

HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 36 Issue 6

June 2017



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

"Were entirely ready for God to remove all these defects of character"

A counselor said, in a treatment team meeting, "I'll have to see what my patient is willing to do."

I replied, abruptly, "No. Recovery is a decision, not a negotiation. You don't negotiate with this disease, you either recover from it or you don't."

This is important.

Each morning I think: "Good morning, John. You are an alcoholic. Pay attention." The first and most fundamental fact about my life is that I am an alcoholic and the first priority is my sobriety. **If my sobriety slips to number two in my life, I will probably lose it.**

First, I choose to be sober today, and then I find out, as the day goes on, what the price of that choice will be. I don't negotiate a price in advance.

On good days, the price turns out to be low. It is sunny and pleasant, and everyone I meet seems to agree with me. Sobriety is easy. On bad days, it is 100 degrees and humid, and people seem to annoy me. Sobriety is harder and its price is higher. No matter what, I make the decision for sobriety first, without knowing today's price.

If I try to negotiate sobriety, and set a limit on the price I will pay, I will lose my sobriety. If I say I will go to AA only when it is convenient, or only if no one offends me, or only if I get to keep my favorite character defects, I will drink again.

On page 58 of AA's Big Book, the following invitation is offered: **"If you have decided you want what we have and are willing to go to any length to get it--then you are ready to take certain steps."**

That means, unless we are **willing** to go to any lengths, ready to stop negotiating our recovery, we are not ready for recovery.

We avoid recovery by studying recovery instead of recovering. We cannot recover from a disease by studying it. We recover from a disease by treating it. I got a phone call from someone who wanted a scientific book on alco-

holism for a friend. The friend had a drinking problem, and didn't want "any of this spiritual stuff," but preferred something scientific. I did as I was asked, and gave the name of a good book of science. I then said, "Giving this book will not help. We can no more recover from alcoholism by reading a scholarly book on alcoholism than we can recover from cancer by reading a scholarly book on cancer."

Another version of negotiating with alcoholism is by negotiating for a lower level of activity than is necessary for recovery. Here we want what AA has, but are not **willing** to go to any length to get it. My first AA sponsor was blunt. He opened a Big Book in front of me and said, "Here is the Big Book. It's in black and white. There are no grey areas. Read the black part. If you will read chapters five and six, 'How It Works' and 'Into Action', and do what they say, you will never drink or use again." I have read it, and done it to the best of my ability every day so far, and I have confidence, not in myself, but in this program.

One more thing about this decision: It expires in exactly 24 hours. Every day, I need to make this decision over again. With the grace of God and the fellowship of Alcoholics Anonymous, I will keep making the right decision, without any negotiations. John M.



OUR THREE LEGACIES

STEP SIX (Recovery)

"Were entirely ready to have God remove all these defects of character."

Principle: Willingness—The quality or state of being prepared to do something; readiness.

Now that we have accomplished an inventory of the good and not so good aspects of our character and behavior, are we **willing** to change them? All of them? The important part in this 12 step principle is the **willingness** to let go of old behaviors and rely on our Higher Power.

TRADITION SIX (Unity)

"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

"The core of AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, our expenses!"

From The Grapevine, May 1948

CONCEPT SIX (Service)

On behalf of AA as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET



Action
Changes
Things

**WE SELDOM DO
ANYTHING TO THE BEST
OF OUR ABILITY. WE DO
IT TO THE BEST OF OUR
WILLINGNESS.**

PICTUREQUOTES.COM

“The world as we have created it is
a process of our thinking. It cannot
be changed without changing our
thinking.”

Albert Einstein

*“If faith without works is dead, willingness without action is
fantasy.”*

JUNE ANNIVERSARIES

A NEW DAY

Matt G.	1 year
Judy D.	2 years
Maryjane L.	4 years
John W.	7 years
Chuck S.	7 years

INDIAN RIVER MEN'S

Lonnie 8 years

MEAT AND POTATOES

ODAAT

Matt T.	2 years
Barbara M.	3 years
John R.	3 years
Adam J.	6 years
Ted H.	14 years
Lorrie N.	23 years
Beverly L.	31 years
Gil B.	34 years
Kathy H.	40 years
Norman G.	43 years
Ed O.	45 years
Bobbie D.	45 years

BAREFOOT BAY GROUP

Dennis J.	19 years
Tim W.	40 years

INDIAN RIVER THURS NIGHT

INDIAN RIVER WOMEN'S

Kim G.	29 years
Chelsea F.	1 year

CANDLELIGHT

Matt M.	2 years
Richard	3 years

EARLY RISERS

Scott	2 years
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I OVER E GROUP

