

H.O.W.



Honesty Open-Mindedness Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

JULY 2020

Volume 39 Issue 7

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

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

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

STEP 7:

Humbly asked Him to remove our shortcomings.

TRADITION 7:

Every A.A. group ought to be fully self-supporting, declining outside contributions.

CONCEPT 7 short form:

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

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

Many AA members 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>

Meeting Time Change!

BHC treatment meetings are changed to 7:30 to 8:30 pm Monday nights

**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

as scheduled	Club Sebastian - All Meetings
as scheduled	Newport Club - All Meetings
as scheduled	South Vero Group - All Meetings
Mon 8:00pm	Royal Palm Group
Sun-Mon-Thu 7pm	Lakewood Park (Indrio Rd, Ft. Pierce)
Sunday 7pm	Vero Beach Group (Double Speaker Meeting)
Friday 7:00 pm	West Vero Group
Fri 6:00 pm	Meat & Potatoes, Community Church 21st St Vero Beach
12 Noon Mon-Fri	O.D.A.A.T. - (Limited to 25 participants inside)

KNOWN OUTSIDE MEETINGS

ALL MEETINGS - Social distancing observed- BRING OWN CHAIR

Wed/Sat 8:00 pm	Outside under Oaks, left of "A" Building
Sat 12:30 pm	Outside under Oaks, left of "A" Building
Tue 7:30 pm	Sebastian Freedom-NE Corner Main ST/US 1 (by Flagpole)
Fri 6:00 pm	Meat & Potatoes - Community Church 21st St Vero Beach
Mon-Fri Noon	O.D.A.A.T. - 25 participants Outside
5:32 PM	The 5:32 Group meets at Roseland Meth. Outside Church
Friday 7:00 pm	Lakewood Park (Indrio Rd, Ft. Pierce)
Mon 5:30 pm	Roosevelt Community Park - 12/12
Thur 5:30 pm	Roosevelt Community Park - Big Book



Need a meeting RIGHT NOW?

Check out the 24/7 Zoom meeting!

<https://zoom.us/j/144108372>

Password: 169258

MEETING NEW TIME & LOCATION!

Tuesday 11th Step Prayer & Meditation

meeting has moved to:

A Sharing Place

9430 US1 N

Sebastian, FL 32958

Meeting starts at 6:00 pm

- An indoor meeting
- Mask must be worn while inside
- Sanitizers are available



Coming Soon: 2020 Convention Online!

Dear Friends,

As most of you are aware, in the spring the decision was made to cancel the 2020 International Convention due to the COVID-19 pandemic. While this was a difficult decision, and a disappointing outcome for those planning to attend, we are confident it was the most appropriate action to ensure the health and safety of our members.

There is good news, however, as we now have an opportunity to bring together many of the special components that make International Conventions memorable — by utilizing a virtual platform.

For this purpose, we are planning a **2020 International Convention** digital site. Throughout the month of July, the **2020 International Convention** will come alive online to provide a new experience that includes:

- **A.A. speakers**
- **A digital “Carrying the Message Pavilion”**
- **Sharing from nonalcoholic friends of A.A. and special guests linked to our history**
- **A presentation of the 40 millionth Big Book**
- **A new Archives video on the history of A.A.**
- **An AA Grapevine video created for the Convention**
- **...and more!**

The virtual experience will also help us reaffirm the International Convention's goals, which include rededicating ourselves to the primary purpose of A.A.; sharing the success and growth of the A.A. program around the globe; and letting the world know that A.A. is alive, flourishing and available as a community resource internationally.

We will be up and running on <https://aa.org/> by July 1, 2020, to coincide as closely as possible with the original Convention date, and the site will be available throughout the entire month of July.

Please stay tuned for updates on <https://aa.org/>

In fellowship,

Julio E., 2020 IC Coordinator

Letter from our DCM

Hello Indian River family,

Great job groups and individuals finding ways to work differently these past months. The "rooms" remain a place of solution, fellowship and connection.

Some groups continued to meet in small groups, some groups found virtual platforms or phone meetings, some relapsed, some recovered, sadly, we lost a few, but we found some news ones. too. We will continue to find ways and continue to be willing. Working with Bob C., our District Co-Chair, I have tried to connect with you through your GSRs, and the contacts listed with District. Please feel free to contact me through DCMIRC1@gmail.com if you want to be added to this contact list.

