



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."

MEMO TO ALL CENTRAL OFFICE DESK VOLUNTEERS FROM MARTY P.

Sue is taking time off from her duties due to her health issues and I have agreed to take over for now, with the approval of the Steering Committee.

I am trying to meet all of you and understand the depth of our responsibilities.

My info: Email: mpreuss@att.net
Cell: 772.532.3553
Home: 772.299.3296

Please send me your email info and any suggestions you might have to assist me.

I will have an updated roster in the office ASAP.

My first request is that when you need off, please attempt to get a replacement and if you can call or email me with the dates and who you attempted to get to cover so I don't duplicate our effort and coverage.

Thank you for all your service
Marty

HE FOUND THAT HIS ROUTINE MEDITATION WAS USEFUL IN STICKY SITUATIONS.

In November 2010, the Grapevine printed a short note entitled, The Alcoholic's Meditation. In that note, a meditation was introduced which was directed towards God. The person meditating would contemplate the word, "welcome" during inhalation and the words, "thank you" during exhalation.

Having now used the meditation for several years to improve my conscious contact with God as I understand Him, I can share that it works when you work it and more will be revealed!

About a year ago around 10:00 a.m. on a work day, several friends in the Fellowship called and asked if I

would give them a ride to a nearby town to deliver their son to the train station. They assured me it wouldn't take more than an hour and that we'd be back by noon. Three hours later at two o'clock, I watched them lounging around with their son who had missed the earlier train, the three of them nonchalantly milling about, waiting for the three o'clock train to arrive.

That they were oblivious to my mounting anxiety infuriated me. I was fit to be tied, my anger rising, the injustice of the situation overwhelming, and hot resentment building when a simple thought broke in through the mounting hatred: Why not practice the Alcoholic's Meditation towards them?

It started out fitfully, not magnanimous at all. As I breathed in, I thought "You're welcome (...you couple of so-and-sos...)" and as I breathed out, "Thank you (...for being blatant examples of how not to behave...)." In spite of the rocky start, I continued to exercise the meditation and within just a few minutes, I felt the animosity melt away, and I was back to "Welcome" and "Thank you" (minus the smart-aleck, parenthetical accusations).

Like many aspects of Alcoholics Anonymous, I'm not sure how or why it worked, but I was convinced that it was working as I felt myself relaxing

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2 Steps &
Traditions

3 "Twenty
Questions"

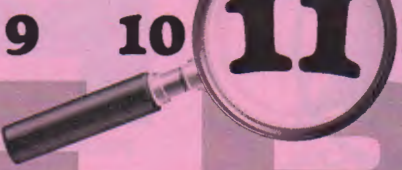
4-5 Upcoming Events
Announcements

6 Office Activity
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STEP



"Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for the knowledge of his will for us and the power to carry that out."

There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life. Now and then we may be granted a glimpse of that ultimate reality which is God's kingdom. And we will be comforted and assured that our own destiny in that realm will be secure for so long as we try, however falteringly, to find and do the will of our own Creator.

*Reprinted from Twelve Steps and Twelve Traditions
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PRINCIPLE BEHIND STEP 11

Spiritual Awareness - "Step 11 suggests that we continue to improve our conscious contact with our Higher Power, so we tap into that power through prayer and meditation. We became cognizant of the blessings we are receiving in our new life. We are learning to notice His handiwork in all aspects of our lives."

TRADITION 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press radio and films."

CONCEPT XI

While the Trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

TRADITIONS CHECKLIST

1. Do I sometimes promote A.A. so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an A.A. member?
3. What in A.A. history gave rise to our Tenth Tradition?
4. Am I ashamed of being a recovered or recovering alcoholic?
5. What would A.A. be like if we weren't guided by the ideas in Tradition Eleven? Where would I be?
6. Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for himself?

and replacing hundreds of cascading negative thoughts with the two positive ones of acceptance and gratitude.

For the first time, I was directing the meditation towards people rather than towards God. As such, maybe these were kind thoughts rather than meditation? It's also likely that having often practiced the meditation towards God, I was simply falling back into the comfortable habit of welcoming God into this decidedly awkward situation, then thanking him for being there.

