



HONESTY

OPEN-MINDEDNESS

WILLINGNESS



Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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The HOW is published to improve communication between local AA groups and encourage the participation of AA members in service and activities. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to aaairhow@yahoo.com

Step 3 MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

INCLUSIVE NEVER EXCLUSIVE

A delegate discusses the importance of diversity

The Third Tradition states, "The only requirement for AA membership is a desire to stop drinking." Through much trial and error and the distillation of shared experience, Alcoholics Anonymous decided to forgo membership rules and to be "inclusive . . . never exclusive." Even though Tradition Three was generally accepted, putting it into practice was not that easy.

Dr. Bob himself had expressed his concern about admitting women to Alcoholics Anonymous when the first few appeared on the scene.

There was a lot of concern about what were then called "Negroes" being admitted to Alcoholics Anonymous. There was also the matter of how Tradition Three seemed to conflict with the Fourth Tradition.

As early as 1940, Bill had upset quite a number of people because of his invitation to two black alcoholics to attend meetings in the New York area. They had heard Bill speak at an institution and asked him if, upon their release, they might join Alcoholics Anonymous. Of course Bill said yes, and a few weeks later, they appeared at a local Alcoholics Anonymous meeting.

Imagine the uproar that ensued behind this. There were those who wanted to secede from Alcoholics Anonymous. There were those, too, who felt that all who wanted to stop drinking should be able to come into Alcoholics Anonymous with full privileges. There were also those on the fence who had no opinion either way. On the basic principle that Negroes had the right to an Alcoholics Anonymous meeting just as well as any human being, it was decided that Negroes should be invited to attend open or closed group meetings as visitors.

This compromise worked because in the mid-1940s, a number of black alcoholics had found sobriety through Alcoholics Anonymous. Out of this came the first black Alcoholics Anonymous group; this can be found in "Jim's Story" in the Big Book. The group is still in existence today and is known as the Cosmopolitan Group in Washington, D.C.

In a 1943 letter, Bill expressed his frustration and feelings of futility about the situation. "Along with you, I feel very deeply about this race business. Save this one question, I suppose AA is the most democratic society in the world. All men should have an equal opportunity to recover from alcoholism--that is the shining ideal".

In 1945, Alcoholics Anonymous endured another test of Tradition Three. A man came in needing help who was not only black, he was also an ex-convict and everything that he owned

was on his back. As if that weren't enough, he had bleached blond hair, had on make-up and proceeded to tell the members that he was a dope fiend. The members did not know what to do about him. When a group conscience decision could not be reached, they did what many other Alcoholics Anonymous members did at that time: they called Bill.

One of the group members ran off the list of afflictions that the prospective member had. Upon hearing this, Bill got silent and asked the AA member to go over the list again. After he ran down the list again--homeless, blond hair, make-up, male drag queen--Bill asked one simple question. He wanted to know if the man said that he was a drunk. Upon hearing the affirmative, Bill stated, "Well, I think that's all we need to ask". The gentleman was invited to attend meetings and his presence

created a precedent for Tradition Three.

These situations are not just past Alcoholics Anonymous history. Problems will still arise when a group debates whether to exclude alcoholics who have problems other than alcohol or differing lifestyles. This Tradition does not mention any additional requirements, outside of a desire to stop drinking. There is no demand that a prospective member not have a history of drug abuse, or that he or she does or does not come from an institution or that he or she does not have a certain lifestyle. All alcoholics are welcome.

It is this Tradition that allows those who may not be of the same social standing, who may not be of the same socioeconomic background, or race or culture or sexual orientation as the person sitting next to them, to enter into the doors of Alcoholics Anonymous. This Tradition allows all those who want

to do something about their drinking to find that common solution that we have found. It's this Tradition that binds us to that simple principle of Bill's shining ideal that everyone should have an equal opportunity to recover from alcoholism.

When I first came around Alcoholics Anonymous, I said that I was an alcoholic and a host of other things. Through the practice of this Tradition, today I am simply an alcoholic. It has allowed me to belong and to feel a part of this magnificent group that we call the Fellowship of Alcoholics Anonymous.

Because of this ideal, when I first entered the rooms of Alcoholics Anonymous, you told me that it did not matter how much money I had, what my sexual orientation was or what else I had done. You simply asked me if I wanted to do something about my drinking problem. When I replied, "Yes", you simply said, "Welcome." Today, I try to extend my hand the same way you extended your hand to me.

