



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous
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81 YEARS AND GOING STRONG

Every once in a while I get the urge to write something based on what I've heard at meetings. The other day I was at a speaker meeting and the speaker explained at length why it is imperative that Alcoholics Anonymous welcomes people with open arms regardless of addiction. We were informed about various addictions being in widespread use in the Northeast, specifically Cocaine and Heroin, the various strains of these two narcotics was explained at length. The speaker implored everyone to welcome these addicts with open arms since, as the speaker explained, alcohol is also a drug therefore Cocaine and Heroin addicts are the same as alcoholics. It was not specifically stated however, the inference was that the speaker referred to non-alcoholic Cocaine and/or Heroin addicts, I say this because anyone who is an alcoholic regardless of what other substances one may be addicted to, is always welcomed with open arms. Those addicts without a genuine alcohol history are also welcomed with open arms at our OPEN meetings. It seems that people think that dual addicted alcoholics are something new, nothing could be further from the truth. In the very beginning of our fellowship, many of the first 100 were using other substances, in the late 30s they called it goofball's, the assumption is "Amphetamines". This is also discussed in the 12 & 12 in the Third Tradition essay. There is also another story dating back to the early 40s when a couple of guys went to Bill in New York and told him they had a problem, there was a guy who was a felon, a cross-dresser and black and believed gay, what are they supposed to do with him. Bill asked "Is he an alcoholic?" The answer was "Yes", so Bill responded "Well, what more can we ask."

"Singleness of Purpose" is what sets us apart from all the other fellowships that have existed in the past but failed to bring long-term sobriety, the Washingtonians gave full autonomy to their chapters, there were both pro and con slavery chapters, there were pro and con prohibition

chapters, there were pro and con voting rights for women chapters. We all know what happened to them, they existed for a little over 10 years and they were gone. The Oxford groups, in which Alcoholics Anonymous got its start, due to the inclusive religious nature, included everyone who wished to join their ranks, the alcoholics were unique however and became known as the "Alcoholic Squad of the Oxford groups", setting them apart from the rest of that society. This caused the Cleveland members to break from the Oxford groups when the Catholic Diocese forbade their members to join this Protestant group, New York followed the same course and then Akron did as well. AAs success is due in large part to the ability of one alcoholic to identify with another alcoholic, regardless of what other baggage each may have. Let's face it, everyone, EVERYONE comes in with baggage in addition to being an alcoholic. The majority of the additional baggage, however, is generally dealt with through the 12 Steps of Alcoholics Anonymous and a sponsor.

So why is it that every now and then someone feels compelled to tell us what we must do for non-alcoholic addicts, waxing eloquently at length about how we are all brothers and sisters and that we must welcome them with open arms because they are the same, we are all addicts; alcohol is a drug, etc. etc. etc. I don't believe this is the answer at all, in fact I believe this misguided attitude puts the future of our Alcoholics Anonymous in jeopardy and our individual lives at risk.

Cont. on p. 3

"Only mutual trust can be the foundation for great love - each of us for the other, and all of us for God."

AA Co-Founder, Bill W., November 1960

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 aairehow@yahoo.com

OUR THREE LEGACIES

STEP NINE (Recovery)

“Made direct amends to such people except when to do so would injure them or others.”

“We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven’t the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.*”

Alcoholics Anonymous, p.76

PRINCIPLE: Discipline (self): correction or regulation of oneself for the sake of improvement

TRADITION NINE (Unity)

“A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

“The words “Let’s keep it simple” were the last Bill W. heard from his fellow founder of A.A shortly before Dr. Bob’s death in 1950. Aware “it” means our *recovery* program, Bill later wrote, “We need to distinguish sharply between spiritual simplicity and functional simplicity. ...When we get into questions of action by groups, areas and by A.A. as a whole, we find that we must to some extent *organize* to carry the message — or else face chaos. And chaos is not simplicity.”

The Twelve Traditions Illustrated Pamphlet

CONCEPT NINE (Service)

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”

“No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure.....Weak leadership can hardly function in the best of structures.”

“Our leaders do not drive by mandate, they lead by example. We say to them, ‘Act for us, but do not boss us.’”

The Twelve Concepts for World Services Pamphlet

Part of the problem is good sponsorship, or the lack thereof. It is true that sponsorship is generally regarded as being for the 12 steps only, but it would behoove a sponsor to have at least a rudimentary knowledge of the Traditions and familiarize their sponsees with their importance to the continuing existence of Alcoholics Anonymous, and then impart that knowledge to their sponsees. I would urge all sponsors to be familiar with the long form of the Traditions; they are far more extensive than the short form. Bill wrote "These lifesaving Traditions were hammered out on the anvil of experience." Most unfortunately, the lack of adherence to these precious principles is the reason for the demise of so many groups and the needless death of many hopeless, helpless alcoholics today. In 1945 Bill began to codify his thoughts and began his campaign to develop "an Alcoholics Anonymous Tradition of Relations – Twelve points to Assure Our Future." Another area of concern lies in part with those dual addicted members of Alcoholics Anonymous unwilling to step out of their comfort zone in AA and make themselves available in other fellowships, such as Narcotics and Cocaine Anonymous.

