

How

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

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. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to aairhow@yahoo.com

Step 1 "We admitted we were powerless over alcohol — that our lives had become unmanageable."

Step one is often referred to as the only step we have to do perfectly. This is the point in which we admit that we have lost all power and control over our addiction. This is the step in which we lay the foundation for our recovery.

After admitting our powerlessness we can begin our journey to successful recovery. Without this step our efforts will be in vain. You see, it is the loss of power and control over our addiction that causes the unmanageability of our lives. Many of us addicts struggle with this step because we haven't lost everything as others may have. This gives us the false sense that we may still have control. We feel that because our lives appear outwardly to be in order, how could we possibly admit that our lives had become unmanageable?

It is here that step one is often misinterpreted. The step says "**We admitted we were powerless over alcohol — that our lives had become unmanageable.**" The dash in this statement acts as a continuation of thought. It does not say "and our lives had become unmanageable." The dash suggests that while we may still have our "stuff" together, our addiction causes all of that to hang on a precarious balance. At any moment our loss of power over the drink or the

drug can bring it all crashing down around us.

The unmanageability of our lives, and our powerlessness over our addiction go hand in hand. We cannot recognize one without the other if we hope to be successful in recovery. Once we have understood and accepted these co-occurring facts, we can begin to stop fighting our disease. We can surrender to the fact that our old ways of living were unsuccessful, and a new way of living is a must for survival.

Taking step one is not just a matter of saying the words, rather it is an adoption of a new attitude and outlook upon life. Once we have admitted complete defeat and a willingness to surrender we begin learning how to change our self-defeating behaviors. We become willing to take the suggestions of others that have traveled the same path before us and have found recovery. This is the point where hope begins to return, and we start to realize that there is a better way of living free of the internal prison we have been trapped in during our active addiction. Here we break the chains that have held us down for so long.

Once we have thoroughly taken this step with no reservations of being able to control our addiction, our foundation for recovery is poured. It is from here that we plant our feet on solid ground once again and begin our life long journey of recovery!

OUR THREE LEGACIES

STEP ONE (Recovery)

"We admitted we were powerless over alcohol— that our lives had become unmanageable."

PRINCIPLE: Honesty—Truthfulness, sincerity, or frankness. Freedom from deceit or fraud.

"Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built."

Twelve and Twelve p. 21

TRADITION ONE (Unity)

Our common welfare should come first; personal recovery depends upon AA unity.

"Our individual sobriety depends on the group. The group depends on us. We soon learn that unless we curb our individual desires and ambitions, we can damage the group..."

The Twelve Traditions Illustrated

CONCEPT ONE (Service)

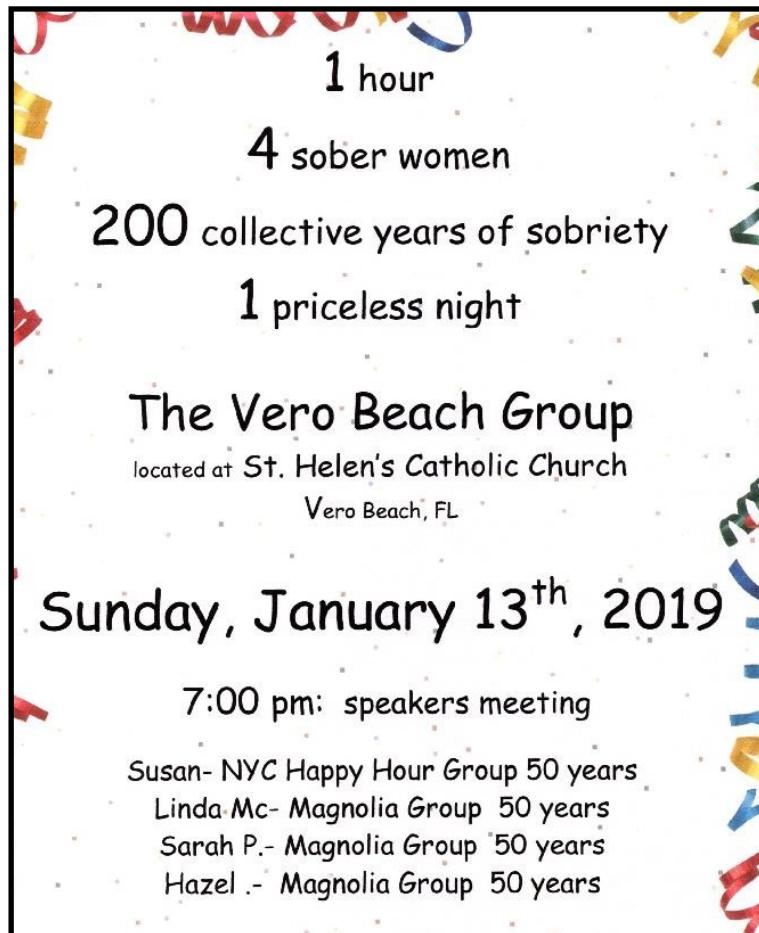
Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

