

HOW.



Honesty

Open-Mindedness

Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

December 2020

Volume 40

Issue 12

The HOW is published to improve communication between local AA groups and encourage the participation of AA members in service and activities. *Note: The Steps, Traditions are Concepts below are reprinted with permission from AAWS, Inc.*

Please email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to: aaairhow@gmail.com
NOTE: Old yahoo email has been changed to gmail.com

STEP 11:

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

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 11 short form:

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

If you need help right now for a drinking problem ...

Many AA members are available to help, 24 hours a day, 7 days a week. Be assured that your request to the AA Online Intergroup committee is confidential.

For help: <http://indianriveraa.org>

Need a meeting RIGHT NOW?

Check out the 24/7 ZOOM meeting!

Meeting ID: 84053554493 Password: 435735



KNOWN INSIDE MEETINGS

12 Noon Mon-Fri	O.D.A.A.T. - (Limited to 25 participants inside)
Wed & Sat 7:00pm	Buildings D&E - inside
as scheduled	Club Sebastian - All Meetings
as scheduled	Newport Club - All Meetings (FACE MASKS REQUIRED)
Mon 7:30 am	South Vero Group
Mon 5:30 pm	South Vero Group
Mon & Thu 5:32	Sebastian 5:32 Grp at Sanctuary at the Roseland Methodist Church. (FACE MASKS REQUIRED)
Mon 7:00 pm	Hibiscus Monday Night (Closed Discussion)
	Indian River Shores 6001 N A1A (corner of Fred Tuerk)
Mon 8:00pm	Royal Palm Group
Tue 5:30 pm	South Vero Group (Beginners)
Tue 7:00 pm	South Vero Group (Men)
Tue & Thu 5:30 pm	Free & Easy Group, Newport Club
	Tue: Big Book & Thu: As Bill Sees It
Wed 7:30am/5:30pm	South Vero Group
7:00 pm	ALL MEETINGS inside, Lakewood Pk (Indrio Rd Ft. Pierce)
Sunday 7:00pm	Vero Beach Group (Double Speaker Meeting)
Thu 7:00 pm	South Vero Group (Men)
Fri 7:30am/5:30pm	South Vero Group
Friday 7:00pm	West Vero Group
Fri 6:00pm	Meat & Potatoes: Comm. Church 21st St Vero Beach
Sat 5:30 pm	South Vero Group
Sun 9:00 am	South Vero Group (Women)

KNOWN OUTSIDE MEETINGS

ALL MEETINGS - Social distancing observed- BRING OWN CHAIR	
12 Noon Mon-Fri	O.D.A.A.T. - (Bring your own chair)
Mon/Wed/Fri /Sun 5:00pm	SPEAKEASY - Riverview Park in Sebastian (near restrooms-in Pavilion when raining)
9:00 AM Tue/Fri	Sebastian Riverside Pavillion
Sat 12:30pm	Outside under Oaks, left of "A" Building
Tue 7:30pm	Sebastian Freedom-NE Corner Main ST/US 1 (by big Flagpole)
Fri 6:00pm	Meat and Potatoes - Community Church 21st St Vero Beach
5:32pm	The 5:32 Group meets at the Roseland Meth. Outside Church
Mon 5:30pm	Roosevelt Community Park - 12/12
Thur 5:30pm	Roosevelt Community Park - Big Book
Mon,Wed,Fri 10:30am	Breath of Fresh Air, Dale Winbrow Park on Roseland Rd., Sebastian

Inside Meetings (continued)

Mon-Sat 7am & Sun 8am	New Day Group, The Sebastian Yacht Club,
Tues 6pm	11 Step Prayer & Meditation, on @ A Sharing Place, 9430 US 1 N, Sebastian, FL

Heard at A Meeting...

Heard something good at a meeting? Please send to: aaairhow@gmail.com for publication in the H.O.W

1. My ego is *not* my amigo.
2. If you think you might have a problem with alcohol, then you probably do.
3. A group is only as strong as its weakest member.
4. Anger is just a cover up for being afraid.