Good news is all around us:

- Our **District 6** meetings are posted on <https://www.district6aa.org/> calendar, mostly virtual. This includes four counties, Indian River, St. Lucie, Martin, Okeechobee, and part of Glades County.
- Our **Area 15** Assemblies and Committees are continuing to meet. Check out <http://area15aa.org/> and you might try our monthly service meetings on the second Friday and fourth Sunday 8 pm. Area 15 is all of South Florida, the Bahamas, U.S. Virgin Islands, British Virgin Islands, Antigua, St Maarten & Cayman Islands.
- The **GSO** office is also sponsoring some great on-line meetings on service-related topics where people from all over the United States and Canada are meeting.

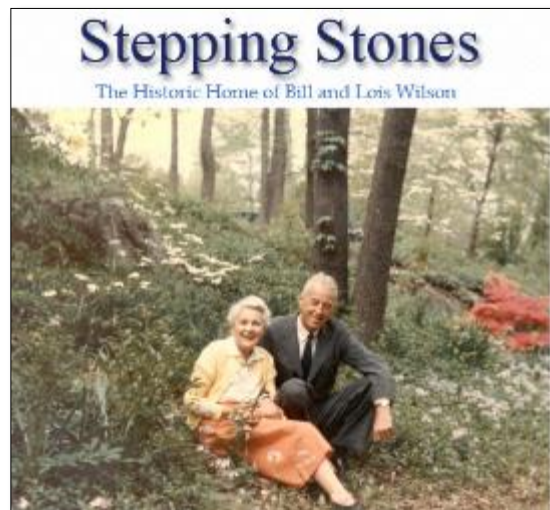
We have 36 spiritual tools available through the steps, traditions and concepts. I have been more fully aware of the latter ones through these District and Area meetings. I've been able to visit Stepping Stones (<https://www.steppingstones.org/>), had a tour of Akron (<https://drbobshome.org/>) and Bill's house in Vermont (<http://www.wilsonhouse.org/>), virtually. Lastly, I was notified that the International Convention is working on a virtual format [see *letter above*]. We are a resourceful lot. How does it work? Honesty, Open-mindedness and Willingness.

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you - until then."
(*Alcoholic Anonymous*, pg. 164)

Fawn S.

DCM Indian River County
DCMIRC1@gmail.com



Are you interested in hearing people share their experience with..

A.A.'s Traditions and Concepts

Navigating this unique time in our History/Present/Future with these 2 great Legacys.

Register now for the Virtual (Online) Conference

September 5 - 6, 2020 ... Our Fifth Year!

We would greatly appreciate your support if you could:

- Get the word out by forwarding this email to those you sponsor or others that might be interested.
- Include the flyer in newsletters, post it on websites, or announce it at meetings you attend. The flyer can be downloaded from the website: <https://unityandserviceconference.org/>
- Come and attend the Conference yourself! It's a 'click' away to register.

This is an A.A. activity of the Love and Service A.A. Group in Pleasant Hill, CA, and any contributions in excess of the prudent reserve will be distributed to A.A. service entities.

Again, thank you for your time, support, consideration, and participation.

Sincerely,

The Unity & Service Conference Committee



Virtual 5th Annual Unity & Service Conference
"Applying our 12 Traditions & 12 Concepts to Real Life"

September 5-6, 2020 (PDT)
Labor Day Weekend
Concord, CA, USA

Pacific Daylight Time Zone

	Saturday, September 5	Sunday, September 6
8:45 am	Welcome! Serenity Prayer & Kickoff	
9:00 am	Memoirs of a Judge that Nudged <i>Rogelio Flores, Santa Barbara, CA Retired Judge & Past Class A Trustee</i>	Contempt Prior to Investigation? The 12 Concepts - "A Spiritual Experience" <i>Jennifer D., Wilmington, NC</i>
	10-Minute Tradition or Concept Vignette Before Each Main Speaker	
10:30 am	Service Panels Panel 1 - Young People Panel 2 - Bridging the Gap Panel 3 - Corrections (H & I) Q&A	Service Panels Panel 1 - Public Info & Cooperation with Professionals Panel 2 - Intergroup/Hotline Panel 3 - General Service Panel 4 - Sponsorship Q&A
12:00 pm	Break	
12:30 pm	Finance & Romance in AA's Digital Age <i>Jennifer D., Wilmington, NC</i>	Anonymity and Outside Issues: Right vs. Responsibilities <i>Roger W., Vine Grove, KY</i>
	10-Minute Tradition or Concept Vignette Before Each Main Speaker	
2:00 pm	The Three Legacies and Relationships <i>Chuck & Beth H., Cary, NC</i> 10-Minute Tradition or Concept Vignette From an Al-Anon Speaker *This 2 Hour and 15-Minute Session Includes a 15-Minute Break at 3:00 pm Before Concluding at 4:15 pm*	Ask It Basket with Speakers <i>Rogelio, Jennifer, Don, Roger, Chuck & Beth</i>
3:00 pm	Break	Close with Responsibility Statement
4:30 pm	Unity vs. Conformity in the Home Group <i>Dan L., Bellingham, WA</i> 10-Minute Tradition or Concept Vignette to Open	Online-Only Event! Space Is Limited..... Pre-Registration Encouraged! 
6:00 pm	Close with Responsibility Statement	

