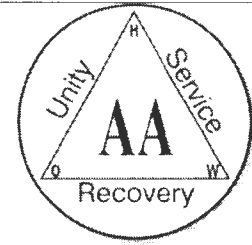


H.O.W.



Honesty Open-Mindedness Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

March 2020

Volume 39 Issue 3

The HOW is published to improve communication between local AA groups and encourage the participation of AA members in service and activities.

Note: The Steps, Traditions are Concepts below are reprinted with permission from AAWS, Inc.

Please email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to: aaairhow@yahoo.com

STEP 3:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

TRADITION 3:

The only requirement for A.A. membership is a desire to stop drinking.

CONCEPT 3 short form:

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Public Health Concern: Due to the recent corona virus outbreak, some A.A. groups have decided not to hold hands during the closing prayer at the end of the meeting, at least for the time being. Perhaps your group should discuss this public health concern in a group conscience meeting? *(Of course, no one is ever obligated to participate in the closing prayer.)*

Is A.A. For You?

Twelve questions only you can answer

Copyright © 1973 by A.A. World Services, Inc.

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?

Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. A.A. said: "Just try not to drink today." (If you do not drink today, you cannot get drunk today.)

2. Do you wish people would mind their own business about your drinking-- stop telling you what to do?

In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we got into, and how we stopped. We will be glad to help you, if you want us to.

3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank anything with alcohol in it, we usually got drunk eventually.

4. Have you had to have an eye-opener upon awakening during the past year?
Do you need a drink to get started, or to stop shaking?
This is a pretty sure sign that you are not drinking "socially."
5. Do you envy people who can drink without getting into trouble?
At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it.
6. Have you had problems connected with drinking during the past year?
Be honest! Doctors say that if you have a problem with alcohol and keep on drinking, it will get worse -- never better. Eventually, you will die, or end up in an institution for the rest of your life. The only hope is to stop drinking.
7. Has your drinking caused trouble at home?
Before we came into A.A., most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.
8. Do you ever try to get "extra" drinks at a party because you do not get enough?
Most of us used to have a "few" before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go someplace else to get more.

Continued on next page

9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?

Many of us kidded ourselves into thinking that we drank because we wanted to. After we came into A.A., we found out that once we started to drink, we couldn't stop.

10. Have you missed days of work or school because of drinking?

Many of us admit now that we "called in sick" lots of times when the truth was that we were hung-over or on a drunk.

11. Do you have "blackouts"?

A "blackout" is when we have been drinking hours or days which we cannot remember. When we came to A.A., we found out that this is a pretty sure sign of alcoholic drinking.

12. Have you ever felt that your life would be better if you did not drink?

Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A., we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.

Is A.A. for You? Results:

**Did you answer YES four or more times?
If so, you are probably in trouble with alcohol.**

Why do we say this? Because thousands of people in A.A. have said so for many years. They found out the truth about themselves — the hard way.

But again, only you can decide whether you think A.A. is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking ourselves. Just call. A.A. does not promise to solve your life's problems.

But we can show you how we are learning to live without drinking "one day at a time." We stay away from that "first drink." If there is no first one, there cannot be a tenth one.

And when we got rid of alcohol, we found that life became much more manageable.

From: https://www.aa.org/pages/en_US/is-aa-for-you-twelve-questions-only-you-can-answer

Ten More Big Book "MUSTS"

The following is a list of 10 *Musts* from the Big Book. (see the FEB 2020 HOW for 10 other *MUSTS*. More *MUSTS* will be printed in further editions of the H.O.W.)

These *Musts* would make excellent meeting discussion topics and/or topics for sponsors to discuss with sponsees.

Ten More Big Book "MUSTS":

1. Whatever our ideal turns out to be, we **must** be willing to grow toward it. (69)
2. We **must** be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. (69)
3. We **must** be entirely honest with somebody if we expect to live long or happily in this world. (73)
4. The rule is we **must** be hard on our self, but always considerate of others. (74)
5. We are very anxious that we talk to the right person (*for the fifth step*)...But we **must** not use this as a mere excuse to postpone. (74)
6. Our drinking has made us slow to pay. We **must** lose our fear of creditors no matter how far we
7. have to go, for we are liable to drink if we are afraid to face them. (78)
7. Although these reparations take innumerable forms, there are some general principles which we find guiding....We may lose our position or reputation or face jail, but we are willing. We have to be. We **must** not shrink at anything. (79)
8. Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated, we **must** not shrink. (80)
9. Sometimes we hear an alcoholic say that the only thing he needs to do is to keep sober. Certainly he **must** keep sober, for there will be no home if he doesn't. (82)
10. Yes, there is a long period of reconstruction ahead. We **must** take the lead... we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love. (83)

NOTE: The information at the end of each **Must** statements above is the location of the from the Big Book. Also, italics and bold have been added to the word, **must**.

