

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

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 aairhow@yahoo.com

Step 2 CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY

A great way to get a lot of discussion going at a meeting is to suggest that "the only requirement for membership is a desire to stop drinking," particularly if someone is insisting that they do not have to identify as an alcoholic because of this Third Tradition statement. It really gets heated if it is a closed meeting and the alcoholics present feel uncomfortable with an unknown quantity in the meeting.

I've talked with some old-timers (and I have thirty-plus years) who lived through the prior-to-Traditions time, and then through the transition to the Traditions-based AA of today, and one thing becomes very clear. Alcoholics Anonymous was created for alcoholics and for those who are dual or multiply addicted, but the common denominator must be alcoholism. All addicts are not alcoholics. All overeaters are not alcoholics. This was the point that the founders felt was so important to the long-term, permanent stability of AA.

In the late nineteen-forties when the Traditions were being developed and in the fifties when they were being implemented, there were practically no non-alcoholics who wanted to be members of AA. It was not the in thing to be a member. In the last fifteen to twenty years, however, being a member has lost its stigma and a lot of people who are lonely enjoy the companionship found in the AA group. And open AA meetings do not discourage attendance of these people. Bill W. and the other contributors to the Traditions might well be flabbergasted to find non-alcoholics in 1999 who want to be a part of AA.

AA is for alcoholics and thus closed AA meetings are designed for the privacy that is required for the ano-

nymity so important for most AAs, and thus since the beginning these meetings have excluded non-alcoholics.

The long form of the Third Tradition expresses this clearly and succinctly: "Our membership ought to include all who suffer from alcoholism." It goes on to say, "Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation."

The Third Tradition was designed to be inclusive of all alcoholics. In the early days, many alcoholics had trouble being accepted. These people were prostitutes, skid row drunks, gays, etc., who were being excluded from meetings. The Third Tradition guarantees their right to be members of AA. It does not guarantee the right of non-alcoholics to be members of AA.

Bill W. once wrote that one of the things that would surely signal the end of Alcoholics Anonymous would be the infiltration into our membership of non-alcoholics. He was and still is absolutely correct. We must all guard this precious organization that has saved the lives of so many.

— Tony F. Corona del Mar, California

From AA Grapevine
April 1999

(Reprinted with permission of the A.A. Grapevine)

OUR THREE LEGACIES

STEP TWO (Recovery)

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

PRINCIPLE: Hope: *The feeling that what is wanted can be had or that events will turn out for the best*

"True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him."

Twelve and Twelve p. 33

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."

CONCEPT TWO (Service)

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

THIS IS THE BEGINNING OF THE END, IN A WAY. YOU WILL END YOUR OLD LIFE AND BEGIN YOUR NEW ONE, COMMITTED TO FAITH - FAITH IN WHATEVER YOU CHOOSE. NO MATTER WHAT YOU BELIEVE IN, THIS IS THE STEP IN WHICH YOU BECOME OPEN TO THE IDEA THAT FAITH IN A HIGHER POWER WILL HELP YOU ACHIEVE SOUNDNESS OF MIND.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

2/4 Man to Man

3/4 Man to Man

2/11 OSSABAW

3/11 OSSABAW

2/18 Candlelight

3/18 Candlelight

2/25 Meat & Potatoes

3/25 Meat & Potatoes

NEVER STOP
BELIEVING IN *Hope*
BECAUSE MIRACLES
HAPPEN *everyday*™

A cluster of purple butterflies of various sizes is positioned on the right side of the text, appearing to fly upwards and to the right.

FEBRUARY ANNIVERSARIES

CANDLELIGHT

Boz 11 years
Heather K. 1 year

EASY DOES IT

Kathy I. 27 years
Mary Jo 17 years
James W. 16 years
Michelle H. 8 years

EARLY RISERS

Gordon 6 years

ODAAT

Michael O. 4 years
Sharon N. 5 years
Ron B. 6 years
Jan P. 7 years
Kathleen 7 years
Robert H. 8 years
Bob G. 9 years
Ben W. 34 years
Monika R. 34 years
Hank H. 34 years
Terry K. 38 years
George M. 44 years

A NEW DAY

CJR 1 year
Jeff P. 2 years
Doug D. 6 years
Bob R. 13 years
Geno B. 24 years
Denise B. 36 years

INDIAN RIVER MEN'S

George Mc. 44 years
D.J. 18 years

I AM RESPONSIBLE

Jesse W. 2 years
Joel K. 13 years
Stephanie B. 7 years

SOUTH VERO

Stephen H. 1 year
James J. 1 year
Luke H. 1 years
Chuck S. 1 years
Claudio A. 1 year
Travis W. 1 year
Christopher H. 1 year
Larry M. 2 years
Walter B. 4 years
Nick H. 5 years
Tom P. 13 years
Toni S. 22 yea
Boyd W. 23 years
Toby L. 26 years
Sailboat Dick 42 years

LUNCH BUNCH

Dennis P. 45 years
Pete C. 42 years

SEBASTIAN FREEDOM

John L. (from January) 43 years

Ted S. 36 years

ROSELAND 5:32

Liz R. 28 years

MAN TO MAN

Jack H. 44 years
Joe D. 32 years
Mark Y. 7 years
Mike G. 31 years
Pete C. 42 years

SEBASTIAN 12 & 12

Vera C. 29 years
Brett H. 25 years

VERO BEACH MEN'S

Richie K. 26 years
Todd M. 6 years
Jonathan P. 9 years
Cole L. 2 years
Haley Y. 1 year
Dave B. 1 year
Cory Smith 1 year
Chris S. 2 years

What is meant by “General Service” in A.A. ?