Registration Link & Contact Info: [Unityandserviceconference.org](https://unityandserviceconference.org) 925.222.5639

Thoughts from Indian River AAs:

As my church has closed down and no meeting, it is time for me to think about what a group needs to do to that room to reopen. I thought it might be nice to have some suggestions in the next HOW and even on the website to help others. It is more than a church saying it is ok to hold your meeting and unlocking the door and going in.

Some people take meetings for granted and don't think they have to do anything except go and maybe put a dollar in the basket. Service work falls in many different ways.

Anonymous

My experience in AA most of the time has been wonderful. I have always been challenged to grow. My sponsors and friends in AA have always helped along the way. I've also have been privileged to pass this on. I have also learned from people I sponsor.

I have learned most in the business meetings and being on committees. Another words being involved in AA. I am so grateful for this. I learned about myself. When I came into AA I didn't know much about interacting with people.

Doing service in AA helped me become involved in the world. I was no longer isolated from it. I learned how to be diplomatic. I saw that I didn't have convince anyone that my opinion was correct. I learned I was a member of a team. In other words one among many. I didn't have to be in charge or have no control at all.

I am so glad there are no bosses in AA. As our traditions tell us. Only a loving God as he expresses him or herself in our group conscience.

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: aairhow@yahoo.com

You can write anonymously, or with your first name



It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.

— Bill W. —

Heard at A Meeting...

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

1. I don't have to be offended today; I can listen and be open-minded instead.
2. My sponsor taught me that when I am upset and anxious, to open my two hands in front of me, and put all my fears in them, then gently close my hands, raise my arms to the heavens, open my hands and give all my troubles to God. It really works!
3. Would I rather be right? Or would I rather be happy?
4. From an old-timer: I've sponsored loads of people in Alcoholics Anonymous. Some are drunk; some are sober. But they all have one thing in common: They all kept me sober.
5. I was surprised that sobriety fit me so well.
6. If you act like you are grateful, you will become grateful.
7. **Pause**, when agitated.
8. I will die with alcoholism, but I don't have to die from alcoholism
9. When I was whining yet again, my sponsor said, "Get off the cross; we need the wood."
10. Once I got sober, I got over the disappointment of being me.
11. I am responsible for my own recovery.
12. Today's problems are sufficient for today. Don't worry about tomorrow.
13. Being sober means I get to say "YES!" to so many things!



14. Make your bed every morning.
15. I was so unwilling when I first came! Unwilling to do anything except go to meetings. My sponsor said, "You will eventually become sweetly reasonable..." and I stuck around for almost a whole year and then it happened; I became willing to change.
16. Monday used to be "moan and groan" day, but it's a great day now.
17. I was 34 when I came into the program and my sponsor said, "If they made a movie of your life, when you are 65, would you want to watch it? Instead of good days and bad days now, I have easy days and learning days. The Buddha said that expecting too many things in life causes suffering.
18. I realize that long term sobriety is about relationships; about being there for the people I care about.
19. The more I work this program, the better my life gets.
20. This is the "Power-Hour" (*said in a meeting*)
21. My sponsor told me to put sobriety in the center of my life.
22. Sobriety means living in the N.O.W: **No Other Way**.



