



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 34 • Issue 2 • February 12, 2015

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

"A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

AA's 12 Steps are proven guidelines for life that have enabled millions of once hopeless souls to recover lives that seemed lost. But few of these lost souls reach the program under their own steam. Most come grudgingly under pressure from family, employers, or the courts, and most arrive with little or no hope.

Without hope, even the least effort seems pointless. Why bother trying if we already "know" we're doomed to fail? If we've done an honest 1st Step, then we already know that our own power has failed us completely, time and again, and it's simply insane to think that will ever change.

Yet out of that hopelessness, a new hope is often born. When we look around ourselves in meetings, we see others who were in the same kind of trouble — and sometimes their situations were much worse than our own. Over time, as we listen to their personal stories, convincing in their gut-level authenticity, we gradually come to believe that what worked for them just might work for us, too.

Thus the first bit of hope flickers into life.

The 2nd Step points us in the direction we must go to keep that fragile hope alive and let it grow. It describes a process that we've already experienced to some extent: the process of "coming to believe" that sparked our first bit of hope. The process not only begins with that hope, but also offers the means of acting on that hope to fulfill it and make it real.

No one can force us to believe — not even ourselves. Belief is a state of mind, and coming to believe is a process of changing that state of mind from unbelief to belief. This can happen only if we first open our minds to the possibility of change. By witnessing change in others who are like us, we usually come to believe that change is possible for us as well.

Although "coming to believe" takes place in our own minds, it is not a solitary process. As the old-timers say, "You can't change the mind you've got with the mind you've got." Just as hope was born when we opened our minds to others' experience in recovery, so we must open our minds to others' ideas in order to start the process of coming to believe.

Two obstacles often hinder this process: The first is a mind closed to the possibility that God is a Higher Power we can rely on. That need not hinder us for long. As we often hear in meetings, "Your Higher Power doesn't have to be God. It can be anything you choose, even a doorknob or a light bulb."

Your Higher Power can also be as many atheists, agnostics, and even wary believers have discovered something more reliable and less kooky, such as the collective wisdom of the group, or Good Orderly Direction, which offers better guidance than our unaided minds alone.

The second obstacle is reluctance to admit that we need to be "restored to sanity." We resist the possibility that we have been insane—usually because we associate insanity with babbling lunatics in a padded cell! Once again, a thorough 1st Step comes to the rescue. Repeated denial of the obvious, believing things that aren't true, giving control of our lives to destructive addictions, and obsessions in defiance of common sense and rational decision-making . . . aren't these all forms of insanity?

Albert Einstein reportedly described insanity as "doing the same thing over and over again and expecting different results." Don't our histories of repeated failed attempts to control our drinking (or gambling, eating, spending, etc.) through sheer will power demonstrate exactly that sort of insanity?

The good news about working the 2nd Step — as with all the Steps — is that we don't have to figure it all out in advance. In fact, trying to figure it all out usually hinders us far more than it helps. All we need to do is to start with just a little bit of hope, keep an open mind, give fair consideration to the thoughts of others successful in recovery, and let the process work in us so that our little bit of hope can grow and be fulfilled.

- "Hope and the 2nd Step", Serenity Web

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

"As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps."

*Big Book, page 46
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PRINCIPLE BEHIND STEP 2

Hope - "In order to engage in a course of alcoholism re-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."

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 but trusted servants, they do not govern.

CONCEPT II

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

TRADITIONS CHECKLIST

1. Do I criticize or do I trust and support, my group officers, AA committees and office workers?
New-comers? 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?

