

HOW.



Honesty Open-Mindedness Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

SEPTEMBER 2020

Volume 39 Issue 9

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: aairehow@gmail.com

NOTE: Old yahoo email has been changed to gmail.com

STEP 9:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

TRADITION 9:

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

CONCEPT 9 short form:

. Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

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>

THE OFFICE WILL BE OPEN SATURDAYS FROM 9am - 11:30am

CONFIRMED INSIDE MEETINGS

as scheduled	Club Sebastian - All Meetings
as scheduled	Newport Club - All Meetings (ALL MEETINGS REQUIRE MASKS)
as scheduled	South Vero Group - All Meetings
Mon 7:00 pm	Indian River Women's Group - NEWPORT CLUB
Mon 8:00pm	Royal Palm Group
Wed & Sat 7:00pm	BAREFOOT BAY - Buildings D & E Inside
Sun-Mon-Thu 7pm	Lakewood Park (Indrio Rd, Ft. Pierce)
Sunday 7:00pm	Vero Beach Group (Double Speaker Meeting)
Friday 7:00pm	West Vero Group
Fri 6:00pm	Meat and Potatoes - Community Church 21st St Vero Beach
12 Noon Mon-Fri	O.D.A.A.T. - (Limited to 25 participants inside)

OUTSIDE MEETINGS

ALL MEETINGS - Social distancing observed- BRING OWN CHAIR

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



**Need a meeting
RIGHT NOW?**

**Check out the
24/7 ZOOM meeting!**

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

Password: 169258

Remember:

The only meeting you were late for was your very first meeting.

Announcements for the Good of Indian River AA

From the District 6, Archive Committee of AA, Area 15

The **District 6, Archive Committee of AA**, Area 15 will be starting a project to document group histories of Indian River County AA Groups. This is important work to preserve and make available to AA members, the professional community and historians the formation of groups in the county which helped AA carry its message of recovery from alcoholism.

Strict guidelines will be observed for protecting the anonymity of group members and of those interviewed.

Anyone interested in having their Home Group participate or who would like to offer assistance in this project should contact **John M. at 772-538-1869**. We hope to hear from many of you who would like to take this as an opportunity for service. Thank you.

Meeting Information

11th Step **Prayer and Meditation** meeting on Tuesdays @ 6pm
Address: 9430 US1 N Sebastian, FL 32958
Mask is required, temp checks taken at the door.

The **New Day** group is meeting at the Yacht Club in Sebastian everyday @ 7am, except on Sunday @ 8am, indoors, *social distancing and masks are required.*

Due to COVID-19 all **Lunch Bunch** meetings will be held at 9:00am at the RiverView Park Pavilion until further notice.
Tuesday and Friday 9:00 am.

The **Sebastian 5:32 Group** meets at Roseland Community Park, 12925 83rd Ave Sebastian, FL on Monday (12 & 12) and Thursday (Big Book) at 5:32 PM
Please bring your book and a chair

Zoom meeting- Melboro 24 group
All welcome - meeting Id: **445 370 5137**
(*same Id for all meetings*) Password - **sieberling**

Mon	Step meeting	7pm
Tues	Men's meeting	7 pm
Wed	Drop the Rock	7 pm
Fri	Topic	7 pm
Sun	Family meeting	8 pm

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

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



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? You can write anonymously, or with your first name

Please email submissions to: aaairhow@gmail.com

IMPORTANT NOTE: This is our new email address. The old YAHOO address has been retired.

Hello Fellow Travelers!
We have some exciting updates for you regarding the:

The Unity and Service Conference
September 5 and 6, 2020

The conference that is all about how A.A. members have utilized A.A.'s 12 Traditions and 12 Concepts in their lives ... which will include the entire weekend being interpreted for ASL!

You will need to register to attend, you can
SIGN UP HERE: <https://unityandserviceconference.org/>

We already have 600+ signed up, with a capacity for 1000! (So, if you haven't already registered, you might want to do so soon. I know we often wait till the last minute, but we encourage you not to do that this time).

