



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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I Got What I Needed!

When Bob K. asked if I would lead the meeting of the Indian River Group, I said "Sure," (having been taught never to say "No" when asked to do something in AA). The meeting format turned out be a "draw a question out of the basket'. This was new to me and turned out to be very informative not only for me but others in attendance as well.

I pulled out the first question—"What different kinds of Twelve Step work are there?" Jeannie K. shared her experience in taking AA meetings into the IRC Jail to women on Monday nights. Dick M. shared his experience in taking meetings to the men at jail also. His closing comment was, "you could have answered that question, Dick, since you carried the message there as well with me two years ago." We proceeded on to the next question.

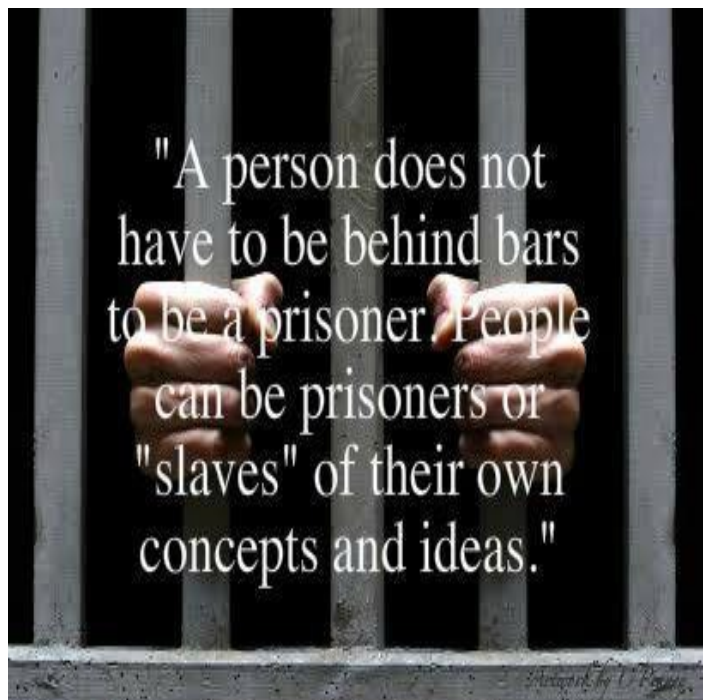
After the meeting a young man approached me and expressed how he felt like a Nomad. He was taking a meeting out to the Youth Correction Facility and nobody even knew about it. I offered my help and we planned to go together the following week.

Mark M. and I went to the meeting and spent almost the entire hour talking with men 25 and younger non-violent offenders about honesty with one's self. On our way home, Mark was saying how his sponsor told

him that one day one of those guys would come up to him on the outside and thank him for helping him with his problem with alcohol. As he finished, I was thinking to myself, "don't hold your breath because it isn't going to happen."

The very next night (I will remember this as long as I live), I had taken a deposit on the sale of my sailboat. This boat had been my home for the last four and half years. The prospective buyer had surveyed the week before and a price was agreed upon. Everything was set including the closing date.

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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 aairehow@yahoo.com

OUR THREE LEGACIES

STEP FOUR (Recovery)

“Made a searching and fearless inventory of ourselves.”

“Step Four is our rigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety and contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.”

Twelve Steps and Twelve Traditions p. 42-43

PRINCIPLE: Courage— mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty

TRADITION FOUR (Unity)

“Each group should be autonomous except I matters affecting other groups as a whole.”

In a way, the Fourth Tradition is like the Fourth Step,: It suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, “Would this break any Tradition?” Like the individual member who chooses to make the Steps his or her guide toward happy sobriety, the wise group recognizes that the Traditions are not hindering technicalities—they are proved guides toward the chief objective of all A.A. groups.

Twelve Traditions Illustrated Pamphlet

CONCEPT FOUR (Service)

“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be a voting representation in reasonable proportion to the responsibility that each must discharge.”

“Finally, there is a spiritual reason for the “Right of Participation.” All of us desire to belong. In A.A., no members are “second class.” The “Right of Participation” therefore reinforces Tradition Two, that no member is placed in “ultimate authority” over another. We perform our service tasks better “when we are sure we belong—when our ‘participation’ assures us we are truly the ‘trusted servants’ described in Tradition Two.”

“Our entire AA program rests squarely upon the principle of mutual trust. We trust God, AA, and we trust each other.”

Co-Founder Bill W.



Crying For The Moon

"This very real feeling of inferiority is magnified by his childish sensitivity and it is this state of affairs which generates in him that insatiable, abnormal craving for self-approval and success in the eyes of the world. Still a child, he cries for the moon. And the moon, it seems, won't have him.

The Language of the Heart, p. 102

While drinking I seemed to vacillate between feeling totally invisible and believing I was the center of the universe. Searching for that elusive balance between the two became a major part of my recovery. The moon I constantly cried for is, in sobriety, rarely full; it shows me instead its many phases, and there are lessons in them all. True learning has often followed an eclipse, a time of darkness, but with each cycle of my recovery, the light grows stronger and my

A LIFETIME PROCESS

We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to anyone.....

