

# HOW.



**Honesty**

**Open-Mindedness**

**Willingness**

*Monthly Publication of the Indian River Central Office of Alcoholics Anonymous*

**January 2021**

**Volume 41 Issue 1**

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](mailto:aairehow@gmail.com)  
**NOTE: Old yahoo email has been changed to gmail.com**

**STEP 1:**

We admitted we were powerless over alcohol—that our lives had become unmanageable.

**TRADITION 1:**

Our common welfare should come first; personal recovery depends upon A.A. unity.

**CONCEPT 1 short form:**

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

**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>

**Need a meeting RIGHT NOW?**

Check out the **24/7 ZOOM meeting!**  
 Meeting ID: **84053554493** Password: **435735**



**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	New Port Club - All Meetings (FACE MASKS REQUIRED)
Mon 7:30 am	South Vero Group
Mon 5:30 pm	South Vero Group
Mon & Thu 5:32	Sebastian 5:32 Grp at Sanctuary at the Roseland Methodist Church. (FACE MASKS REQUIRED)
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)
Tue & Thu 5:30 pm	Free & Easy Group, New Port Club Tue: Big Book & Thu: As Bill Sees It
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**

<b>ALL MEETINGS - Social distancing observed- BRING OWN CHAIR</b>	
12 Noon Mon-Fri	O.D.A.A.T. - (Bring your own chair)
Mon/Wed/Fri /Sun 5:00pm	SPEAKEASY - Riverview Park in Sebastian (near restrooms-in Pavilion when raining)
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
Mon,Wed,Fri 10:30am	Breath of Fresh Air, Dale Winbrow Park on Roseland Rd., Sebastian

**Inside Meetings (continued)**

Mon-Sat 7am & Sun 8am	New Day Group, The Sebastian Yacht Club,
Tues 6pm	11 Step Prayer & Meditation, on @ A Sharing Place, 9430 US 1 N, Sebastian, FL
Sun & Wed	4Seventeen, New Port Club, Vero Beach Wed:7PM Disc. & Sun:7PM Speaker
Sun & Wed, 7pm	Candlelight meets at South Vero
<b>Saturday, 7pm</b>	<b>NEW! Big Book Study, New Port Club</b>
5:32pm	The 5:32 Group meets at the Roseland Methodist Church

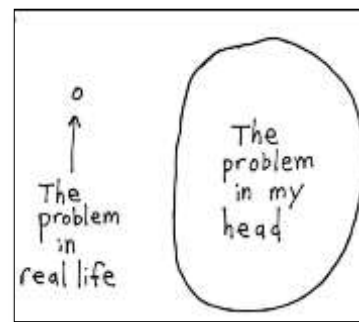
## Heard at A Meeting...

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

1. If you put God in one hand and A.A. in the other, you can't pick up a drink.
2. I was so mad when a guy cut me off in traffic. I told my sponsor all about how this guy cut me off. What a surprise when my sponsor said: "Let 'im!" Whoa.
3. I was at a really good zoom AA meeting today, and the topic was that old favorite, acceptance. What an incredible spiritual principle.
4. If God brought me to it, God can bring me through it.
5. What you resist, persists.
6. It takes almost absolutely nothing for me to be willing.
7. My world today is only limited by my own boundaries.
8. I can't see what my Higher Power sees.
9. Grown men don't cry, growing men do.
10. It's funny how stupid smart people can be.
11. I've stuck around long enough to realize that things are not fluke.
12. When it comes to spiritual stuff, my mind was closed.



13. When I was drinking, my apartment was my dungeon.
14. Belief a Higher Power in Step 2: I had to believe it to see it, and then I could see it.
15. The only time I used the word God prior to A.A. was for swearing.
16. A.A. has no side effects.
17. **F.L.A.W.:** Forgotten, Lost, Abandoned, Worthless.  
*After coming to AA: Forgiven, Loved, Accepted*
18. I don't go anywhere where I can't take my Higher Power. Stay sober and life changes
19. I don't have to be the person I thought I was.
20. Every time I come to an A.A meeting. my comfort increases.
21. The disease is centered in my mind; I can't go to the problem to find the solution.
22. My definitions of bumps in the road don't make sense.
23. Know how you become normal? You act normal!
24. Defects are like accessories; I lose one and find another.
25. The Big Book is magic, but you have to open it.
26. There's no God in the future. God is *here*. Right now.
27. Either I judge or love.
28. Two guys came to me on a 12th step call, and I followed them around for the next ten years.
29. I cannot afford to get jaded.
30. If you want to hear God laugh, tell him your plans.
31. Thank God I've got the "spirit" (faith) to see me through.
32. The gift of sobriety: *It's pretty darn good.*