5. Learn to accept instead of expect.
6. I only drank on the days that end in "y".
7. There was never a glass big enough for just one drink.
8. Stay in the moment.
9. The Big Book means something new every time I read it.
10. Life begins when you are ready to step out of your comfort zone.
11. Just focus on taking one day at a time.
12. Pick up the phone before you pick up a drink.
13. Quitting is easy. It's staying on the path that's hard.
14. Being miserable is an option, and so is being happy.
15. God rights straight with crooked pens.
16. Stop focusing on why you are addicted to alcohol. Instead, focus on what you can do about it.
17. Everything is as it supposed to be. Embrace it.
18. If you start treating yourself right, others will do the same.
19. The worst day sober is still always better than the best day drunk.
20. I drank to forget and instead I became haunted.
21. I drank because I thought I had the right, and yet everything turned out wrong.
22. Identify with others but never try to compare your struggles.
23. Change starts with a choice. Make your decision today.
24. The love I feel in zoom meetings isn't virtual; it's real.
25. You taught me how to be nice to me.
26. I was starting to feel sorry for myself on Thanksgiving since I am alone, but one of my sponsees called me with issues and we talked for a long time. I had a whole different attitude after she called; I was so full of gratitude!
27. I am so glad to have enough. Enough food, enough health, enough family.
28. You can take the alcohol out of a fruitcake but you still have the fruit.
29. I have sponsored a lot of guys over the time I've been sober, and I have been 100% successful. I've stayed sober.
30. I know what I did last night. I know who I slept with, and who I didn't sleep with. I didn't wake up with a terrible hangover. This is amazing!



NOTE: Many of these came from: <https://hishouserehab.com/22-things-ive-heard-in-an-aa-meeting/>



We are not a glum lot!

Got a good (clean) joke to share? Please send to:
aaairhow@gmail.com for publication in the H.O.W

Alcoholism Test:

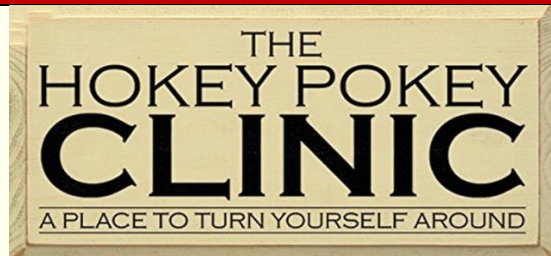
Do you ever get drunk?

☐ Yes

☐ No

X

Alcohol is not in my
vodkaulary.
However, I looked it
up on whiskeypedia
and learned if you
drink too much of it,
it's likely tequilya.



Announcements

The New Day Group

at Sebastian Yacht Club meets Monday through
Saturday at 7 AM and Sunday at 8 AM

Free & Easy Group

5:30pm Newport Club
Tuesday: Big Book and Thursday: As Bill Sees It

The 11th Step Prayer and Meditation meeting

meets on Tuesday nights at 6 PM at
A Sharing Place, 9430 US 1 N, Sebastian

The Sebastian 5:32 Group

moved indoors to the Sanctuary at the Roseland
Methodist Church. We still meet on Monday &
Thursday at 5:32pm
*Masks are required and social distancing will be
observed.*

A Breath of Fresh Air

Outdoor meeting on Monday Wednesday and
Friday 10:30 AM at Dale Winbrow Park on Roseland
Road, Sebastian

The Candlelight Group

will be meeting at South Vero instead of the Newport club
beginning November 1st. The meeting times will remain
Sunday at 7:00pm and Wednesday at 8:00pm..

New Meeting!
Newport Club
Vero Beach

4Seventeen

- Wed: 7PM Discussion
- Sun: 7PM Speaker

Join Us!



ACCEPTANCE IS THE ANSWER TO ALL OF MY
PROBLEMS TODAY. WHEN I AM DISTURBED, IT IS
BECAUSE I FIND SOME PERSON, PLACE, THING OR
SITUATION- SOME FACT OF MY LIFE-
UNACCEPTABLE TO ME, AND I CAN FIND NO
SERENITY UNTIL I ACCEPT THAT PERSON, PLACE,
THING, OR SITUATION AS BEING EXACTLY THE WAY
IT IS SUPPOSED TO BE AT THIS MOMENT.
NOTHING, ABSOLUTELY NOTHING, HAPPENS IN
GOD'S WORLD BY MISTAKE. UNTIL I COULD
ACCEPT MY ALCOHOLISM, I COULD NOT STAY
SOBER UNLESS I ACCEPT MY LIFE COMPLETELY ON
LIFE'S TERMS, I CANNOT BE HAPPY. I NEED TO
CONCENTRATE NOT SO MUCH ON WHAT NEEDS TO
BE CHANGED IN THE WORLD AS ON WHAT NEEDS
TO BE CHANGED IN ME AND IN MY ATTITUDES.

