

HONESTY OPEN-MINDEDNESS WILLINGNESS

H.O.W.

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous
<http://www.indianriveraa.org> aairehow@yahoo.com

Volume 39 Issue 1

January 2020



The first Issue of the HOW was issued in January 1981, a one page, one sided typed and mimeographed record of AA in the Vero/Sebastian area. It was the brainchild and mission of Jean R., beloved and long time member of local A.A. The HOW continues to be the "Voice of AA" in Indian River county and provides communication between local AA groups and encourages the participation of AA members in service and activities.

You can email anniversaries, announcements for the good of AA or stories to aairehow@yahoo.com
You can email meeting updates or changes to whereandwhenchanges@yahoo.com

NEW MEETING

"A VISION FOR YOU"

Fridays at 5:30 pm
Newport Club
OUTSIDE ROOM
2536 16th Avenue
Vero Beach, FL
32960

The A.A. Preamble.....

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

The Preamble first appeared in the Grapevine in June 1947, and was written by Tom Y., the Grapevine editor at that time. The aim was to offer a concise definition of A.A. Shortly thereafter, the Preamble began appearing in each monthly issue of the Grapevine, and later on in much of our A.A. Conference-approved literature. It came to be called the preamble because it is so often read at the opening of A.A. meetings.

The original version of the Preamble contained the wording, "an honest desire to stop drinking." However, since the adoption of the short form of the Traditions in 1950, the Third Tradition has always read, "The only requirement for A.A. membership is a desire to stop drinking" and this form was used by Bill in writing the book, Twelve Steps and Twelve Traditions. In 1958 the expression "honest desire" was discussed at great length at the General Service Conference. It was felt that it was impossible to determine what constitutes an "honest" desire to stop drinking, thus the word was dropped.

(continued page 6)

"I AM RESPONSIBLE"

HAS MOVED TO A NEW LOCATION

AS OF JANUARY 1, 2020

ALL MEETINGS WILL BE AT

FIRST CHRISTIAN CHURCH

1927 27th Avenue, Vero Beach, FL 32960
(sw corner 27th Ave and Rte 60/20th Street)

STEP 1:

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

Reprinted with permission from AAWS, Inc



TRADITION 1:

Each member of Alcoholics Anonymous is but a small part of a great whole. AA. Must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."

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CONCEPT 1 short form:

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



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I Am Responsible.....

I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

It was written by former A.A. trustee Al S. for the 1965 A.A. International Convention in Toronto. In the souvenir book for the 1965 Convention, Dr. Jack Norris writes: "...We must remember that A.A. will continue strong only so long as each of us freely and happily gives it away to another person, only as each of us takes our fair share of responsibility for sponsorship of those who still suffer, for the growth and integrity of our Group, for our Intergroup activities, and for A.A. as a whole. It is in taking responsibility that real freedom and the enduring satisfactions of life are found. A.A. has given us the power to choose—to drink or not to drink—and in doing so has given us the freedom to be responsible for ourselves. As we become responsible for ourselves, we are free to be responsible for our share in A.A., and unless we happily accept this responsibility we lose A.A. Strange, isn't it?"

In a Grapevine article in October 1965, the Responsibility Statement is discussed, and Bill W. expresses his views: Two major thoughts stood out in the remarks of the many speakers, alcoholic and nonalcoholic, at A.A.'s July Toronto Convention. The first was admiration and gratitude for A.A.'s startling success in sobering up hundreds of thousands of lost-cause drunks. The other was concern that the success which has come to A.A. over the thirty years since its start in Akron, Ohio, in 1935 would not lead us to any complacency about the size of the job still to be done. A.A.'s co-founder, Bill, in his talk to over 10,000 attending the major sessions of the Convention, stressed the need for cooperation with all who work on the problem of alcoholism, the more than 100 agencies in the United States and Canada alone now engaged in research, alcohol education and rehabilitation. "Too often, we have deprecated and even derided these projects of our friends just because we do not always see eye to eye with them," Bill said. "We should very seriously ask ourselves how many alcoholics have gone on drinking simply because we have failed to cooperate in good spirit with these many agencies. No alcoholic should go mad or die merely because he did not come straight to A.A. in the beginning."

There have been two Advisory Actions from the General Service Conference regarding the Declaration of Responsibility since it was introduced. In 1971, the Conference recommended that: "The Literature Committee, following the general feeling of the Conference, reaffirm both the spirit and the wording of the 'I am Responsible' Declaration from the International Convention held in Toronto in 1965.

