HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 30, Issue 2

February 11, 2011

"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...

Came to believe that a Power greater than ourselves could restore us to sanity.

When I came in to the rooms and looked up at the twelve steps I didn't think this program could possibly work for me. I could get past the first step, but this is the one that stopped me in my tracks, it brought in the idea of a higher power. When it came to a higher power I didn't think it existed, or it had at least given up on me pretty early on. I came in with a chip on my shoulder that there was no way that I was going to believe in any type of higher power. This was my last chance though, I was only nineteen but if I went back to my old way of life I was not going to survive it much longer. I knew I was insane for the way I was living but I did not see how this power greater than myself could do anything about it.

Thankfully this a program where I am not alone and had a sponsor help me realize the things that I was turning away from. I had plenty of people around me that have recovered from this disease of alcoholism and my own experience shows that there was something that was keeping me alive. I was not quite ready to turn my life over to a god, but I could realize that these rooms of alcoholics anonymous and the people that attend every single one of these meetings could be my higher power. This is a program that has proof that it works and it was enough for me to realize that even though I was still angry at my God I could use the rooms of Alcoholics Anonymous as a Power greater than myself. When I became willing to look at this step I realized I was insane and having myself act as my higher power was not going to work anymore. The moment I realized that there was something that could bring me out of the dark hole I was living in I felt the most hope I have ever felt in my life, and the thing that did that for me was the rooms of alcoholics anonymous and the twelve steps. Over time my higher power has evolved past just these rooms and I have a loving and forgiving higher power, but in the beginning it was the rooms of alcoholics anonymous that kept me sober because I was pretty sure millions of people coming together to stay sober was a power greater than myself that I could believe in.

2 TWO II

Tradition 2:

For our group purpose, there is one ultimate authority-a loving God as He may express Himself in our group conscience; our leaders are gut trusted servants, they do not govern.

Concept II :

The General Service Conference of AA has become for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Principle Behind Step 2:

Hope:

"In order to engage in a course of alcoholism recovery, we must have hope of success. If there is no hope, why try? We have not been able to stay sober on our own, and the desperation we feel when we enter AA is overwhelming. A way to instill hope is to realize recovery is not a question of ability, but rather a desire to stay sober. Seeing others recover and live free of alcohol brings hope."

Traditions Checklist

1. Do I criticize or do I trust and support, my group officers, AA committees and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs, or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it.
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

Test Your knowledge

How many "Steps" did AA have in 1935?

Bonus question can you name them?

Turn to page 9 for answers !!!!!!!!

Only In The Rooms.....

Don't drink, go to meetings, help another drunk.
Got that? "

- TJ (Monday Grapvine Meeting, Edina, MN)

©AA Grapevine

This is YOUR H.O.W.!

"To keep it we have to give it away!"

If the voice of Indian River AA is to be *HEARD,* this is **YOUR** chance. **YOUR** stories on **Personal** recovery from alcoholism, **Personal** service in AA, and **Personal** experience, strength and hope are encouraged. Critiques of other AA members or groups are not considered as acceptable articles.

You can e-mail them to **irhow@yahoo.com**

2010 Quarters/2011 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	8						46	27	42	40
General Info/Misc	85						156	157	173	235
Purchases	112						307	267	234	262
Meeting Info	49						184	128	110	124
Alanon / NA	8						48	25	32	45
TOTAL	**262**						**741**	**604**	**591**	**704**

Gate Lodge**					
TUESDAY 8:30PM		**THURSDAY 8:30PM**		**SATURDAY 8:30PM**	
Open Discussion		Speaker		Open Discussion	
2/15	O.D.A.A.T.	2/17	Free & Easy	2/19	Early riser
2/22	Noontime recovery	2/24	I am Responsible	2/26	Hibiscus
3/1	O.D.A.A.T.	3/3	I am Responsible	3/5	Friday night young
3/8	Noontime recovery	3/10	South Vero	3/12	Vero Beach Men's

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.

Clyde K. (772)-205-1541

CEBH * - MONDAYS AT 7PM					
1/3	Early riser	1/31	Vero Beach Men's	2/28	Vero Beach men's
1/10	Hibiscus	2/7	Early riser	3/7	Early riser
1/17	South Vero	2/14	Hibiscus	3/14	Hibiscus
1/24	Friday night young	2/21	South Vero	3/21	South Vero
				3/28	Vero beach men's

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

What Is Prudent Reserve?

It's a reserve fund an office could use if their income were cut off due to an emergency.

The self-support pamphlet from GSO states:
"A suggested prudent reserve for central offices could be one to twelve months operating expenses, depending on local needs."

