



# HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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**January 2017**

*“Admitted we were powerless of alcohol– our lives had become unmanageable.”*

I truly never wanted to admit I was an alcoholic. That was like a death sentence to my sense of being. If I could no longer drink, who would I become? Where would my confidence come from? How would I control all my fears and terrors that plagued my mind almost every second of the day when I wasn't drinking? How would I get through the day? The morning? The night? How would I go on living? I truly couldn't past the thought of having a label of being an alcoholic and no matter how much I didn't want to drink and keep suffering the consequences, I was not throwing in the towel and admitting I was powerless of alcohol. I could manage my life and my affairs. I went to the bitter end without dying fighting every second for my right to drink. And as I look back no one took that right away, I finally quit fighting. It wasn't easy and it wasn't pretty. I am so grateful to the people in Alcoholics Anonymous who didn't give up on me even when I had about given up on myself. I entered treatment beat up and beat down. I walked with head down staring at my shoes because I had no self esteem and couldn't look anyone win the eyes because they were covered in shame. As the days went by, I began to admit I was an alcoholic and after some time I even began to believe it. It turned out, no one sewed a label on my shirt that read “alcoholic”. I didn't even have to tell anyone I was an alcoholic. But in AA, I found it made me feel a part of something for the first time when I introduced myself as an alcoholic. For the first time in a long time I could see that I was power-

less over alcohol and it had taken it's toll on my life. Now the unmanageability part took a little more time for me to grasp and believe. I still had monetary things and that had always determined my self worth. As time had gone by in my life I had given away a lifetime of memories, cherished gifts, and kodak moments that could never be replaced. In the end, I was unemployable, not to be trusted and bankrupt in every sense of the word. And once again, I left claw marks fighting the truth about the manageability of my life. But of course, that thought process changed along with a lot of the other thought processes I brought with me into a life of sobriety. Today, I am so grateful that the only step I need to get 100% right each day is Step One. This allows me the opportunity to practice the remaining Eleven Steps and principles behind each one. If I'm living by principles, practicing this program in all of my affairs and continuing to learn that I am powerless over everything including alcohol, I have a good chance at a full and happy life filled with joy and peace.

“Understanding is the first step to acceptance, and only with acceptance can there be recovery.”

~ JK Rowling

acceptance

**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](mailto:aairhow@yahoo.com)**

# OUR THREE LEGACIES

## STEP ONE (Recovery)

**“Admitted we were powerless over alcohol—our lives had become unmanageable.”**

PRINCIPLE: Honesty— fairness and straightforwardness of conduct; uncompromising truth  
Acceptance— the act of accepting something or someone

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

Twelve Steps and Twelve Traditions p.21

For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living.

Twelve Steps and Twelve Traditions , p.125

## TRADITION ONE (Unity)

The unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again, in **their coves, alcoholics would reproach us and say, “What a great thing A.A. might have been!”**

Twelve Steps and Twelve Traditions, p.129

Thus has it been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which—God willing—shall sustain us in unity for so long as He may need us.

Twelve Steps and Twelve Traditions, p.131

## CONCEPT ONE (Service)

**Over great resistance by trustees and members devoted to the status quo, Bill managed to “sell” the idea of calling an A.A. General Service Conference (see Concept II), and eleven years later Bill was able to declare, “The results of the Conference have exceeded our highest expectations.” This Concept is rooted in Tradition Two , which states: “For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.” The principles of Tradition Two are crystal-clear, Bill asserts: “The A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only.” The outside world cannot imagine an organization run this way, but Bill calls it “a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and of God to insure that our democracy of world services will work.....”**

The twelve Concepts for World Services Pamphlet

I wanted to thank all the members of Alcoholics Anonymous who donated to the Toys for Kids event. Because of your generosity we were able to help 50 plus families in our community. Your love, compassion and dedication to this event is something I've never experienced before. The members who were able to benefit from this event were awe-struck with gratitude. To be of service to our community is what Alcoholics Anonymous is all about; to be able to give back to those who are fighting for their lives takes extraordinary people, people just like you! From the bottom of my heart, I thank you all!

I wish you all a happy, healthy and sober 2017

In love and service,

Trish K

SOUTH VERO GROUP PICNIC

JAYCEE PARK

SATURDAY FEBRUARY 25TH, 2017

*10:00 AM TOL.....*



HOT DOGS AND  
BURGERS

SODA AND WATER  
PROVIDED

BRING A COVERED  
DISH AND A  
FRIEND

EVERYONE IS

WELCOMED!!!!!!!

## Why does your group need an IRCO REPRESENTATIVE?

THE IRCO HAS NO AUTHORITY OF IT'S OWN BUT DERIVES IT FROM THE participating groups. The representative that each group elects is the groups voice to IRCO—your link to those who maintain and operate the IRCO.

### 2016 STEERING COMMITTEE

Chair.....Steve S.  
Co-Chair.....Joseph J.  
Treasurer.....Pat D.  
Secretary.....Trish H.