23. Sobriety WAS my priority. Sobriety IS my priority. I want to die sober! (shared by a 91 year old AA member with 45 years of sobriety)

24. I really enjoy this moment. I've never been here before! I'm so excited to be here now.

25. Worrying is not a form of meditating.



26. I love what Gandi said: "Be the change you want to see in the world."

27. I am the creator of my own chaos, but I can be the architect of my own serenity.

28. About change: My sponsor said if I stick to the AA program, I would change, but I wouldn't change into anything I don't like.

29. You don't have to understand the program in order for it to work.

30. I heard this version of K.I.S.S.: Keep It Simple, Sweetie!

31. I go to meetings every day to get a shot of "Vitamin AA."

32. Wash the dish, not the dishes. Then wash the next dish. Then wash the next dish...

33. When I start getting upset or agitated, I pause, and then ask myself do I need Acceptance right now? or do I need Courage? or do I need Wisdom? It helps me figure out what I need, and I ask my Higher Power for it. It works. It really does.

34. Sobriety is so good. I make a lot better decisions now than when I was all farkled up.

35. An expectation is a small seed that can grow into a big resentment tree.

36. An expectation is a resentment.

37. Rule 62: Don't take yourself so seriously. Rule 63: Don't take THEM so seriously either!

38. I had the fantasy of just being able to drink a little wine and do the 12 steps. It didn't work.



We are not a glum lot!

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

Harrison Ford just turned up at my AA group.
I've never seen Han so low.

My AA sponsor told me to stay away from places where I used to drink.
I just sold my car.

My husband told me I had to give up drinking, so I joined the AA.
Unfortunately, I joined the Automobile Association by mistake.
At least either way I'm on the road to recovery.

Newcomer: "My conscience finally brought me to the Program."
Old-timer: "How so?"
Newcomer: " I kept seeing this eyeball staring at me from the bottom of the glass! I'm sure it was my conscience."
Old-timer: "Probably an olive. But never mind---whatever works!"

Two termites walk into a bar. One asks, "Is the bar tender here?"

An alcoholic was stranded on a desert island with no food or 'drink' or way to escape.
He found a bottle and dusted it off and a magic genie appeared.
"You have freed me!" exclaimed the genie, "I grant you three wishes!"
"Anything I want?" the alcoholic asked.
"Yes, any three things you want!" the genie replied.
"Oh WOW! I want a bottle of rum that always stays full!" cried the drunk.
POOF! The bottle appeared. When a big drink was taken it was still full!
"Oh WOW, Oh WOW!" the drunk exclaimed.
Still drinking the genie is looking at his watch...
"You still have two more wishes!"
Holding the bottle high the drunk exclaimed
"Oh WOW! I want two more of these!"

A.A. Anniversaries

JULY 2020

Please send upcoming Anniversaries for your group to:
aairhow@yahoo.com

<u>Free & Easy</u>		<u>ODAAT</u>			Anniversary Not Listed Here?
Kelley R	1	Kelley R	1	<ul style="list-style-type: none"> • Easy Does It Beginners • I Am Responsible • Indian River Men's • Lunch Bunch • New Day • Noontime Recovery • Ossabaw • Rainbow • Royal Palm • South Vero • Sebastian 5:30 • Sebastian Freedom • South Vero • Vero Beach Mens 	<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.</p> <p><i>We apologize for any errors or missing anniversaries!</i></p>
Debra M	2	Catherine C	2		
Ian M	2	Buill M	2		
Mark O	13	Leah C	3		
		Adam B	3		
<u>Indian River Womens</u>		Samantha C	3		
Marla B	11	Susan F	5		
Gail S	31	Brent F	5		
		Melissa M	5		
<u>Man To Man</u>		David L	9		
Chris E	7	Liz L	9		
Gregg H	8	Eric F	14		
Jay W	12	Scott H	16		
Wayne R	14	Michael B	22		
Bill F	19	Bill S	29		
Dave L	27	Dan N	29		
Dave O	31	Christine S	30		
Donald S	32	Pat B	31		
Tim S	34	Jack W	32		
Bill V	39	Bridid C	32		
Brian D	46	Dutch	35		
Woody H	53	Suzie S	39		
		Kay D	47		
<u>Meat and Potatoes</u>					
Michael S	2	<u>South Vero</u>			
Danielle P	6	Cherie S	27		
Marla B	11	<u>Vero Beach 12 & 12</u>			
		Vernon P	1		
		L.J. W	3		
		Janice S	31		

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

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 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 (circle days you may be able to speak):		Times available for speaking (circle times):	Counties available for speaking (circle counties):
<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.