The IR Central Office average monthly operating expenses are about $1,700. We have $5,023 in our prudent reserve.
This means we could run about 3 months before we would run out of money to pay our rent, telephone bill, electric bill, ect,
We think 3 month prudent reserve is adequate but anything less would not be prudent.

There are a lot of people working very hard out of the central office to provide services for those suffering from the disease of alcoholism in this county:

1. Where & when meeting list.
2. HOW monthly news publication.
3. 24 hour help line.
4. AA literature at coast (plus medallions and cards).
5. Weekly meeting at correctional facilities & support for those released.
6. Weekly meeting at treatment facilities & support for those leaving.
7. Unity events which are open to all.
8. Provide opportunities for service work to help us grow.
9. An office with desk workers open 6 days a week for 12 step calls, directions to meeting, questions, referrals to other 12 step programs and support.
10. One of the best websites in Florida.

This isn't meant to be a complete list of all the activities that Indian river county groups provide thru the Central Office.

What We Achieved Together

Account Balances - As of 12/31/2010

Page 1

Account	12/31/2010 Balance
Bank Accounts	
Operating Account	1,296.32
Prudent Reserve Account	5,033.80
TOTAL Bank Accounts	**6,330.12**

Income/Expense Comparison by Category - Last year

1/1/2009 through 12/31/2010

Category Description	1/1/2009-12/31/2009	1/1/2010-12/31/2010	Amount Difference
INCOME			
10 Birthday Plan	1,894	1,499	-395
12 Birthday Dinner	4,848	3,750	-1,098
15 Coffee & Soda Sales	-160	97	257
20 Group Contributions	10,242	12,249	2,007
30 Literature Sales	11,615	14,587	2,972
35 Other Contributions	65	202	137
45 Alkathons	550	818	268
46 Unity Committee	122	180	58
TOTAL INCOME	**29,176**	**33,382**	**4,206**
EXPENSES			
101 Alkathons	0	178	-178
102 Birthday Dinner	2,289	2,893	-605
103 Corporate Papers	61	61	0
105 Literature Purchases	10,461	12,232	-1,771
130 Insurance	462	464	-3
135 Public Information Committee	100	0	100
140 Office Alarm	265	265	0
142 Office Electric	649	686	-36
144 Office Lease	5,940	5,940	0
145 Office Supplies	1,768	1,060	708
150 Office Telephone	1,500	1,332	168
153 Outside Rentals	600	720	-120
155 Postage	200	114	86
160 Printing HOW	3,055	4,283	-1,227
162 Printing Where & When	2,008	3,203	-1,195
167 Sales Tax 7%	779	963	-184
171 Travel	0	188	-188
172 Unity Committee	0	118	-118
175 Web Site	51	69	-17
TOTAL EXPENSES	**30,188**	**34,770**	**-4,581**
OVERALL TOTAL	**-1,012**	**-1,388**	**-376**

What We Achieved Together

Group	Thru December 2009	Thru December 2010	*Difference*	Birthday Plan Contributions thru December 2010	Number of members contributing to Birthday Plan in 2010
AS Bill Sees It		$125	*$125*		
Barefoot Bay	$600	$600	*$0*	$6	1
Beachside Beginners	$200	$400	*$200*		
Beach Meeting	$100		*-$100*		
Beginnings in Sebastian		$1,228			
Candlelight	$200	$100	*-$100*		
Early Risers	$657	$618	*-$39*		
Free & Easy	$20	$120	*$100*	$10	1
Friday Night Lights	$20		*-$20*		
Friday Night Young People	**$60**		***-$60***		
Hibiscus Monday Night	$100	$100	*$0*		
Hibiscus Thursday Night	$956	$1,308	*$352*	$200	2
I Am Responsible	$284	$523	*$239*	$69	4
IR Men	$100	$24	*-$76*		
IR Thursday Night	$25	$27	*$2*		
IR Women	$169	$325	*$156*	$23	2
Kings Highway	$147	$180	*$33*		
Man To Man	$125	$150	*$25*		
New Beginnings		$50	*$50*	$10	1
Noontime Recovery	$450	$150	*-$300*		
No Name	$359	$290	*-$69*		
ODAAT	$1,715	$1,500	*-$215*	$302	13
Original Recipe	$50		*-$50*		
Ossabaw	$135	$190	*$55*	$7	1
Roseland	$74	$58	*-$16*		
Royal Palm	$210	$50	*-$160*	$195	6
Safe Hardor Women	$300	$250	*-$50*	$317	5
San Sebastian		$205	*$205*		
Sebastian 12&12	$75		*-$75*		
Sebastian 5:32	$235	$313	*$78*		
Sebastian Discovery Women	$50		*-$50*		
Sebastian Lunch Bunch	**$750**	**$800**	***$50***		
Sebastian Freedom	$100	$100	*$0*		
Sebastian Sundowers	$729	$426	*-$304*	$30	3
Stepsisters	$25	$25	*$0*		
Sober Rainbow	$50	$14	*-$36*		
Sobriety to Serenity	$50	$100	*$50*		
South Vero	$160	$455	*$295*	$2	1
Surfside	$140	$70	*-$70*	$33	1
Thurs Night Big Book Study		$30	*$30*		
VB Mens	$264	$800	*$536*	$39	2
VB Step & Traditions	$210	$222	*$12*	$76	2
Vero Beach	$250	$250	*$0*		
Vero 12&12	$15	$50	*$35*	$36	1
We Came To Believe	$55	$25	*-$30*		
Not Identified	$29		*-$29*	$144	3
Total	**$10,242**	**$12,250**	*$2,008*	**$1,499**	**49**

