
|-----------------|-------------------------|
| 01/04/16 | Indian River Men |
| 01/11/16 | Early Risers |
| 01/18/16 | South Vero |
| 01/25/16 | Lunch Bunch |
| 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



JANUARY ANNIVERSARIES

A New Day

Bob L. 1 year
 John G. 22 years
 Judy W. 3 years
 Joanne J. 2 years
 Greg L. 32 years
 Kay D. 1 years
 Joanne B. 2 years
 Karen B. 15 years
 Kevin S. 13 years
 Priscilla G. 10 years
 Tom O. 40 years.

Barefoot Bay

Candlelight

Early Risers

Easy Does It

Free and Easy

Hibiscus Monday Night

Al C. 36 years
 Carol B. 12 years
 Hans 3 years

I Am Responsible

Shannon R. 5 years

Indian River Thursday

Indian River Women's.

Indian River Men's Group

Steve G. 29 years
 Mike P. 24 years
 Bob s. 6 years

Lunch Bunch Group

Ava W. 12 years
 Fred 1 year
 Bill W. 22 years
 Bob W. 50 years
 Judy W. 3 years

Man To Man

BOB D. 41 years
 BOB L. 2 years
 BOB W. 50 years
 GREY L. 31 years
 PETE D. 22 years
 MIKE S. 26 years
 RAY P. 1 years
 RICH S. 12 years
 TOM O. 41 years
 WALTER L. 42 years

Magnolia Group

Anne 4 years
 Darcie 26 years

Meat and Potatoes

Noontime Recovery

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

David S. 1 year
 Paul N. 3 years
 David K. 3 years
 Tracie A. 3 years
 Mike L. 4 years
 Christine G. 4 years
 Jeremiah L. 6 years
 Debbie H. 7 years
 Mark G. 8 years
 Alexa L. 9 years
 Mary K. 10 years
 Tom M. 13 years
 Lee R. 21 years
 Louise B. 24 years
 Tim O. 25 years
 Karen H. 26 years
 Myra G. 27 years
 David O. 28 years
 Marc T. 31 years
 Maureen S. 32 years
 David J. 39 years

Royal Palm Group

Ray F. 39 years

Steve D. 32 years
 John R. 21 years
 Tony H. 6 years
 Loren S. 3 years

Safe Harbor

Eleanor F. 32 years
 Barbara R. 27 years
 Monica S. 5 years
 Kathy R. 3 years
 Janelle C. 21 years

Sebastian 12&12

Wally L. 26 years
 Vicki S. 27 years

Sebastian 5:32

Mark...8 year
 Trent L...22 years
 Timmie...37 years

Sebastian Freedom

Sebastian Roseland

Sebastian Stepsisters

Maureen S. 32 years
 Dawn M. 23 years

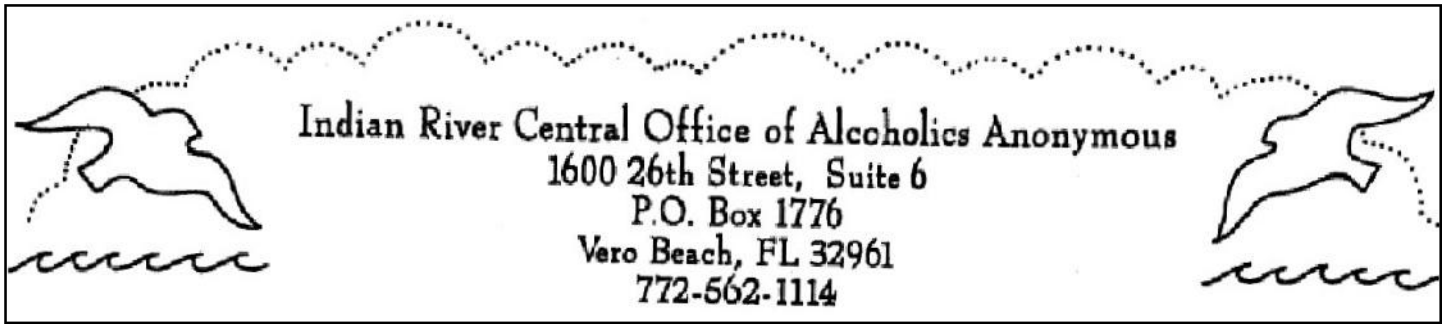
South Vero

Sundowners

Vero Beach Men's

Marty P. 50 years
 Bill K. 14 years
 Justin B. 9 years
 Tony S. 10 years

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 Editor.....Kimberly 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.