



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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March 8, 2012

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

Experience, Strength and Hope...

When I first sat down and started to write I thought that this would be a piece off cake to tell you my experience of step three but then after restarting three times in a row, I realized that this was not a sales pitch to selling you a car. I must first humbly myself by saying that my higher power is so great, so awesome that I cant describe him. So truly to set out and say this is god's will and how it works in my life, is nothing more than a thought of my understanding of him. I once told my mother, I didn't know if I am working gods will but I am doing as much as I can to work his will in my life. She replied to me maybe it's not knowing that your achieving his will but the simple task of practicing his will and he appreciates It. Its like looking at an iceberg only 5% of it is above the surface and the other 95% is unknown and out of site.

It took time for me to realize the whole concept. My first sponsor showed me the steps on the wall, And he explained that turning my will over to god meant that I was going to be humbling myself to know my strengths and my weaknesses. My weakness was alcohol and the destructive way of my will. My strength would come from AA, And the 12 steps of AA. To believe in the voices of those who came before me. That was a clear message of gods will to me.

After being in AA for a while I have seen a member of my home group pass away from this disease. I spoke to a person and said, I guess that was god's will for him. That person said to me that gods will is not for us to die from this disease. He said we were made out of love for love to be loved. I now understood that god will for me was AA a program of recovery. One day at a time to enjoy life and not to live in fear of life.

Continues on page 3

3 THREE III

Tradition 3:

The only requirement for A.A. membership is a desire to stop drinking.

Concept III :

To insure effective leadership, we should endow each element of A.A., the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision”

Principle Behind Step 3:

Faith

“The decision step to go on with the 12 Steps of Alcoholics Anonymous asks that we step out on faith. It is only a matter of being willing to believe. Through the process of the 12 steps, that belief turns into faith. We carry this faith into the rest of the steps by being willing to believe. We must begin to have faith that it will work.

3 *Made a decision to turn our will and our lives over to the care of God as we understood Him.*



I let a Higher Power take over.

Traditions Checklist

1. In my mind, do I prejudge some new A.A. members as losers?
2. Is there some kind of alcoholic whom I privately don't want in my A.A. group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, clergyman or ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at A.A. needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to A.A. before? What his other problems are?



I was on vacation in Michigan when I heard a lady in AA say, I know when I am working gods will. She said that she had a internal gage and she is either at peace or living in chaos. the more peace she felt the more it was the will of god, the more chaos she felt the more it is her will. I could truly identify with this....

The last journey through the steps I was shown the third step prayer out of the big book. It's found on page 63 which reads.

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.

This is something I have to practice on daily basis ,and by doing so I understand more clearly what gods will for me is.

Thank you for letting me share!!!!!!!!!!!!!!

Service Work

“WHAT ARE YOU WAITING FOR?”

The Men's and Women's Correction Committee is looking for volunteers to take a meeting once a month to the Indian River County Jail.

Call Bill VB (321-2897) or Lorelei (501.2945)

(2 yrs. of sobriety required)

33RD Annual Indian River Central Office Birthday Dinner

“Come To Get Stayed To Give!”



Saturday, March 24, 2012

Community Church of Vero Beach 1901 23RD street

Featured Speaker Will Be John C From Santa Barbara, CA

Doors Open At 6:30 PM Dinner Served at 7:00 Speaker At 8:30pm

Tickets are \$18 and available from Intergroup Reps and at
Central Office

Please bring a covered dessert!

2011 Quarters/2012 month of January OFFICE ACTIVITY

Calls for Assistance and Walk-Ins

Nature of Calls

	JAN	FEB.	MAR	1ST Q	APR.	MAY.	1ST Q	2ND Q	3RD Q	4TH Q.
12th Step Support	14	19					31	35	46	48
General Info/Misc	50	63					272	253	253	288
Purchases	102	92					313	271	253	227
Meeting Info	64	51					137	135	144	129
Alanon / NA	12	7					28	27	41	23
TOTAL	242	232					728	721	737	715

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Speaker		Speaker
				3/10	Vero Beach Men's
3/13	Noontime	3/15	Roseland	3/17	Early Risers
3/20	Royal palm	3/22	I Am Responsible	3/24	O.D.A.A.T
3/27	Easy does it	3/29	Candlelight	3/31	
4/3	Noontime	4/5	Indian River Men's	4/7	Indian River Thursday

All meetings start at 8:30pm. Group members that are taking the commitment are asked to check in with the tech on duty upon arrival. Thank you to all the groups for participating.

We represent the fellowship and present the program.

Please Contact Lorelei G (772) 501-2945

BHC - MONDAYS AT 7PM

3/12	Hibiscus	3/19	Vero Beach Men's	3/26	Fri Night Young
4/2		4/9	Indian River Men		

**This facility requires 2 years of Sobriety for visiting AAs*

To those who have touch are lifes

The AA Community of Indian River County lost a friend and trusted servant in Dick G, who passed away February 11,2012.