And in 1977, the Conference recommended that:

The Responsibility Declaration not be changed, as it was made at the 1965 International Convention in Toronto.

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The Unity Declaration.....

This we owe to A.A.'s future: to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives and the lives of those to come.

It was written for A.A.'s 35th Anniversary International Convention held in Miami Beach, Florida, in July 1970.

Documents in our collection indicate that the statement was composed as a combined effort of both the Committee on International Conventions and former A.A. trustee, Al S. The correspondence alludes to Al's involvement as a consultant in composing the statement. Al wrote the "Responsibility" Statement that had been introduced at the 1965 International Convention.

The "Unity" statement was read by delegates from different countries on Saturday night during the Unity Ceremony. Below are highlights from that night's ceremony, as led by former General Manager, Bob H.:

"As you know the theme of this Conference is Unity Within Our Fellowship. We have asked several of our ex-delegates and members from overseas to be on stage and participate with us adopting our new Declaration of Unity...

"A.A. unity is the special quality that makes our Fellowship unique. It is the cement that holds our society together, the platform which makes A.A. 'Service' possible. It is more than agreement on basic principles, more than freedom from destructive strife. It is a bond fashioned of shared experience, such as this one we share tonight.

"Unity is our most precious possession, our best guarantee of A.A.'s future. May we all value and preserve it, today and all the tomorrows to come."

Bob H. then asks all participants on stage to recite the Unity Declaration, which was led by Dr. Norris.

Following the International Convention (1973), the General Service Conference recommended that:

The Unity Declaration be added to all A.A. Literature when feasible and economical, and be referred to A.A. World Services, Inc., for follow-through

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A little bit of local A.A. history

As we know today, the 1970 convention would be Bill W's final one, our last remaining co-founder would pass on January 24, 1971.

A long time member of Alcoholics Anonymous, Ennis P. was the A.A. member helping Bill in his wheel chair unto the stage in Miami during the 1970 convention.

In 1976 Ennis moved to Vero Beach and became a much beloved and respected elder active member of Alcoholics Anonymous in Indian River county.

Dutch

A.A. Anniversaries



WELCOME TO THE A.A. ANNIVERSARY REWIND EDITION September through December 2019

Pages 3 and 4 of the January 2020 edition of the HOW are devoted solely to playing catching up on all the missed A.A. Birthdays/Anniversaries from September through December 2019. The Birthdays for January 2020 are listed on Page 5. Happy New Year everyone

Dutch

South Vero September 2019

Bart 28
Catherine 20
Richard 12
Ron 6
Alexsis 5
Joshua 2
Michele 1
Mary 1
Christi 1

October 2019

Phil S 37
Ben H 36
Howard G 36
Jon L 5
Mark F 1
Hayley 1
Diane H 1

November 2019

John M 44
James B 37
Scott 34
Honey M 28
Breeze S 28
Jo-Anne 21
Mike C 9
Karen H 3
Thomas Y 2
Tatiana B 2
Ryan D 1
Denise D 1

December 2019

Kelly T 24
Chris N 22
Gus J 18
Noah J 7
Frank D 2
Heidi V 1
John S 1
Brandon M 1

Magnolia September 2019

Eileen 46
Melynnie 3

October 2019

Hazel 51

December 2019

Linda 51
Joanie 44
Judy W 25

New Day September

Kevin L 35
Chuck B 27
Rick R 20
Lois W 19

Mike R 15
Kathleen W 13

October 2019

Gus B 8
Kathleen R 6
Teri M 6
Gary H 3

November 2019

Ellie R 18
Frank O (Gus) 6
Mike C 6

December 2019

Laura L 30
Carol P 13
Vincent L 10
Mike L 6
Anne Y 1

Man To Man September 2019

Mike C 29
Rich V 16
Mike B 6
Joe S 3
Ty B 3
Moose E 2

November 2019

Kevin L 35
Rick B 29
Fred S 27
John S III 26
Bob L 23
Steve W 16
Frank M 11
Mike J 4
Matt A 1