33. Long Term Sobriety: It was parents' fault, then wasn't parents' fault, then yeah it was, but it doesn't matter now.



- 34. Restraint of thumb and send.
- 35. The 12 steps are job training to sponsor people.
- 36. Long term sobriety: Issues become beliefs.
- 37. I kept lowering my expectations of what getting better was.
- 38. I don't think normal 18-year olds need to "start over".
- 39. I learn the steps by teaching them (sponsoring) as much as doing them.
- 40. I know the difference between whiskey and water.

- 41. You can't see the forest because all the trees are in the way.
- 42. Your past was a lesson, not a life sentence.
- 43. This is a spiritual program; religion is for people that don't want to go to hell; spirituality is for those people that have already been there.
- 44. Each day sober is an accomplishment.
- 45. My God doesn't fit in a box.

Many of these are from  
<https://medium.com/@gregoryforrest/aa-recoverv-savinas-50a8bd336fcd>



## We are not a glum lot!

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

A man walks into a bar and asks the bartender for a drink. As the bartender pours the drink, the bowl of peanuts suddenly exclaims, "An excellent choice on the beer! A really fantastic decision."

Thinking he is hearing things, the man heads to the bathroom to splash his face.

On his way there, the jukebox yells at him, "A beer? Horrible choice. The only thing worse than a beer is that ridiculous excuse for a shirt you're wearing."

Startled, the man rushes into the bathroom to wash his face with cold water. When he's done, he returns to the bar.

As the bartender brings back his beer, the man says to him, "I think I'm going crazy. I thought I heard the peanuts calling out praise, but then the jukebox shouted abuse at me. Did I imagine that?"

The bartender shook his head. "No, sir. My apologies. The peanuts are complimentary, but the jukebox is out of order."

Guy walks into a bar, grabs a seat and orders a whiskey double, neat. The bartender prepares his drink with great delicacy and brings it right over.

The gentleman reaches into his blazer searching frantically. This catches the bartender's attention, so he monitors the patron out the corner of his eye. Finally, the man finds what he's looking for and sighs a sigh of relief.

He pulls out a straw and takes a sip of his whiskey. The perplexed bartender grabs his attention, "I'm terribly sorry sir, was your glass dirty?"

To which the man replies surprised, "Oh no, no; everything's fine! I just promised my wife I'd never put my lips on another glass of whiskey again."



## Announcements

**New Meeting! New Port Club**  
Vero Beach  
**Big Book Study**  
Saturdays @ 7:00 pm

### NEW H.O.W. editor needed!

Cherie S. has served as the H.O.W. editor for one year and is unable to continue. She will be happy to help the next editor! If you are interested in this service position, please email: [drcstevens@gmail.com](mailto:drcstevens@gmail.com)  
*(Please remember that no editor means no H.O.W. newsletter)*

## In Memoriam

Charlie Dalton of the Vero 12 & 12, passed away this this past June with 51 years sobriety.

# A.A. Anniversaries

## January 2021

Please send upcoming Anniversaries for your group to:

[aaairhow@gmail.com](mailto:aaairhow@gmail.com)

