



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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2010

"The HOW is published to improve communication between local AA Groups and encourage the participation of AA members in service and activities."

STEP ELEVEN

As with many things in AA, step eleven was a great indicator of how far I had come in AA and how much more work I needed to do. When I first did step 11, I just read it off the wall, and thought prayer was merely closing my eyes and talking to my higher power. As for meditation, I would close my eyes and waited for god to talk to me, and when god didn't answer me, I gave up. Frustrated, I asked a friend for help. I was told that prayer was about communication with god and mediation was about building a relationship with god. When I asked when he was going to speak to me, I was told that he had already been talking to me through people, nature, and scripture, and that I should keep praying. I remember laughing and saying that prayer doesn't work, and then it was her turn to laugh, and she said that if prayer doesn't work, we wouldn't be having this conversation and to never underestimate the power of God. Looking for more fault, I told her I would not be able to do scripture because AA was not about reading the bible, and she laughed again, saying we don't have to read the bible. She explained that if I believe in the literature that was written by AA, like the Big Book the 12 and 12, those books would have all the answers I needed. She used trees in a storm as an example, explaining that the trees with the strongest roots are able to survive the storms just as people with faith make it through the rough times in life. By this time my ego was pushed aside and I asked her about prayer one more time. I was still hung up on God actually talking to me, and she said when I was ready, it may happen, although it may never happen at all. I have since experienced it once in my life: I was in a bad state of mind, and I was saying the serenity prayer and as I was sitting in silence with my eyes closed. I heard Him; it was clear as day; He said my name and I felt great peace. Today, after going through hard times and good times, I find great peace through meditation. After learning that it was not about God giving to me, but me giving to him, I now close my eyes and sit, nothing more. Sometime my mind is clear; sometimes my thoughts are all jumbled up, but I know only He can take anything and everything and use it to His advantage to help me grow and build a relationship that is beneficial to both of us. Thank you for letting me share!



11 ELEVEN XI

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 XI :

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

Principle Behind Step 11—Spiritual Awareness:

“Step 11 suggests that we continue to improve our conscious contact with our Higher Power, so we tap into that power through prayer and meditation. We became cognizant of the blessings we are receiving in our new life. We are learning to notice His handiwork in all aspects of our lives.”

"Lord make me a channel 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 -- 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 dying that one awakens to Eternal Life...



Traditions Checklist

1. Do I sometimes promote A.A. so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an A.A. member?
3. Am I careful about throwing A.A. names around—even within the Fellowship?
4. Am I ashamed of being a recovered or recovering alcoholic?
5. What would A.A. be like if we weren't guided by the ideas in Tradition Eleven? Where would I be?
6. Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for himself?





While traveling along on my spiritual journey in AA, it seems God's plan was to put AA angels on my path. One of those angels was Mary McP.

Mary walked the walk and talked the talk with a heart full of gratitude.

She helped so many of us in AA before her passing more than 2 years ago.

Here is Mary's "Recipe for a Sober Me" that she wrote for herself many years ago and passed on to others:

RECIPE FOR A "SOBER ME"

Ingredients:

- 1 Pint size alcoholic woman
- 1 Generous dose of willingness
- 1 Full measure of honesty

Nuggets of advice from sponsor

- 12 Heaping helpuls of the steps
- 1 Personful of God's love

Generous topping of gratitude

Mix first two ingredients together slowly. Gently add the honesty. Stir in nuggets of advice until blended. When that mixture seems ready, fold in the steps – one at a time. Now pour God's love freely over the entire mixture, making sure it is absorbed completely. Finally, spread your topping of gratitude over all.

Place in the midst of a meeting and let sit – surrounded by the warmth and care of AA friends. Garnish with a supportive family and friends.

YIELD: One grateful, sober, alcoholic woman

NOTE: It's a good idea to make this recipe every day and although it never turns out perfectly it does get better

Mary McP., ODAAT

am so grateful to God for having known Mary McP. She was a woman with huge portions of grace and dignity.

Joan W

**2012 OFFICE ACTIVITY****Calls for Assistance and Walk-Ins****Nature of Calls**

	JULY	AUG	SEPT	3RD Q	OCT	NOV	DEC	4TH Q	1ST Q	2ND Q
12th Step Support	9	19	5	33	14				46	31
General Info/Misc	50	66	55	171	67				175	194
Purchases	85	69	115	269	64				282	229
Meeting Info	41	23	29	93	37				176	122
Alanon / NA	10	5	8	23	7				40	31
TOTAL	196	182	212	589	189				718	607

Gate Lodge

	Tuesday 8:30 pm		Thursday 8:30 pm		Saturday 8:30 pm
	Speaker		Open Discussion		Speaker
				11/10	Indian River Women's
11/13	ODAAT	11/15	Roseland	11/17	Indian River Men's
11/20	Royal Palm	11/22	I Am Responsible	11/24	OSSABAW
11/27	Easy Dose It	11/29	Candlelight	12/1	Vero Beach Men's
12/4	ODAAT	12/6	Indian River Men's	12/8	Indian River Thursday

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 Lorelei G (772) 501-2945

****BHC** MONDAYS AT 7PM**

11/5	IR Men's	11/12	South Vero	11/19	Lunch Bunch
11/26	Vero Beach Men's	12/3	IR Men's	12/10	South Vero