"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"

Twelve and Twelve

UPCOMING EVENTS AND ANNOUNCEMENTS



BHC Group Schedule	
1/7 Man to Man	2/4 Man to Man
1/14 OSSABAW	2/11 OSSABAW
1/21 Candlelight	2/18 Candlelight
1/28 Meat & Potatoes	2/25 Meat and Potatoes

NOW AVAILABLE IN THE CENTRAL OFFICE!





JANUARY ANNIVERSARIES

CANDLELIGHT

Salvador E. 1 year

MAN TO MAN

Bill F. 3 years
Bill R. 3 years
Bill W. 25 years
Bob D. 44 years
Bob L. 5 years
Bob W. 53 years
Chris N. 3 years
David S. 1 years
Grey L. 34 years
Mike S. 29 years
Nicholas L. 1 years
Rick B. 1 years
Tom O. 44 years

ODAAT

Raven T. 3 years
Kim K. 4 years
David S. 4 years
Rachel G. 4 years
Tracie A. 6 years
Barbara B. 7 years
Christine G. 7 years
Rick J. 7 years
Mike L. 7 years
Mike G. 8 years
Jeremiah G. 9 years
Debbie Z. 9 years
John V. 9 years
Debby H. 10 years
Marc G. 11 years
Mary K. 13 years
Tom M. 16 years
Judy S. 21 years
Lee R. 24 years
Louise B. 27 years
Timothy O. 28 years
Karen H. 29 years
Myra G. 30 years
David O. 31 years
Marc T. 34 years
Maureen S. 35 years
David J. 43 years

A NEW DAY

Patty P. 1 year
Phil C. 1 year
Neil B. 1 year
Bill F. 3 years
Chris N. 3 years
Ray P. 4 years
Bobby L. 5 years
Joann B. 5 years
Priscilla G. 14 years
Tammy B. 6 years
Kevin S. 17 years
Laura Y. 30 years
Jeff S. 32 years
Tony E. 33 years
Grey L. 35 years
Tom O. 44 years

FREE AND EASY

Ron F. 20 years

MAGNOLIA GROUP

Sarah 50 years
Carol 14 years

MEAT AND POTATOES

Joli W. 24 years

I AM RESPONSIBLE

Karen J. 2 years
Ryan F. 2 years
Irene M. 14 years

LUNCH BUNCH

Ava S. 6 years
Bill W. 25 years
Priscilla G. 14 years

SUNDOWNERS

Denise L. 30 years
Linda C. 13 years

SEBASTIAN 12 & 12

Vicki S. 30 years
Wally L. 29 years

SOUTH VERO

Andrew W. 6 years
Andrew B. 5 years
Barbara D. 5 years
Brad R. 1 year
Brent O. 1 year
Dottie G. 8 years
Patrick O. 1 year
Scot G. 12 years

VERO 12 & 12

Rich L. 4 years

VERO BEACH MEN'S

Bill K. 17 years
Marty P. In Memory Of
Justin B. 12 years
Tony S. In Memory Of
Eli M. 1 year

Income/Expense Comparison By Category

Category	12 months of 2017	12 months of 2018	\$ Difference
INCOME			
10 Birthday Plan	1,244	1,128	-116
12 Birthday Dinner	5,989	5,810	-179
20 Group Contributions	14,304	16,691	2,387
30 Literature Sales	13,583	15,909	2,326
35 Other Contributions	62	3,375	3,313
45 Alkathons	682	794	112
TOTAL INCOME	35,864	43,707	7,843
EXPENSES			
101 Alkathons	45	10	-35
102 Birthday Dinner	4,691	4,372	-320
103 Corporate Papers	70	70	0
105 Literature Purchases	17,011	15,257	-1,754
130 Insurance	886	812	-74
140 Office Alarm	250	287	37
141 Office Maintenance	300	754	454
142 Office Electric	622	612	37
144 Office Lease	6,270	6,600	330
145 Office Supplies	1,132	1,169	37
146 Copier & Paper	2,821	4,012	1,191
147 Capital Improvements	245	0	-245
150 Office Telephone	1,462	1,801	339
153 Rent to Newport Club	500	575	75
155 Postal Box @ PO	130	132	2
167 Sales Tax 7%	1,074	1,085	11
171 Travel	0	200	200
172 Unity Committee	214	0	-214
173 Committee Support	485	430	-55
175 Web Site	148	124	-24
TOTAL EXPENSES	38,356	38,302	-54
INCOME LESS EXPENSES	-2,492	5,405	7,897

