

HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

Volume 37 Issue 2

February 2018



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 aairhow@yahoo.com

Step 2 CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY

A time comes in your life when you finally get it... when, in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out - ENOUGH!

Enough of fighting and crying or struggling to hold on. And, like a child quieting down after a blind tantrum, your sobs begin to subside, you shudder once or twice, you blink back your tears and begin to look at the world through new eyes.

This is your awakening . . .

You realize it's time to stop hoping and waiting for something to change...or for happiness, safety and security to come galloping over the next horizon.

You come to terms with the fact that you are neither Prince Charming or Cinderella and that in the real world there aren't always fairy tale endings (or beginnings for that matter) and that any guarantee of "happily ever after" must begin with you...and in the process a sense of serenity is born of acceptance.

You awaken to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are ... and that's OK. They are entitled to their own views and opinions. And you learn the importance of loving and championing yourself...and in the process a sense of new found confidence is born of self-approval.

You stop complaining and blaming other people for the things they did to you (or didn't do for you) and you learn that the only thing you can really count on is the unexpected.

You learn that people don't always say what they mean or mean what they say and that not everyone will always be there for you and that it's not always about you. So, you learn to stand on your own and to take care of yourself...and in the process a sense of safety and security is born of self-reliance.

You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties. And, in the process a sense of peace and contentment is born of forgiveness.

You realize that much of the way you view yourself, and

the world around you, is a result of all the messages and opinions that have been ingrained into your psyche. And you begin to sift through all the junk you've picked up from the garbage dump of others about how you should behave, how you should look, how much you should weigh, what you should wear, what you should do for a living, how much money you should make, what you should drive, how and where you should live, who you should marry, the importance of having and raising children, and what you owe your parents, family, and friends.

You learn to open up to new worlds and different points of view. And you begin reassessing and redefining who you are and what you really stand for.

You learn the difference between wanting and needing and you begin to discard the doctrines and values you've outgrown ... and in the process you learn to go with your instincts.

You learn that it is truly in giving that we receive. And that there is power and glory in creating and contributing and you stop maneuvering through life merely as a "consumer" looking for your next fix.

You learn that principles such as honesty and integrity are not the outdated ideals of a bygone era but the mortar that holds together the foundation upon which you must build a life.

You learn that you don't know everything, it's not your job to save the world and that you can't teach a pig to sing. You learn to distinguish between guilt and responsibility and the importance of setting boundaries and learning to say NO.

You learn that the only cross to bear is the one you choose to carry and that martyrs get burned at the stake.

Then you learn about LOVE. How to love, how much to give in love, when to stop giving and when to walk away. You learn to look at relationships as they really are and not as you would have them be.

You stop trying to control people, situations and outcomes. And you learn that alone does not mean lonely.



OUR THREE LEGACIES

STEP TWO (Recovery)

"Came to believe that a Power greater than ourselves could restore us to sanity."

PRINCIPLE: Hope: *The feeling that what is wanted can be had or that events will turn out for the best*
"True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him."

Twelve and Twelve p. 33

TRADITION TWO (Unity)

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

CONCEPT TWO (Service)

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

THIS IS THE BEGINNING OF THE END, IN A WAY. YOU WILL END YOUR OLD LIFE AND BEGIN YOUR NEW ONE, COMMITTED TO FAITH - FAITH IN WHATEVER YOU CHOOSE. NO MATTER WHAT YOU BELIEVE IN, THIS IS THE STEP IN WHICH YOU BECOME OPEN TO THE IDEA THAT FAITH IN A HIGHER POWER WILL HELP YOU ACHIEVE SOUNDNESS OF MIND.

UPCOMING EVENTS AND ANNOUNCEMENTS

BHC Group Schedule

2/5 IRMG

2/12 Candlelight

2/19 Royal Palm

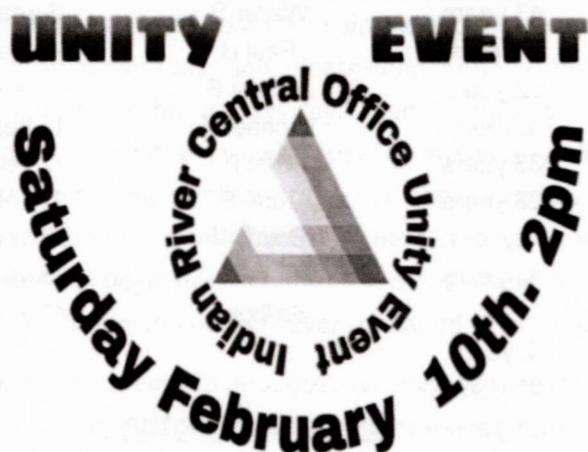
2/26 Early Risers

3/5 IRMG

3/12 Candlelight

3/19 Royal Palm

3/26 Early Risers



One's Higher Power may masquerade as an animal, court jester or wizard.
we want to know how you recovered from the restless predator, alcohol.