Our literature talks about "being of maximum service to God and our fellows", well, here is a marvelous opportunity to be of service to fellow addicts in particular and humanity in general, to take what has been learned in AA and work with the nonalcoholic addicts to give what they themselves so freely received. Identification at the level of any particular addiction is of the utmost importance to recovery. Inexplicably most of them do not and stay put in their corner of AA, yet they have no problem identifying themselves as "Alcoholic Addicts" or a derivative thereof, totally and seemingly purposefully disregarding our "Singleness of Purpose," so setting themselves apart from mainstream AA while continuously stating that there is no difference between addicts and alcoholics, go figure.

The dual addicted alcoholic who has fully accepted that he or she is an alcoholic with baggage and uses simply "I Am An Alcoholic" as identification, is usually much happier and content than those who continue to set themselves just a little bit apart from the rest of AA through their unique methods of identification. How many are influenced by this and follow suit by disregarding some of our precious Traditions. It should be noted that AA gives the 12 steps to any organization desiring same, allowing such fellowships to adopt them to their particular purpose and/or needs. Bill wrote that "Singleness of Purpose" is so important, that without it "Eventually we will die, and then we can help no one". Looking back in history to the Washingtonians and the Oxford groups, he is absolutely correct. In 1985, the then chairman of the board of Narcotics Anonymous wrote a wonderful essay on the "Singleness of Purpose" of Alcoholics Anonymous, and how important it

is to Narcotics Anonymous that AA maintains this spiritual aim. If anyone is interested in this essay, give me a shout and I'll gladly give it to you.

In April 1948, Bill wrote the following about the importance of "Singleness of Purpose":

"Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose. Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live. Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet some of our well-wishers have begun to say such things. Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked "Success".

In closing, here are 8 points which may serve as a guide how best to deal with various addictions –

- 1) Can a nonalcoholic pill or drug addict become an A.A. member?...NO
- 2) Can such a person be brought as a visitor, to an open A.A. meeting for help and inspiration?...YES
- 3) Can a pill or drug taker, who also has a genuine alcoholic history, become a member of A.A.?...YES
- 4) Can A.A.s who have suffered both alcoholism and addiction form themselves into a special-purpose groups to help other A.A.s who are having drug trouble?...YES
- 5) Could such a special-purpose group call itself an A.A. group?...NO
- 6) Could such a group also include nonalcoholic drug users?...YES
- 7) If so, should these nonalcoholic pill or drug users be led to believe that they have become A.A. members?...NO
- 8) Is there any objection if A.A.s who have a dual problem join outside groups, such as Narcotics or Cocaine Anonymous?...NO



“By admitting where I was at fault, I was given the ability to forgive...With forgiveness came a freedom that I had not anticipated. The amends required nothing but courage, and a faith that my Higher Power would carry me where I had been too afraid to walk alone.”

Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they might mean to you.

It is certain that all recipients of spiritual experiences declare for their reality. The best evidence of that reality is in the subsequent fruits. Those who receive these gifts of grace are very much changed people, almost invariably for the better.

“...But the moment I made up my mind to go through with the process, I had the curious feeling that my alcoholic condition was relieved, as in fact it proved to be.

Quite as important was the discovery that spiritual principles would solve all my problems. I have since been brought into a way of living infinitely more satisfying and, I hope, more useful than the life I lived before. My old manner was by no means a bad one, but I would not exchange its best moments for the worst I have now. I would not go back to it even if I could.”

Alcoholics Anonymous, p. 42-43

“I had a really good reason for working Step Nine and making amends to my family and friends. I didn’t want a parade of people at my funeral singing, ‘Ding, dong, the wicked witch is dead!’”

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

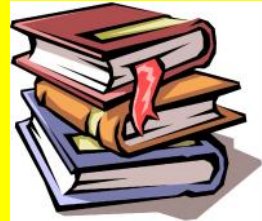
Lane S. Vero Beach Men's Group



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.

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

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

SEPTEMBER ANNIVERSARIES

I Am Responsible

Cassie M 1 year
Mike H. 3 yrs.
Kristy S 7 yrs.