Group	12 months 2017	12 months 2018	difference	Birthday Contributions for 2018	No. of Participants
unknown	19	100	81	53	3
A New Day	990	1365	375	12	1
Barefoot Bay	275	200	-75		
Beachside Beginners	150	150	0		
Beginings in Sebastian	450	0	-450		
Came To Believe	50	0	-50		
Candlelight	150	350	200	3	1
Early Risers	1740	1740	0	14	1
Free & Easy	65	50	-15	20	1
Hibiscus Monday Night	100	50	-50		
Hibiscuc Thursday Night	400	450	50	139	3
I Am Responsible	600	1060	460	74	3
IR Men	100	100	0	35	2
IR Thursday Night	175	100	-75		
IR Women	0	68	68	47	2
Kings Highway	0	100	100		
Living Sober	66	0	-66		
Lakewood Park	0	0	0	2	1
Magnolia	181	380	199		
Man To Man	500	250	-250	35	1
Meat & Potatoes	33	46	13		
Noontime Recovery	1800	2780	980	38	1
ODAAT	2532	1962	-570	349	5
Ossabaw	50	150	100	36	1
Royal Palm	125	250	125	64	2
Safe Harbor Women	150	450	300	35	1
Sat Morning Women	231	251	20		
Sebastian 12&12	25	60	35		
Sebastian 5:32	300	250	-50		
Sebastian Freedom	203	327	124	27	1
Sebastian Lunch Bunch	425	575	150		
Sebastian Stepsisters	200	110	-90		
Sebastian Sundowners	0	1192	1192		
Sobriety Thru Solutions	600	300	-300		
Sober Rainbow	55	35	-20		
Sobriety to Serenity	96	0	-96		
South Vero	400	300	-100		
Surfside	300	120	-180	46	1
VB Men	468	350	-118		
Vero 12&12	250	500	250	76	2
Vero Beach	50	170	120	23	1
Total	\$14,304	\$16,691	\$2,387	\$1,128	34

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.

2019 STEERING COMMITTEE

Chair.....Joseph J.
Vice-Chair.....Rocky I.
Treasurer.....John H.
Secretary.....Tara C.
Delegate.....Steve S.
Delegate.....John B.

Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Ray P.
Nominating Committee.....Open
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.

2019 STANDING COMMITTEES

Archives.....Glen B.
Birthday Dinner 2018..... Linda W./Sunshine
Desk Coordinator.....Bill VB
Corrections—Women.....Judy W.
Corrections-Men..... Lane S.

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*

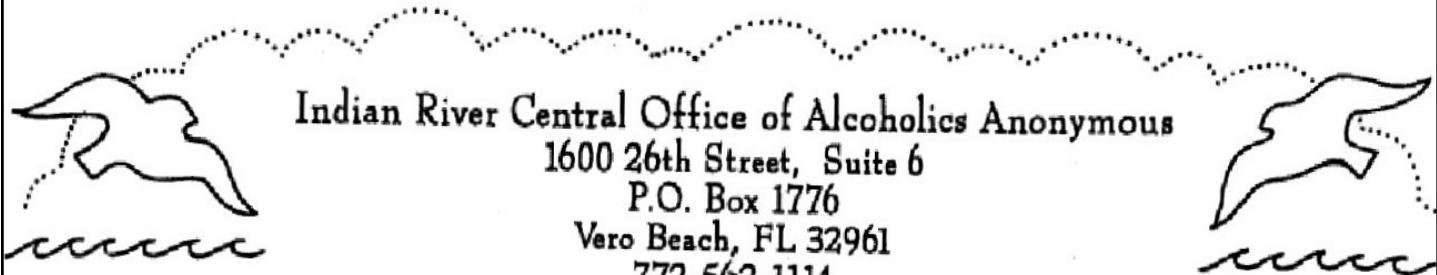
Talk to someone at their home*

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

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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.