



HONESTY



OPEN-MINDEDNESS



WILLINGNESS



Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

**Volume 36 Issue 12**

**December 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](mailto:aairehow@yahoo.com)

## STEP 12

***"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."***

Forty-eight years ago I took the First Step to get into AA. But it was the **Twelfth Step** that kept me there.

In the Big Book of Alcoholics Anonymous, Bill W. said, "For me to stay sober, I had to help alcoholics to get sober." That is the Twelfth Step. In those days I had little or no faith, but Bill was a living example that I had to believe. For the next five years, everyone who came my way got the Twelfth Step treatment whether they wanted it or not. In time I lightened up a bit and began to make friends who have lasted for years.

While I was involved with helping someone stay sober, I forgot I was extremely self-conscious, forgot to feel inferior, worthless, and useless. One day while I was volunteering at the clubhouse, a call came for someone to take a woman to the hospital. She was in desperate shape and it must be as soon as possible. I said, "I'll go." In Maria Louise's duplex apartment, I saw a whole new world. I had never seen anything like it—unless maybe in the movies. There was beautiful French period furniture, crystal chandeliers, a magnificent Chinese rug. It was a sight to behold. It was also a scene right out of a Tennessee Williams play: a once-beautiful blonde in a state of frantic despair and fighting mad. Across the room there sat her little mother

on a blue satin loveseat. She was holding her daughter's suitcase on her lap, trying to be helpful in a hopeless situation.

I had always believed I was an alcoholic because my mother had died when I was three, because my father made me leave home when I was fourteen at his new wife's request, because my family wasn't affluent—and here I was faced with a young woman who had everything. She had her mother and a beautiful home and wealth. And that didn't give Maria Louise sobriety.

That instant changed my thinking about the causes of my alcoholism. After a while, Maria Louise was persuaded to get in a taxi and go to a posh Eastside hospital. After she was put to bed and was medicated, the nurse gave me the responsibility for seeing that she drank orange juice almost constantly. It was part of the treatment. I sat by her from four in the afternoon until one in the morning.

It was an important opportunity to care for someone with all my heart, body, and soul. As a reward I had a warm good feeling that I shall always treasure. That was the beginning of a new good life for me.

*Nancy, Pennsylvania December 1993*



# OUR THREE LEGACIES

## STEP TWELVE (Recovery)

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

**PRINCIPLE:** Service—Awakening into sober usefulness

“Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards.”

