



# HOW

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My first sponsor told me the principle for Step Twelve is responsibility. This means that I am now able to respond to my abilities and be responsible for them." She said, " Step Twelve tells us that we try to carry this message to alcoholics and practice these principles in all our affairs. You now have the ability to carry the message of sobriety to the next suffering alcoholic and you are now responsible for practicing these principles in all of your affairs. You have to give it away in order to keep it."

The first time I heard that statement I was newly sober and I thought to my self and may have even said it aloud to someone, "I'm not giving anything away to anyone. I'm keeping what little sanity and sobriety I have to myself." I had no idea what it really meant or how much helping another suffering alcoholic would mean to me and my sobriety. But as time went on and I continued to work these steps, learn about the principles and develop an understanding of how they needed to be applied in my life, I began to realize just what an amazing and priceless gift I had been given by my Higher Power, the Program of Alcoholics Anonymous and the fellowship of those who were willing to help me selflessly. I wanted to be of service to my Higher Power and to others.

Helping another alcoholic has saved my sobriety when nothing else worked. The Big Book of Alcoholics Anonymous tells me that intensive work with others insures my immunity from alcohol. That is a very small price for such an unlimited amount of love, gratitude and gifts that I receive throughout life.

It is a great honor and privilege to have someone ask me to help them learn how to stay sober and have a life second to none. Before AA, no one wanted ANYTHING I had to offer or possessed. I was a liar, a cheat, a thief, manipulator of feelings, hostage taker and assassinator of others' character because mine was so pitifully incomprehensible.

These Steps and Principles have changed not only my life, but the lives of millions who desire a new way of living. It is much easier to give and demand nothing in return today, especially the gift of sobriety. I try to do my best to help others when they reach their hand and ask.

As for having a spiritual awakening, for me that comes in every day living. I have experienced life on life's terms in my sobriety . Some of those experiences have brought great joy and others have brought great pain and suffering. My Higher Power has brought me through both and it gives me the awareness of my spirit awakening more to his grace and love.

This is the Season of giving and I can't think of a better gift I have received that the gift of sobriety, a gift that has no boundaries. And I can't think of a better gift to give my family, friends and Higher Power than my perseverance to continue to stay sober.



**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)**

# **OUR THREE LEGACIES**

## **STEP TWELVE** (Recovery)

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

PRINCIPLE: Responsibility— moral, legal, or mental accountability  
Service—contribution to the welfare of others

The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the twelfth Step is seen its full implication, it is really talking about the kind of love that has no price tag on it.

Twelve Steps and Twelve Traditions p.106

For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A.'s Twelfth Step.

Twelve Steps and Twelve Traditions , p.125

## **TRADITION TWELVE** (Unity)

“Anonymity is the spiritual foundation of all our principles reminding us to place principles before personalities.”

The spiritual substance of anonymity is sacrifice.

Let us always remember that anonymity—not taking credit for our own or others' recovery is humility at work.

Sacrificing personal ambition for the common good.

Our principles come first — and they are not our own invention. They reflect eternal spiritual values. With this Tradition, both as individuals and as a fellowship, we humbly acknowledge our dependence on a power higher than ourselves.

## **CONCEPT TWELVE** (Service)

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action

## STEP BY STEP

### Practice the Principle—June 1981

Around the tables, when we talk about the Twelfth Step, more often than not it is in the terms of twelfth stepping—that is, helping newcomers to AA. Naturally, some attention is focused on the other aspects of the Step, namely, the spiritual awakening and the practice of AA principle in our affairs. But do we go into those aspects as deeply as we should or could?

I have recently been receiving a number of pointed reminders about the practice of principles. It is easy to practice principles at AA meetings and in meditation times at home; but once out the door, it is another matter.

I must admit also that I sometimes stumble about the principles right at an AA meeting. As a matter of fact, even in the quiet times, early in the morning, I can catch myself reflecting on someone else's defects and shortcomings. Fortunately, as sobriety lengthens and more meetings are attended, I am getting better—just as promised if I didn't take that first drink.

Each morning now, often during the day, I ask for help in my efforts to make the quiet meditation times a basis for practicing AA principles in all my affairs that day. Simply asking for help seems to be a help in itself; with this seeking, life becomes more beautiful and exciting. They may not realize yet that I am trying to practice AA principles in all my affairs, but I know I am trying. Most important, I realize I need help to do so. That means I am coming to grips with my ego. When I do, I go out the door—and find people much easier to deal with.

*Anonymous*

### The Luck of the Draw—June 2002

About a year ago, I was able to begin some Twelfth-Step work in a local jail. I think my underlying motive was survivor's guilt; I just hadn't got caught. As I began the work, I realized I had a prejudice that the ladies there had a different, more severer type of alcoholism than I suffered from. There was also a tendency on my part to include the spicier parts of my story.

Boy, was I wrong!! It truly is the case that these women are "serving my sentence." The folks in these facilities have the same type of alcoholism that I have. I have noticed notice that other women who have come in to tell their stories have had similar responses. And on the way out, they realize that it was luck of the draw, not superior intelligence, that separates the alcoholic inside the walls from those outside.