December 2019

Merv W 46
Bob N 29
Gene L 20
Vinny L 10
Jeff C 5
Tom B 4
Dale C 1

Meat and Potatoes October 2019

Steven W 16
Sunshine C 12
Steve C 6

Candlelight September 2019

Gene D 8
Paul F 4
Martha 1

Noon Time Recovery September 2019

Michael F 1
Terry K 27
Jimmy C 27

Easy Does It September 2019

Debra B 31

October 2019

Terry K 27
Jimmie C 27
Florence I 13

November 2019

Louis S 36
Joseph S 35
Noel W 29
Kevin F 16
Curt A 13

OSSABAW October 2019

Sam G 37
Grace L 17

December 2019

Gene L 20
Sandy A 37
Rick M 30

Lunch Bunch September 2019

Geri T 29
John O 11

October 2019

Eileen F 47
Sam G 37
Frank M 11

December 2019

Jeff C 5
Ann Y 1

Vero Beach 12&12 October 2019

Ruth C 45
Kay D 27

Early Risers September 2010

Lance 7
Stef 6

October 2019

Hal 13
Garry 12
Tony 9

Free & Easy September 2019

Joe C 15
Becky M 11

Clarence H Royal Palm September 2019

Tom O 45
Butch C 35
Trish H 29
Pat C 19

October 2019

Elise 5
Kelly H 1

I Am Responsible September 2019

Kirsty S 10
Mike H 6
Matt M 1
Justin H 1
Grant C 1

October 2019

John H 47
Liz 29
Lynn P 14
Todd T 8
Ashlei L 4
Meghan M 2

Sebastian Freedom October 2019

Doug 37
Debbie 28
Gus P 26
Shelby S 24

Sebastian 5:32 September 2019

Eddie V 13

October 2019

Steve W 16

November 2019

Ellie R 18
Dottie 12

December 2019

Lonnie 44
Barbara L 29

Indian River Women September 2019

Beth MCF 14
Petra D 7
Maren 2

October 2019

Linda P 44
Mary D 16

November 2019

Samantha G 10
Chelsea G 7
Katie L 6
Maria A 1
Allene 28

(Continued Page 4)

A.A. Anniversaries



Cont'd from page 3

O.D.A.A.T.**September 2019**

Vick S	38
Hugh L	36
Molly H	35
Jonathan M	34
John C	32
Joan C	32
Elizabeth M	28
Sandy R	20
Paul G	9
Scott M	8
Harry T	8
Cheryl R	3
Stephen L	2
Kimberly L	2
Thomas M	1

October 2019

Don W	45
Cheri B	38
David B	37
John S	33
Marlene P	32
Bob B	31
Rita F	28
Bob H	9
Don H	9
Rhonda S	8
John M	8
Ashley L	7

Tim C	7
Susan J	7
Trudy S	5
Debbie C	5
Cari M	5
John M	1
Butch F	1
Debbie C	1

November 2019

Lisa B	38
Kay H	37
David K	30
Jessie K	12
Marc B	10
Jim A	8
Justin P	4
Tina S	4
Terry C	9
Barbara S	3
Sherry D	2

December 2019

Bob M	39
Vivian B	37
Barbara R	31
Allene M	28
David K	30
Karen M	20
Jim H	20
Joani M	15
Jessie K	12
Marc B	10

Terry C	9
(Michael W	9
Jim A	8
Justin P	4
Tina S	4
Barbara S	3
Sherry D	2

Freedom Group**October 2019**

Doug	37
Debbie	28
Gus P	26
Shelley S	24

November 2019

Rick S	29
Dan M	13

New Day**September 2019**

Kevin L	35
Chuck B	27
Rick R	20
Lois W	19
Mike R	15
Kathleen W	13

October 2019

Gus B	8
Kathleen R	6
Teri M	6
Gary H	3

November 2019

Ellie R	18
Frank O (Gus)	6
Mike C	6

December 2019

Laura L	30
Carol P	13
Vincent L	10
Mike L	6
Anne Y	1

Indian River Thursday
September 2019

Mike W (Gravel)	30
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October 2019

Susanne C	2
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November 2019

Jill H	16
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December 2019

Debbie F	35
Tom W	33

Please see page 5
for January 2020
A.A. Birthdays

ABOUT TRADITION ONE: (first essay written by Bill W on the Traditions; Introducing the Traditions to the Fellowship)

"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."

Our whole A.A. program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in A.A. the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action, Alcoholics Anonymous has no "musts," Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "Judge not," we observe most literally.

"But," some will argue, "if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we A.A.s cannot really do as we please. though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain.