From: http://friendsofbillw.net/the_big_book_musts

Thoughts on Step 3:

Made a decision to turn my will and my life over to the care of God.

By Jenny M, Indian River County

Daunting at first, all this talk about "surrender" and "without reservation", and "we thought well" "making sure we were ready."

Begs the question. **Am I ready?** Ready to surrender my will and my life over to the care of God?

Absolutely! I recognize that I am powerless. I need God's help. This means total surrender.

I know to stay sober, I must be diligent in my spiritual practices and relinquish control and give it to God. My experience shows me that this is a gift of the spirit. It is not me. It is by the grace of God. I cannot do it on my own.

I cannot do it by willpower.

I have suffered the humiliation, shame, disgrace, the "pitiful and incomprehensible "demoralization".... that led me to seek something greater, now I need to allow, receive, and let go.

The invitation is there, I only need to accept it.

This is wonderfully freeing and liberating when I let it go and let God!

I am filled with gratitude, and from the fullness of my grateful heart I give thanks to Creator God for this gift of surrender. And it is a gift.

I'm feeling joyful and serene that as this develops, and flourishes within me, it becomes more and more natural, not forced... the less I do, the more God does!

Makes it so much easier to just give it all up to God!

My sponsor suggested I break down the third step prayer line by line. And so I did:

"God, I offer myself to thee"

What does it mean to offer myself to God? This means total surrender to God. Complete abandon. I must release the grasping, clinging, resistance and just let go! Easier said than done, but once done, aha! such freedom! It takes trust and courage and above all Faith to arrive at a place of surrender with peace in my heart. No longer fighting, but accepting.

Nothing belongs to me. I am not my own. I am Creator God's - to mold me, to use me, to:

"build with me and to do with me as thou wilt.

As a child of God, my inner being knows this. I trust God's plan for my life and wait on God.

Whatever is taking place in my life, in all areas, sobriety, work, family, changes, events, relationships, highs and lows, good times and bad, it is all in my Divine Creator's hands. Anything I can't control in life is teaching me how to let go. So I cry out to God:

"Relieve me of the bondage of self, that I may better do Thy will."

Bondage: the state of being a slave. Involuntary servitude.

Self: a person's essential being.

Creator God I no longer want to be a slave to alcohol nor to self. The bondage of self is my slavery to my racing thoughts, imprisoned by thoughts about myself, my ego, my false self, worries, needs, wants, angst. Being at that place in my mind is like walking through a scary dark neighborhood all ALONE. I need you God. I give it to you.

I recognize that when I begin to remove self I can then see God more clearly. This opens me up to a sense of the sacred. Allows me to let go of false self.

I listen, and the inner voice is heard and heeded. My inner being delights and desires to have this Divine in-dwelling. I do not want to be blocked spiritually by bondage of self. I hunger to be in that flow, relationship and communion with the Divine being. That is what I desire. I will empty myself so that he who began a good work in me will most assuredly:

"Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life."

Every day I ask God for his will for me. To use me to serve others. To shine the divine light on me, and through me for others to see as an example of how God can transform a person's life. What I'm up to now is soul work. My prayer is for others to recognize that and for me to always have an answer for the reason for my joy. When I help others, I help myself.

May I do thy will always!

Many thanks to Jenny M. for sharing her thoughts about Step 3

"True ambition is the deep desire to live usefully and walk humbly under the grace of God."

Twelve Steps & Twelve Traditions, pg 125

Would you like to share your ideas about a Step or Tradition or Slogan to readers of the H.O.W.?

Email your thoughts to:

aaairhow@yahoo.com

Indian River County Meetings Update

- "I Am Responsible" Monday meeting time changed from 8:00 pm to 7:00 pm
- New meeting at Newport Club: "A Vision for You" (closed meeting) on Friday at 5:30
- The Source meeting on Fridays at 10:30 has a new name: "The Up and Out" group
- **Is this meeting still active?** "Sobriety to Serenity" Noon at Unity Church. If you know the status of this meeting, please contact Maria G at the number below.