**This facility requires 2 years of Sobriety for visiting AAs*



DISTRICT 6 46TH ANNUAL GRATITUDE DINNER

Saturday, November 24th. 2012

St. Helen Catholic Church

2025 20th St

Vero Beach, FL 32960

Doors open 6:00 PM



Dinner 6:30 PM



Speaker 8:00 PM



\$ 15 CONTRIBUTION

In advance or at the door

- Clothesline
- Huge Door Prize
- Raffles

All proceeds go to support our General Service Office

PLEASE BRING A DESSERT
TO SHARE





November 2012 BIRTHDAYS

984 Years Of CONTINUOUS Sobriety!



Barefoot Bay Group

Peter H	25
Sue H.	25
Marshall.	26
Frank M.	32
John Mc	34
Dennis M.	44

Candle light

Danielle H.	1
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Early Risers Group

Kevin N.	1
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I Am Responsible Group

Ryan K.	1
Erin R.	2
Penny Mc.	4
John R.	5
Craig S.	7

Indian River Men's Group

Jim P.	3
John K.	3
John R.	5
Jeff B.	16
John K.	17
Kevin K.	20
Marshall.	26

I

Indian River Thursday Night Group

Jill W.	8
Hazel L.	44

Indian River Women's Group

Linda B.	2
Samantha G.	3
Liane A.	7
Christina H.	16

Man to Man Group

Leonard C.	3
Mark G.	11
Ed R.	16

Magnolia

Faith B.	3
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O.D.A.A.T.

Katie Mc.	1
Jessie K.	5
Kate H.	10
Kay H.	30
Lise B.	31

Ossabaw

Nicole P.	2
Karen M.	23

Roseland Sebastian

Speaker Meeting

Jane S.	28
Joy R.	30

Royal Palm Group

Pam G.	19
Bob Sm.	21
Bob St.	23
Rod M.	31

Sebastian Sundowners

Mike W.	3
Michael J.W.	4
Vicki.	28

Safe Harbor

Angela S.	1
Diane H.	1
Kate H.	10
Pat W.	17
Ginny R.	31
Shirley V.	36

Sebastian 5:32

Dottie.	4
Ellie R.	11

Sebastian Sundowners

Eddie D.	1
Mike W.	1
Vicki	26



THANK YOU ALL For Making Big Book JEOPARDY a Success

Step sisters in Sebastian

Amelia2

South Vero Group

Kelly P.1

Allison H.2

Matt H.2

Nathan S.2

Mark B.3

Robby H.3

Shannon C.3

David P.4

Elisa M.5

Shelly F.9

Ken D.13

Jo Ann.14

Dave B.16

Honey M.22

George C.27

Vero Beach Men's Group

Phinehas W.1

TR B.2

Jim B.4

John C.20

HAPPY BIRTHDAY TO ALL!

To publish announcements of AA anniversaries being celebrated by your Group's members each month, please bring list of names and numbers of years to Central Office and put in filing cabinet in folder labeled "HOW Editor," send via e-mail

irhow@yahoo.com

**BY THE Last Friday
OF EACH MONTH!**

At the South Florida Area 15 - 2012 Election
Assembly held on Sunday, October 14.
Officers were elected for Panel 63 (2013-2014)
the results are as follows:

Delegate - Don F.

Alternate Delegate - Graham G.

Area 15 Officers elected are:

Chair - Annie C. (Vero Beach)

Treasurer - Shirley P.

Registrar - Dutch V. (Vero Beach)

Secretary - Sylvia L.

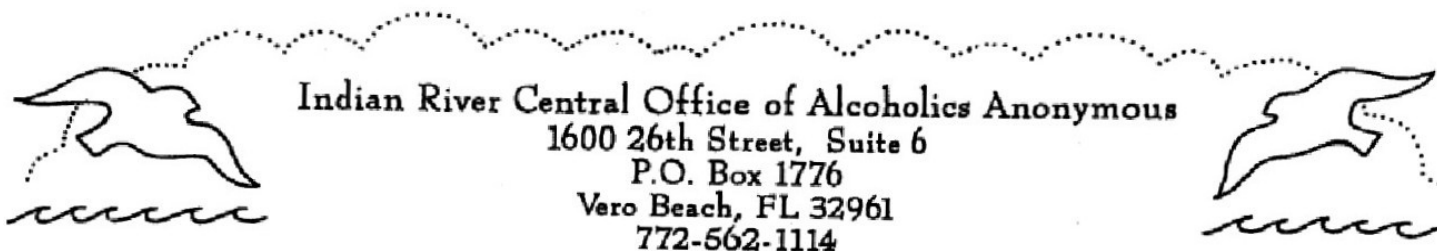
Service

"WHAT ARE YOU WAITING FOR?"

The Men's and Women's Correction Committee is looking for volunteers to take a meeting once a month to the Indian River County Jail.

Call Bill VB (321-2897) or Lorelei (501.2945)

(2 yrs. of sobriety required)



URL: www.indianriveraa.org		E-MAIL: info@indianriveraa.org	
<u>2012 STEERING COMMITTEE</u> Chair.....Karen M. Vice Chair.....D.J. I. TreasurerJohn H.		Corrections—Women.....Lorelei G. Corrections—Men.....Bill VB. Critical Documents....Margaret B / Vickie S. Literature.....Sue L. Public Information.....Lane S Inventory Control.....Joseph J./Jeff S. Treatment.....Lorelei G./Samantha G. Telephone Coordinator.....Todd R. Unity.....Kimberly P / Craig S Website.....Dutch V. Where and When.....Donald S.	
Secretary.....Sunshine P. irco_secretary@yahoo.com		District 6 LiaisonEileen W	
<u>2012 STANDING COMMITTEES</u> Archives.....Kathy H. Desk Coordinator.....Sue L. HOW Editor.....Jeremy S.		<u>2012 DELEGATES AT LARGE</u> Lane S Cynthia G. Paul H.	
It is both a privilege and a responsibility for groups and members to ensure 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 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