We have a change in presenters for our "Traditions in Relationships" workshop; we welcome Alex & Melissa L. from Rochester, NY.

We are 2 weeks away and counting down ... until we 'zee you in the zoom' room.

We will email you the ID and Password prior to the conference.

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.



Included with a \$25 contribution is a download of the entire audio of the conference; with a \$40 contribution you get the download *and* we will mail you our pin Logo.

Would you kindly do us a favor and forward this announcement to your email list!!! Many thanks in advance.

Again - thank you for:

- * supporting our 5th Annual/1st Virtual Conference with your time
- * forwarding this announcement to your email list
- * and mostly, for your participation.

Hope to see you at the conference.

Sincerely,
The Unity & Service Conference Committee

Heard at A Meeting...

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

1. The 4 Pillars of Wisdom: **I was wrong. I don't know. I am sorry. I need help.**
2. Do God's work...not God's job.
3. Gratitude turns a meal into a feast!
4. The best apology is changed behavior.
5. **C.R.A.P.:** Carrying Resentments Against People
6. Once we can accept something, we don't have to be afraid of it anymore.
7. A.A. is the only place you can meet someone for the first time and reminisce.
8. Are you humbly grateful, or grumbly hateful?
9. Be assertive today, or you may be aggressive and angry tomorrow.



10. When I get all wound up about stuff that's in the future, my sponsor always says: "Don't answer the phone before it rings, buddy!"
11. Think, Think, Think: Think about the drink, think about the drunk, then think about recovery.
12. I have enough; I am enough; I do enough. (from Brene Brown's *Daring Greatly*)
13. I am learning to treat everything like I prayed for it; it has a purpose.
14. Never again can I let people, places, and things control me like the bottle did.
15. I'd rather be grateful than hateful.
16. **T.R.U.S.T.:** Try Really Using Step Three. Turn it over!
17. I know I go to bed sober, but I wake up an alcoholic. So before I even get out of bed, I remember just how bad it was, and then I say the **Third Step Prayer** so I am ready for another sober day.
18. If you can't help an alcoholic, at least don't hurt him.
19. Are you IN a meeting or are you AT a meeting?
20. You know what they say about the 10th Step: Check yourself before you wreck yourself!
21. Take a moment and put God in it, and things will get better.
22. This is not about enduring sobriety; it is about embracing sobriety.
23. My main business is my sobriety.
24. I'm a drunk. Drunks can't drink. Alcohol is poison.
25. Plan the plan, not the outcome.

3rd Step Prayer

God, I offer myself to Thee-
to build with me and to do
with me as Thou wilt. Relieve
me of the bondage of self,
that I may better do Thy will.
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. May I do
Thy will always!

Alcoholics Anonymous
Pg 63

26. You are the only you there will ever be, and that's kind of a big deal.
27. About the "Language of the Heart": What comes from the heart goes to the heart.
28. Chuck C. says recovery is about "Uncovering, Discovering, Discarding"
29. I love the fellowship of AA: My home group up north was a men's group, called "The Knuckleheads Group." We all went out to eat after the meetings, all the knuckleheads; it was great!
30. I used to be "Wild Bill," and now I'm "Mild Bill." I used to be a mugger and now I'm a hugger (*from an 89-year-old AA member named Bill*)



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

Q: What did the bartender say after Charles Dickens ordered a martini?

A: "Olive or twist?"

Q: What did the man with slab of asphalt under his arm order?

A: "A beer please, and one for the road."

Q: What is the difference between a puppy and an alcoholic?

A: The puppy stops whining after a year.

Guy walks into a bar in New Orleans and says, "give me a Corona and two Hurricanes."

Bartender says "that'll be 2020"

About the 24-hour chip: In my old home group, they used to tell newcomers, put the 24-hour chip in your back pocket, and if you take a drink, it will blow your bottom off. BOOM!