A.A. Anniversaries

DECEMBER 2020

Please send upcoming Anniversaries for your group to:

aaairhow@gmail.com

<p><u>Sebastian 5:32</u></p> <p>NOVEMBER</p> <p>Dottie 13</p> <p>Ellie R 19</p> <p>DECEMBER</p> <p>Barbara L 30</p> <p>Joanie W 45</p> <p><u>Indian River Thursday Night</u></p> <p>Tom W 34</p> <p>Debbie F 36</p> <p><u>New Day</u></p> <p>NOVEMBER</p> <p>David H 1</p> <p>Jim P 2</p> <p>Carol B 3</p> <p>Barb F 3</p> <p>Carol P 4</p> <p>Craig C 5</p> <p>Frank O 7</p> <p>(Gus)</p> <p>Mike C 7</p> <p>Gus P 7</p> <p>Emma A 7</p> <p>Ellie R 19</p> <p>Lynn C 30</p> <p>Dave G 32</p>	<p><u>ODAAT</u></p> <p>Tammy K 1</p> <p>Beth P 3</p> <p>Joe B 4</p> <p>Donna M 5</p> <p>Theresa R. 9</p> <p>Dave. 7</p> <p>Winston 8</p> <p>Ron S 9</p> <p>Michael W 8</p> <p>Jim H 21</p> <p>Karen M 21</p> <p>Allene 29</p> <p>Barbara R 32</p> <p>Bob M 40</p> <p><u>Meat and Potatoes</u></p> <p>Steve C 7</p> <p><u>Indian River Womens</u></p> <p>Tammy 1</p> <p>Allene 29</p>	<p><u>Lunch Bunch</u></p> <p>Ann Y 2</p> <p>Jeff C 6</p> <p>Rick M 31</p> <p>Sandy A 38</p> <p><u>Man to Man</u></p> <p>John M 1</p> <p>Dale C 2</p> <p>Tom B 5</p> <p>Jeff C 6</p> <p>Vinny L 11</p> <p>Gene L 21</p> <p>Bob N 30</p> <p>Merv W 47</p> <p><u>Ossabaw</u></p> <p>Doreen B 3</p> <p>Rick W 16</p> <p>Gene L 21</p>	<p>No anniversary info:</p> <ul style="list-style-type: none"> • I Am Responsible • Noontime Recovery • Royal Palm • Sebastian 12 & 12 • South Vero <p><u>Free & Easy</u></p> <p><u>Vero Beach 12 & 12</u></p> <p><u>Sebastian Freedom</u></p> <p>Anniversary Not Listed Here?</p> <p>If an AA anniversary is missing here, please send the name of the celebrant, the home group, and number of years of sobriety to:</p> <p>aaairhow@gmail.com</p> <p>and we will post in in the next edition of the H.O.W.</p>
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Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

Dear A.A. Friends,

We are delighted to announce the limited -edition publication of a new book :

A Visual History of Alcoholics Anonymous: An Archival Journey

- Available for pre-order at a **special early bird discount of \$1 off the list price of \$12:**
December 1, 2020 – January 31, 2021

On sale: February 14, 2021 – “A Valentine’s Day Gift to the Fellowship”

Originally developed as the souvenir book for the 2020 International Convention in Detroit, this colorful, gift-sized volume serves as both a lavishly illustrated tour through A.A.’s history and a lively celebration of our Fellowship.

Powerful images — some never before published — and short descriptive texts walk us through the people, places and things integral to A.A.’s early growth, and forward to today’s vibrant, international Fellowship.

Also included is a highlight on the Virtual 2020 International Convention, a special focus on A.A. in Detroit, and updated coverage of recent digital innovations in A.A. group life.

With a one-time-only print run, A Visual History of Alcoholics Anonymous will be released February 14, 2021, with the list price of \$12.

This pre-order offer is combinable with other customary A.A.W.S. discounts and our other Holiday Special Offers. [Click here to see Holiday offers](#)

As always, A.A. encourages ordering from your local A.A. offices.