February 2011 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 the month!

Barefoot Bay Group

Candlelight Group
- "Boz"…….3
- Daynor P……...23
- Matthew B. ……24

Early Riser
- Jeremy S. …….2
- Walt D. ……3
- Steve the Roseman …….5

Easy Dose It

Free and Easy Group

Friday Night Young People

Hibiscus Group

I Am Responsible
- James N. ……...1
- Steve C. ……..2
- Pete B. ……3
- Michael O. ……..7
- Louise M. ……..26
- Margaret B. ……..52

Indian River Men's Group
- Chris B. ……...2
- DJ I. ……9
- George Mc ……...36

Indian River Thursday

Indian River Women's Group
- Doreen K. ……..1
- Rachel P. ……1
- Chris S. ……..3

King Highway
- Carol B. ……..23

Man to Man Group
- Louie M. ……..1
- Mike G. ……23
- Jack C. ……....40

New Beginnings

Noontime recovery
- Larry R. ……..1
- Tim P. ……1
- John E. ……3
- James W. ……8
- Jim K. ……..40

One Day At A Time

O.D.A.A.T. January
- Jenna S. ……1
- Mary L. ……1
- Mark B. ……..2
- Clark L. ……2
- Chris B. ……3
- Mark G. ……3
- Jane F. ……..3
- Alexa L. ……..4
- Mary K. ……5
- Lee R. ……...6
- Tom M. ……...8
- Louise B. ……9
- Karen H. ……11
- Myra G. ……22
- David O. ……..23
- Marc T. ……..26
- Maureen S. ……...27
- Chuck S. ……28
- Jean S. ……..28
- David J. ……...35
- Walter L. ……37
- Beryl K. ……44

O.D.A.A.T. February
- Bob G . ……...1
- James F. ……1
- Rob M. ……2
- Annabel R. ……...2
- Dustin H. ……..…..2
- Steve D. ……..…...3
- Chris S. ……...…...3
- Fran V. ……..……4
- Philip K. ……..……...24
- Doug S. ……29
- George M. …..……36

Ossabaw

Roseland

Royal Palm Group
- Ed B. ……...22
- John B. ……...32
- Barb P. ……...33

Safe Harbor Group
- Cindy S. ....…..……1
- Wilma P. ……..1
- Louise M. ……7
- Joan R. ……...45

Sebastian 12/12

Sebastian Lunch Bunch

Sebastian Freedom

Sebastian Sundowners
- Brenda E. ……...15

Sebastian Step Sister

South Vero Group
- Elaine M. ……1
- Justin D. ……...1
- Reg L. ……...2
- Walt D. ……3
- Tom P. ……..5
- Peggy H. ……..5
- Toby L. ……18
- Dick B. ……...…34

Step Sister

Surfside Steps
- Judy s. ……..13
- Al c. ……...31
- Ray F. ……...34
- Barbara C. …….36
- Marty P. ……..46

Vero Beach 12 & 12
- Jim F. ……..1
- Brett H. ……18
- Vera C. ……...22

Vero Beach Men's
- Steve ……..4
- Adam ……..4
- Rich K. ……..18

Vero Beach & Traditions

Attention

<u>PLEASE</u> make sure to have your group's anniversaries turned in to Central Office or e-mailed to ir-how@yahoo.com <u>NO LATER</u> than the last Friday of the month. Late submissions will not be published.