Come and join us, share a story with your friends.

We will be waiting for you at The New Port Club
on Saturday, February 10th at 2pm.

Have a laugh with us, possibly share a tear.

Bring dessert, attentive ears
and a willingness to smile.
See you there or B square.

where:

THE NEW PORT CLUB

2536 16th Ave. Vero Beach, FL 32960 772 562 4544



Indian River Central Office presents

The 39th Annual Birthday Dinner

A NEW FREEDOM AND A NEW HAPPINESS

Saturday, March 17, 2018

6:30pm (Doors open at 5:30)

Speaker at 8pm

First Presbyterian Church

520 Royal Palm Blvd.

Vero Beach, FL 32960

Tickets \$15—Available at Central Office 772-562-1114

Please bring dessert to share

Attention Group Reps!

Don't Forget Intergroup Central Office Business Meeting

Second Thursday of each month

7pm @ the New Port club

FEBRUARY ANNIVERSARIES

A NEW DAY

Jeff P.	1 year
Beth D.	1 year
Geno B.	23 years
Denise B.	35 years

MAGNOLIA GROUP

Jan	6 years
Sheila	10 years
Denise	30 years

SAFE HARBOR WOMEN'S

Jan G.	15 years
Joan R.	52 years
Pamela L.	4 years
Tina G.	25 years

BAREFOOT BAY GROUP

MAN TO MAN (From December)

Dave F.	23 years
Gene L.	18 years
Jeff C.	3 years
Merv W.	44 years
Tom B.	2 years
Vinny L.	8 years

SEBASTIAN 5:32

Liz R.	26 years
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CANDLELIGHT

EARLY RISERS

EASY DOES IT

Kathy I.	26 years
James W.	15 years
Michelle H.	7 years
Mary Jo K.	16 years

FREE AND EASY

HIBISCUS GROUP

I AM RESPONSIBLE

(From January)

Bethani R.	1 year
Ernie S.	1 year
Karen J.	1 year
Knail P.	1 year
Ryan F.	1 year
Shannon R.	8 years
Irene M.	13 years

(From January)

Bill F.	2 years
Bill R.	2 years
Bill W.	24 years
Bob D.	43 years
Bob L.	4 years
Bob W.	52 years
Chris N.	2 years
Grey L.	33 years
Mike S.	28 years
Ray P.	3 years
Tom O.	43 years

SOUTH VERO

Dakota H.	1 year
Donna M.	1 year
Larry M.	1 year
Walter B.	3 years
Paul H.	4 years
Jeremy S.	8 years
Michael N.	11 years
Tom P.	12 years
Toni S.	21 years
Boyd W.	22 years
Toby L.	25 years
Sailboat	41 years

INDIAN RIVER MEN'S

George Mc.	43 years
D.J.	17 years

ODAAT

William M.	2 years
Michael O.	3 years
Sharon L.	4 years
Ron B.	5 years
Kathleen L.	6 years

UP AND OUT GROUP

John L.	30 years
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VERO BEACH GROUP

Skip M.	28 years
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INDIAN RIVER THURS NIGHT

INDIAN RIVER WOMEN'S

I OVER E GROUP

LUNCH BUNCH

Pete C.	41 years
Dennis P.	44 years

ODAAT

William M.	2 years
Michael O.	3 years
Sharon L.	4 years
Ron B.	5 years
Kathleen L.	6 years
Robert H.	7 years
Monika R.	33 years
Ben W.	33 years
Doug S.	36 years
George Mc.	43 years
Sue B.	47 years
Michael C.	48 years

VERO BEACH MEN'S

Richie K.	25 years
Mike K.	36 years
Todd M.	5 years

SPIRITUAL TOOL KIT

"There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the

simple kit of spiritual tools laid at our feet. "(Alcoholics Anonymous pg. 25)

So, what are these spiritual tools? Over the next few issues we will take a look at the various tools that are presented in our literature and how some of our members use those tools in their daily lives.

