

HOW.



Honesty Open-Mindedness Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

October 2020

Volume 39 Issue 10

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](mailto:aairehow@gmail.com)

STEP 10:

Continued to take personal inventory and when we were wrong promptly admitted it.

TRADITION 10:

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

CONCEPT 10 short form:

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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>

KNOWN INSIDE MEETINGS

Wed & Sat 7:00pm	Buildings D&E - inside
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 (Temporarily moved to Zoom) Zoom ID: 885 8030 8385 PW: 647726
Mon 7:00 pm	Hibiscus Monday Night (Cosed Discussion) Indian River Shores 6001 N A1A (cornerr of Fred Tuerk Drive
Mon 8:00pm	Royal Palm Group
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)

KNOWN OUTSIDE MEETINGS

ALL MEETINGS - Social distancing observed- BRING OWN CHAIR

9:00:00 AM Tue/Fri	Sebastian Riverside Pavillion
Sat 12:30pm	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
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.

Back to the Future



It has been over five months since A.A. meetings have, for the most part, migrated online. There are now over 1,000 virtual meetings in **Meeting Guide** on the G.S.O. website. And recently, as there appears to be a movement toward reversing the trend, there are as many questions about these changes as there are meetings.

One of the most common communications that G.S.O. has received relates to A.A.'s autonomy: just because a hosting church or venue is reopening doesn't necessarily mean that a physical A.A. meeting has to as well. However, many groups are eager to get back to business as usual, and as buildings unlock their doors, those groups are making plans to return.

Two considerations, sometimes at cross purposes, often arise with regard to remaining online or reopening A.A. groups: **safety** and **unity**. Many A.A. groups have shifted along technological lines. Some members remain uncomfortable with online meetings and so attend what few in-person meetings are available, or they use literature or the telephone to connect with the Fellowship. Others, who have more easily replaced physical meetings with online meetings, are not willing to return to live rooms yet, due to concerns about the proliferation of virus hotspots and upticks in certain areas.

Eventually these two groups will need to come back together while sorting out any confusion or hurt feelings that may have been created along the way. It will take sensitivity and diplomacy as well as strict adherence to the A.A. Traditions. **Traditions One** (*common welfare*) and **Five** (*primary purpose*) can serve as handrails on the walk back, as can the consolation that all groups are experiencing similar stress. A.A. groups may be autonomous when it comes to the particulars of how a group functions, but in matters of the heart, we are not alone.

Workshops and committees that have met to consider reopening have found that thorough discussion before any decision-making pays the greatest dividends. There are numerous guides, the essence of which we share here, that explain the steps some groups are taking. Most groups find it is essential to first identify the common challenges to group unity presented by any unresolved issues. Detailed, thoughtful reports and guides are incredibly helpful in smoothing things out and being solution-oriented is paramount to help maintain a level of calm and trust as members attempt to return to the rooms.

A New York City group that hosts multiple meetings each week came up with the guidelines below. Prior to drawing up their recommendations, members reviewed federal CDC guidelines, N.Y.C. and N.Y.S. protocols, A.A.'s G.S.O. guidelines, A.A.'s N.Y. Intergroup materials, Area 49 (Southeast New York) outlines, and various articles in the press. Their criteria were set with the understanding that online meetings continue to meet during the transition, so the balance between availability and safety is being maintained. They also stress that all guidelines are subject to adjustment in response to changes in the status of the COVID-19 pandemic. *(continued next page)*

Continued... **These are some of their most practical suggestions:**

- There should be only **x** chairs in the room and only **x** people permitted at any time. (The number **x** is adjusted to room size such that there is a six-foot distance between chairs.)
- **Masks should be required at all times.** Anyone refusing to wear a mask should not enter. The group should make an effort to supply masks for individuals who may not have their own upon entry.
- Bathrooms should be locked and unavailable.
- No cash collections should be taken. Seventh Tradition contributions can be made via PayPal or other digital means.
- A list of first names and last initial with phone numbers may be maintained by the chairperson (and destroyed after 14 days) in the event that contact tracing is required by the N.Y.C. or N.Y.S. Department of Health.
- There should be no shared literature.
- The group should supply spray disinfectant and attempt to maintain a supply of hand sanitizer so group members can disinfect between meetings.
- Similar to fire code maximum occupancy caps, group members should manage potential overflow issues by helping people find other meetings or offer their spots to those with burning needs/desires to be in the room.
- The option to “hybridize” by calling in to an online web platform should be provided (if there is a group conscience to do so).
- An announcement highlighting the COVID-19 risk to vulnerable populations should be read at every meeting.