LUNCH BUNCH

EASY DOES IT		LUNCH BUNCH	
Patrick M.	28 years	Jann H.	22 years
		Jeff S.	15 years
		Rithie T.	49 years
		Mark L.	17 years
		Linda V.	12 years
		Tom H.	34 years
		Tom R.	2 years
		Cindy R.	2 years

OSSABAW

ROYAL PALM GROUP

Mindy S.	27 years
Jeffrey P.	8 years
David K.	4 years

SEBASTIAN 5:32

SEBASTIAN STEP SISTERS

Barbara M 31 years

SOUTH VERO GROUP

Cheryl C.	1 year
David D.	1 year
Deb C.	1 year
Don C.	1 year
Joseph N.	1 year
Austin F.	2 years
Denise R.	2 years
Adam F.	16 years
Amanda S.	26 years
Ralph B.	32 years

FREE AND EASY

MAGNOLIA GROUP

HIBISCUS GROUP

MAN TO MAN

I AM RESPONSIBLE			
		Bill F.	23 years
		Brian M.	1 year
Lorelei G.	12 years	Dave H.	10 years
Paul S.	19 years	Joe A.	29 years
		Jonn W.	7 years
		Mark L.	17 years
		Nick F.	13 years
		Pat B.	32 years
		Paul T.	20 years
		Scott W.	1 year

VERO 12 & 12

Bob C. (From May)	5 years
Charlie D.	48 years

VERO BEACH MEN'S

Brett B.	11 years
Dave O.	17 years
Tom B.	2 years
Bobby W.	6 years

<u>Registration, Activities & Shirts</u>					
<u>Item</u>	<u>Price</u>	<u>Qty</u>	<u>Total</u>		
Registration	\$35				
Scholarship Donation	\$5				
Alateen Only	\$0				
Friday Ice Cream Social	\$13				
Saturday Ice Cream Social	\$13				
Fri Banquet 1 st Person	\$42				
Beef Chicken Fish Vegan GF? (circle)					
Fri Banquet 2 nd Person	\$42				
Beef Chicken Fish Vegan GF? (circle)					
Sat Banquet 1 st Person	\$42				
Beef Chicken Fish Vegan GF? (circle)					
Sat Banquet 2 nd Person	\$42				
Beef Chicken Fish Vegan GF? (circle)					
Golf Tournament	\$85				
Ocean Links Course- Lunch Included					
5K Run/Walk	\$15				
5K Free Shirt Size?	\$0				
Shirts (Pre-Order Only)					
Women's Tee (Silky, Dri-Fit)	S	M	L	XL	\$15
	2X	3X	4X		\$17
Men's Tee (Dri-Fit)	S	M	L	XL	\$15
	2X	3X	4X		\$17
Women's Polo (Silky, Dri-Fit)	S	M	L	XL	\$24
	2X	3X	4X		\$26
Men's Polo (Dri-Fit)	S	M	L	XL	\$24
	2X	3X	4X		\$26
TOTAL DUE					

Make Checks Payable To:
61st Florida State Convention
PO Box 57442
Jacksonville FL 32241-7442

Meetings/Workshops

AA
AI-Anon
Young People
LGBT
Spanish
Archives
Corrections
Marathon Meetings
Old Timers Meetings



Activities

Banquets
Ice Cream Socials
5K Run/Walk
Pool Parties
Golf Tournament
Dance
Karaoke
Entertainment
Yoga
Meditation

Speakers

Beth H, Cary NC
Chuck H, Cary NC
Cindy S, Helotes TX
Cushing P, Montgomery AL
Heather G, Powell TN
John S, Helotes TX
Pat Y, Palm Desert CA
Teresa F, Van Nuys CA

Workshops

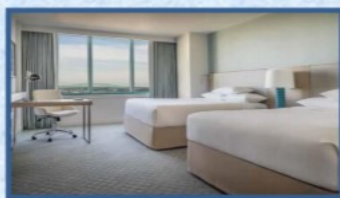
Rule 62
The (Higher) Power of Prayer
We Agnostics & Free-Thinkers
Our Primary Purpose
Corrections – We Are Responsible
Archives: Our History

Register and Pay Securely By
Visa/MC:
www.floridastateconvention.com

For Payments by Check, Mail
Form on Left To:
61st Florida State Convention
PO Box 57442
Jacksonville, FL 32241-7442
No Refunds After 6/1/2017

Hotel Information

Hyatt Regency
Jacksonville Riverfront



Single to Quad \$119
Regency Club \$149
Premier Suite \$169
Queen Waterfront Upgrade \$30
King Waterfront Upgrade \$40
Junior Suite \$239