A hamburger walks into a bar. The bartender says, "Sorry, we don't serve food in here."

A horse walks into a bar. The bartender says, "So, why the long face?"

A skeleton walks into a bar and says, "Gimme a beer... and a mop."

A soccer ball walks into a bar. The bartender kicked him out.

A magician walks down an alley and turns into a bar.

Spiritual Principles for the 12 Steps

1. **HONESTY:** Fairness and straight forwardness of conduct; adherence to the facts.
2. **HOPE:** To expect with desire; something on which hopes are centered.
3. **FAITH:** Complete confidence; belief and trust.
4. **COURAGE:** Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. **INTEGRITY:** The quality or state of being complete or undivided; soundness.
6. **WILLINGNESS:** Prompt to act or respond; accepted and done of choice or without reluctance.
7. **HUMILITY:** Not proud or haughty; not arrogant or assertive; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. **LOVE:** Unselfish concern that freely accepts another in loyalty and seeks the other person's good.
9. **DISCIPLINE:** Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.
10. **PATIENCE/PERSEVERANCE:** Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding despite counter influences.
11. **AWARENESS:** Alive and alert; vigilance in observing.
12. **SERVICE:** A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

A.A. Anniversaries

SEPTEMBER 2020

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

<p><u>Free & Easy</u></p> <p>Becky M 12 Joe C 16 Tina S 17 Clarence H 18</p> <p><u>Indian River Womens</u></p> <p>Maren 3 Petra 8 Beth M 15</p> <p><u>Man To Man</u></p> <p>Mike C 1 Frank J 1 Moose E 3 Joe S 4 Ty B 4 Mike B 8 Rich V 17</p>	<p><u>Vero Beach 12 & 12</u></p> <p>Kay D 28 Ruth C 44</p> <p><u>Noontime Recovery</u></p> <p>Michael R 2 Greg C 20</p> <p><u>ODAAT</u></p> <p>Thomas M 2 Kimberly L 3 Stephen L 3 Vick S 3 Paul G 10 Sandy R 21 Elizabeth M 29 Joan C 33 Jonathan M 35 Molly H 36 Hugh L 37</p>	<p><u>I Am Responsible</u></p> <p>Grant C 2 Justin H 2 Matt M 2 Mike H 8 Krist S 11</p> <p><u>New Day</u></p> <p>Frank J 1 Paul S 3 Mike R 7 Chuck B 8 Kathleen W 14 Rich V 17 Rick R 22 Lois W 30 Kevin L 36</p>	<p>~~~~~</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: <u>aairhow@gmail.com</u> and we will post in the next edition of the H.O.W.</p> <p><i>We apologize for any errors or missing anniversaries!</i></p> <p>~~~~~</p> <ul style="list-style-type: none"> • Lunch Bunch • Ossabaw • South Vero • Sebastian 5:32 • Sebastian Freedom • Sebastian <u>12 & 12</u>
--	---	---	--

Responsibility Declaration

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

Box 459

Have you missed the BOX 459 newsletter from AA?

Click here for the SUMMER 2020 copy:

https://www.aa.org/newsletters/en_US/en_box459_summer_2020.pdf



Big Book of Alcoholics Anonymous

Did you know...?

You can listen to the Big Book for FREE on aa.org at:

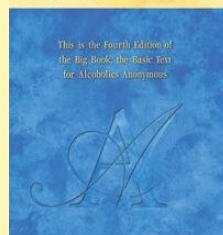
- https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version

American Sign Language (ASL) video is available on DVD for purchase and also FREE for viewing at:

- https://www.aa.org/pages/en_US/alcoholics-anonymous-asl

Alcoholics Anonymous has been translated into 70 languages worldwide and counting!

ALCOHOLICS ANONYMOUS



Where to Send Contributions for 2020

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



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 _____

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

Indian River Central Office of AA.

1600 26th Street, Suite 6

Vero Beach, FL 32960

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.

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.