To pre-order copies of this limited-edition book, at the special early bird pricing of \$11 per copy, [click here](#)
Warmly,

Greg T.
General Manager

***To view the illustrated
pre-order flyer and the
ORDER FORM, see the
next pages of this
newsletter.***

ANNOUNCING:

**The limited edition
publication of
a new book!**

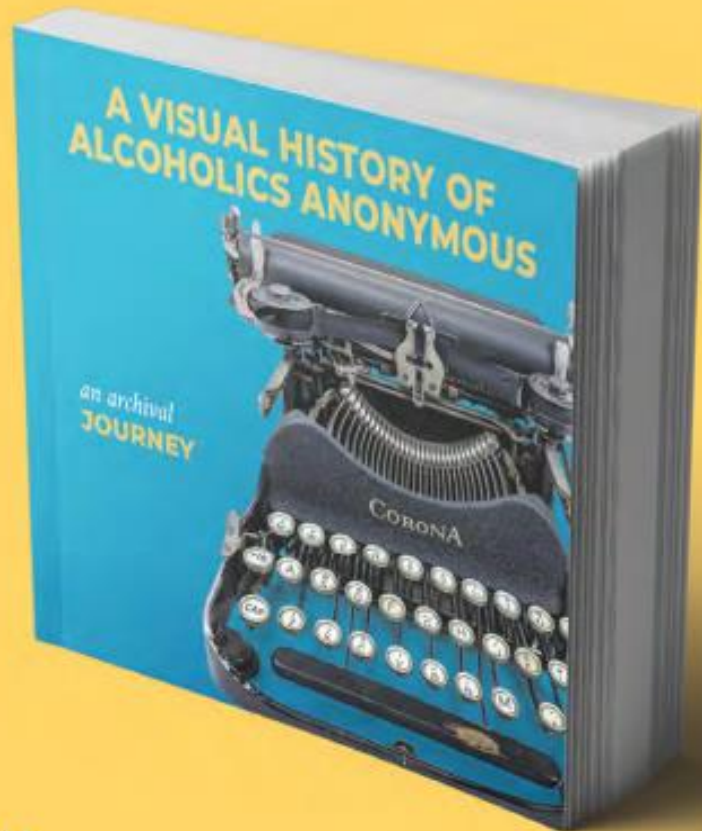
**SPECIAL
EARLY BIRD
PRICING!**

~~\$12~~
\$11

A VISUAL HISTORY OF ALCOHOLICS ANONYMOUS:

An Archival Journey

Lavishly illustrated, this lively tour through A.A.'s history is told in hundreds of iconic images never before published in one volume. Illuminating descriptions walk us through powerful moments in our shared history — from the people, places and things integral to A.A.'s early growth, and forward to today's vibrant, international Fellowship. Includes a special focus on Detroit in A.A.'s history and updated coverage of recent innovations in A.A. group life. 4.75" x 3.75", 416 pages.



Release date: **February 14, 2021**

Special pre-order discount: **Save \$1 on every copy!**

**Originally developed as the souvenir book for the
2020 International Convention in Detroit.**

A.A.W.S. encourages ordering of literature and other items via your local groups, intergroups and central offices.

**SPECIAL
EARLY BIRD
PRICING!**

~~\$12~~

\$11

PRE-ORDER NOW!

Offer ends January 31, 2021

Total amount of order	Shipping, handling and warehouse charge
Up to \$50.00	\$10.00
Over \$50.00 & up to \$250.00	15%
Over \$250.00 & up to \$500.00	12%
Over \$500.00	N/C

Subtotal Price[†]

Shipping Fee (see chart)

Canadian Orders: Please add applicable sales tax for your province

State Sales Tax^{††}: Add applicable state sales tax if you reside in:

CA, CO, GA, IA, IL, KS, KY, LA, MD, MI, MN, NC, NJ, NV, NY, OK, PA, SC, UT, WA, WI, WV

GRAND TOTAL (U.S. Dollars only)

3

¹This offer may be combined with other discounts.

#State sales tax subject to change.

BOOKS WILL SHIP UPON RELEASE, FEBRUARY 14, 2021.

