



HOW

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."

"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."

MY FIRST STEP

After years of trying (and failing) to stop drinking on my own, I decided to go to A.A. last November.

I had tried (and failed) to go to A.A. once before: I was 29 and heading up the launch of a weekly magazine, in the process of converting to Judaism, and about to move in with my soon-to-be fiancé. And I was drinking heavily. On the recommendation of my therapist, I agreed to go to an A.A. meeting. But as I walked toward the cluster of people talking and smoking outside that upper west side church door where the meeting was being held, I chickened out. I was too embarrassed to go in, and I convinced myself I could cut back on my own. So I kept walking.

I managed to keep my drinking mostly under control (minus a few crazy nights here and there) for the next fifteen years. But as I got older, I started to feel like I was playing Russian Roulette every time I drank. Sometimes the gun didn't fire; I could have one or two drinks and be fine. Other times when I pulled the trigger, the gun would explode and I would find myself bingeing, blacking out and then beating myself up for days afterward. After one such explosion – a booze-filled Saturday night last November that left me so hung over I missed my kids' soccer games on Sunday – I felt I'd hit bottom (again). And on Monday, I bumped into Sam*.

Sam and I worked on the same floor at the Conde Nast Building; I was on staff at a fashion magazine and he was in Office Services. We had formed a casual, water-cooler friendship, and I would often plop down on his welcoming couch when I felt like procrastinating. At one point, he had shared with me that he was a recovering alcoholic.

"How was your weekend?" he asked me on that November morning.

Normally I would have said "fine" even when it hadn't been. But not that day.

"I drank too much, I don't remember most of Saturday night, I'm still hung over, I think I have a problem," I blurted out, all in one breath.

"Okay," he said calmly. "Let's go to your office so we can talk." He then shared with me his story: how he'd worked for a fashion designer, how he was hospitalized for an alcoholic seizure in his 30s and how had been sober for 18 years.

"There's an A.A. meeting a few blocks away today at 12:30," he said as he wrote down the address. "You really should go."

I looked at the Post-It note after he left: St. Mary the Virgin on West 46th Street.

Great, I thought. An A.A. meeting at some church basement in Times Square. This felt way too seedy for me, too Taxi Driver, too Midnight Cowboy. I imagined myself in my skinny jeans, sky-high boots and designer sunglasses, walking into a windowless room full of smelly, unshaven men and strung-out, toothless women drinking coffee and smoking cigarettes. Or even worse, I imagined seeing someone I knew.

Forget it. I am too busy. I just need to be more disciplined. I don't need A.A.

And yet, just as I'd surprised myself by opening up to Sam about my drinking problem, I found myself walking up Broadway at 12:15 toward St. Mary's.

When I arrived at the side entrance to the church, I poked my head in tentatively with my feet still outside the door, ready to bolt.

"Hi. You're in the right place," said a nice looking lady with short blonde hair. "It's so great you're here."

She looked normal, I thought, as my 4 heels click-clacked up the stairs toward the Beginner's Meeting. I left my sunglasses on and sat down on a seat next to the door—in case I had to make a quick getaway.

But I didn't leave. I looked around and felt like a jerk for my crazy thoughts about who would be in this room. The crowd looked like a typical cross-section of New Yorkers, an eclectic group you might see on the subway during a morning commute. One by one, they shared their powerful stories. Unguarded and unafraid to be completely honest in that space, they talked about feeling unloved and abandoned by parents who also had problems with alcohol; about their harsh self-judgments and constant self-criticism; about trying to control everything all the time; and about not knowing how to feel or express anger and not knowing how to ask for help.

As the tears rained down beneath my dark glasses, I knew I was in the right place. Their stories were my story, and I did see someone that I knew in that room – I saw myself.

- Patty N.

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STEP

***"We admitted we were powerless over alcohol
- that our lives had become unmanageable"***

"For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of AA's Twelfth Step."

*Reprinted from Twelve Steps and Twelve Traditions
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PRINCIPLE BEHIND STEP 1

Honesty - "It is vital to concede that we are alcoholics if we are to achieve sobriety. The odds are against us if we don't completely admit defeat and surrender. This takes being truthful with ourselves. The alcoholic cannot differentiate the truth from the false. By learning to be honest with ourselves and admit an honest desire to be sober, we begin the spiritual program of action."

TRADITION 1

Each member of Alcoholics Anonymous is a 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 must come first. But individual welfare follows close afterward.