Sebastian 5:32 Group

Eddie v 3 yrs.
Adrianna w. 1 year

South Vero Group

Bart H 25 yrs.
Catherine W 17 yrs.
Dan S 6 yrs.
Dean O 2 yrs.
Judy H 3 yrs.
Mary Margaret H 11 yrs.
Michael C 2 yrs.
Neil D 6 yrs.
Paul N 1 year
Richard N 9 yrs.
Rick R 2 yrs.
Ron K 3 yrs.
Sean V 3 yrs.
Stephen T 1 year
Toni C 1 year

Man To Man

Gravel W. 27 yrs.
Harry T. 32 yrs.
Jim G. 26 yrs.
Mike C. 26 yrs.
Mike R. 3 yrs.
Rick R. 18 yrs.

Easy Does It Group

Debbie B. 28 yrs.

A New Day Group

Andrew C. - 1 year
Mike R. - 3 years
Kathleen W.- 10 years
Lois W. - 26 years
Kevin L - 32 years

Sebastian 12 & 12

July Dottie H. 36 years
August Dan M. 12 years

Early Risers Group

Shannon 1 year

ODAAT

Scott M. 5 yrs.
Harry T. 5 yrs.
Paul G. 6 yrs.
Kathleen S. 7 yrs.
Rick J. 8 yrs.
Betsy T. 8 yrs.
Debbie D. 10 yrs.
Sandy R. 17 yrs.
Elizabeth M. 24 yrs.
Joan C. 29 yrs.
Jonathan M. 31 yrs.
Molly H. 32 yrs.
Hugh L. 33 yrs.
Vick S. 35 yrs.
Leo S. 41 yrs.
Beverly M. 42 yrs.
Judi C. 45 yrs.

Barefoot Bay Group

Barbara S 19 yrs.
Sara C 35 yrs.

Indian River Women's Group

Beth M 11 years
Petra D 4 years

Magnolia Group

Angela S 2 years
Tracy T 2 years
Kim O 3 years

August Celebrants

Dawn B. 1 year
Tom M 2 years
Joe B. 3 years
Rene B. 3 years
Bill T 3 years
Carol L 1 year
Carole R 1 year
Deborah F 1 year
Diane H 1 year
Greg S 6 years
Gregg R 2 years
Joe H 32 years
Paul G 4 years
Sandy C. 32 years
Patricia C. 27 years
Danette D. 26 years
Kathleen W. 13 years
Virginia H. 1 year
Ann Marie C. 1 year

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 aaairhow@yahoo.com before the 1st of each month.

WHY DOES YOUR GROUP NEED AN INTERGROUP 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.

2016 STANDING COMMITTEES

| | |
|-----------------------------------|-----------------------------------|
| Archives.....:.....Open | Nominating Committee.....Marty P. |
| Birthday Dinner 2017..... Doug C. | After Hours Phone.....Doug C. |
| Desk Coordinator.....Marty P. | District 6 Liaison.....Cynthia G. |
| Corrections—Women.....Open | HOW EditorKimberly P. |
| Corrections-Men.....Open | Inventory Control.....Bobby Z. |
| Corporate Documents.....Vic S. | Literature.....John H. |
| Public Information.....Rodney D. | Treatment.....Todd T. |
| Unity Committee.....Linda W. | Website.....Dutch V. |
| | Where and When.....Susan |

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

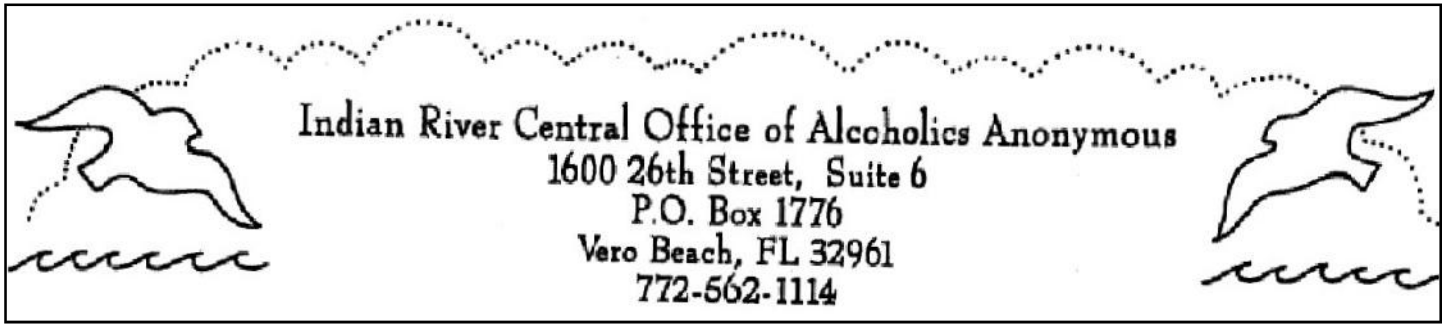
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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 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.