Within the A.A. group we first become familiar with a Group Chair person, Group Secretary and Group Treasurer, those are pretty much self-explanatory. Hopefully, if you’re new, your sponsor will urge you to attend group business meetings, usually held monthly. When attending Group business meeting you may hear terms such as G.S.R. (General Service Representative) and D.C.M. (District Committee Members).

You may ask what exactly is this GSR and DCM business all about, and that would be a great question. The GSR is an AA group member with at least 2 years or more of sobriety. The GSR’s primary function is to be the guardian of the AA Traditions for his group and to represent the group’s conscience at the monthly District meeting as well as quarterly meetings of South Florida Area 15. It is suggested that each group has an Alternate GSR to function if the GSR is away or unable to do so. GSRs and Alternate GSRs serve 2-year terms concurrent with District and Area elections. Currently the term of office is 2019 and 2020.

This is not an easy job and I urge all GSRs to have a “Service Sponsor”, someone who has served as a GSR as well as a DCM to share their experience and knowledge of our 12 Traditions and 12 Concepts. Generally, the Service Sponsor is in addition to the 12 Step Sponsor.

A DCM is someone who has served no less than one years as GSR. It is a position that requires a strong commitment. Due to economics not all groups can afford to send a GSR to the Quarterly meetings or even to the monthly District meetings. This is where the DCM’s position shines and is all important.

The DCM usually represents 8 to 10 AA groups, both with and without GSRs and without regard whether the group is listed in New York. Those groups without active participation in General Service rely on the DCM to represent the group’s conscience at both monthly and quarterly General Service meetings as well as being kept informed through periodic visits from the DCM at a group’s business meeting.

To quickly explain the term "Listed at the General Service Office"; It is not mandatory for a group to be listed, although by doing so will receive periodic mailings from the General Service Office and the AA Trustees. To be or not be listed should be decided by a well informed group conscious. The DCM would be more than happy to answer question on this topic as well as assisting with the listing process.

Here in Indian River county the DCM is truly the weakest link; thankfully many groups have GSRs assuring those group's active participation, however there are way too many groups unable to do so, whether for economic reasons or having chosen not to be listed at the General Service Office in New York. For some reason Outgoing GSRs appear unwilling or unable to continue service as DCMs. This lack of DCMs is especially detrimental to those groups and members having no real connection to the AA world at large.

DCMs are needed in Indian River county, if you are a past GSR in South Florida Area 15 you qualify. Available at the "Indian River Central Office" there are many service oriented publication such as the Service Manual and several pamphlets as well such as the Illustrated Traditions. The office is open 9am-4:30om Monday through Saturday

Dutch V.

The First Tradition

Our common welfare should come first; personal recovery depends upon A.A. unity

This we owe to A.A.'s future:

To place our common welfare first

To keep our Fellowship united

For on A.A. unity depend our lives, And the lives of those to come.

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 group's voice to IRCO—Your link to those who maintain and operate the IRCO.

2019 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....Steve S.
Delegate.....John B.

Corporate Documents.....Trish H.
Public Information.....Rodney D.
Unity Committee.....Annette
Nominating Committee.....Bill VB.
After Hours Phone.....Mindy S.
HOW Editor.....Rick H.
Inventory Control.....Terri C.
Literature.....Dutch V.
Treatment.....Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Maria G.
12 Step List Coordinator.....Trent L.

District 6 Liaison.....JoAnn H.

2019 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2018.....Linda W./Sunshine
Desk Coordinator.....Bill VB
Corrections—Women.....Judy W.
Corrections-Men.....Lane S.

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*

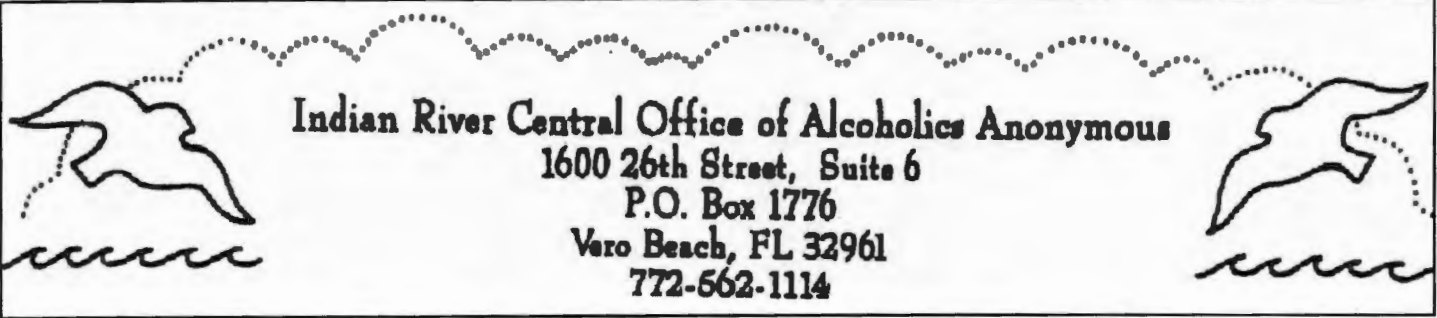
Talk to someone at their home*

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.