Dick's professional and family life spanned 80 years. From a troop ship bound for Korea through post doctoral studies as a Principal/Educator, Dick's accomplishments were legend.

In the program of AA, he learned and sponsored many to trust in God, clean house and help others. The South Vero Group will miss him.

Joe H.

Richard E., a 12 year member of the Vero Beach ODAAT Group, passed away on Saturday, February 25, 2012 after a lengthy illness. Within weeks after entering the fellowship, Richard became a goodwill ambassador for the Group, always welcoming newcomers with a handshake and a friendly smile. He served as the Group's Treasurer for many years, before he assumed the Treasurer's position at the Central Office Business Meetings. While serving in this capacity, Richard recognized the need to organize and update the legal documents required to maintain our Indian River County business affairs, and was instrumental in establishing the Corporate Documents Committee which exists today and keeps our corporate status current and all legal documents in good standing. A humble, trusted servant describes Richard E., and he will be dearly missed for his enthusiasm for A.A. and his ever present smile

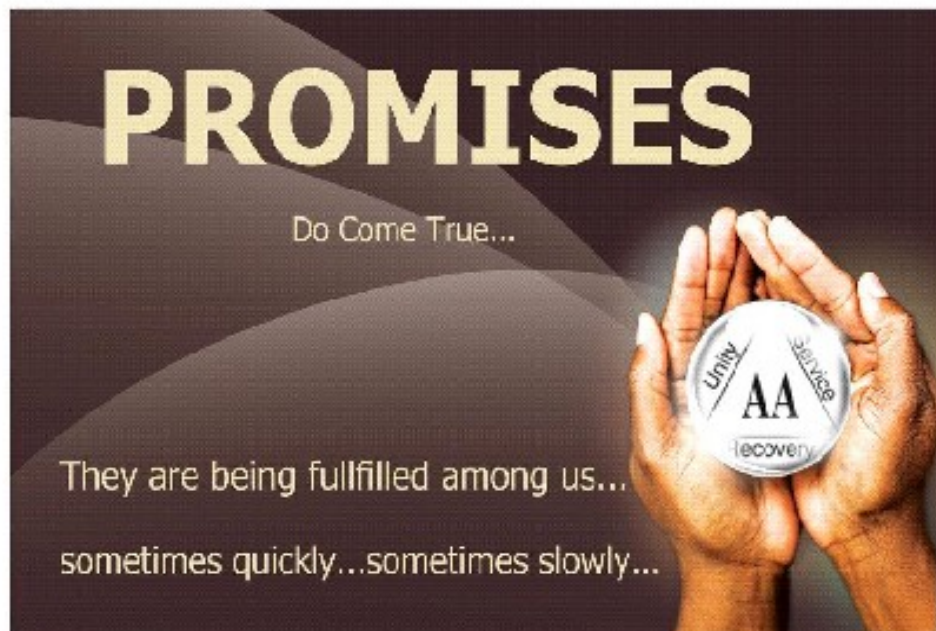
Sam Hill pure as the driven snow left us on February 20,2012.A face to many meetings in Vero Beach ,Sebastian and Ft.Pierce. He showed me it was little things in life that mattered most. Sam enjoyed life to the fullest and it was a blessing to be around him. He always brightened my day. Sam will always be loved and missed.

District 6



Annual Spaghetti Dinner

Saturday, March 31, 2012



Holy Family Catholic Church

2330 Mariposa Ave., Port St. Lucie 34952

Doors Open 6PM - Dinner 6:30PM - Speaker @8PM

\$10 CONTRIBUTION \$10

Raffles * Sodas & Water 4 Sale * Please Bring a Dessert

March 2012 BIRTHDAYS

HAPPY BIRTHDAY TO ALL!

To publish announcements of AA anniversaries being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor," send via e-mail irhow@yahoo.com

BY THE Last Friday OF EACH MONTH!



AA Only

Kathy L.6
Michael S.15
Dennis M.27
Bob K.31

Barefoot bay

February

Jim C.23
Don H.24
Bertell.26
MaryAnn.27

March

Denny B.16
John S.21

Candlelight

Rhett P.2

Free & Easy

February

Joe B.17

March

Susan B.5
Olga B.12

Hibiscus Thurs./Mon. (Noon)