When I shared this revelation a few days ago at the Brambleton Road meeting in Roanoke, VA., a lady in a cowboy hat pointed out that "inhalation" is also referred to as "inspiration." Her inspiring words were immediately followed by the realization that I can intentionally "let God" with each inhalation and "let Go" with each exhalation! I'm amazed that it does work when we work it, that more will be revealed on a continual basis, and that this sober way of living sure is a slippery slope!

– Ed L., Wrightwood, California

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Twenty Questions to help you determine, after a month or so of AA recovery, whether or not you might want to stay in AA recovery.

1. Have you found that your day to day life has actually changed quite dramatically since you quit drinking?
2. Have you had any extremely realistic dreams about drinking alcohol?
3. Do the AA meetings resonate with you in profound emotional ways?
4. Do you have occasional brief moments of deep peacefulness?
5. Do you find that you have a lot more money than you used to have?
6. Are your trips to the bathroom less smelly than they used to be?
7. Are your trips to the bathroom less frequent than they used to be?
8. Is your skin less blotchy and reddish?
9. Are you quite sick and tired of all the hypocritical bullshit you used to spout off?
10. Are you losing weight and/or feeling less bloated?
11. Has anyone outside of AA remarked there seems to be something different about you?
12. Do you feel genuine affection for people who come to AA for their first meeting ever?
13. Do you feel it is, surprisingly, relaxing to not have to tell lies anymore?
14. Have you swung back and forth between worrying that anyone would know about you, to wishing that the whole world would know about you?
15. Do you fantasize about making a great AA speech some day, and at the same time feel disgusted by your stupid, immature, grandiose fantasy?
16. Have you suddenly noticed how good fresh water tastes, especially when it is ice cold?
17. Do you have occasional moments of hope and optimism that this crazy program might work for you too?
18. Have you had some good laughs, better than the laughter you used to have on your own or in the bars or at parties?
19. Are you beginning to remember a few of the names of other people in the meetings?
20. Twenty Questions to help you determine, after a month or so of AA recovery, whether or not you might want to stay in AA recovery.
21. Have you noticed that someone always says exactly what you needed to hear that day?

NOTES:

If you answered yes to one of these questions, you might consider staying in AA. If you answered yes to two questions, you probably should remain in AA. If you answered yes to three or more questions, you'd be nuts if you left AA.

– Anonymous

HELP SERVE INDIAN RIVER A.A.

VOLUNTEERS NEEDED FOR INDIAN RIVER
CENTRAL OFFICE INTERGROUP

POSITIONS OPEN FOR

- DISTRICT 6 LIASION
- PUBLIC INFORMATION CHAIRPERSON

772-562-1114 or info@indianriveraa.org

"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.



DISTRICT 6



GRATITUDE DINNER

Saturday, November 22, 2014

Doors open @ 6 p.m. ~ Dinner served @ 6:30 ~
Speaker @ 8:00



Proceeds to be sent to our General Service Office

Tickets \$15.00 each



Only a LIMITED number of tickets will be
sold so purchase your tickets EARLY!

Saint Helen's Catholic Church

2025 20th Street, Vero Beach, FL 32960



Please bring a dessert to share!



CLOTHESLINE

RAFFLE PRIZES

DOOR PRIZE

SEBASTIAN THANKSGIVING ALCOTHON Thursday Nov. 27

Community Center 1805 N. Central Ave (off Jackson St) near Wal-Mart on US1

10:00 am A New Day
12:00 am New Beginnings
2:00 pm OSSABAW
4:00 pm Man to Man
6:00 pm Step Sisters

Dinner at 5:00 pm between meetings



Merry CHRISTMAS

* * * & * * *



Join us for the Alcathons at the Newport Club
Fellowship, Eat & Meet

CHRISTMAS ALCOTHON Dec. 24 -25

4 - 6 pm	Indian River Thursday
6 - 8 pm	Hibiscus Thursday
8 - 10 pm	South Vero
10 - 12 am	I Am Responsible
12 - 2 am	Early Risers
2 - 4 am	Vero Beach Men's
4 - 6 am	ODAAT
6 - 8 am	Free & Easy
8 - 10 am	Magnolia Group
10 - 12 pm	Safe Harbor
12 - 2 pm	Indian River Men's
2 - 4 pm	Easy Does It