Alcoholics Anonymous , p. 52

CULTIVATING FAITH

I don't think we can do anything very well in this world unless we practice it. And I don't believe we do AA too well unless we practice it...We should practice...acquiring the spirit of service. We should attempt to acquire some faith, which isn't easily done, especially for the person who has always been very materialistic, following the standards of society today. But I think faith can be acquired; it can be acquired slowly; it has to be cultivated. That was not easy for me, and I assume that it is difficult for everyone else..."

Dr. Bob and the Good Oldtimers, pp.307-08

Fear is often the force that prevents me from acquiring and cultivating the power of faith. Fear blocks my appreciation of beauty, tolerance, forgiveness, service and serenity.

Devastated is the word that comes to me when trying to describe my feelings when receiving a phone call from the buyer saying he wouldn't be buying the boat. I literally was unable to speak. I heard him say, "hello, are you there?" My mind was racing to the limit and I can't recall the rest of the conversation. I hung up, grabbed a Pepsi and walked off the boat.

The "Pour Me" feelings were overwhelming. I started wandering around the marina. I hadn't had a drink in over thirteen years but to be honest, I have to tell you the thought of taking a drink came to my mind not once—but several times. Then the knowledge I had acquired in over thousands of meetings would kick in and tell me, "A drink would only make it worse." I sincerely believe that the longer you are sober, the harder you will fall—inversely, proportionally and with no exceptions.

I wandered up to a restaurant that was being remodeled and saw two guys hanging sheetrock on the porch ceiling. As I stood there, one of the guys on the scaffolding looked down and asked, "Hey, do you still take meetings into the county jail?" I almost fell over. "Do you remember telling us about a pigeon of yours that was \$170,000.00 in debt?" "And when you read him the Ninth Step promise with the part about economic insecurity and he said to you, 'Dick, No way!'" "And that in no time after he had come into AA that he had 13 men working for him in his mechanic shop, he was out of debt, back on his feet and living in his new home?" I replied, "Yes," as I had told that story many times over the years.

The two men went on to say, "You see that pick-up and those tools? Well, they're ours. It isn't anything extravagant or new, but it's paid for and we have enough work for another three months. We want to thank you for coming out to the jail all those nights and talking with us."

I called Mark and shared with him my experience. I received not one thank you but two in the same day. My Higher Power showed up when I needed Him the most and I hadn't even asked for help. I flashed back to that very morning as I always do when something heavy is going on in my life. I ask myself "Did I say my prayers today?" I don't often forget them, as I almost always read my Twenty-four Hours A Day book while still in bed followed with my "canned prayer", "God, Please remove the compulsion to drink today, help me to become a better person and thy will be done—not mine."

I went to the Newport Club and cried as I shared my experience. My thoughts over the next few days were very much about my program. I dug out my in-depth Fourth Step I had written six months before while anchored off an uninhabited island in the Bahamas. We were there waiting out bad weather to come across the Gulf Stream.

I made a call to a minister for an appointment. This would be my first formal Fifth Step. I was seeking relief. This also fulfilled my commitment I had made to the Thursday Night Surfside Step Group that I would have my Fifth Step completed when I came back.

The sale of the boat worked out in the end. I began to slowly believe that God's will was starting to show in my life. We had a super last ride down the Inter-Coastal Waterway delivering her to the buyer in Stuart.

God has been uncommonly good to us!

Dick B.

Reprinted from July 1990



APRIL ANNIVERSARIES

AA Only

Bob K 35 yrs.

Michael S 19 yrs.

Kathy L 10 yrs.

Barefoot Bay

Trudi C 11 years

Glen M. 7 years

April

Dennis H. 21 years

Ralph B. 27 years

Warren D. 33 years

Steve D 2 years

Eddie D 47 years

Candlelight

Dec 2015

Tom R 26yrs

Jan 2016

Rick J 4yrs

Feb 2016

Boz 8yrs

Bill P 3yrs

May 2016

Bobbi K 1yr

Rob B 1yr

Kristin P 6yrs

Easy Does It

Sandy S 18 yrs.

Lynn H 24 yrs.

Hibiscus

Joann M.....2yrs

I Am Responsible

Larry M 1 year

Mike P. 4 yrs

Trish F 10 yrs

Alyce N 34 yrs

Martha S 2 years

Indian River Mens

Lou V 35 yrs.

Frank C 34 yrs.

John L 12 yrs.

Joe 12 yrs.

Indian River Thursday Night

Gina D. 4 yrs.

Indian River Womens

March

Gwen F 35 years

April birthdays

Susan H 26 years

Cindy D 23 years

Nancy T 20 years

Paula H 15 years

Alicia M 4 years

Man To Man

ERIC O. 2 yrs.

Kenneth G. 1yr

Killian S. 3 yrs.

Paul C. 30 yrs.

Tracy M. 23 yrs.

Meat & Potatoes

Steve 38 yrs.

Kimberly P. 9 yrs.

Noontime Recovery

Sara 3 yrs.