CONCEPT 1

Final responsibility and final authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



TRADITIONS CHECKLIST

1. Am I a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with such pious preludes as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA.
6. Am I informed about AA as a whole? Do I support, in every way, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Group Contributions 2014 vs. 2014 thru December

Group	Thru December 2013	Thru December 2014	Difference	Birthday Plan Contributions thru December 2014	Number of members contributing to Birthday Plan in 2014
A New Day	\$175	\$950	\$775		
Barefoot Bay	\$200	\$750	\$550	\$150	4
Beachside Beginners	\$90	\$250	\$160		
Beginnings in Sebastian	\$1,500	\$1,100	-\$400		
Candlelight	\$100	\$300	\$200	\$34	1
Early Risers		\$420	\$420	\$27	3
Easy Does It		\$60	\$60		
Free & Easy	\$10	\$10	\$0	\$50	3
Freedom From Alcohol		\$180	\$180		
Friday Night Young People	\$0	\$0	\$0		
Hibiscus Monday Night	\$125	\$0	-\$125	\$50	1
Hibiscus Thursday Night	\$300	\$305	\$5	\$24	1
I Am Responsible	\$700	\$545	-\$155	\$37	4
IR Men	\$150	\$150	\$0	\$18	2
IR Thursday Night				\$15	2
IR Women	\$30	\$0	-\$30	\$13	1
Kings Highway	\$0	\$0	\$0	\$15	1
Magnolia Group	\$100	\$75	-\$25	\$35	2
Man To Man	\$750	\$626	-\$124	\$26	1
Meat and Potatoes	\$55	\$60	\$5		
New Beginnings	\$100	\$0	-\$100		
Noontime Recovery	\$100	\$750	\$650		
No Name (Christ by the Sea)	\$230	\$296	\$66		
ODAAAT	\$1,675	\$1,650	-\$25	\$330	12
Ossabaw	\$325	\$225	-\$100	\$25	1
Roseland/Sebastian Speaker	\$200	\$600	\$400		
Royal Palm	\$195	\$85	-\$110	\$158	5
Safe Harbor Women	\$175	\$125	-\$50	\$136	6
Sebastian As Bill Sees It	\$0	\$0	\$0		
Sebastian 12&12	\$105	\$105	\$0		
Sebastian 5:32	\$150	\$200	\$50	\$24	1
Sebastian Lunch Bunch	\$230	\$826	\$596	\$34	2
Sebastian Freedom	\$50	\$50	\$0		
Sebastian Noon Recovery	\$80	\$0	-\$80		
Sebastian Sundowners	\$1,244	\$467	-\$777		
Sober Rainbow	\$25	\$45	\$20	\$42	1
Sobriety to Serenity	\$193	\$193	-\$0		
South Vero	\$400	\$400	\$0		
Stepsisters	\$97	\$38	-\$59		
Surfside	\$70	\$50	-\$20	\$42	1
Thurs Night Big Book Study	\$90	\$0	-\$90		
Unity Group (Saturday)	\$0	\$20	\$20		
VB Mens	\$670	\$165	-\$505	\$54	3
Vero Beach	\$550	\$700	\$150	\$105	4
Vero 12&12	\$50	\$0	-\$50	\$50	1
You Are Not Alone	\$25	\$0	-\$25		
Not Identified	\$65	\$36	-\$29	\$6	2
Total	\$11,379	\$12,806	\$1,427	\$1,500	65

2014 Group Contributions By Month

Group(2014)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
A New Day	50.00	50.00	50.00	100.00	75.00	75.00	100.00	100.00	50.00	100.00	100.00	100.00	950.00
Barefoot Bay		400.00				200.00						150.00	750.00
Beachside Beginners					50.00			50.00		50.00		100.00	250.00
Beginnings in Sebastian		150.00		150.00	50.00	150.00	150.00	150.00	150.00			150.00	1,100.00
Candlelight					200.00						100.00		300.00
Early Risers		120.00		300.00									420.00
Free & Easy							10.00						10.00
Easy Does It							60.00						60.00
Freedom From Alcohol		100.00					80.00						180.00
Friday Night Young People													
Hibiscus Monday Night													
Hibiscus Thursday & Mon			305.00										305.00
I Am Responsible		200.00			100.00	100.00	100.00		45.00				545.00
IR Men							150.00						150.00
IR Thursday Night													
IR Women													
Kings Highway													
Magnolia Group								75.00					75.00
Man To Man	50.86			170.33			212.24				192.50		625.93
Meat & Potatoes			30.00						30.00				60.00
New Beginnings													0.00
Noontime Recovery			200.00									550.00	750.00
No Name -Christ by the Sea	74.50			65.00			41.75		75.00	40.00			296.25
ODAAT		150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	150.00	1,650.00
OSSABAW				125.00							100.00		225.00
Roseland/Sebastian				300.00					300.00				600.00
Royal Palm							35.00				50.00		85.00
Safe Harbor Women									125.00				125.00
Sebastian As Bill Sees It													
Sebastian 12 & 12			35.00						35.00			35.00	105.00
Sebastian 5:32					200.00								200.00
Sebastian Lunch Bunch	119.00		250.00		144.01			125.00		187.50			825.51
Sebastian Freedom							50.00						50.00
Sebastian Noon Recovery													0.00
Sebastian Sundowners												467.22	467.22
Sober Rainbow									20.00			25.00	45.00
Sobriety to Serenity	59.55			68.00			65.00						192.55
South Vero	200.00	100.00		100.00									400.00
Stepsisters												38.00	38.00
Surfside							50.00						50.00
Unity Group (Sat)										20.00			20.00
VB Mens	90.00		75.00										165.00
Vero Beach Group	100.00			100.00	100.00		100.00		100.00	100.00		100.00	700.00
Vero 12 & 12													
You Are Not Alone													
Not Identified						26.00			10.00				36.00
Total	743.91	1270.00	1095.00	1628.33	1069.01	701.00	1353.99	650.00	1090.00	647.50	692.50	1865.22	12,806.46
2013	771.00	665.00	1381.00	1695.00	915.00	555.00	1202.00	425.00	896.00	1629.00	750.00	496.00	11,380.00
2012	596.00	872.00	1152.00	1068.00	475.00	1977.00	1571.00	150.00	584.00	1248.00	1240.00	730.00	11,663.00
2011	995.00	606.00	1769.00	1431.00	1089.00	1526.00	832.00	850.00	1260.00	1124.00	1150.00	471.00	13,103.00



