



HOW



Volume 37 Issue 12 December 2018

HONESTY OPEN-MINDEDNESS WILLINGNESS

Step 12 "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

The concept of "spiritual awakening" has many meanings. Keeping it simple, a spiritual awakening is simply a psychic change that, among other things, eliminates our obsession to drink. For some it can be quite a powerful and immediate experience, for others it is an ongoing co-current part of working the 12 steps.

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.

The second part of the 12th step is about carrying the message of recovery to other people. This is not because AA is a cult, it's because "we keep what we have by giving it away." To keep it simple, when we work with others, our lives change. So, we don't help another alcoholic because they're sick—we help another alcoholic because we are sick, and part of our recovery is that we need to be helping others.

The most important things to remember about this part of the AA Step 12 are:

- The Twelve Steps are a program of attraction, not promotion. We lead by our own example, so talk to people when they are ready and when the time is right they'll ask: "How can I get what you've got?"
- Keep your message for the person who's dependent on alcohol (and/or drugs) to what

is was like for you, the result of your steps, and that you have not gotten drunk or stoned.

- When talking to a newcomer, let go of labels and referring to them as alcoholics or addicts. Truthfully tell your story and let other people decide if it rings true for them.

Sometimes carrying the message can be as simple as making sure that there is a warm, caring, non-judgmental place for other alcoholics to come back to and a hand shake or hug that says "We're here for you—come on in—and keep coming back!"

The beauty of Step 12 is part of many promises of working the A.A. program. Life really does take on new meaning when watching people recover, seeing them help others, and watching loneliness vanish. Frequent contact with newcomers, and with each other, is the bright spot of our newfound lives.

When we have had a spiritual awakening as a result of our efforts we are finally able to do, feel, and believe that which we could not do before. This gift, which is a new state of consciousness and being, is really the icing on the cake of sobriety.

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

aairehow@yahoo.com

OUR THREE LEGACIES

STEP TWELVE (Recovery)

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

PRINCIPLE: Service—Awakening into sober usefulness

“Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards.”

Twelve and Twelve p. 106

TRADITION TWELVE (Unity)

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

“The Recovery Steps would make each individual A.A. whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.”

The A.A. Grapevine, November, 1948

CONCEPT TWELVE (Service)

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perious wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET



UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

12/3 Sundowners	1/7 Man to Man
12/10 Sebastian Freedom	1/14 OSSABAW
12/17 South Vero	1/21 Candlelight
12/24 VBMG	1/28 Meat & Potatoes

Sponsored by the Indian River Central Office

Both Alcathons will be at the Newport Club Outside Room



2018 Alcathon Schedule 2019

Christmas Eve 12/24/2018

New Year's Eve 12/31/2018

I Am Responsible	4pm - 6pm	Meat & Potatoes
Candlelight	6pm - 8pm	South Vero
Vero Beach 12 & 12	8pm - 10pm	Candlelight
Royal Palm	10pm - Midnight	Sat Morning Women's

Christmas Day 12/25/2018

New Year's Day 1/1/2019

Vero Beach	Midnight - 2am	Ind. River Women
South Vero	2am - 4am	Free & Easy
Early Risers	4am - 6am	Early Risers
Meat & Potatoes	6am - 8am	Vero Beach Men's
O.D.A.A.T.	8am - 10am	Royal Palm
Sat Morning Women's	10am - Noon	I Am Responsible
Ind River Thurs Night	Noon - 2pm	O.A.A.T.
Free & Easy	2pm - 4pm	Vero Beach 12 & 12

Meeting every hour on the half hour

Groups are encouraged and requested to bring refreshments, snacks, soda, cookies, etc.

Central Office will supply coffee, cups, sugar and creamer.

The last groups on Christmas Day and New Years day are asked to clean the meeting room.

Sebastian's CHRISTMAS

Alcothon

Sebastian Community Center

1805 North Central Ave.

(E. of US-1, off Jackson St., Behind Ay Jalisco)

9:00am, Monday, December 24, 2018

-Around the clock until -

6:00pm, Tuesday, December 25, 2018

(Meetings Every Even Hour-Food & Fellowship On The Odd Hour)

If you plan to attend, please bring a snack to share!!!