Joanne W.7
Jim R.39

I Am Responsible

Michael O.1
Wesley R.3
Gene S.4

Jim D.11
Lisa D.14
Mark T.15

Indian River Men

Bobby Z.3
Myron S.3
Dave D.16

Indian River Thursday

Ben W.2
William M.3
Beth E.23

Indian River Woman Group

Jenny M.1
Ashley M.2
Rebecca K.12
Yvette C.19
Gwen F.31

Kings Highway

February

Carol B.24
March
George W.28

Man To Man

Ferron S.1
Joe R.1
Denny B.6
Steven V.6
Butch S.14

Frank M.28
Rex P.29
Noontime Recovery

Djinnee.1
Kyle D.1
Stan w.2
Tom I.4
Yulanda15
Dana.26

OSSABAW

Butch13
Cindy c.17

ODAAT

Edward G.2
Lisa B.2
Rhett P.2
Marlene M.12
Walter C.15
James K.17
Jack R.20
Patrick D.22
Cray L.28
Mike H.30
Richard B.30
Wini M.35
Marguerite H.51

Royal Palm Group

Amy W.4
Tom S.15
George W.28

March 2012 BIRTHDAYS

Sebastian 5:32 Group

Jeff.8

Eddie R.17

Sebastian Lunch bunch

Doreen M.5

Valerie G.5

Carol M.21

Safe Harbor

February

Sharon S.1

Jan G.8

Sue B.20

Joan R.40

March

Jinnee G.1

Joyce B.5

Shoshanna S.5

Flo G.36

South Vero

Tracy L.1

Sharon W.4

Jack K.20

Mike H.30

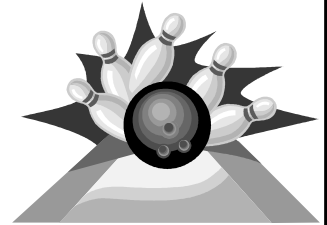
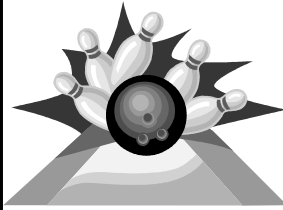
Vero Beach 12 & 12

Jim F.1

Bob C.3

Bitt

Vera C.23



Merci

Dielen
Dank

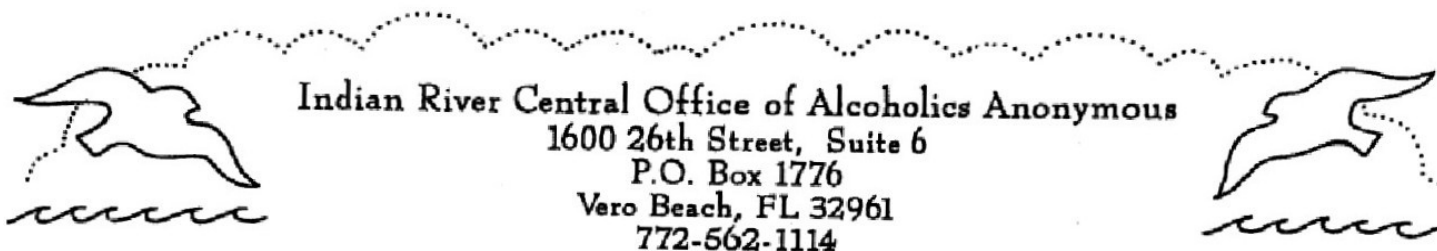
Thanks

Gracias

Obrigado!

THANK YOU to all who
made either donations or
attended the District 6
“Bowling for Big Books”
SUCH a success!!

- District Six Corrections Committee
and the Indian River Women and
Men’s Corrections Committees



URL: www.indianriveraa.org

E-MAIL: info@indianriveraa.org

2012 STEERING COMMITTEE

Chair.....Karen M.
 Co-Chair.....D.J. I.
 TreasurerJohn H.
 Secretary.....Sunshine P.

2012 STANDING COMMITTEES

Archives.....Kathy H.
 Desk Coordinator.....Sue L.
 HOW Editor.....Jeremy S.
 Corrections—Women.....Lorelei G.

Corrections—Men...../Bill VB.
 Critical Documents.....Richard/Margaret B.
 Literature.....Sue L.
 Public Information.....Jeff S.
 Inventory Control.....Joseph J./Jeff S.
 Treatment.....Lorelei G./Samantha G.
 Telephone Coordinator.....Sara R.
 Unity.....Kimberly P.
 Website.....Dutch V.

Where and When.....Donald S.
 General Service Liaison/Rep.....Paul S.

2012 DELEGATES AT LARGE

Lane S.
 Cynthia G.
 Paul H.

It is both a privilege and a responsibility for groups and members to ensure that not only their group but also the Indian River Central Office remains self-supporting. It has been a tradition in Indian River County that individual members are encouraged to donate one dollar for each year of sobriety, during their Birthday or Anniversary month. Below is a handy form for that purpose.

Indian River Central Office Birthday Plan

This contribution on my #_____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 **(a)** your group* or **(b)** anonymously: _____

Make check out to **Indian River Central Office of AA**. Drop off at the Central Office or mail to the address listed below.

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

Phone: 772-562-1114