Area 48 (*Hudson/Mohawk/Berkshire New York*) has made many of the same recommendations, adding a few others that home in on hospitality, literature, newcomers and new/revised service opportunities:

- Hospitality should be suspended: members can bring their own beverage. Or, one person may be designated to pour coffee and deliver one-on-one with facemask and gloves.
- Members should bring their own books (with no passing). And/or all literature may be disinfected.
- “Beginner’s packs” — plastic bags containing a pre-printed list of group names and numbers, pamphlets and other starter material (all disinfected) — should be available for newcomers.
- Groups may consider new service positions such as a “spiritual sanitizer”/safety person and a tech person for maintenance of virtual and hybrid meetings. Greeter duties might be revised to include handing out the Seventh Tradition card, printed group protocols and/or important lists and numbers. Revised chair and secretary duties may include handling contract tracing lists.

During the early days of the COVID19 pandemic, Judith H. wrote in the July issue of **AA Grapevine**, “We need each other for sobriety; Bill and Dr. Bob found this out 85 years ago, as two drunks who got together and said, ‘I won’t drink, just for today’ ... Those two men left us a program to keep us sober through wars, hurricanes, tornadoes, and any kind of upheaval, personal or planetary — even this one.”

These are thoughtful words to consider as we slowly and gently work back toward meetings as we know and love them. With gratitude and humility, and in consideration of all alcoholics, these steps can be taken cautiously but purposefully, in the same way we learned from Alcoholics Anonymous how to live life — one day at a time. (*This article is from Box 4-5-9, Fall 2020, pg. 3-4*)

Would you like to read the BOX 459 newsletter from AA?

Click here for the FALL 2020 edition:

https://www.aa.org/newsletters/en_US/en_box459_fall20.pdf

Heard at A Meeting...

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

1. I learned so much about humility when I could finally say these three words: **I need help.**
2. They told me when I first got here that if I went to a football game and there was a huddle down on the field, they weren't talking about ME.
3. I thought I was so different than the rest of you in the meeting, but I learned after I worked the steps that I'm just a garden-variety drunk.
4. My sponsor always told me that no matter how big I think I am, there is always someone bigger on that mountain.
5. Humility is the willingness to be teachable.
6. Alcoholics are the only people who, when they're drunk in the gutter, can still look down on other people.
7. Years ago, when I got out of rehab, they gave me a Big Book. They told me go to A.A. meetings and get a lot of phone numbers, so I wrote them all in the covers of that book. But this is amazing, because now I see newcomers in online meetings with Zoom meeting numbers inside their Big Books!
8. During a meeting, I listen to learn, and I learn to listen.
9. When I was drinking, I had a false humility that made me feel like the victim all the time.
10. Humility is being comfortable in my own skin.
11. Every single day, I need to make my sobriety the most important thing in my life.
12. I had nine years of sobriety and went out for one night. It lasted 2 1/2 years. It was a really, *really* long night.
13. What is important to me is not to pick up a drink today.
14. I used to say: "Pass me the tissues; I've got issues." But I have real solutions now.
15. You new guys here...you got a tiger by the tail, man. Don't let go!
You got a life ahead you beyond your wildest dreams.
16. The 3 "Ps": **Pause, Pray, Proceed**
17. I am so grateful. I've been sober 7 months and my little girl said to me: "I'm so glad you are back, Mommy. Now, you are really HERE when you are here."
18. When I first came, they told me this about alcoholism: The alcohol is in the bottle and the "ISM" is inside me: **I, Self, Me.**
19. When I'm teachable, I'm reachable.
20. My sponsor would say to me: Be an asset, not an ass.
21. Don't be homeless! Get a home group!
22. You are either a good example for other A.A.s or a horrible warning.



23. Relax. Everything is not under control. Especially your control.



24. *At an online meeting:* I am so glad to be 'here' in Florida! I am doing 50 meetings in 50 states online. It's been amazing!

