

H.O.W.



Honesty

Open-Mindedness

Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

November 2020

Volume 40

Issue 11

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 11:

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

TRADITION 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

CONCEPT 11 short form:

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

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

12 Noon Mon-Fri	O.D.A.A.T. - (Limited to 25 participants inside)
Wed & Sat 7:00pm	Buildings D&E - inside
as scheduled	Club Sebastian - All Meetings
as scheduled	Newport Club - All Meetings (FACE MASKS REQUIRED)
Mon 7:30 am	South Vero Group
Mon 5:30 pm	South Vero Group
Mon 7:00 pm	Hibiscus Monday Night (Closed Discussion)
	Indian River Shores 6001 N A1A (corner of Fred Tuerk)
Mon 8:00pm	Royal Palm Group
Tue 5:30 pm	South Vero Group (Beginners)
Tue 7:00 pm	South Vero Group (Men)
Wed 7:30am/5:30pm	South Vero Group
7:00 pm	ALL MEETINGS inside, Lakewood Pk (Indrio Rd Ft. Pierce)
Sunday 7:00pm	Vero Beach Group (Double Speaker Meeting)
Thu 7:00 pm	South Vero Group (Men)
Fri7:30am/5:30pm	South Vero Group
Friday 7:00pm	West Vero Group
Fri 6:00pm	Meat & Potatoes – Comm. Church 21st St Vero Beach
Sat 5:30 pm	South Vero Group
Sun 9:00 am	South Vero Group (Women)

KNOWN OUTSIDE MEETINGS

ALL MEETINGS - Social distancing observed- BRING OWN CHAIR	
12 Noon Mon-Fri	O.D.A.A.T. - (Bring your own chair)
Mon/Wed/Fri /Sun 5:00 pm (NEW)	SPEAKEASY - Riverview Park in Sebastian (near restrooms-in Pavillion when raining) Bring your own chair (NEW)
9:00 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)
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!

Meeting ID: 84053554493
Password: 435735



Box 459, Fall 2020 article: A Celebration of Sobriety

In 1990, a vision came to a Paiute Indian named Earl L., Jr., an alcoholic from Bishop, California. Earl saw the Indian Nations coming together in unity — celebrating sobriety while embracing their culture. Ultimately, Earl’s vision led to formation of the annual national/international Native American Indian Alcoholics Anonymous Convention (NAI-AA), whose sole purpose is to carry the message of Alcoholics Anonymous to the Native American Indian, both in and out of the program, who still suffers. In 2020, with nearly three decades under its belt, the convention is a traveling one, having been held on reservations and in a broad variety of cities from Burbank to Billings to Green Bay. In August of this year, the 29th NAI-AA Convention was to be held in Las Vegas, Nevada, but due to current health conditions it has been rescheduled for November 26–29.

The NAI-AA Convention follows a time-tested format each year, with many activities having been proven beneficial, instructive and moving to all. Six general sessions featuring A.A. speakers are spread over the course of the weekend. A marathon meeting starts on Thursday and ends Sunday morning. Al-Anon meetings are scheduled throughout, with an Al-Anon speaker at the Saturday morning brunch. A banquet is held on Saturday, and there is an intertribal social pow wow later in the evening. Also on the docket are Talking Circles, open to all attendees; an oldtimers meeting; and a dance on Friday night.

Sunday closing ceremonies include a sobriety count-down and a Passing of the Big Book ceremony, in which the person with the most years of sobriety passes a Big Book signed by convention attendees to the person with the least amount of sober time. Another ceremony is the Tying of the Feather, in which the person with the least amount of sober time is honored with the job of tying a feather on the Convention Eagle Staff, representing the culmination of another successful annual convention, and signifying the hope that sobriety will continue to be handed down from one generation to the next.

During the farewell ceremony, people form a circle while the drum group sings a farewell or “traveling” song. People dance, shake hands and say their farewells. At past conventions, many participants were overwhelmed by the miracle that is A.A. and by the multitude of precious bonds forged over years of sobriety and fellowship.

Despite recent spikes of COVID-19 in certain areas of the country, NAI-AA organizers have no plans to cancel this year’s convention — contingent, of course, on other — higher — powers. One of the organizers, when asked to comment on the current situation, was hopeful and humble: “We are praying that the health circumstances across the country will allow our convention to take place. If it is cancelled, it will be cancelled by powers greater than ourselves.”

For further information about the convention, visit www.nai-aa.com.