36th Annual
Indian River Central Office
BIRTHDAY DINNER

"ANY LENGTHS"



Saturday, March 7th, 2015

First Presbyterian Church
520 Royal Palm Blvd.
Vero Beach, FL 32960

Featured Speaker will be Scott L. from Nashville, TN

DOORS OPEN at 6:00pm
DINNER SERVED at 6:30pm
SPEAKER at 8:00 pm

TICKETS - \$18.00
Available from Intergroup Representative
and at the Central Office • 772.562.1114

PLEASE BRING A COVERED DESSERT

Indian River County Central Office Seven Year Expense Report

Income	2008	2009	2010	2011	2012	2013	2014
Birthday Plan	1,573	1,894	1,499	1,209	1,911	1,015	1,500
Birthday Dinner	5,999	4,848	3,750	6,225	6,552	5,771	5,687
Coffee & Soda	-14	-160	97	-137	117	48	0
Group Contributions	9,806	10,242	12,249	13,104	11,663	11,379	12,806
Other Contributions	2,091	65	202	654	297	539	40
Alkathons	9	550	818	601	523	722	750
Comedy						1,361	0
Unity	-90	122	180	120	86	144	0
Total Income	19,374	17,561	18,795	21,776	21,149	20,979	20,783
Expenses	2008	2009	2010	2011	2012	2013	2014
Alkathon	277	0	178	68	0	200	200
Birthday Dinner	2,329	2,289	2,893	1967	2870	4,021	4,015
Corporate Papers	61	61	61	61	61	70	61
Comedy						841	0
Insurance	468	462	464	463	459	648	805
Office Alarm	145	265	265	270	270	310	250
Office Electric	607	649	686	637	613	644	616
Office Lease	5,940	5,940	5,940	5940	5940	5,940	5,940
Office Supplies	1,687	1,768	1,060	866	1,550	1,533	1,164
Copier & Paper				2233	3110	2,920	2,950
Office Telephone	1,243	1,500	1,332	1268	1360	1,806	1,131
Outside Rentals	274	600	720	725	650	575	300
Postage	278	200	114	77	157	0	0
Press Journal				321	1605	0	0
HOW	2,693	3,055	4,283	1421	0	0	0
Where & When	2,345	2,008	3,203	739	0	0	0
Travel	310	0	188	0	150	450	300
Unity	145	0	118	145	67	150	0
Web Site	71	51	69	0	61	72	0
Total Expenses	\$18,873	\$18,848	\$21,574	\$17,201	\$18,923	\$20,180	\$17,732
Surplus/Loss	\$501	-\$1,287	-\$2,779	\$4,575	\$2,226	\$799	\$3,051
Printing (included							
HOW	2,693	3,055	4,283	1,421	0	0	0
Where & When	2,345	2,008	3,203	739	0	0	0
Staples (est)	1,000	1,000	1,000		0	0	0
copier & paper				2,233	3,110	2,920	2,950
total	6,038	6,063	8,486	4,393	3,110	2,920	2,950
Literature (not							
literature sales	11,187	11,615	14,587	12,942	13,004	10,523	13,174
sales tax	854	779	963	961	827	899	872
net sales	10,333	10,836	13,624	11,981	12,177	9,624	12,302
literature purchases	9,112	10,461	12,232	12,218	13,604	10,132	12,938
diff	1,221	375	1,392	-237	-1,427	-508	-636



A.A. 2015 INTERNATIONAL CONVENTION

JULY 2 - 5, 2015 • ATLANTA, GEORGIA

3 WAYS TO REGISTER *Online: www.aa.org *Fax: (508) 743-3605 *Mail

REGISTRATION OPENS
SEPTEMBER 3, 2014

PRE-REGISTRATION DEADLINE IS:
MAY 12, 2015

DISCOVER ATLANTA

Atlanta gleams amid glass and steel towers, but the heart of the South's largest city is its people. Visitors are likely to be greeted with a big helping of "How y'all doing" hospitality. Atlanta may have birthed *Gone with the Wind*, yet today's big, bustling city is more New South than old. This diverse population of 4 million residents is decidedly youthful – younger than the U.S. population and more racially diverse. You're more than likely to meet people who came for a weekend and decided to stay a lifetime.