25. There is no change if you stay in the comfort-zone.

26. When I talked to my sponsor and she said I had to change, I asked "What if I change into someone I don't like?" She said, "You won't!"

27. They say you hit your bottom when you are ready to stop digging. But once you get to A.A., we can help you put the shovel down!

28. They told me the program is simple, but not easy. And what I found is the "not easy" part is just stuff I don't want to do.

29. Take the disease seriously. But don't take yourself so seriously.

30. AA makes me a young person in an old-person's body!

31. When you argue with reality, you will be wrong 100% of the time.

32. Alcoholics don't like change they don't like!

33. Booze was my anesthesia for life.

34. If you can't help them, don't hurt them.

35. Working the program to me is like walking the wrong way on the people-mover at the airport. If I stop going forward, I start going backward.

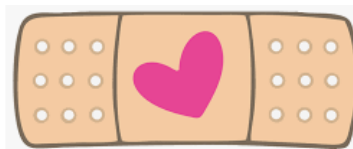
36. The only bad thing about making a mistake is not learning from it.

37. If I am not in the present moment, then I am either in memory or in imagination.

38. If you can't feel it, you can't heal it.

39. Find where God lives and visit there often!

40. It isn't what we say that helps people; it's how we *listen*.



We are not a glum lot!

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



A cop pulls a guy over for suspected drunk driving. The cop opens the door and the driver falls out onto the asphalt. The cop says, "Holy cow, you're so drunk, you can't even walk!" The drunk says, "No kidding! That's why I took my car!"

Two drunken lads who were driving home from the pub suddenly began losing control over the car, and it started to zigzag all over the side of the road. One yelled: "Watch out! You are driving onto the sidewalk!" The other replied: "Huh?! I thought *you* were driving!"

A.A. Anniversaries

OCTOBER 2020

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

<p><u>Indian River Womens</u></p> <p>Mary D 17 Linda P 45</p> <p><u>Lunch Bunch</u></p> <p>Darlene G 2 David I 4 Trudy S 6 Frank M 12 Sam G 38 Eileen G 48</p> <p><u>Meat and Potatoes</u></p> <p>Sunshine C 13 Steven W 17</p> <p><u>Sebastian Freedom</u></p> <p>Shelley 25 Gus 27 Debbie 29 Doug 38</p> <p><u>Noontime Recovery</u></p> <p>Terry K 28</p> <p><u>Ossabaw</u></p> <p>September</p> <p>Donna S 13 Grace L 18 Sam G 38</p>	<p><u>ODAAT</u></p> <p>Robert B 1 Butch F 2 Tatiana 2 Cari M 6 Trudy S 6 Susan J 8 Tim C 8 Ashleigh 8 John. M 9 Don H 10 Bob H 10 Terry C 24 Bob B 32 Marlene 33 John S. 34 David B 38 Cheri B 39 Don W 46</p> <p><u>Royal Palm</u></p> <p>September</p> <p>Elise H 6 Pat C 19 Trish H 30 Butch C 36</p>	<p><u>Indian River Thursday Night</u></p> <p>September</p> <p>Tiffany D 1</p> <p>October</p> <p>Susanne C. 3</p> <p><u>New Day</u></p> <p>Gary H 4 Kathy O 4 Mike J 5 Kathleen M 7 Teri M 7 Gus B 9 Donna S 13 Bob T 16</p> <p><u>Man to Man</u></p> <p>Peter M 1 Matt A 2 Mike J 5 Jeffrey A 9 Frank M 12 Steve W 17 Bob L 24 John S III 27 Fred S 28 Rick B 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:</p> <p>aairhow@gmail.com</p> <p>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> <p>~~~~~</p> <ul style="list-style-type: none"> • Free & Easy • I Am Responsible • Sebastian 12 & 12 • Sebastian 5:32 • South Vero • Vero Beach 12 & 12
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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.

We want to hear from YOU!

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."

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.

Big Book of Alcoholics Anonymous

Did you know...?

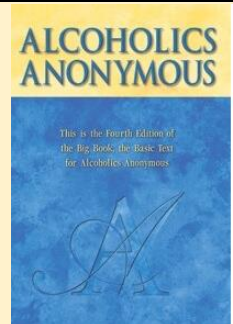
You can listen to the Big Book for FREE on aa.org at:

- 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!



Where to Send Contributions for 2020

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

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.