Do you know of other meeting changes?

Please contact

Maria G. 501.920.3140

to update the **Where and When**



"I had a layover in Omaha ... which led to a hangover in Des Moines."

From <https://www.jokejive.com/topic/aa+grapevine>

Indian River Central Office of Alcoholics Anonymous

In the Spirit of A.A.'s Founders Day

A Workshop on

SERVICE

Panel – Speakers

June 13, 2020

1:30 PM-3:30 PM

Newport Club

2536 16th Ave., Vero Beach FL

Refreshments Served



The Hazelden
Twenty-Four Hours a Day
meditation book is available at Central Office for only

\$10

Normal retail price: \$17.95

This best-selling meditation book for those in recovery offers daily thoughts, meditations, and prayers for living a clean and sober life.



Since 1954, **Twenty-Four Hours a Day** has become a stable force in the recovery of many alcoholics throughout the world. With over nine million copies in print, this "little black book" offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives.

The H.O.W needs your help!

We want to hear from you, the members of the Indian River AA community. We would like to publish *your* story of recovery in an upcoming issue of the H.O.W. Can you share your experience, strength, and hope with us by writing your experience with a Step, a Tradition, a slogan, a spiritual experience, or an exchange with another recovering alcoholic?

Please email submissions to: aairhow@yahoo.com

Or drop off written submissions to the Central Office. You can write anonymously, or with your first name and last initial.

A.A. Anniversaries

March 2020

Please send upcoming Anniversaries for your group to:

aairehow@yahoo.com

<u>Free & Easy</u>	<u>Noontime Recovery</u>	<u>I Am Responsible</u>	<u>South Vero</u>
Philip G 1	Mark N. 3	Jesse W 3 (FEB)	Mike N 1
<u>Man To Man</u>	Jason C. 8	Stephanie B. 8 (FEB)	Arthur H 1
John B 2	Susan B. 13	Amber S 1	Robert B 1
Earl G 3	Patrick K 40	Maria G 3	Jim M 2
Jeff R 8	Dan D. 41	Johanna M 4	Dave D 2
Steve V 13		Leigh Ann 4	Rick Z 2
Butch S 22	<u>Ossabaw</u>	Anne C 8	Tracy W 4
Mike G 23	Dee 7	Jim D 19	Bruce P 5
Eddie R 25	Butch 22	Lisa D 22	Trudi C 15
Jason S 31	<u>Indian River Men's</u>	Mark T 23	Dennis M 35
Frank M 36	Bobby S 11	Jill H 39	Stuart L 37
Rex P 37	Myron S 11	<u>Sebastian 5:30</u>	AA's Statement of Responsibility
John O 39	Dave D 25	Sheila 12 (FEB)	<i>When anyone,</i>
Jim J 40	Tom P 34	Liz R 29 (FEB)	<i>anywhere, reaches out</i>
<u>Vero Beach 12 & 12</u>	<u>Indian River Mens</u>	Denise 32 (FEB)	<i>for help, I want the</i>
Wally L 30 (JAN)	Matt B 1	Jeff G 16	<i>hand of A.A. always to</i>
Vicki S. 31 (JAN)	Joe M. 13	Eddie R 25	<i>be there. And for that: I</i>
Pete C 43 (FEB)	Bob G. 24	Diane K 26	<i>am responsible.</i>
<u>Indian River Thursday</u>	George M 27	Patrick K 40	
<u>Night</u>			
Beth W-S 31			

Where to Send Contributions for 2020

Indian River Central Office	District 6	South Florida Area 15	General Service Office
1600 26th Street, Suite 6 Vero Beach, FL 32960	P.O. Box 12248 Ft. Pierce, FL 34979	P.O. Box 1784 Pompano Beach, FL 33061	P.O. Box 459 Grand Central Station New York, NY 10174

Indian River Central Office Monthly Meetings for 2020

The meeting is the second Thursday of each month at 7:00 PM at the Newport Club.

For 2020, these dates are:

**JAN 9, FEB 13, MAR 12, APR 9, MAY 14, JUN 11,
JUL 9, AUG 13, SEP 10, OCT 8, NOV 12, DEC 10**



Indian River Central Office of Alcoholics Anonymous

1600 26th Street, Suite 6

Vero Beach, FL 32960

772.562.1114

<http://www.indianriveraa.org>

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.



