

# HOW

HONESTY

OPEN-MINDEDNESS

WILLINGNESS

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

**Volume 36 Issue 11**

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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](mailto:aairehow@yahoo.com)

## STEP II

*"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge for His will for us and the power to carry that out"*

### Clean Slate

After being in AA for over twelve years, something was amiss. I still wasn't "right" with myself. At an Eleventh Step meeting, I discovered what was wrong. I wanted love, yet felt anger and hate. I wanted peace, but felt anxious and fearful. I wanted faith, but I didn't trust or believe in people or God. I love the prayer of St Francis, the "Eleventh Step Prayer." I had to rethink the way I acted out the prayer. We are all born with a clean slate and no obvious character defects. We go through life picking up bad habits and doing wrong things. Add alcohol to the fray and what do I have? A bonafide defect looking for character. Okay, so I get sober, do all these changes for myself so that I may join the human race. Now I think I'm ready to join St.

Francis as an instrument of peace! The reality is that St. Francis is at the end of the road, his hands on his hips, waiting for me to go on the journey with him. If I remove my hate and anger, what is left is love. If I remove my anxiety and fear, peace will result. If I believe in God's promises, the obstacles that I created between God and myself will be lifted. When these defects are removed, then I can start to be an instrument of peace.

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.  
-AMEN

# OUR THREE LEGACIES

## STEP ELEVEN (Recovery)

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge for His will for us and the power to carry that out"

**PRINCIPLE:** Spirituality—The state or quality of being dedicated to God, religion, or spiritual things or values, esp as contrasted with material or temporal ones

"Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it CONSTANTLY. It works, IF we (1) have the proper attitude AND (2) work at it."

## TRADITION ELEVEN (Unity)

"Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio and films."

"AA's Twelve Traditions have, in my experience, often proved vital in keeping me sober, and helpful otherwise in all my affairs."

The A.A. Grapevine, July 1971

## CONCEPT ELEVEN (Service)

While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET

**ALL I HEARD WAS,  
"I SWEAR IT WILL  
BE FUNNY..."**

RENEE CROUS

**AND THEN WE  
WERE IN JAIL.**

You are  
as close to God  
as you choose to be

**I Drank So Much  
My Blood Type is AA**



It may seem nearly impossible for a  
Newcomer to believe that one day they  
could sit quietly, pray and meditate and  
totally enjoy it.

But it's true.

It will become something that you won't  
ever want to do without.

# NOVEMBER ANNIVERSARIES

## A NEW DAY

Carol P. 1 year

## INDIAN RIVER MEN'S

Marshall 31 years  
John K 22 years  
John K 8 years

## ODAAT

Justin P. 2 years  
Tina S. 2 years  
Jim A. 6 years  
Marc B. 8 years  
Jessie K. 10 years  
David K. 28 years  
Kay H. 35 years  
Lisa B. 36 years

## INDIAN RIVER THURS NIGHT

Jill H. 14 years

## BAREFOOT BAY GROUP

Marshall 31 years  
John Mc G 44 years  
Kathy M (from October) 1 year

## INDIAN RIVER WOMEN'S

## ROYAL PALM GROUP

## SEBASTIAN 5:32

Dottie 9 years  
Ellie R. 16 years

CANDLELIGHT

I OVER E GROUP

EARLY RISERS

LUNCH BUNCH

## SEBASTIAN STEP SISTERS

Joy R. 35 years  
Amelia L. 7 years  
Sheila H. 7 years

EASY DOES IT

## MAGNOLIA GROUP

Natasha 7 years  
Lynn 27 years

## SOUTH VERO

John M. 42 years  
Scott G. 32 years  
Adrienne W. 26 years  
Honey M. 26 years  
Jo-Ann H. 19 years  
Shelly F. 14 years  
David P. 9 years  
Mike J. 7 years  
Ed S. 2 years  
Karen H. 1 years  
Lindsey G. 1 years  
Robin C. 1 years

FREE AND EASY

## MAN TO MAN

Bill W. 9 years  
Ed R. 21 years  
Frank A. 3 years  
John M. 26 years  
Leonard C. 8 years  
Marshall R. 31 years  
Mike H. 3 years  
Paul G. 31 years

HIBISCUS GROUP

I AM RESPONSIBLE

VERO 12 & 12

NOONTIME RECOVERY

## VERO BEACH MEN'S

In Memory of Dick M.  
Jim B. 9 years  
Kevin F. 14 years

## MEAT AND POTATOES

Carter S. 10 years



Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine. And for the same reason. When we refuse air, light, or food, the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. Life confirm this ageless truth.

Twelve and Twelve

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## ***UPCOMING EVENTS AND ANNOUNCEMENTS***

**THE CENTRAL OFFICE HAS EVERYTHING YOU NEED  
RELATED TO AA!**

**CONFERENCE APPROVED BOOKS AND LITERATURE**

**AND OTHER NEW ITEMS RECENTLY ADDED AT GREAT PRICES!**

1600 26th St # 6, Vero Beach, FL 32960    772-562-1114

Office hours are Monday through Saturday 9am to 4:30 pm

### **New Discussion Meeting**

**at The Source**

**Friday mornings at 10:30 am**

### **BHC Group Schedule**

10/2 Man to Man

10/9 VBMG

10/16 South Vero

10/23 Free and Easy

10/30 Early Risers

## 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.....Open\*  
\*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

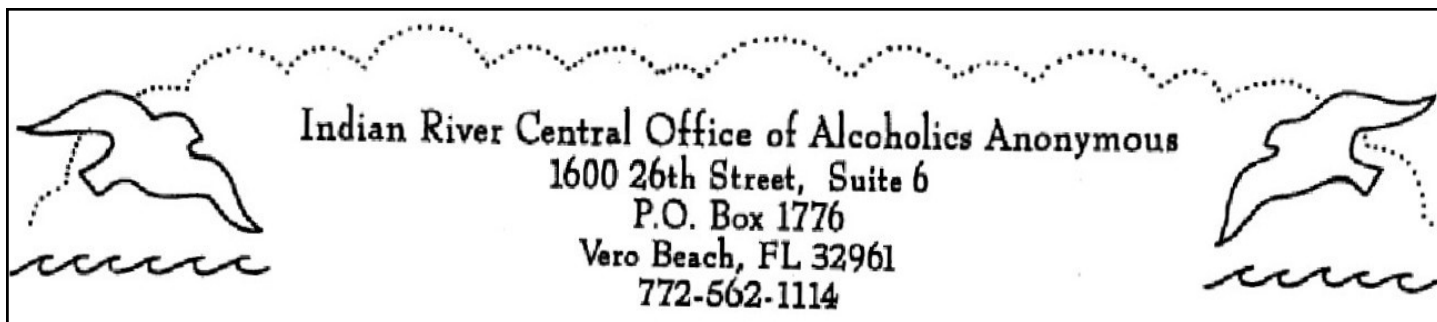
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.