(continued on page 6)

A.A. Anniversaries

January 2020



Birthdays should be submitted to the H.O.W. editor no later than the last day of the month prior to the Birthday month in order to be printed in the H.O.W.

*They can be emailed to the editor at aaiahw@yahoo.com;
this email address is also accessible from the website (<http://www.indianriveraa.org>);
they may also be left at the Central Office located at **1600 26th Street, Vero Beach, FL 32960***

VERO BEACH 12&12

Richard 5

MEAT AND POTATOES

Steve P 28

Jodi W 25

MAGNOLIA

Carol 15

O.D.A.A.T.

David J 44

John H 37

Maureen S 36

Marc T 35

David O 32

Myra G 31

Karen H 30

Timothy O 29

Louis B 28

Lee R 25

Judy S 22

Jane C 21

Tom M 14

Mary K 17

Debbie Z 10

Mark G 12

Mike L 9

Christine G 8

Barbara B 8

Rachel G 5

David K 5

Kim K 5

UP AND OUT

Topeka John 32

EARLY RISERS

Seth M 32

Doug C 10

Betsy K 6

Sheila 1

LUNCH BUNCH

Bill W 26

Ava W 17

Priscilla 15

Fred 5

OSSABAW

Bill W 26

Mark P 22

Charles D 14

Jennifer G 9

John S 7

Ed V 5

SEBASTIAN 5:32

Trent L 26

A NEW DAY

Laura Y 31

Kevin S 18

Priscilla G 15

Tammy B 6

Ray P 5

Chris N 4

Phil C 2

A little bit of local A.A. history—The H.O.W. as it is called today, was the brainchild of Jean R. In 1981 Jean created a one page typed newsletter with news of the various groups and even a little bit of gossip. In the mid 1990s she gave up writing and editing as her creation had blossomed into 12 pages and then named the "H.O.W.". Jean's husband Howard created the masthead for the 1981 newsletter with the 2 doves, it is still being used today on the back page of the H.O.W., as well as on Central Office stationery, unchanged.

Jean also tirelessly campaigned at District 6 to replace the word "Fundraiser" as used within the local A.A. community with the words "Self-Support Function." District 6 in the late 1990's voted to make that change for use within the District. Unfortunately, over the years somehow, at a meeting, since no one in attendance knew the history, it was changed back to "Fund-raiser."

Jean's sobriety started in Maryland. She was a long time member of the "Vero Beach 12&12" group which in 1981 met twice weekly (Tuesday/Thursday) at Trinity Episcopal Church located on Pine Street, currently the "Vero Beach 12&12" group meets Thursdays at 7pm at the Community Church located at 1901 23rd Street in Vero Beach.

Dutch

SOUTH VERO

Tony B 43

Darcie A 30

Scot G 13

Ken Z 9

Dorothy G 9

Andrew W 7

Barbara D 6

Brent O 2

Michael M 1

Michal C 1

Darla M 1

ROYAL PALM

Tony M 10

INDIAN RIVER WOMEN

Nancy D 35

Linda S 19

Susan M 8

(continued from page 4)

ABOUT TRADITION 1

If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barley-corn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must; we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no A.A., and that without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but "a small part of a great whole."

*Bill W—December 1947 A.A. Grapevine;
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(continued from page 1)

PREAMBLE (continued)

The version of the Preamble without the word "honest" first appeared in the September 1958 issue of the Grapevine. There have been other versions of the Preamble, written by A.A. members for their local groups' use, which were then circulated around A.A.; for example: the "Texas Preamble," the "Wilmington Preamble," etc. Many A.A. members find these interesting, though they have never been adopted by the Fellowship as a whole.

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A BIG Thank You to all who participated in the Holiday Alkathons, both in North and South county.

No one had to go through the holidays alone.

The turn-out of long-time sober members of Alcoholics Anonymous was inspiring.