May Alcoholics Anonymous always remain "inclusive, never exclusive" so that those who are still in the dark may find the shining light of Alcoholics Anonymous.

- ELAINE G.

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OUR THREE LEGACIES

STEP THREE (Recovery)

“Made a decision to turn our will and our lives over to the care of God, as we understood Him.”

PRINCIPLE: Faith: *firm belief in something for which there is no proof; complete trust*

“Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God...”

Twelve and Twelve p. 34

TRADITION THREE (Unity)

“The only requirement for AA membership is a desire to stop drinking.”

CONCEPT THREE (Service)

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."

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

Step Three is like opening of a locked door. How shall we let God into our lives? Willingness is the key. Dependence as a means to independence. Dangers of self-sufficiency. Turning our will over to Higher Power. Misuse of willpower. Sustained and personal exertion necessary to conform to God's will.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

3/4 Man to Man

3/11 OSSABAW

3/18 Candlelight

3/25 Meat & Potatoes

4/1 Ask it Basket

4/8 Early Risers

4/15 South Vero

4/22 VBMG

4/29 Early Risers

SAFETY CARD FOR A.A. GROUPS

Suggested Statement on Safety

Our group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an A.A. group resides with the group conscience. Therefore, we ask that group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any A.A. Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

Service Material from the General Service Office

Our Common Welfare

Each member of Alcoholics Anonymous is but a small part of a great whole.

A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

— Tradition One (Long Form)

It is hoped that our common suffering as alcoholics and our common solution in A.A. will transcend most issues and curtail negative behaviors that could jeopardize the safety of anyone attending an A.A. meeting. Nevertheless, Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms of A.A. For this reason, groups and members discuss the topic of safety — to raise awareness in the Fellowship and to seek through sponsorship, workshops and meetings, to create as safe an environment as possible to carry A.A.'s message of hope and recovery to the still-suffering alcoholic.

MARCH ANNIVERSARIES

A NEW DAY

| | |
|-----------|----------|
| Dennis M. | 2 years |
| Dee H. | 6 years |
| Ken G. | 5 years |
| Pati R. | 20 years |
| Eddie R. | 24 years |
| Manny | 41 years |

CANDLELIGHT

| | |
|-----------|--------|
| Stephanie | 1 year |
|-----------|--------|

EARLY RISERS

| | |
|---------|----------|
| Sharon | 10 years |
| Jack M. | 1 year |

EASY DOES IT

| | |
|------------|----------|
| Melissa D. | 30 years |
|------------|----------|

IR THURSDAY NIGHT

| | |
|---------|----------|
| Beth S. | 30 years |
|---------|----------|

I AM RESPONSIBLE

| | |
|-----------|----------|
| Kevin M. | 1 year |
| Maria G. | 2 years |
| Matt H. | 2 years |
| Leigh Ann | 3 years |
| Rick H. | 7 years |
| Jim D. | 18 years |
| Lisa D. | 21 years |
| Mark T. | 22 years |
| Ann C. | 27 years |
| Jill H. | 38 years |

INDIAN RIVER MEN'S

| | |
|----------|----------|
| Tom P. | 33 years |
| Dave D. | 24 years |
| Bobby Z. | 10 years |
| Myron | 10 years |

LUNCH BUNCH

| | |
|------------|----------|
| John O. | 38 years |
| Rex P. | 36 years |
| Patrick K. | 39 years |

ROYAL PALM GROUP

| | |
|---------|----------|
| Jim R. | 46 years |
| Jack K. | 27 years |
| Tom S. | 22 years |

MAN TO MAN

| | |
|-----------|----------|
| Butch S. | 21 years |
| Eddie R. | 24 years |
| Frank M. | 35 years |
| Jason S. | 30 years |
| Jeff R. | 7 years |
| Jim J. | 39 years |
| John B. | 1 year |
| John O. | 38 years |
| Rex P. | 36 years |
| Steven V. | 12 years |

ODAAT

| | |
|--------------|----------|
| Cindy M. | 1 year |
| Jack A. | 2 years |
| Michelle M. | 2 years |
| Gary F. | 3 years |
| Kevin C. | 3 years |
| William M. | 4 years |
| Stephanie R. | 6 years |
| Mary Ann R. | 7 years |
| Rick H. | 7 years |
| Rhett P. | 9 years |
| Marlene M. | 19 years |
| Walter C. | 22 years |
| Jim K. | 24 years |
| Jim M. | 27 years |
| Wini M. | 42 years |
| Jim R. | 46 years |