NEW YEAR'S ALCOTHON Dec. 31 - Jan. 1

4 - 6 pm	Royal Palm
6 - 8 pm	Hibiscus Thursday
8 - 10 pm	Vero Beach Group
10 - 12 am	ODAAT
12 - 2 am	Free & Easy
2 - 4 am	Vero Beach Men's
4 - 6 am	Early Risers
6 - 8 am	Indian River Men's
8 - 10 am	Indian River Women's
10 - 12 pm	Magnolia Group
12 - 2 pm	Indian River Thursday
2 - 4 pm	Easy Does It

2014 OFFICE ACTIVITY

Calls for Assistance & Walk-Ins Nature of Calls

	JULY	AUG	SEPT	3rd Q	OCT	4th Q	1st Q	2nd Q	TOTAL
12th Step Support	13	6	9	28	14	14	42	57	132
General Info / Misc.	83	51	73	207	99	99	204	257	694
Purchases	74	93	67	234	97	97	267	293	824
Meeting Info	34	38	37	109	22	22	105	90	289
Alanon / NA	6	6	4	16	5	5	28	22	67
TOTAL	215	196	190	594	237	237	646	719	2196

Gate Lodge

TUESDAY 8:30 pm	
11/11	Easy Does It
11/18	Noontime
11/25	ODAAT
12/2	Royal Palm
12/9	Easy Does It
12/16	Noontime
12/23	ODAAT

THURSDAY 8:30 pm	
11/13	Roseland
11/20	I Am Responsible
11/27	Candlelight
12/4	Indian River Mens
12/11	Roseland
12.18	I Am Responsible
12/25	Candlelight

SATURDAY 8:30 pm	
11/15	South Vero
11/22	Early Risers
11/29	Vero Beach Mens
12/6	Vero Beach Group
12/13	Indian River Womens
12/20	South Vero
12/27	Early Risers

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

11/10	Early Risers
11/17	South Vero
11/24	Lunch Bunch
12/1	Vero Beach Mens
12/8	Indian River Mens
12/15	Early Risers
12/22	South Vero

BIRTHDAYS

November 2014

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

Gus O.	1
Kim R.	1
Mike C.	1
Ellie R.	13
John M.	23

Barefoot Bay

John McG.	41
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Candlelight

Mike C.	1
Shannon	5
Michael H.	12

Early Risers

Easy Does It

Edie (October)	27
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Free and Easy

Friday Night Young People

I Am Responsible

Andrea D.	1
Martha S.	2
Erin N.	4
Penny Mc.	6
John R.	7
Craig S.	9

Indian River Thursday Night

Jill H.	11
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Indian River Men's

John	5
John K.	19
John C.	22
Marshall	28

Indian River Women's

Lucia L.	2
Samantha G.	5
Lianne A.	9
Kay H.	32

Kings Highway

The Magnolia Group

Man to Man

Leonard C.	5
Mark G.	13
Ed R.	18
John M. (JERSEY)	23
Marshall R.	28

Meat & Potatoes Group

Noontime

ODAAT

Katie M.	3
Marc B.	5
Jessie K.	7
Fred D.	22
Bill E.	30
Kay H.	32
Lisa B.	33

OSSABAW

Leonard C.	5
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Royal Palm

Pam G.	21
Bob S.	25
James W.	30
Rod M.	33

Roseland Sebastian Speakers

Pete H.	27
Jane S.	30
Dennis M.	46

Safe Harbor

Sharron E.	2
Patricia W.	19
Ginny R.	31
Shirley V.	38
Marilynn G.	42

Sebastian 12 & 12

John M. (October)	3
Mary Ellen (October)	30

Sebastian 5:32

Dottie	6
Ellie R.	13

Sebastian Lunch Bunch

Leonard C.	5
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Sebastian Sundowners

Mike W.	5
Michael J.W.	6
Vicki	30

Sebastian Stepsisters

Sober Rainbow

South Vero

Joanne	16
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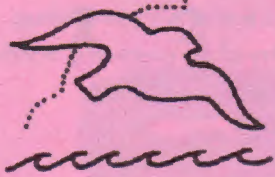
Surfside

Vero Beach 12 & 12

Vero Beach Group

Vero Beach Men's

TR	4
Jim B.	6
John C.	22



Indian River Central Office of Alcoholics Anonymous
1600 26th Street, Suite 6
P.O. Box 1776
Vero Beach, FL 32961
772-562-1114



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2014 Steering Committee

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Desk Coordinator Sue L.

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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