Many visitors enjoy the restaurants serving ethnic cuisine, as well as traditional eateries specializing in southern dining. You may want to take a tour bus upon arrival and then decide which of Atlanta's historic and cultural sites to visit – be it the Chattahoochee Nature Center, the Georgia Aquarium, Atlanta Botanical Gardens and much more.

It's easy to see why Atlanta, Georgia is one of the most popular destinations in the Southeast to visit.

MEETINGS, MEETINGS AND MORE MEETINGS!

Beginning Thursday at midnight through early Sunday, Marathon A.A. meetings will be held in English and Spanish. A.A. topic meetings, workshops, panels, special interest meetings, and regional meeting will be held Friday and Saturday at the Georgia World Congress Center. Sharing with members from around the world will energize you to Carry the Message back home!

A SOUTHERN TASTE OF EVENTS

Centennial Olympic Park, located next to the Georgia World Congress Center will host Thursday evening's "Party in the Park." Friday night we all join forces in the Georgia Dome for the Flag Ceremony and Opening A.A. Meeting in the Georgia World Congress Center; Saturday night an Old-timers A.A. Meeting; and Sunday morning the Closing A.A. Meeting. There will be more dancing and fellowship opportunities at the Georgia World Congress Center after the Friday and Saturday night A.A. Meetings.

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REGISTRATION BY WEB, MAIL OR FAX

Registration opens September 3, 2014.

Preregistration Fees: \$100 USD or \$120 CAD (Canadian residents only).

Payable by: Check, Money Order, or Credit Card

International checks and money orders (except Canadian) must be in U.S. funds drawn on a U.S. bank. NOTE: We cannot accept travel agency checks for multiple registrations.

You may register online through www.aa.org. Look for the logo with International Convention information, including the link to registration.

Or fill out and mail or fax the registration form with full payment to:

Fax: (508) 743-3605 (credit card only)

Mail: 2015 International Convention
(check, money order or credit card)
c/o Convention Data Services
107 Waterhouse Road
Bourne, MA 02532

Convention Dates: July 2 – 5, 2015

Pre-Registration Deadline: May 12, 2015

Registration & Housing Bureaus Opens: September 3, 2014

"PEN TO PAPER, IF YOU PLEASE"

How can I serve my A.A. community too?

Wouldn't it be nice if we could have some local flavor articles to publish. We have a thriving A.A. community in Indian River County so there should be plenty to go around.

Another source for good articles would be the committee chairs, let everyone know what your committee is up to; what does it entail to be on your committee; are there requirements; and what are some of the rewards you have received having been involved in service at the local level.

Articles or personal stories would be welcomed on the Steps, Traditions or Concepts.

Don't forget, this publication is YOUR voice to the AA Community.

Important Info From Indian River Central Office

All checks for Literature, Group Contributions or Donations must be made out to our official title, "Indian River Central Office"

The bank will not accept "Indian River Intergroup" as a substitute when submitting a check for deposit.

Our two mailing addresses are as follows:

Indian River Central Office
1600 26th Street, Suite 6
Vero Beach, FL 32961

Indian River Central Office
P.O. Box 1776
Vero Beach FL 32961

Literature increases imposed by New York back in September will now go into affect January 1st.

Gate Lodge



TUESDAY 8:30 pm	
2/17	ODAAT
2/24	A New Day
3/3	Easy Does It
3/10	Noontime
3/17	ODAAT
3/24	Royal Palm
3/31	Easy Does It

THURSDAY 8:30 pm	
2/12	Man to Man
2/19	Candlelight
2/26	Indian River Men's
3/5	I Am Responsible
3/12	Man to Man
3/19	Candlelight
3/26	Indian River Men's

SATURDAY 6:30 pm	
2/14	Indian River Thursday
2/21	South Vero
2/28	Early Risers
3/7	Vero Beach Men's
3/14	Indian River Womens
3/21	Indian River Thursday
3/28	South Vero

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 Samantha G. @ 772 584 9838

BHC** MONDAYS @ 7:00 pm

** This facility requires 2 years of sobriety for visiting AA's

2/16	Indian River Men's
2/23	Early Risers
3/2	South Vero
3/9	Lunch Bunch
3/16	Vero Beach Men's
3/23	Indian River Men's
3/30	Early Risers

BIRTHDAYS

February 2015

Happy Birthday to All!