Twelve and Twelve p. 106

## TRADITION TWELVE (Unity)

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

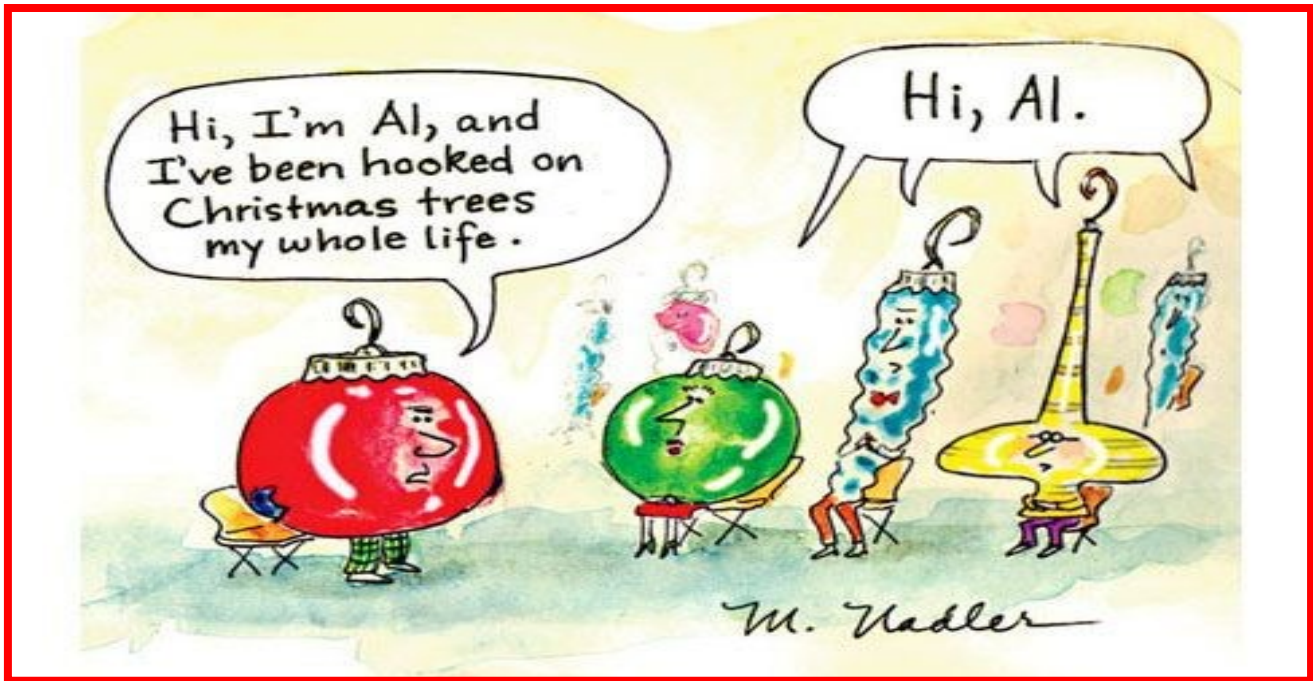
“The Recovery Steps would make each individual A.A. whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.”

The A.A. Grapevine, November, 1948

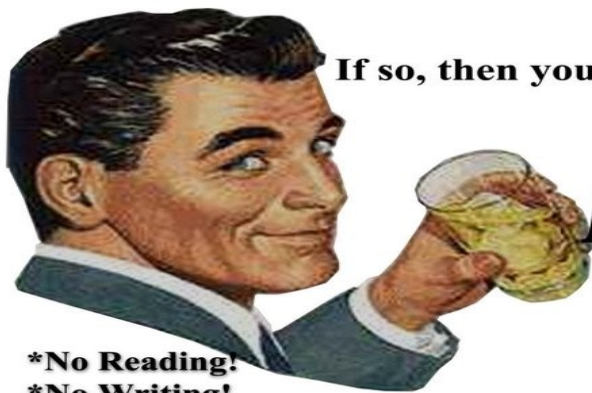
## CONCEPT TWELVE (Service)

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET



Tired of being told like it is?  
 Still looking for that easier, softer way?  
 Sick of the same old time-tested direction?



If so, then you are ready for:

# RENT-A-SPONSOR!!

- \*No Reading!
- \*No Writing!
- \*No Deadlines! (Many models to choose from)

**Standard Features Include:**

- \*Listening to your sniveling without constant reference to the Steps
- \*Co-signing your excuses and rationalizations every time
- \*Work only the steps you want - in the order you choose

**Yes, at Rent-A-Sponsor we know how unique you are, and we understand!**

- \*Learn the secret of giving it away before you even have it!
- \*Why walk the walk when you can just talk the talk!
- \*Remember it's better to look good than to feel good!
- \*Why save your ass at the cost of saving your face?

**Half-measures our specialty!**

## Call 1-900-POUR-ME-1

**(Call now & receive a FREE copy of "Staying Sober on War Stories Alone!")**

"Great Spirits have always encountered violent opposition from mediocre minds."  
 Albert Einstein

# DECEMBER ANNIVERSARIES

## A NEW DAY

Lesley H.	2 years
Irene L.	3 years
Mike L.	4 years
Vinnie L.	8 years
Gus O. (from Nov)	4 years
Ellie R. (from Nov)	16 years
Dave (from Nov)	29 years