AA 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
- Talk to someone at their home
- Meet someone at a meeting
- Take someone to detox
- Give rides to AA meetings
- Other _____

IMPORTANT:

- 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.

Please return this form to the Central Office or mail it to :

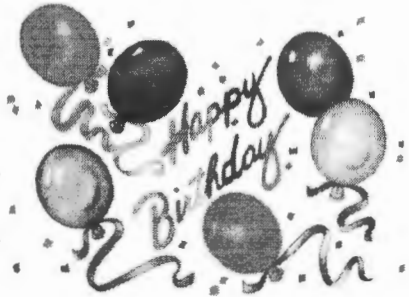
Indian River Central Office of AA.

1600 26th Street, Suite 6

Vero Beach, FL 32960

Indian River Central Office Birthday Plan

This contribution on my _____ (number of years of sobriety)
 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:
 _____ your group or _____ anonymously

Make check out to: **Indian River Central Office of AA**
 Drop off at the Central Office or mail to this address:
Indian River Central Office of AA.
1600 26th Street, Suite 6
Vero Beach, FL 32960

Indian River, Brevard, & St. Lucie County Speaker Exchange

Can you share your experience, strength, and hope as a speaker at other meetings here and in near-by counties? We are creating a list of A.A. speakers to exchange with other groups in Indian River County and with groups in Brevard County and St. Lucie County so we can gain some fresh perspectives on sobriety and meet other members of A.A.

Please fill out this form to be added to the list (and perhaps suggest your sponsees sign up too!).

Name:		Sobriety Date:	
Phone:		County:	
Days available for speaking <i>(circle days you may be able to speak):</i>		Times available for speaking <i>(circle times):</i>	Counties available for speaking <i>(circle counties):</i>
<ul style="list-style-type: none"> • Monday • Tuesday • Wednesday • Thursday 	<ul style="list-style-type: none"> • Friday • Saturday • Sunday 	<ul style="list-style-type: none"> • Days • Evenings 	<ul style="list-style-type: none"> • Indian River • Brevard • St. Lucy

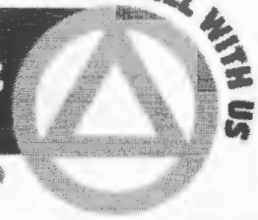
Singleness of Purpose and Problems Other Than Alcohol

Some professionals refer to alcoholism and drug addiction as "substance abuse" or "chemical dependency." Nonalcoholics are, therefore, sometimes introduced to A.A. and encouraged to attend A.A. meetings. Nonalcoholics may attend open A.A. meetings as observers, but only those with a drinking problem may attend closed A.A. meetings.

From "Information on Alcoholics Anonymous"; https://www.aa.org/assets/en_US/f-2_InfoonAA.pdf

JOIN US in JACKSONVILLE

THE AGE OF MIRACLES IS STILL WITH US
64th
FLORIDA STATE
CONVENTION
August 6-9, 2020



CONVENTION PROGRAM

THURSDAY

8 p.m.: Steve V. - Jacksonville, FL

FRIDAY

10 a.m.: Heather G. - Louisville, KY

2 p.m.: Ron B. - Riverview, FL

8 p.m.: June G. - Los Angeles, CA

SATURDAY

10 a.m.: Robyn G. (AFG) - Winston Salem, NC

2 p.m.: Polly P. - Jacksonville, FL

8 p.m.: Charlie C. - Los Angeles, CA

SUNDAY

10 a.m.: Ken D. - Los Angeles, CA



REGISTRATION,
BANQUETS &
ICE CREAM SOCIALS

WEEKEND PACKAGE
\$145.00



AA

REGISTRATION - AA
\$35.00



AL-ANON

REGISTRATION - AL-ANON
\$35.00



ALATEEN

REGISTRATION - ALATEEN
\$15.00



GUESTS

REGISTRATION - GUESTS
\$35.00



SCHOLARSHIP

AA SCHOLARSHIP DONATION
FROM \$5.00

WORKSHOPS

Thursday evening, Friday morning, Saturday morning, and Saturday afternoon

- Corrections workshop
- Old timers workshop
- YPG Workshop
- Free thinkers workshop
- Relationships workshop
- LGBT workshop



To register or for more information about the Florida State Convention:

<https://www.64.floridastateconvention.com>