SHIPPING INFORMATION | PLEASE PRINT

Name _____

Address* _____ City _____ State/Prov. _____

Zip Code _____ Country _____ Daytime phone () _____

Email _____ (email address for receipt only)

Name of Group _____ Group location, City _____

State/Prov. _____ Group Service No. _____ Ordered by _____

BILLING ADDRESS | ONLY IF DIFFERENT FROM SHIPPING ADDRESS

Name _____

Address* _____ City _____ State/Prov. _____

Zip Code _____ Country _____ Daytime phone () _____

*Please include full street address to expedite delivery.

PAYMENT INFORMATION

☐ CHECK /

Make checks payable to:
World Services, Inc.

[ORDERS ON ACCOUNT /](#)

Note: \$25 minimum.

For your credit card security PLEASE DO NOT EMAIL THIS FORM.

CREDIT CARD ☐ Visa ☐ MasterCard ☐ Amex ☐ Discover

[illegible]

Exp. date _____ / _____ Signature _____

MAIL TO: A.A. World Services, Inc.

P.O. Box 459, Grand Central Station, New York, N.Y. 10163

www.aa.org / QUESTIONS? Call 1-212-870-3312

F-225



Indian River Central Office of Alcoholics Anonymous

1600 26th Street, Suite 6

Vero Beach, FL 32960

772.562.1114

<http://www.indianriveraa.org>

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.

We want to hear from YOU!

Responsibility Declaration

"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."

We want to hear from you, the members of the Indian River AA community. We would like to publish your story of recovery in an upcoming issue of the H.O.W. Can you share your experience, strength, and hope with us by writing your experience with a Step, a Tradition, a slogan, a spiritual experience, or an exchange with another recovering alcoholic (and even a good (clean) joke? You can write anonymously, or with your first name

Please email submissions to: aaairhow@gmail.com

IMPORTANT NOTE: This is our new email address.

The old YAHOO address has been retired.

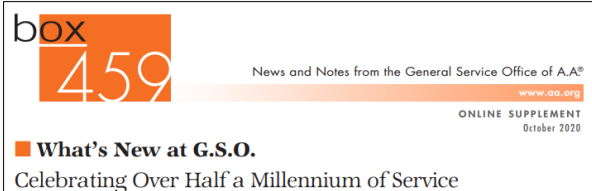
Box 459

Special Online Only Edition of

Box 459

available here:

https://www.aa.org/newsletters/en_US/en_box459_supplementissue20.pdf



Where to Send Contributions for 2020

Indian River Central Office 1600 26th Street, Suite 6 Vero Beach, FL 32960	District 6 P.O. Box 12248 Ft. Pierce, FL 34979	South Florida Area 15 P.O. Box 1784 Pompano Beach, FL 33061	General Service Office P.O. Box 459 Grand Central Station New York, NY 10174
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AA 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
- Talk to someone at their home
- Meet someone at a meeting
- Take someone to detox
- Give rides to AA meetings
- Other _____

Please return this form to Central Office or mail it to:

Indian River Central Office of AA.

1600 26th Street, Suite 6

Vero Beach, FL 32960

IMPORTANT:

- 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 _____ (number of years of sobriety)

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:

_____ your group or _____ anonymously

Make check out to: **Indian River Central Office of AA**

Drop off at the Central Office or mail to this address:

Indian River Central Office of AA.

1600 26th Street, Suite 6

Vero Beach, FL 32960





Indian River, Brevard, & St. Lucie County

Speaker Exchange

Can you share your experience, strength, and hope as a speaker at other meetings here and in near-by counties? We are creating a list of A.A. speakers to exchange with other groups in Indian River County and with groups in Brevard County and St. Lucie County so we can gain some fresh perspectives on sobriety and meet other members of A.A.

Please fill out this form to be added to the list *(and perhaps suggest your sponsees sign up too!)*.

Name:		Sobriety Date:	
Phone:		County:	
Days available for speaking <i>(circle days you may be able to speak):</i>		Times available for speaking <i>(circle times):</i>	Counties available for speaking <i>(circle counties):</i>
<ul style="list-style-type: none">• Monday• Tuesday• Wednesday• Thursday	<ul style="list-style-type: none">• Friday• Saturday• Sunday	<ul style="list-style-type: none">• Days• Evenings	<ul style="list-style-type: none">• Indian River• Brevard• St. Lucy

A final word during this time of isolation:

“Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn’t quite belong.”

From As Bill Sees It, pg 90

In this time of national crisis, let’s be sure to reach out and help other suffering alcoholics. Together, we can do what we could not do alone.