"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives." (Alcoholics Anonymous pg. 86)

From one of our members:

"It has been repeatedly said in AA meetings that if we want to have a spiritual awakening, we should develop a ritual of spirit. The way I go about this is simple and effective. Every morning when I wake up, I slide out of bed and onto my knees. In prayer I say 'God, please keep me sober today and please remove from me the desire to drink. Please give me strength to get through this day.' Then, I wander out to my couch and, with a cup of coffee, stare quietly at a burning candle. As I breathe, I slowly repeat to myself 'thy will, not mine be done.' When worldly thoughts crowd my mind I switch to reading our literature—one page out of *Daily Reflections*, 2 pages from *As Bill Sees It*, and 2 pages from the book of *Alcoholics Anonymous*. In these books are the 3rd, 7th and 11th Step prayers printed on bookmarks that I meditate on as I begin my day. After this quiet time in reading, praying and meditating, I am able to meet the day with a better attitude and outlook ever reminded of what my primary purpose is." **Clyde K.**

*"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your **morning meditation** what you can do each day for the man who is still sick. The answers will come, if your own house is in order."* (Alcoholics Anonymous pg. 164)

On the next page, we have provided the Third, Seventh, and Eleventh Step Prayers that you may cut out and laminate. We hope that these spiritual tools will help you in your spiritual journey and enjoy a quality life of sobriety!

It has been said that Prayer is **TALKING** to God
and Meditation is **LISTENING** to God

3rd Step Prayer

God, I offer myself to Thee to build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love & Thy way of life.

Amen

AA Big Book, p63

7th Step Prayer

My creator, I am now willing that You should have

That where there is hatred, I may bring love.

That where there is wrong, I may bring the spirit of forgiveness.

That where there is discord, I may bring harmony.

That where there is error, I may bring truth.

That where there is doubt, I may bring faith.

That where there is despair, I may bring hope.

That where there are shadows, I may bring light.

That where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort, than to be comforted.

Lord, grant that I may seek rather to understand, than to be understood.

To love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by helping that one is made to give.

It is by dying that one is made to eternal life. Amen

11th Step Prayer

Lord, make me an instrument of thy peace!

That where there is hatred, I may bring love.

That where there is wrong, I may bring the spirit of forgiveness.

That where there is discord, I may bring harmony.

That where there is error, I may bring truth.

That where there is doubt, I may bring faith.

That where there is despair, I may bring hope.

That where there are shadows, I may bring light.

That where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort, than to be comforted.

Lord, grant that I may seek rather to understand, than to be understood.

To love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by helping that one is made to give.

It is by dying that one is made to eternal life. Amen

The 12 Principles Behind The Steps

1. Honesty
2. Hope
3. Faith
4. Courage
5. Willingness
6. Integrity
7. Humility
8. Brotherly love
9. Justice
10. Perseverance
11. Spirituality
12. Service

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.

2017 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky Introcaso
Treasurer.....John H.
Secretary.....Open (Trish H.)
Delegate.....Steve S.
Delegate.....John B.

2017 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2017..... Linda W./Sunshine
Desk Coordinator.....Marty P.
Corrections—Women.....Open (Lorelei)
Corrections-Men.....Lane S.

Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Ray P.
Nominating Committee.....Marty P.
After Hours Phone..... Mindy S.
HOW EditorRick H.
Inventory Control.....Terri C.
Literature..... Dutch V.
Treatment..... Bobby Z/Clyde K.
Website..... Dutch V.
Where and When..... Trish H.
12 Step List Coordinator..... North: Trent L.
South: Billy VB
District 6 Liaison.....JoAnn H.

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

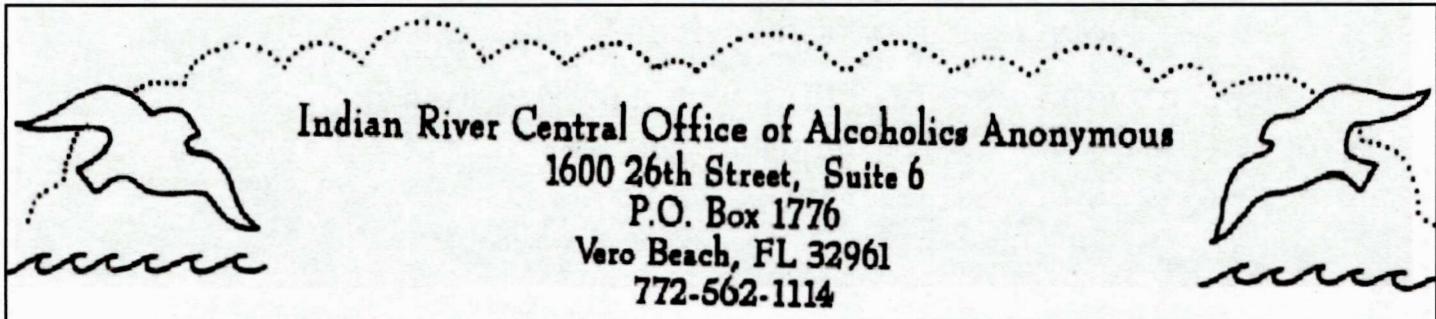
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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

8

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.