Answer key in 1935 AA had six steps. The original Six Steps were: "1) Complete Deflation. 2) Dependence and guidance from a Higher Power. 3) Moral inventory. 4) Confession. 5) Restitution. 6) Continued work with other alcoholics."

AA District 6 Corrections Committee

Bowling for Big Books

& other AA approved literature for correction facilities
Some of the proceeds will be donated to District 6 Operating Fund

SATURDAY
2/26/2011 @ 6-8:30PM

@ STUART LANES
1638 S FEDERAL HWY.

$20 TICKET PRICE
INCLUDES BOWLING, SHOES,
PIZZA & SODA

FOOD, FUN & FELLOWSHIP!!

Plan to be at the...
32nd Annual
Indian River Central Office
Birthday Dinner

"We Aren't a Glum Lot"

Saturday, March 19, 2011
Community Church of Vero Beach
1901 23rd Street

Featured speaker will be Nicole M.
from West Palm Beach

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

Tickets are $18 and available from intergroup reps and at YOUR Central Office!

Please bring a covered dessert

Step Two

The first thing that stuck out to me when I read step two were the words, "came" and "could". These two words implied to me that there would be room to grow and that my belief could, and would change over time. I think there was a sense of relief that I could grow into my belief and that there would be no guarantee of sanity. It took time for me to realize that the sanity portion would be for me, just understanding that I could not drink like a normal person. Once I had the awakening that there was this huge possibility that I truly had a malady where drinking effected me different than others. When I truly and fully understood this, I started this long trip of restoration to sanity.

Sanity or "soundness of mind" is in direct correlation to my belief in my higher power. Whether this belief is about not drinking a day at a time, or the belief that I do not have to anything alone will result in my ability to understand that I have choices today, and I can choose to have faith or not.

Step two for me was about what Bill talks about in the 12 & 12 when he says, "True humility and an open mind can lead us to faith……if we rightly relate ourselves to Him." Step one I addressed the problem, step two I found a solution. And that most beautiful thing about this program is that overtime I continue to come to believe.

Sara C.

BREAKFAST FOR BIG BOOKS

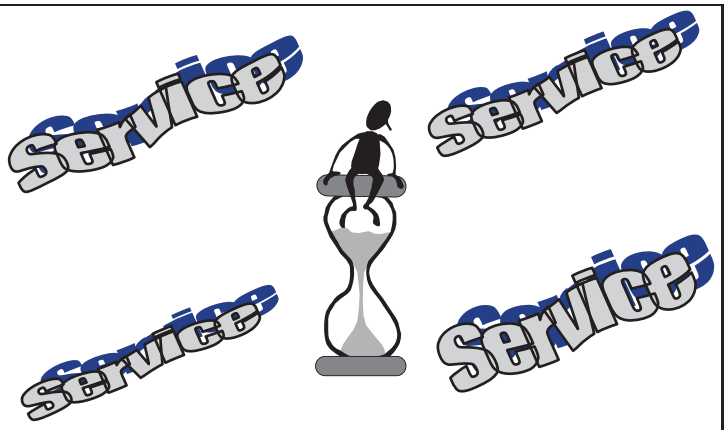
SATURDAY

FEBUARY 26,2011 FLAGLER PARK

9:00AM TO 12:00

$5.00 OR A BIG BOOK

FOR THE CLIENTS IN THE TREAMENT CENTERS
DISTRICT 6



"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 Brett (643.6016) or Lorelei (501.2945)

(2 yrs. of sobriety required)

Indian River Central Office of Alcoholics Anonymous
1600 26th Street, Suite 6
P.O. Box 1776
Vero Beach, FL 32961
772-562-1114

URL: www.indianriveraa.org E-MAIL: info@indianriveraa.org

2010 STEERING COMMITTEE

Chair……..……..Lane S.
Co-Chair……Karen M.
Treasurer ……..……..……...John H.
Secretary….……..……Sunshine

2010 STANDING COMMITTEES

Archives…..:……...Amy C./Joyce E.
Desk Coordinator……..……...Sue L.
HOW Editor……..……...Jeremy S.
Corrections—Women……..…....Lorelei G.
Corrections—Men…….. Brett B./D.J.I.
Critical Documents …..Richard/Margaret B.
Literature……..…….……...Sue L.
Public Information……..…...…….Jeff S.
Inventory Control……....D.J. I./Jeff S.
Treatment…….……...Clyde K.
Telephone Coordinator……....Donna S.
Unity……..……...……..…Judy W.
Website……..…..…..Dutch V.
Where and When……..…..…..Craig S.
General Service Liaison/Rep..……..Vacant

2010 DELEGATES AT LARGE

Cynthia G.
Darcie A.
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**