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: aairehow@gmail.com for publication in the H.O.W

1. Alcoholics are like fish swimming in a fishbowl: AA is the water and the glass fishbowl is the traditions; if the fishbowl cracks, the fish are in big trouble.
2. If you don't change direction, you're gonna end up where you were going.
3. If one definition of insanity is doing the same thing over and over and expecting different results, another definition of insanity is coming to a 12-Step program and never doing the 12 Steps.
4. My bottom is when I stop digging.
5. I was so scared of doing the 12 Steps. But they told me I just have to do the Step that is right in front of me.
6. I believe that a coincidence is God's way of remaining anonymous.
7. My sponsor always told me to share the solution not the pollution.
8. If you don't get into it, you don't have to get out of it.
9. Never miss an opportunity to keep your mouth shut.
10. Service in A.A. becomes real service when I don't want to do it.



We are not a glum lot!

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



Q: Why did the ghost have to join AA?

A: He had a problem with **BOO**ze

You are invited to our next **AA (Acronym Abusers)** meeting!

Please RSVP by the ATM machine with your PIN number.

ODAAAT * KISS . QTIP * HALT

Announcements

AA Acronyms

The **Noontime Recovery Group** is still meeting every day, seven days a week, at the **NEWPORT CLUB**. Noon to 1 pm

Mon 7:00 pm Indian River Women's Group
(temporarily on Zoom)

Zoom ID: 885 8030 8385 PW: 647726

The **Candlelight Group** has changed its meeting place to South Vero. 755-6 8th Court (Glendale Plaza)
Sunday 7pm ~ Wednesday 8pm *Masks optional*



New Meeting!
Newport Club
Vero Beach
4Seventeen

- Wed: 7PM Discussion
- Sun: 7PM Speaker

Join Us!

- **F.E.A.R.:** Face Everything And Recover
- **F.E.A.R.:** F**K Everything And Run
- **F.I.N.E.:** F**kedup, Insecure, Neurotic, & Emotional
- **F.U.B.A.R.:** F**kedup Beyond All Recognition
- **G.O.D.:** Gift of Desperation
- **G.O.D.:** Good Orderly Direction
- **G.O.D.:** Gratitude Or Despair
- **G.O.D.:** Great Out Doors
- **G.O.D.:** Group Of Drunks
- **H.A.L.T.:** Hungry, Angry, Lonely, Tired
- **H.O.P.E.:** Hang On, Pain Ends
- **H.O.W.:** Honesty, Open Mindedness, Willingness
- **K.I.S.S.:** Keep It Simple, Sweetie!
- **O.D.A.A.T.:** One Day At A Time
- **Q.T.I.P.:** Quit Taking It So Personally
- **S.L.I.P.:** Sobriety Lost It's Priority
- **S.O.B.E.R.:** Son Of A Bitch Everything Is Real

A.A. Anniversaries

November 2020

Please send upcoming Anniversaries for your group to:

aairhow@gmail.com

<u>Indian River Womens</u>	<u>ODAAT</u>	<u>New Day</u>	<u>No anniversary info:</u>
Maria 2	Sara 1	David H 1	<ul style="list-style-type: none"> • I Am Responsible • Indian River Thursday Night • Lunch Bunch • Meat and Potatoes • Noontime Recovery • Ossabaw • Royal Palm • Sebastian 12 & 12 • South Vero
Katie 7	Austin 1	Jim P 2	
Chelsea 8	Ron M 1	Dave G 3	
Samantha 11	Kara 2	Carol B 3	
	Sherry D 3	Barb F 3	
	Barbara. 4	Carol P 4	
	Justin. 9	Craig C 5	
	Jim A. 9	Frank O (Gus) 7	
	Terry C. 10	Mike C 7	
	Marc B 11	Gus P 7	
	Jessie. 13	Emma A 7	
	David K. 31	Ellie R 19	
	Kay H. 38	Lynn C 30	
	Lisa B. 39		
		<u>Man to Man</u>	<p>Anniversary Not Listed Here? If an AA anniversary is missing here, please send the name of the celebrant, the home group, and number of years of sobriety to: aairhow@gmail.com and we will post in the next edition of the H.O.W. <i>We apologize for any errors or missing anniversaries</i></p>
	<u>Sebastian Freedom</u>	Frank A 6	
	Dan M 14	Christopher M 10	
	Rick S 30	Ed R 24	
		John M 29	
		Marshall R 34	
<u>Sebastian 5:32</u>		Paul G 34	
Dottie 13			
Ellie 19			
<u>Vero Beach 12 & 12</u>			
Bob S 31			
<u>Free & Easy</u>			
Kathy J 6			
Shannon C 11			

November is Gratitude Month!

Time to count your blessings...





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...?

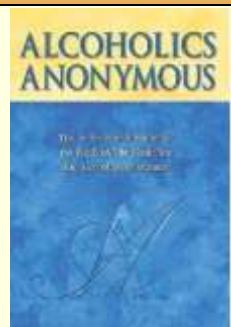
You can listen to the Big Book for FREE on aa.org at:

- 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.