Garage Parking \$10 Daily
Valet Parking \$15 Daily
Check in 3pm Check Out 11am
Hotel Cutoff Date 7/5/17
904-588-1234

For Convention Rates
Register at:
<http://resweb.passkey.com/go/FSC2017>

61st Florida State Convention

Jacksonville, FL

July 27 – July 30, 2017



Experience Jacksonville's
Southern Hospitality



Hyatt Regency
Jacksonville Riverfront

Registration

Name _____

Name On Badge _____ Home Group _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Phone _____ Sobriety Date _____

Volunteer at Convention _____

Affiliation
 ___AA ___AIAnon ___Alateen ___Delegate
 ___Past Delegate ___Trustee
 ___Past Trustee ___Friend

Special Needs
 ___ Wheelchair ___Vision ___ Spanish
 ___ASL ___Hearing Impaired

Add Person to Registration

2nd Badge Name _____

Home Group/City (If Applicable) _____

Sobriety Date (If Applicable) _____

Affiliation (AA, AIAnon, Alateen, Friend) _____

UPCOMING EVENTS AND ANNOUNCEMENTS

BE SURE TO VISIT THE CENTRAL OFFICE FOR ANYTHING RELATED TO AA. WE HAVE NEW BOOKS, COFFEE MUGS, MEDALLIONS AND OTHER NEW ITEMS RECENTLY ADDED AT GREAT PRICES!

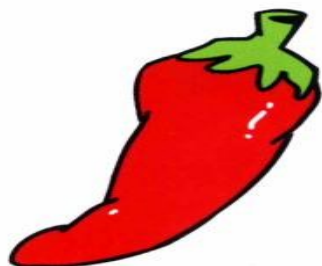
1600 26th St # 6, Vero Beach, FL 32960

772-562-1114

Founders Day Luncheon Ice Cream Social &

****Annual Chili Cook-off****

Double Speaker Meeting – featuring 2 Speakers with over 25 years who will share their experience strength and hope



Tickets: \$10 per person

Ticket price includes coffee, hamburgers, hot dogs, subs & other foods.

Please bring a dessert or side dish to share.

Bring your best batch of chili for the chili cook-off and chance to win a prize. (Contest entries are anonymous until winner is announced).

**Saturday June 17th, 2017
12:00pm to 4:00 p.m.**

Langford Park Recreation Center
2369 NE Dixie Hwy
Jensen Beach, Florida

Contact Joli for tickets

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.

2016 STEERING COMMITTEE

Chair.....Steve S.
Co-Chair.....Joseph J.
Treasurer.....John H.
Secretary.....Trish H.

Nominating Committee.....Marty P.
After Hours Phone.....Mindy S.
District 6 Liaison.....Cynthia G.
HOW Editor.....Rick H.
Inventory Control.....Bobby Z.
Literature.....Dutch V.
Treatment.....Todd T.
Website.....Dutch V.
Where and When.....Susan
District 6 Liason.....Open

2016 STANDING COMMITTEES

Archives.....Glen
Birthday Dinner 2017.....Doug C.
Desk Coordinator.....Marty P.
Corrections—Women.....Open
Corrections-Men.....Lane
Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Linda W.

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

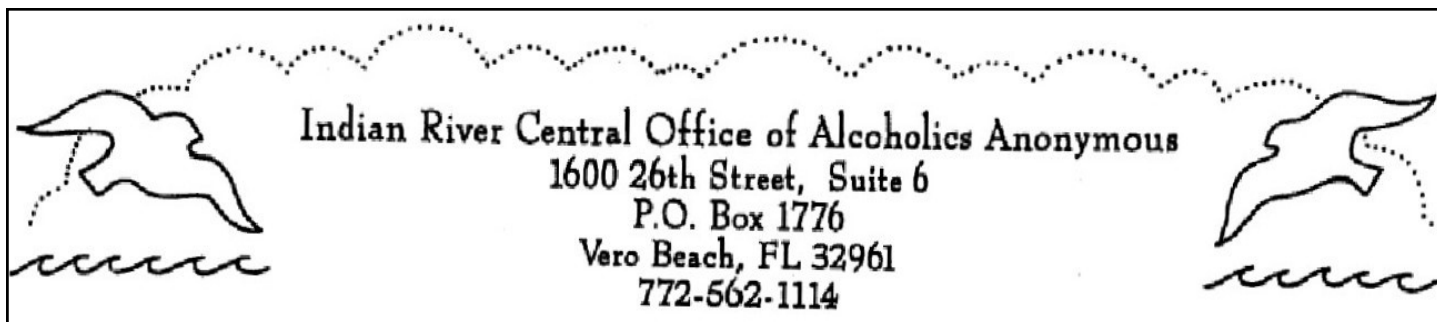
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.