## INDIAN RIVER MEN'S

## ODAAT

Donna M.	2 years
Terri R.	4 years
Dave #2.	4 years
Winston H.	4 years
Ron S.	6 years
Michael W.	7 years
Joani M.	13 years
Donna K.	14 years
Jim H.	18 years
Karen M.	18 years
Barbara L.	25 years
Allene M.	26 years
Denise L.	29 years
Vivian B.	35 years

## BAREFOOT BAY GROUP

## INDIAN RIVER WOMEN'S

## CANDLELIGHT

## I OVER E GROUP

## EARLY RISERS

## LUNCH BUNCH

## OSSABAW

## ROYAL PALM GROUP

James W.	33 years
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## SEBASTIAN 5:32

Linda I.	12 years
Barbara L.	27 years

## EASY DOES IT

## MAN TO MAN

## SEBASTIAN STEP SISTERS

Jenna L.	25 years
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## FREE AND EASY

## HIBISCUS GROUP

## SOUTH VERO

Kathy F.	1 year
Michael W.	2 years
Josh F.	3 years
Noah L.	5 years
Gus J.	16 years

## I AM RESPONSIBLE

Jay H.	1 year
Craig S.	12 years
Jack C.	14 years
Danielle L.	1 year
Allen L.	1 year
Amanda W.	2 years

## MEAT AND POTATOES

Steve C.	4 years
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## VERO 12 & 12

## NOONTIME RECOVERY

## VERO BEACH MEN'S

Bradley L.	1 year
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Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awaken to the presence of a loving God in their lives—these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic.

*Twelve and Twelve*

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**INDIAN RIVER CENTRAL OFFICE ALKATHON SCHEDULE**  
Newport Club, 2536 16th Ave, Vero Beach, FL - Outside Room

**Sunday, December 24, 2017**

	Time Slot	Meeting
South Vero	4 - 6 pm	4:30 PM
Meat & Potatoes	6 - 8 pm	6:30 PM
Early Risers	8 - 10 pm	8:30 PM
Vero Beach Men	10 pm - Midnight	10:30 PM

**Monday, December 25, 2017**

I Am Responsible	Midnight - 2 am	12:30 AM
Easy Does It	2 - 4 am	2:30 AM
Candle Light	4 - 6 am	4:30 AM
O.D.A.A.T.	6 - 8 am	6:30 AM
Indian River Thursday Night	8 - 10 am	8:30 AM
T.B.A.	10 am - Noon	10:30 AM
Safe Harbor Women	Noon - 2 pm	12:30 PM
Royal Palm	2 pm - 4 pm	2:30 PM



**Sunday, December 31, 2017**

	Time Slot	Meeting
O.D.A.A.T.	4 - 6 pm	4:30 PM
South Vero	6 - 8 pm	6:30 PM
Candle Light	8 - 10 pm	8:30 PM
Noontime Recovery	10 pm - Midnight	10:30 PM

**Monday, January 1, 2018**

Early Risers	Midnight - 2 am	12:30 AM
T.B.A.	2 - 4 am	2:30 AM
Vero Beach Men	4 - 6 am	4:30 AM
Royal Palm	6 - 8 am	6:30 AM
Indian River Thursday Night	8 - 10 am	8:30 AM
Meat & Potatoes	10 am - Noon	10:30 AM
I Am Responsible	Noon - 2 pm	12:30 PM
Indian River Women	2 pm - 4 pm	2:30 PM

Each group is requested to supply refreshments for their timeslot.  
The Central Office will supply coffee, creamer sugar and sugar substitutes

## BHC Group Schedule

12/4 Man to Man

12/11 VBMG

12/18 South Vero

12/25 Free and Easy



## 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.  
HOW Editor.....Rick H.  
Inventory Control.....DJ Irwin  
Literature.....Dutch V.  
Treatment.....Bobby Z/Clyde K.  
Website.....Dutch V.  
Where and When.....Susan M.  
12 Step List Coordinator.....North: Trent L.  
South: Billy VB  
District 6 Liaison.....JoAnn H.  
\*One year minimum sobriety required

### 2016 STANDING COMMITTEES

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

## 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 26<sup>th</sup> 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.