<p><b>Indian River Women's</b></p> <p>DECEMBER:</p> <p>Allene M 29</p> <p>JANUARY:</p> <p>Susan M 9</p> <p>Linda S 20</p> <p>Nancy D 33</p> <p><b>Indian River Thursday Night</b></p> <p><b>New Day</b></p> <p>Nick 1</p> <p>Neil B 3</p> <p>Damien R 4</p> <p>Chris N 5</p> <p>Ray P 6</p> <p>Fred 7</p> <p>Tammy B 8</p> <p>Joanne B 8</p> <p>Pricilla G 16</p> <p>Kevin S 19</p> <p>Laura Y 32</p> <p>Jeff S 32</p> <p>Tony E 35</p> <p><b>Free &amp; Easy</b></p> <p>Ron F. 22</p> <p><b>Meat and Potatoes</b></p> <p>Joli W. 26</p> <p><b>Early Risers</b></p> <p>Seth 30</p>	<p><b>ODAAT</b></p> <p>Denny R 4</p> <p>David K 6</p> <p>David S 6</p> <p>Kim K 6</p> <p>Rachel G 6</p> <p>Mike L 8</p> <p>Tracie 8</p> <p>Barbara B 9</p> <p>Christine G 9</p> <p>Debbie H 12</p> <p>John L 18</p> <p>Jeremiah 19</p> <p>Debbie Z 20</p> <p>Frank M 20</p> <p>John V 20</p> <p>Mark G 20</p> <p>Mary K 20</p> <p>Mike G 20</p> <p>Raven T 20</p> <p>Jane C 22</p> <p>Judy S 23</p> <p>Lee R 26</p> <p>Louise B 29</p> <p>Timothy O 30</p> <p>Karen H 31</p> <p>Myra G 32</p> <p>David O 33</p> <p>Mark T 36</p> <p>Maureen S 37</p> <p>John L 38</p> <p>David J 45</p> <p><b>Noontime Recovery</b></p> <p>Rick H. 3</p>	<p><b>Lunch Bunch</b></p> <p>Fred A 6</p> <p>Judy W 8</p> <p>Priscilla M 16</p> <p>Bill W 27</p> <p><b>Man to Man</b></p> <p>Rick B 3</p> <p>Bill F 5</p> <p>Bill R 5</p> <p>Chris N 5</p> <p>Bill W 27</p> <p>Mike S 31</p> <p>Grey L 36</p> <p>Bob D 46</p> <p>Tom O 46</p> <p>Bob W 55</p> <p><b>I Am Responsible</b></p> <p>Louis H 1</p> <p>Ricky R 1</p> <p>DJ B 2</p> <p>Howard I 2</p> <p>Terri L 3</p> <p>Karen J 4</p> <p>Irene M 16</p>	<p><b>Ossabaw</b></p> <p>Ed V 6</p> <p>Jennifer G 10</p> <p>Charles D 15</p> <p>Mark P 23</p> <p>Bill W 27</p> <p><b>Sebastian 12 &amp; 12</b></p> <p>NOVEMBER:</p> <p>Dennis M 52</p> <p>JANUARY:</p> <p>Wally L 31</p> <p>Vicki S 32</p> <p><b>No anniversary info:</b></p> <ul style="list-style-type: none"> <li>Royal Palm</li> <li>Sebastian 5:32</li> <li>Sebastian Freedom</li> <li>South Vero</li> <li>Vero Beach 12 &amp; 12</li> </ul> <p><b>Anniversary Not Listed Here?</b></p> <p>If an AA anniversary is missing here, please send the name of the celebrant, the home group, and number of years of sobriety to: <a href="mailto:aaairhow@gmail.com">aaairhow@gmail.com</a> and we will post in in the next edition of the H.O.W.</p>
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# 2021:

Stay Sober &  
Serene!



## 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: [aairehow@gmail.com](mailto:aairehow@gmail.com)

**IMPORTANT NOTE: This is our new email address.**

**The old YAHOO address has been retired.**

### **Cool Videos from Alcoholics Anonymous!**

**Did you know that at the Alcoholics Anonymous web site there are a lot of cool videos for and about recovering alcoholics?**

**Just go to <https://www.aa.org/>**

*You will see them on the right side of the home page.*

**You might want to check out this video called "On the Beach" →**



### **Where to Send Contributions for 2020**

#### **Indian River Central Office**

1600 26th Street, Suite 6  
Vero Beach, FL 32960

#### **District 6**

P.O. Box 12248  
Ft. Pierce, FL 34979

#### **South Florida Area 15**

P.O. Box 1784  
Pompano Beach, FL 33061

#### **General Service Office**

P.O. Box 459  
Grand Central Station  
New York, NY 10174

## 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!).**

<b>Name:</b>		<b>Sobriety Date:</b>	
<b>Phone:</b>		<b>County:</b>	
<b>Days available for speaking</b> <i>(circle days you may be able to speak):</i>		<b>Times available for speaking</b> <i>(circle times):</i>	<b>Counties available for speaking</b> <i>(circle counties):</i>
<ul style="list-style-type: none"> <li>• Monday</li> <li>• Tuesday</li> <li>• Wednesday</li> <li>• Thursday</li> </ul>	<ul style="list-style-type: none"> <li>• Friday</li> <li>• Saturday</li> <li>• Sunday</li> </ul>	<ul style="list-style-type: none"> <li>• Days</li> <li>• Evenings</li> </ul>	<ul style="list-style-type: none"> <li>• Indian River</li> <li>• Brevard</li> <li>• St. Lucy</li> </ul>

**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.***