This service has helped me stay sober more than I thought it would, as well as offering the joy of giving it away. It has certainly altered the inside job my Higher Power has done for me. It also brings home that when we take the first drink, the world can do to us as it sees fit. Our freedom to choose is gone.

*Nancy R.*

*Akron, Ohio*



## SPIRITUAL PERSEVERANCE

### *"In All Our Affairs"*

*Service gladly rendered, obligations squarely  
me, troubles well accepted or solved with God's  
help, the knowledge that at home or in the  
world outside we are partners in a common ef-  
fort, the fact that in God's sight all human be-  
ing s are important, the proof that love freely  
given brings a full return, the certainty that we  
are no longer isolated and alone in self-  
constructed prisons, the surety that we can fit  
and belong in God's scheme of things—these are  
the satisfactions of right living for which no  
pomp and circumstance, no heap of material  
possessions, could possible be substitutes.*

*Bill W.*

# DECEMBER ANNIVERSARIES

## **South Vero Group**

Tara C.....	1
Barbara K.....	1
Donna M.....	1
Kellee T.....	21
Jack W.....	1
Josh F.....	2
Mark P.....	2
Noah L.....	4
Matt H.....	6
Gus J.....	15
Louie F.....	19
Art B.....	31
Kevin S.....	33
Robert F.....	35

## **A New Day Group**

Irene.....	2
Adam.....	9
Carol P.....	10
Vincent L.....	7

## **Indian River Women's**

Allene M.....	25
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## **Indian River Men's**

Jim M.....	29
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## **Man To Man**

Dave F.....	22
Gene L. ....	8
Jeff C.....	2
Merv W.....	43
Tom B.....	1
Vinny L.....	7

## **Sebastian 5:32**

Linda C.....	11
Barbara L.....	26

## **Barefoot Bay**

Cat.....	1
Rich S.....	13
Carol S.....	32
Joann.....	32
Sandy H.....	34

## **ODAAAT**

Nancy H.....	1
Colrie C.....	1
Josica H.....	1
Donna M.....	1
Danny C.....	2
Terri R.....	3
Dave #2.....	3
Ron S.....	5
Michael W.....	6
Joani M.....	12
Donna K. ....	13
Dawn T.....	14

Karen M.....	17
Jim H.....	17
Barbara L.....	24
Allene M.....	25
Paul H.....	27
Bev R.....	41
Linda Mc.....	47

## **Magnolia Group**

Joan W.....	41
Linda M.....	47

## **Candlelight**

Tom R.....	27
Roy C.....	10
Chris N.....	20

## **Sebastian Stepsisters**

Jenna L.....	24
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## **NOVEMBER**

Kathy J.....	2
Ellie R.....	15
Gus O.....	3
John Mc.....	43

Correction from August

Carol L.....	4
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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](mailto:airhow@yahoo.com) before the 1st of each 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.

### 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.

Nominating Committee.....Marty P.  
After Hours Phone.....Doug C.  
District 6 Liaison.....Cynthia G.  
HOW Editor .....Kimberly P.  
Inventory Control.....Bobby Z.  
Literature.....John H.  
Treatment.....Todd T.  
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

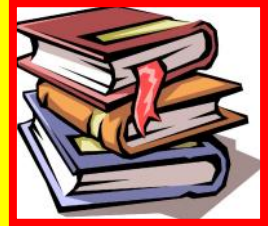
MEET SOMEONE AT A MEETING      OTHER \_\_\_\_\_

**\*\*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.\*\***

# 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.

*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

[aaairhow@yahoo.com](mailto:aaairhow@yahoo.com)

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

Kimberly P.



**VERO BEACH GROUP**

**SUNDAYS**

**ST. HELENS CHURCH**

**THE MEETING WILL NOW BE STARTING AT**

**7:00 PM BEGINNING DECEMBER 4, 2016**

**GREAT FELLOWSHIP**

**DOUBLE SPEAKER SHARING THEIR  
EXPERIENCE, STRENGTH AND HOPE.**

**KINGS HIGHWAY GROUP**

**FRIDAYS**

**WESTMINISTER PRESBYTERIAN CHURCH**

**7:00 PM**

**SPEAKER/DISCUSSION MTG.**


**HOT, FRESH COFFEE AND BISCUITS**

**PRICELESS FELLOWSHIP**

**COME HELP SUPPORT THE GROUP CARRY THE**

**MESSAGE OF RECOVERY TO THE NEXT**

**SUFFERING ALCOHOLIC**



THE ANNUAL ALCATHON  
MEETINGS WILL BE HELD 24  
HOURS A DAY ON

12/24—12/25

12/31 = 1/1

VERO BEACH: Newport Club

SEBASTIAN: Community Center

Bring a snack, a friend or two

And help one another enjoy sobriety  
throughout the holidays.



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

**Join us on Saturday, December 17<sup>th</sup>**

**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 18<sup>th</sup>**

**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.**



**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.