Becky 1 yr

Elana 2 yrs

Tiera 1 yr

Phil 8 yrs.

ODAAT

Alex Z. 2 yrs

Victoria S. 2 yrs.

Patricia S. 3 yrs.

Dennis S. 3 yrs.

Julie. 3 yrs.

Pat D. 5 yrs.

Hal O. 7 yrs.

Mike S. 8 yrs.

Linda W. 13 yrs.

Jennifer M. 17 yrs.

Jim R. 21 yrs.

Candy B. 32 yrs.

Bob C. 42 yrs.

Bill W. 45 yrs.

Ossabaw

Butch 18 yrs.

Roseland-Sebastian Speaker

Mickey R 37 yrs.

Jack T. 31 yrs.

Annie M 39 yrs.

Royal Palm

Cell B 34 yrs

Bob K. 30 yrs

Rich R. 20 yrs

Sebastian 5:32

Ray c. 7 yrs

South Vero

Bob C. 42

Dennis S. 8

Donna M. 19

Jamie K. 9

Mike M. 11

Sandra G. 7

Skip M. 23

Todd W. 6

Vero Beach Group

Victoria 1 year

The Vero Beach Group

of
Alcoholics Anonymous
celebrates

68 years of being an AA
Group!!

located at St. Helen's
Catholic Church
Vero Beach, FL

Come help us celebrate be-
ing the oldest group in Indi-
an River County!

Sunday, April 24, 2015

7:15pm: cake, various des-
serts, and great fellowship

8:00 pm: double speaker
meeting

**THE MEAT & POTATOES
GROUP of
ALCOHOLICS ANONY-
MOUS**

*Invites you to join us for our
12th Group Anniversary Cele-
bration*



Friday, April 22, 2016 at 6:00 p.m.

***Community Church of
Vero Beach***

Room #113/114

1901 23rd Street, Vero Beach

***OPEN Speaker Meeting
Format***

POT LUCK DINNER after

AA ANNOUNCEMENTS AND UPCOMING EVENTS



The IRCO of Alcoholics Anonymous is conducting their Inventory of how they are functioning in service to the groups and community of Alcoholics Anonymous. They have put together a survey and would like your input. These can be found on the website or you can stop by the Central Office and pick up a copy. Everyone is encouraged to participate. Your input is important and remember this is your Central Office and Steering Committee. They are here to serve the groups and individuals so that AA can continue to grow and change to best serve and preserve the future of AA.

**Sebastian 5:32 Group
Invites you to come
and join in the celebra-
tion**

**28th Year Group Anni-
versary**

April 18, 2016

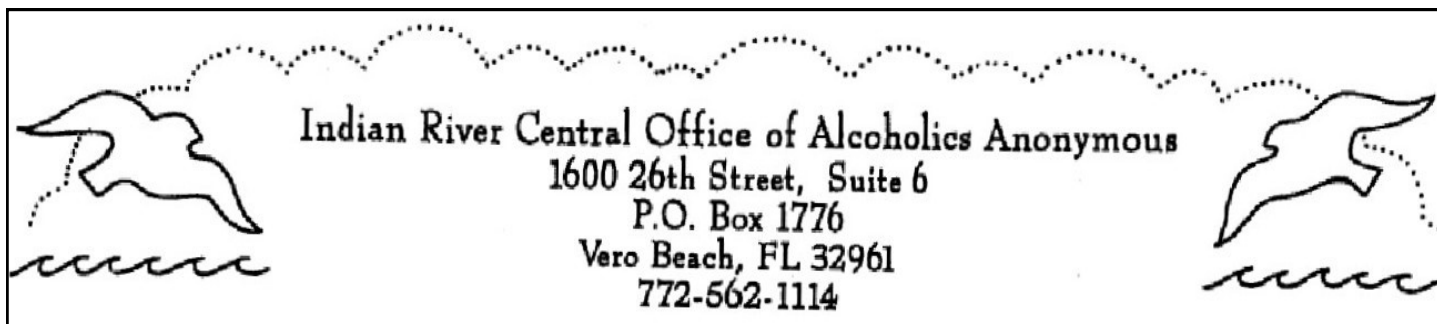
5:00 pm

**Roseland Methodist
Church**

Bring a covered dish

"AA isn't for the people who need it or for the people who want it; it's for the people who are willing to do the work to get it."

"To educate a man in mind and not in morals is to educate a menace to society."



2016 STEERING COMMITTEE

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

2016 STANDING COMMITTEES

Archives.....
Birthday Dinner 2015.....Linda W.
Desk Coordinator.....Marty P.
Corrections—Women.....Stefanie M.
Corrections-Men.....Bill K.
Corporate Documents.....Vickie S.
Public Information.....Rodney D.
Unity Committee.....
Nominating Committee.....Marty P.

AA Coordinators

After Hours Phone.....Doug C.
District 6 Liaison.....Cynthia G.
HOW EditorKimberly P.
Inventory Control.....Bobby Z.
Literature.....John H.
Treatment.....
Website.....Dutch V.
Where and When.....Susan

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

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.