Please bring list of your group's celebrants' names and number of years to Central Office or submit via e-mail to irhow@yahoo.com by the last Friday of the preceding month (email submissions preferred)

Thank you.

AA Only

.....

A New Day

Donna R.	4
Jennifer B.	7
Bryan B.	7
Don H.	27

Barefoot Bay

Jim C.	26
Don H.	27
Bertelle	29
Maryanne	30

Candlelight

Nikki M.	1
Bill P.	2
Boz	7

Early Risers

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Easy Does It

.....

Free and Easy

Joe B.	20
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Free Wheeling

.....

Friday Night Young People

.....

I Am Responsible

Stephanie B.	3
Joel K.	9
Margaret B.	56

Indian River Thursday Night

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Indian River Men's

DJ	14
George M.	40

Indian River Women's

Mardi	6
Linda S.	15
Nancy D'	27

Kings Highway

.....

The Magnolia Group

Jan	3
Shelia	7
Denise	27

Man to Man

Mark Y.	3
Mike G.	27
Don H.	27

Pete C.	38
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Jack C.	44
---------	----

Meat & Potatoes Group

Steve A.	8
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Noontime

.....

ODAAT

Ron B.	2
Kathleen B.	3
Bob G.	5
Annabel A.	6
Chris S.	7
Carol L.	14
Monika R.	30
Hank H.	30
George M.	40

January

Paul N.	1
David K.	1
Tracie A.	1
Terri C.	2
Mike L.	3
Christine G.	3
Monica A.	4
Jeremiah L.	5
Debby H.	6
Mark G.	7
Alexa L.	8
Mary K.	9
Tom W.	12
Lee R.	20
Louise B.	23
Karen H.	25
Myra G.	26
Nancy D.	27
David O.	27
Marc T.	30
Maureen S.	31
David J.	38

OSSABAW

Shelia R.	7
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Royal Palm

Ed B.	26
Lynn N.	30
John B.	36
Barb P.	37
Darrel B.	42
Martin L.	44

Roseland Sebastian Speakers

Lori B.	23
Lela H.	46

Safe Harbor

Jan G.	12
Sue B.	24
Joan R.	49

January

Kathy R.	2
Monica S.	4
Barbara R.	26
Eleanor F.	31

Sebastian 12 & 12

.....

Sebastian 5:32

Liz R.	24
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Sebastian Lunch Bunch

Donna R.	4
Rose	19
Bruce C.	34
Dennis P.	41

Sebastian Sundowners

.....

Sebastian Stepsisters

.....

Sober Rainbow

.....

South Vero

Chad F.	1
Kevin W.	1
Maggie I.	2
Doug S.	2
Tom P.	9
Jeremy S.	6
Boyd W.	19
Toby L.	22
Michael F.	23
Louise M.	30
Dick B.	38

Surfside

Ted L.	23
Mike K.	33

Vero Beach 12 & 12

Brett H.	22
Vera C.	26

Vero Beach Group

.....

Vero Beach Men's

Todd	2
Cliff	3
Rich K.	22
Mike K.	33



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1600 26th Street, Suite 6
P.O. Box 1776
Vero Beach, FL 32961
772-562-1114



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Website Dutch V.
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12th List CoordinatorSteering Committee

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Desk Coordinator Marty P.

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Lane S.
Karen M.
Don Mc.

It is both a privilege and a responsibility for groups and members to insure 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 the 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 32961

Phone 772-562-1114