The meeting at the Source has a **NEW NAME**
"UP AND OUT"

Meetings at the Source building
Fridays at 10:30 am

1005 Commerce Ave, Vero Beach FL 32960

There's a new meeting west of town called the
"WEST VERO GROUP"

Open Discussion—Friday evening at 7 pm

St. John at The Cross Catholic Church
7550 26th St, Vero Beach, FL 32966
(nw corner - 74th Ave and 26th Street)

NEW MEETING

**"A VISION
FOR YOU"**

*Fridays at 5:30 pm
Newport Club
2536 16th Avenue
OUTSIDE ROOM
2536 16th Avenue
Vero Beach, FL
32960*

BHC—Mondays 7pm

01/06	Man to Man	02/03	Man to Man
01/13	OSSABAW	02/10	OSSABAW
01/20	A New Day	02/17	A New Day
01/27	Vero Beach Men	02/24	Vero Beach Men
03/02	Man to Man	BHC is a <u>closed</u> meeting. Only members of A.A. scheduled to conduct the meeting will be allowed. 2 years sobriety is required	
03/09	OSSABAW		
03/16	A New Day		
03/23	Vero Beach Men		
09/30	Indian River Men		

INDIAN RIVER CENTRAL OFFICE

1600 26th Street
Vero Beach, FL 32960
(772) 360-7949



Due to a special purchase
the "Twenty-Four Hour" book
which has been selling at
\$15.00
has been reduced to
\$10.00
while supply lasts

Why does your group need an IRCO representative?

The IRCO has no authority of its own but derives it from the participating groups. The representative elected by each group is the group's voice at the IRCO-your link to the trusted servants maintaining the operation of the Indian River Central Office.

2020 OFFICERS / BOARD OF DIRECTORS

Chair.....Rocky I.
 Vice-Chair.....Debbie D.
 Treasurer.....John H.
 Secretary.....Donald S.

2020 ADVISORY BOARD

Past Chair.....Steve S.
 Past Chair.....Joseph J.
 Appointed by Chair.....

2020 STANDING COMMITTEES

12 Step List Coordinator.....Trent L.
 After Hours Phones.....Mindy S
 Archives.....Mitchell K

Corporate Documents.....Trish H
 Corrections-WomenLorelei G
 Corrections-Men
 Desk Coordinator.....Billy VB
 HOW Editor.....
 Inventory Control.....John R
 Literature.....Dutch V
 Nominating Committee.....Billy VB
 Public Information.....Craig S / Ricky
 Treatment.....Bobby Z / Clyde K
 Unity Committee.....Geno B
 Website.....Dutch V.
 Where 'n When.....Maria G

WHERE TO SEND CONTRIBUTIONS 2019-2020

INDIAN RIVER CENTRAL OFFICE 1600 26th Street—Suite 6 Vero Beach, FL 32960	DISTRICT 6 P.O. Box 12248 Ft. Pierce, FL 34979-2248	South Florida AREA 15 P.O. Box 1784 Pompano Beach, FL 33061	GENERAL SERVICE OFFICE P.O. Box 459 Grand Central Station New York, NY 10174
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12 Step Volunteer Application

Name: _____

Phone Number: _____

Desired Area of Participation:

North County: Y _____ N _____ South County: Y _____ N _____

Availability: _____ Mon-Fri _____ Weekends _____ Days _____ Evenings

I am willing to:
(please check all that apply)

☐
☐
☐

Talk to someone over the phone
 Talk to someone at their home
 Meet someone at an A.A. meeting

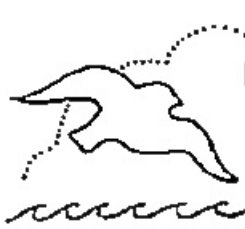
☐
☐
☐

Take someone to Detox*
 Give rides to A.A. meetings
 Other

*It is suggested that a person NOT go on a Twelve 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 circle any of the above items, please be sure you always have another member of A.A. who is willing to go along with you.



Indian River Central Office of Alcoholics Anonymous
 1600 20th Street, Suite 6
 Vero Beach, FL 32960
 (772) 562-1114



<http://www.indianriveraa.org/>

INDIAN RIVER CENTRAL OFFICE BIRTHDAY PLAN

This contribution on my # _____ A.A. Birthday is my way of saying
 Thank You for serving the A.A. community of Indian River county.

Contributor _____ Amount: \$ _____

*Group _____

Name _____

Please indicate whether you want your contribution credited to

(A) your group _____ or (B) Anonymous _____

Please make check out to **Indian River Central Office**

and either drop off at the office or mail to:

1600 26th Street, Suite 6
 Vero Beach, FL 32960

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 maintaining 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 Indian River Central Office 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 Indian River Central Office is entirely accountable to the groups it serves, and is entirely supported by the voluntary contributions of AA groups within Indian River County.