



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 34 • Issue 5 • May 14, 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."

ON THE 5TH TRADITION

by Bill W. April, 1948 Grapevine

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose — that of carrying its message to the alcoholic who still suffers.

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our

(continued on page 4)

A VISITORS VIEW

Recently, I was at a meeting in Vero where a woman told a man in early sobriety that he should not see his family because the other family members drank which meant he would drink. The man had been sharing regularly that it was harder for him to not drink because his family all drank. This is exactly what he should have been doing, telling on his disease at group level to stay sober. I do not know the details on why the woman is so angry at God but she could have caused a strong resentment to her and AA. Resentment can be fatal to an alcoholic.

At another meeting a woman chastised a man who had shared that he did not believe that God had a plan for him. My beliefs are in synch with the woman and opposite to the man's but her share was not appropriate. It disrespected newer members by implying that they could not decide for themselves. A new person might say to himself/herself if the woman really believes why is she afraid? Attraction is exuding with every

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"Admitted to God, to ourselves and to another human being the exact nature of our wrongs"

AA experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

*Twelve Steps and Twelve Traditions
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PRINCIPLE BEHIND STEP 5

Integrity - "If we have truly done a thorough job of introspection and evaluation of our assets and shortcomings, do we have the integrity to own up to it? It can be very difficult to be open and honest about our past behaviors. We begin to learn to do the right thing even though no one is watching."

TRADITION 5

Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

CONCEPT V

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions will be heard and that petitions for the redress of personal grievances will be carefully considered.

TRADITIONS CHECKLIST

1. Do I ever cop out by saying, "I'm not a group, so this or that tradition doesn't apply to me?"
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both help them and learn from them?

A VISITORS VIEW (continued from page 1)

pore that the program works.

I shared at a meeting at length on how God keeps me sober. (AA 101) This prompted a man who is fighting the program to share that he stayed sober with willpower. This could harm other attendees because he is saying that it is OK not to accept the first step.

At another meeting that I was being of service for by speaking, an attendee beat up me and a woman who had shared that my share was helpful to her. I had shared that God had healed my emotional illness of bipolar disorder so that I had normal emotional health in that regard and I had not needed any medication whatsoever in over six years. My bipolar disorder had not been medical. It was extreme alcoholism. I made myself manic without the expense of an upper and I made myself depressed without the need of a downer. In fact my recovery took more work than average because I did not have the baggage of a hangover, the risk of a DWI, the expense of any substance, or the risk of a possession charge to incite me. What I had was a bottom worse than my worst nightmare. I assume that his ire was because I didn't give a drunk a log which wasn't really appropriate because the topic I was given was my experience with the 11th step. The fifth tradition says that our primary purpose is to carry the message not to talk about alcohol. The message is the program and my message was an unambiguous "the program works". After the meeting the perp criticized the woman. I really hate it when someone doesn't have the balls to face the man and instead picks on a woman. Where I come from people thank the speaker for being of service.

I also experienced the following judgmental crosstalk. I shared that I was working with AA headquarters to improve AA's current performance on lifetime sobriety for those who give AA a serious try. Another member found it necessary to criticize my style and tout his own knowledge of AA to put himself above me. This likely indicates that deep down he has a plan to drink. I tried to help him but he got on his haunches and insisted he was OK. It saddens me when I see an AA headed toward a drink.

I was also criticized by another member for being too abstract. When he added that he did not believe in God his real objection was apparent to me. Judgmental crosstalk can make an AA drink and has no place at a normal AA meeting.

- Anonymous

A COMMON SOLUTION

59th Florida State Convention

Orlando, FL August 12-16, 2015

www.59.flstateconvention.com

Speakers:

Kent C.
Sandusky, OH

Chris S.
Bedmester, NJ

Peter M.
Boca Raton, FL

Mary P.
Orlando, FL

Chet P.
Orlando, FL

Joe C.
Palm Coast, FL

Rich B.
Ocean City, MD

Tera B.
Apopka, FL

Hilary R.
Dallas, TX

Georgia B.
La Crescenta CA

Programs:

AA Workshops
Al-Anon Meetings & Workshops
Young People in AA Meetings & Workshops
LGBT Meetings & Workshops
Spanish Meetings & Workshops
History of AA Workshop
Marathon Meetings
Grapevine Displays
Old Timers Meeting
Meditation
Yoga

Activities:

Friday & Saturday Banquets
Ice Cream Social
Golf Tournament
Dance and Entertainment
DJ Party—Craft Room—Talent Show

Rosen Plaza Hotel

9700 International Drive
Orlando FL 32819
800-627-8258 or 407-996-9700

"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.

