

H.O.W.



Honesty Open-Mindedness Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

JUNE 2020

Volume 39 Issue 6

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: airhow@yahoo.com

STEP 6:

Were entirely ready to have God remove all these defects of character.

TRADITION 6:

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

CONCEPT 6 short form:

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

If you need help right now for a drinking problem ...

Many AA members from around the world are available to help, 24 hours a day, 7 days a week. Be assured that your request to the AA Online Intergroup committee is confidential.

For help: <http://indianriveraa.org>

The Indian River Central Office will be temporarily closed until further notice. The office will be open on Saturdays from 10am to noon for purchases of medallions and literature.

Known Inside Meetings in Indian River County

NOTE: This schedule is subject to change

| | |
|-----------------------|--|
| as scheduled | Club Sebastian - All Meetings |
| as scheduled | Newport Club - All Meetings |
| 12 Noon Mon-Fri | O.D.A.A.T. (Limited to 20 participants inside) |
| 5:30 pm Mon, Wed, Fri | South Vero Group |

Known Outside Meetings in Indian River County

| | |
|------------------|---|
| Fri 6:00 pm | Meat and Potatoes - Community Church 21st St Vero Beach |
| Mon-Wed Fri 6 pm | Charles Park - 15th Street |
| Mon-Fri Noon | O.D.A.A.T. - 20 participants Outside (Bring your own chair) |
| 5:32 PM | The 5:30 Group meets at the Roseland Meth. Outside Church |
| Mon 5:30 pm | Roosevelt Community Park - 12/12 |
| Thur 5:30 pm | Roosevelt Community Park - Big Book |

For A.A. online meetings in Indian River County:

https://indianriveraa.org/AA_ZOOM/Indian_River.pdf

Thoughts from Indian River AAs

Almost every day I wake up, I think of all the things I am grateful for. Among the very many things that I hold dear are the people that I see in my meetings, whether they are on zoom, or in our meeting room or in the park meeting. These friends of mine keep me sober, and my heart fills with love and gratitude when I see each and everyone one of them. So, here is a shout out to all of you, because each one of you, no matter who you are have made a difference in my life.

Darla



“THE GREATEST GIFT TO GIVE TO THE PEOPLE YOU LOVE IS YOUR RECOVERY.”

I am so grateful for AA because it keeps me sober and allows me to achieve in life the things that I strive for.

I am thankful for living a great life and having great times with friends and family.

And I am only capable of doing this because I have AA in my life.

Mike

For some of us recovery will be the most interesting, important, and inspiring times of our lives. When the fog of withdrawal and misery clears, we lift our heads up and look around, Amazed and awake for the first time from our oppressor, alcoholism, we see so many stories alike! So many different characters alike! So much material learned and obtained for our personal tool box to use when needed for our new journey in life . Who would of ever thought...SOBRIETY! Here's to another day of happiness.

Richard

Gratitude is an action. I can never do enough to repay AA as a whole and the people that have contributed to my sobriety but I can make an effort. I can volunteer to lead a meeting and show up at a meeting. I can make a contribution to the newsletter. I can sponsor another alcoholic. I can reach out to another alcoholic (young or old). I can do all of them and still it would not be enough. But I can do them all in an effort to return what has so freely given to me. I can make the effort. Because Gratitude is action.

Anonymous



Let us know your thoughts!

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 (and even a good (clean) joke?

Please email submissions to: aairehow@yahoo.com

You can write anonymously, or with your first name



Heard At A Meeting...

Heard something good at a meeting? Please send to: aaairhow@yahoo.com for publication in the H.O.W

1. My sponsor said if I felt like drinking, I should pick up my Big Book and hit myself over the head with it a couple of times and then go to a meeting.
2. Thoughts aren't real unless I act on them.
3. I guess we're all Zoom-a-holics now!
4. If you're chairing a discussion meeting and need a topic, if it's a large meeting, choose GRATITUDE; if it's a small meeting, choose RESENTMENTS. The meeting will work out to be about an hour either way
5. This too shall pass. It may pass like a 3-engine freight train, but this too shall pass.
6. If I stay close to God, I can stay close to peace.
7. Resentments are the Number 1 killer of serenity.
8. When I first came to meetings, they said: "Don't buy a cap and gown. You're not going to graduate."
9. Let Go...or be dragged!
10. I usually say about **H.O.P.E**, Hang On, Pain Ends. But lately, I've been saying Hang On, Pandemic Ends! (At least I'm hopeful it will.)
11. First, I had to accept that I am an alcoholic.
12. I am working on acceptance...especially accepting old age gracefully and with humor! *(from a 91-year-old A.A. member)*



13. To change is courageous.
14. **H.O.P.E:** Higher Power, Open to Change, Prepare to Change, Expect the Change
15. It's so hard to have hope when you are down and so easy to have it when you feel good. But you can borrow my hope when you needed it, and I'll borrow yours when I need it.
16. Hope is the "currency" of Alcoholics Anonymous; first you get it, then you give it.
17. I asked the guy who was bringing me to my first meeting, "What happens there?" He said, "Someone shares a really sad story, and everyone laughs."
18. Whenever I got anxious about the future, I would call my sponsor, and she always said: "Trust God, trust me, and go do the dishes!" So I did. This helped me stay in the NOW.
19. **C.R.A.P.** : Carrying Resentments Against People
20. I'm a newcomer in this program every day. *(from an old timer every time he shared)*
21. Resentments: The absence of Peace
22. HOPE unlocks the door named DESPAIR
23. I used to run my mouth all the time and my sponsor would say, "You are the captain of the words you don't say, and a slave to the words you do say."