We are self supporting through our own contributions...
Therefore, service opportunities are "ALWAYS" available...

Chair: Dee H. 321-831-7366 - Co-chair: Jeff P. 770-335-3449

Sebastian's

New Year

Alcothon

9:00 am, Monday, December 31st, 2018

-around the clock until -

6:00 pm, Tuesday, January 1st, 2019

Meetings every even hour-Food & Fellowship on the odd hour

Sebastian Community Center

1805 North Central Ave.

(E. of US-1, off Jackson St., Behind Ay Jalisco)

Please bring a snack to share if you plan to attend.

We are self supporting through our own contributions...
Therefore, service opportunities are "ALWAYS" available...

Chair: Dee H. 321-831-7366 - Co-chair: Jeff P. 770-335-3449

HOLIDAY SURVIVAL STRATEGIES

TIPS FROM OUR MEMBERS TO STAY SOBER



GOING TO A CHRISTMAS OR NEW YEARS PARTY WHERE ALCOHOL IS AVAILABLE?

- Bring a disposable serving dish so you can leave in a hurry if need be
- Let your sponsor know when and where you will be going
- Make sure your phone is charged—be ready to use it!
- Take a group member or sober friend with you for accountability
- Go to a meeting before AND after the party
- Drive yourself if possible and park at the end of the driveway—Don't get boxed-in.
- Read the book *Alcoholics Anonymous* before you leave the house!
- If you don't feel strong enough to resist the urge to drink—DON'T GO!

Above all:

DON'T DRINK NO MATTER WHAT
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DECEMBER ANNIVERSARIES



A NEW DAY

Bill F.	2 years
Emma M.	3 years
Irene L.	4 years
Marie Y.	4 years
Mike L.	5 years
Vinny L.	9 years
Doreen B.	1 year

INDIAN RIVER MEN'S

Jim Mc	31 years
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SAFE HARBOR WOMEN'S

Judy M.	43 years
Lesley H.	3 years
Nancy K.	7 years
Debbie T.	2 years
Kristen.	2 years

CANDLELIGHT

Chris N.	22 years
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MAN TO MAN

Gene L.	19 years
Jeff C.	4 years
Merv W.	45 years
Tom B.	3 years
Vinny L.	9 years

I AM RESPONSIBLE

Amanda W.	2 years
Danielle L.	2 years
Jon A.	1 year
Kayleigh R.	1 year

EASY DOES IT

Brooke W.	4 years
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SEBASTIAN 5:32

(From November)

Dottie	11 years
Ellie R.	17 years
<i>December</i>	
Barbara L.	28 years

ODAAT

Donna M.	3 years
Terri R.	5 years
Dave #2.	5 years
Winston H.	5 years
Ron S.	7 years
Michael W.	8 years
Joani M.	14 years
Donna K.	15 years
Jim H.	19 years
Karen M.	19 years
Barbara L.	26 years
Allene M.	27 years
Denise L.	30 years
Vivian B.	36 years

MAGNOLIA GROUP

Linda M.	50 years
Judy W.	24 years

MEAT AND POTATOES

Steve C.	5 years
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VERO 12 & 12

Charles J.	1 year
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ROYAL PALM

James W.	34 years
Denise T.	7 years

VERO BEACH MEN'S

Walt G.	1 year
Kevin M.	1 year

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.

2018 STEERING COMMITTEE

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

2018 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.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Ray P.
Nominating Committee.....Open
After Hours Phone.....Mindy S.
HOW Editor.....Rick H.
Inventory Control.....Terri C.
Literature.....Dutch V.
Treatment.....Bobby Z/Clyde K.
Website.....Dutch V.
Where and When.....Trish H.
12 Step List Coordinator.....North: Trent L.
South: Billy VB
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 of Alcoholics Anonymous
 1600 26th Street, Suite 6
 P.O. Box 1776
 Vero Beach, FL 32961
 772-562-1114



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.