SEBASTIAN 12 & 12

| | |
|------|----------|
| Pete | 42 years |
|------|----------|

SEBASTIAN FREEDOM

| | |
|-------|----------|
| Julia | 28 years |
|-------|----------|

ROSELAND 5:32

| | |
|----------|----------|
| Diane K. | 25 years |
| Eddie R. | 24 years |
| Jeff G. | 15 years |

SEBASTIAN STEP SISTERS

VERO 12 & 12

| | |
|---------|---------|
| Tara C. | 3 years |
|---------|---------|

VERO BEACH MEN'S

| | |
|-----------|----------|
| Joe M. | 12 years |
| Bob G. | 23 years |
| George M. | 26 years |

INDIAN RIVER CENTRAL OFFICE
40TH BIRTHDAY DINNER

**“THE ROAD TO
HAPPY DESTINY”**
MARCH 16TH 2019

Tickets \$15

Doors Open 5:30 pm

Dinner 6:30 pm

Speaker Following Dinner

Tiger C. from Port Saint Lucie

First Presbyterian Church

520 Royal Palm Blvd

Bring a Desert to share, Oh so Yummy!!!



Step Prayers and Twelve Principles of AA Bookmarks

3rd Step Prayer

God, I offer myself to Thee to build with me & 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 & Thy way of life.

AA Big Book, p63

7th Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen

AA Big Book p76

11th Step Prayer

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life. Amen

The 12 Principles Behind The Steps

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly love
9. Justice
10. Perseverance
11. Spirituality
12. Service

Feel free to cut out and laminate

Why does your group need an IRCO Delegate?

The IRCO has no authority of it's own but derives it from the participating groups. The representative that each group elects is the group's voice to IRCO—Your link to those who maintain and operate the IRCO.

2019 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....John B.

2019 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2018..... Linda W./Sunshine
Desk Coordinator.....Bill VB
Corrections—Women.....Judy W.
Corrections-Men..... Lane S.

Corporate Documents.....Trish H./Vic S.
Public Information.....Susan M.
Unity Committee.....Ray P.
Nominating Committee.....Bill VB.
After Hours Phone..... Mindy S.
HOW EditorRick H.
Inventory Control.....Terri C.
Literature..... Dutch V.
Treatment..... Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Maria G.
12 Step List Coordinator.....Trent L.

District 6 Liaison.....JoAnn H.

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

Take someone to detox*

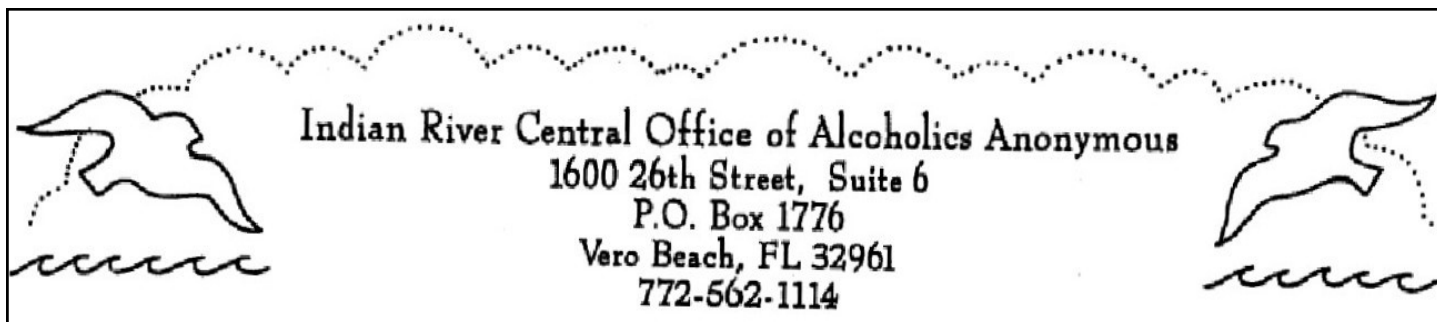
Talk to someone at their home*

Give rides to AA meetings

Meet someone at a meeting

Other _____

**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 # _____ 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**

Indian River Central Office

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.