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.

2014 OFFICE ACTIVITY

Calls for Assistance & Walk-Ins Nature of Calls

	OCT	NOV	DEC	4th Q	1st Q	2nd Q	3rd Q	TOTAL
12th Step Support	14	4	7	25	42	57	28	152
General Info / Misc.	99	47	20	166	204	257	207	864
Purchases	97	68	96	241	267	293	234	1035
Meeting Info	22	32	35	89	105	90	109	393
Alanon / NA	5	7	6	18	28	22	16	84
TOTAL	237	158	164	371	646	719	594	2528

Gate Lodge



TUESDAY 8:30 pm	
1/6	Easy Does It
1/13	Noontime
1/20	ODAAT
1/27	Royal Palm
2/10	Noontime
2/17	ODAAT
2/24	A New Day

THURSDAY 8:30 pm	
1/8	I Am Responsible
1/15	Man to Man
1/22	Candlelight
1/29	Indian River Men's
2/5	I Am Responsible
2/12	Man to Man
2/19	Candlelight

SATURDAY 6:30 pm	
1/10	Indian River Womens
1/17	Indian River Thursday
1/24	South Vero
1/31	Early Risers
2/7	Vero Beach Men's
2/14	Indian River Thursday
2/21	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

1/12	Indian River Men's
1/19	Early Risers
1/26	South Vero
2/2	Lunch Bunch
2/9	Vero Beach Men's
2/16	Indian River Men's
2/23	Early Risers

BIRTHDAYS

January 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

Susie B. 9

A New Day

Bob L. 1
Judy W. 2
Joanne J. 4
Priscilla G. 10
JoAnn B. 12
Kevin S. 13
Karen B. 15
John G. 22
Grey L. 30
Tom O. 40

Barefoot Bay

Candlelight

Rick J. 3
JoEllen P. 13

Early Risers

Easy Does It

Free and Easy

Ron F. 17

Free Wheeling

Friday Night Young People

I Am Responsible

Shannon R. 4
Mardi H. 4
Irene M. 10
Janelle C. 20
Sharon Q. 34

Indian River Thursday Night

Indian River Men's

Indian River Women's

Kings Highway

The Magnolia Group

Annie 3

Man to Man

Bob L. 1
Greg N. 1
Rick P. 1
Joe R. 4
Rich S. 11
Pete D. 21
Bill W. 21
Mike S. 25
Grey L. 30
Bob D. 40
Tom O. 40
Walter L. 41
Bob W. 49

Meat & Potatoes Group

Noontime

ODAAT

OSSABAW

David G. 2
John S. 2
Jennifer G. 5
Charles D. 9
Mark P. 17
Bill W. 21
Ray A. 26

Royal Palm

Loren S. 2
Tony M. 5
John R. 20
Steve D. 31
Ray F. 38

Roseland Sebastian Speakers

Safe Harbor

Sebastian 12 & 12

Wally L. 25
Vicki S. 26

Sebastian 5:32

Mark 7
Trent L. 21
Dawn 22
Timmie 36

Sebastian Lunch Bunch

Judy W. 2
Ava 11
Bill W. 21
Bob D. 40
Captain Bob W. 49

Sebastian Sundowners

Sebastian Stepsisters

Sober Rainbow

South Vero

Barbara 1
Andrew 2
Heidi V. 3
Ken 4
Scott G. 8
Mer B. 34
Tony 38

Surfside

Judy S. 17
Al C. 35
Barbara C. 40
Marty P. 50

Vero Beach 12 & 12

John LeB. 27

Vero Beach Group

Vero Beach Men's

Justin B. 8
Tony S. 9
Bill K. 13
Marty P. 50



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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