- 24. You are the only you that will ever be...and that's kind of a big deal.
- 25. When I first came to A.A., I only had two hopes: Bob Hope and No Hope. It's not like that today!



- 26. Whenever I called my sponsor and told him I was feeling jittery, he always said "Go outside and wash your truck." That first year, I almost wore the paint off that truck washing it so often!
- 27. The two worst days of the week: Yesterday and Tomorrow. So Live Today.

28. When I was having a painful, difficult time in new sobriety, someone in A.A. took my two hands in hers and said, "This is only a chapter in your story...it's not the end." It gave me so much hope!

29. **P.A.U.S.E.:** Pause And Use Step Eleven

30. I learned in recovery to take disappointment well. It's so great not to have to be perfect!

31. They're not doing it to me, they are just doing it.

32. I was having a really tough time during this health crisis, so I talked to my A.A. friend and told her I felt more like a concrete block sinking in a pond rather than a duck paddling around in it. She said, "Just keep swimming, girl; just keep swimming."



33. I need to keep my spoon in my own bowl.

34. I was upset about something and called my sponsor. He said "Put your finger on your nose." So I did. Then he said, "You have control of everything below your finger, but no control of everything above it. Give it to God."

35. Since I got sober, I've gotten lots of life lessons, but no life sentences.



- 36. I named my Higher Power "EASY." So I just have to remember EASY DOES IT.
- 37. I took a big bite of the perfectionism pie. It was awful. I have given that up!
- 38. If I followed you around all day, would I see that you were really grateful?
- 39. My sponsor reminds me that I have alcohol-ISM: **I Sabotage Myself.**
- 40. When I first got sober, my sponsor told me to make my bed every day and to report for life sober to see what God has in store for me today. I've been doing that every day ever since.



We are not a glum lot!

Got a good (clean) joke to share? Please send to: airhow@yahoo.com for publication in the H.O.W

"I can't find a cause for your illness," the doctor said. "Frankly, I think it's due to drinking."
 "In that case," replied his patient, "I'll come back when you're sober!"
Me: It's not about how many times you fall, it's about how many times you get back up.
Cop: That's not how field sobriety tests work.

Sobriety is like pizza...
 When it's good...
it's really really good.
 But when it's bad...
it's still pretty damn good.

A.A. Anniversaries

JUNE 2020

Please send upcoming Anniversaries for your group to:

aairhow@yahoo.com

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| <p><u>I Am Responsible</u></p> <p>David D 1 Joseph M 1 Kenneth A 4 Lorelei G 15 Paul S 22 James H 28</p> <p><u>Indian River Womens</u></p> <p>Kristin 4 Kim G 32</p> <p><u>Lunch Bunch</u></p> <p>Tom R 5 Cindy R 5 Jeff S 19 Mark L 20 Ruthie T 52</p> <p><u>Man To Man</u></p> <p>Frank L 2 Brian M 4 John W 10 Dave H 13 Nick F 16 Mark L 20 Paul T 23 Joe A 32</p> | <p><u>Meat and Potatoes</u></p> <p>Nate L 3 Genevieve I 10 Tom W 30 Mindy S 30</p> <p><u>New Day</u></p> <p>David H 2 Johnny S 2 Mary Jane L 7 John W 10 Chuck S 10 Jack W 15 Pat B 35</p> <p><u>Noontime</u></p> <p>Richard B 2 Andrew B 17</p> <p><u>ODAAT</u></p> <p>Robert K 2 Tom M 2 Wayne L 8 Scott C 5 Jodi W 13 Lorrie N 26 Gil B 37 Glen B 8 Ed O 48</p> | <p><u>Ossabaw</u></p> <p>Bryant B 2 Nick F 16 Mark L 20 Paul T 23</p> <p><u>Rainbow</u></p> <p>Kenneth 4 Alex I 16 Penny 28</p> <p><u>Royal Palm</u></p> <p>Jeff P 11 Brian G 31 Skip P 40</p> <p><u>South Vero</u></p> <p>Bob V 1 Clark L 1 Preston O 1 Joe P 2 Montez T 3 Tre J 3 Denise R 5 Adam F 19 Barbara (Bobbie) S 29 Henry R 34</p> | <p><u>Vero Beach 12 & 12</u></p> <p>Brian G 31 Cheryl Ann B 43 Charlie D 51</p> <p>Easy Does It Beginners Free & Easy Indian River Men's Noontime Recovery Sebastian 5:30 Sebastian Freedom Vero Beach Mens</p> <p>Anniversary Not Listed Here?</p> <p>If an AA anniversary is missing here, please send the name of the celebrant and number of years of sobriety to: aairhow@yahoo.com and we will post in in the next edition of the H.O.W. <i>We apologize for any errors or missing anniversaries!</i></p> |
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AA's Statement of Responsibility

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that: I am responsible.

Where to Send Contributions for 2020

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

A final word during this time of isolation:

“Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn’t quite belong.” *From As Bill Sees It, pg 90.*

In this time of national crisis, let’s be sure to reach out and help other suffering alcoholics. Together, we can do what we could not do alone.