ON THE 5TH TRADITION (continued from page 1)

present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet some of our well-wishers have begun to say such things.

Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked "Success"!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the Grace of God — on borrowed time; that anonymity is better than acclaim; that for us as a movement poverty is better than wealth.

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of A.A. — *"That of carrying its message to the alcoholic who still suffers alcoholism."*

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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

CONTRIBUTION MAILING ADDRESSES

Please write your group number on your check – if you don't know your group number, you may call the Central Office at (772) 562-1114 or contact your Central Office, District 6 or Area 15 Treasurer.



Make checks payable to:

INDIAN RIVER CENTRAL OFFICE

1600 26th Street, Suite 6
Vero Beach, FL 32960

"or"

P.O. Box 1776
Vero Beach, FL 32961-1776

GENERAL SERVICE AREA 15 DISTRICT 6

P.O. Box 12248
Ft. Pierce, FL 34979-2248

GENERAL SERVICE AREA 15

P.O. Box 690275
Vero Beach, FL 32969-0275

THE GENERAL SERVICE OFFICE

P.O. Box 459
Grand Central Station
New York, NY 10163-0459

Please write your group number on your check – if you don't know your group number, you may call the Central Office at (772) 562-1114 or contact your Central Office, District 6 or Area 15 Treasurer.

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

**NEW
TIME**

TUESDAY 8:30 pm	
5/19	Royal Palm
5/26	Easy Does It
6/2	Noontime
6/9	ODAAT
6/16	A New Day
6/13	Easy Does It
6/30	Noontime

THURSDAY 8:30 pm	
5/21	Indian River Men's
5/28	I Am Responsible
6/4	Man to Man
6/11	Candlelight
6/18	Indian River Men's
6/25	I Am Responsible

SATURDAY 6:30 pm	
5/23	South Vero
5/30	Early Risers
6/6	Vero Beach Men's
6/13	Indian River Womens
6/20	Indian River Thursday
6/27	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

5/18	Lunch Bunch
5/25	Vero Beach Men's
6/1	Indian River Men's
6/8	Early Risers
6/15	South Vero
6/22	Lunch Bunch
6/29	Vero Beach Men's

BIRTHDAYS

April 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

Teresa S.	2
Joe R.	4
Amy B.	23
Gene A.	33

Barefoot Bay

Candlelight

Wes G.	2
Kristin P.	5

Early Risers

Easy Does It

Bev M.	15
Don F.	35

Free and Easy

Anita L.	16
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Free Wheeling

Friday Night Young People

I Am Responsible

Indian River Thursday Night

Jill I.	33
Stephanie M.	11

Indian River Men's

Bob G.	17
Joe J.	23

Indian River Women's

Kings Highway

The Magnolia Group

Joyce	33
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Man to Man

Brian S.	1
Joe R.	4
Bob M.	35

Meat & Potatoes Group

Noontime

Kenny C.	16
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ODAAT

Audrey M.	1
Mary Jeanne W.	2
Marlene F.	5
Sally H.	10
Patti R.	10
Carl C.	11
Bev M.	15
Jim C.	16
Jack D.	26
Peter T.	28
Pat B.	28
Tim Z.	28
Helen M.	31
Suzann H.	33
Dick D.	33
Tulio C.	37
Don Mc.	38
Sheila T.	39
Meave W.	43

OSSABAW

Dick K.	11
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Royal Palm

David H.	3
Katie H.	21
Steven S.	26
Susie K.	35

Roseland Sebastian Speakers

Jack T.	30
Mickey R.	36
Annie M.	38

Safe Harbor

Mary Anne E.	5
Terri C.	5
Jan D.	6
Ruth W.	33

Sebastian 12 & 12

Sebastian 5:32

Pat S.	43
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Sebastian Lunch Bunch

Zinna L.	9
Gene A.	33
Bob M.	35
Pat S.	43

Sebastian Sundowners

Sebastian Stepsisters

Sober Rainbow

South Vero

Mike G.	2
George M.	3
David D.	4
Greg E.	6
Liam O.	12
Paula W.	21
Warren W.	24
Keith T.	25

Surfside

Meave W.	43
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Vero Beach 12 & 12

Bob C.	3
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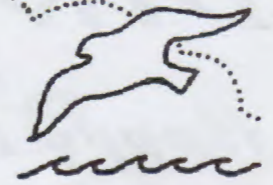
Vero Beach Group

Vero Beach Men's

Randy	4
Clyde K.	24
Mike C.	42



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



www.indianriveraa.org • info@indianriveraa.org

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Vice Chair Steve S.
Treasurer Pat D.
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irco_secretary@yahoo.com

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District 6 Liaison Todd M.
12th List Coordinator Steering Committee

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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