### 2016 STANDING COMMITTEES

Archives.....Open  
Birthday Dinner 2017..... Doug C.  
Desk Coordinator.....Marty P.  
Corrections—Women.....Open  
Corrections-Men.....Open  
Corporate Documents.....Vic S.  
Public Information.....Rodney D.  
Unity Committee.....Linda W.

Nominating Committee.....Marty P.  
After Hours Phone.....Doug C.  
District 6 Liaison.....OPEN  
HOW Editor .....Kimberly P.  
Inventory Control.....Bobby Z.  
Literature.....Dutch V.  
Treatment.....Todd T.  
Website.....Dutch V.  
Where and When.....Susan M.

## 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."*

VERO BEACH GROUP

SUNDAYS

ST. HELENS CHURCH

THE MEETING WILL NOW BE STARTING AT

7:00 PM BEGINNING DECEMBER 4, 2016

GREAT FELLOWSHIP

DOUBLE SPEAKER SHARING THEIR  
EXPERIENCE, STRENGTH AND HOPE.

KINGS HIGHWAY GROUP

FRIDAYS

WESTMINISTER PRESBYTERIAN CHURCH

7:00 PM

SPEAKER/DISCUSSION MTG.

HOT, FRESH COFFEE AND BISCUITS

PRICELESS FELLOWSHIP

COME HELP SUPPORT THE GROUP CARRY THE MESSAGE OF RECOVERY  
TO THE NEXT SUFFERING ALCOHOLIC



# JANUARY ANNIVERSARIES

## **ODAAT**

Raven T.	1
Rachel G.	2
David S.	2
Kim K.	2
David K.	2
Paul N.	4
David K.	4
Tracie A.	4
Mike L.	5
Christine G.	5
Barbara B.	5
Debbie Z.	7
Jeremiah L.	7
Doris G.	8
Debbie H.	8
Mark G.	9
Alexa L.	10
Marry K.	11
Tom M.	14
Judy S.	19
Lee R.	22
Louise B.	25
Timothy O.	26
Karen H.	27
Myra G.	28
David O.	29
Marc T.	32
Maureen S.	33
John L.	34
David C.	36
David J.	41

## **Vero Beach Mens**

Bill K.	15
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Marty P. 52

Justin B. 10

## **Free and Easy**

Ron F. 18

## **Candlelight**

Rick J. 6

## **Early Risers**

Melvin 1

Leslie F. 2

Emma E. 2

Betsy K. 3

Terri 4

Doug 7

Seth 29

Bill 6

## **Royal Palm**

Ray F. 40

Steve D. 33

John R. 22

Tony M. 7

Loren S. 4

## **Man To Man**

Bill F. 1

Bill R. 1

Bill W. 23

Bob D. 42

Bob L. 3

Bob W. 51

Chris N. 1

Grey L. 32

Mike S. 27

Ray P. 2

Tom O. 42

## **Indian River Women**

Tammy 26

Nancy D. 28

Linda S. 15

Mardi H. 6

## **Barefoot Bay**

Rich S. 13

Donna E. 42

Tom O. 42

Bob W. 51

## **Magnolia Group**

Darcie A. 27

## **Stepsisters Group**

Dawn 24

## **Sebastian 5:32**

Trent L. 32

Mark 9

## **Sebastian 12 & 12**

Wally L. 27

Vicki S. 28

## **Vero Beach Group**

Susan W. 13

## **Safe Harbor Women**

Barbara R. 27

Eleanor 32

Kathy R. 3

## **Noontime Recovery**

Keith S. 1

Richard N. 2

David J. 12

## **Indian River Thursday Night (December)**

Justine S. 10

Tom W. 30

Debbie F. 32

The HOW wants to acknowledge every celebrant in the month of their anniversary. If your groups anniversaries are not appearing in the HOW, please contact your group secretary and have them email them to me at [aairhow@yahoo.com](mailto:aairhow@yahoo.com) before the 1st of each month.



# AA ANNOUNCEMENTS AND UPCOMING EVENTS



**STOP IN THE CENTRAL OFFICE  
AND CHECK OUT THE NEW BOOKS,  
COFFEE MUGS, MEDALLIONS AND  
OTHER NEW ITEMS RECENTLY  
ADDED**



## FROM THE EDITOR'S DESK

I regretfully have to inform you as the HOW Editor that I am looking for a replacement. It has been a honor and pleasure to be of service the AA community. I will be relocating in the next few months and will be needing to find a replacement as soon as possible. You can contact me at [aairhow@yahoo.com](mailto:aairhow@yahoo.com) if you are interested or you can contact the Steering Committee through the IRCO.

The Literature Committee will be gifting a Grapevine to one member of Alcoholics Anonymous each month to read and write a review. This will be submitted to the Literature Chair and published in the HOW the following month.



**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.