



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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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.

"AA's twelve steps are a set of principles, spiritual in their nature, which, If Practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

STEP 11

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

"Prayer and meditation are our principal means of conscious contact with God."

"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."

"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 confirms this ageless truth."

"Meditation is something which can always be further developed. It has no boundaries, either of width or of height." ...it is essentially an individual journey, something which each of us works out in his own way. But the object is always the same: to improve our conscious contact with God, with his grace, wisdom and love. One of

PRINCIPLE: Spirituality:

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all.

Spiritual awareness is simply about being mindful of spiritual Truths. Spiritual awareness is not something that you can gain by force. You cannot compel yourself to become more spiritually aware,

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 will always be matters of serious concern.

The Twelve Concepts provide a group of related principles to help ensure that various elements of A.A.'s service structure remain responsive and

TRADITION 11

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

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around — even within the fellowship?

"This, in brief, is the process by which A.A.'s Tradition Eleven was constructed. To us, however, it represents far more than a sound public relations policy. It is more than a denial of self-seeking. This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship

Ours is not a secret society...we carry the message anywhere we can—
But we must ever be aware that self-appointed messiahs speaking for A.A. through public media can do us great damage.

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 froth 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

A message from the Corporate Documents Committee

Over the course of the past 18 months, the Corporate Documents Committee has been working diligently to review our By-Laws. This is a task that the DOCs committee takes on every 5 years. We do this in order to assure that the By-Laws are current and adapted to be reader-friendly, while at the same time Using the appropriate legal nomenclature that one would expect to find in By-Laws. AS a result, the DOCs Committee is making several recommendations for revision of our By-Laws. In order to implement the proposed By-Laws, a majority vote is required at the IRCO business meeting.

If you would like to review the recommended revisions for the IRCO By-Laws, a copy will be posted on the IRCO website at

www.indianriveraa.org

There will also be a copy of the current By-Laws and the proposed revisions at the



MAKE ME AN INSTRUMENT
OF YOUR PEACE +
WHERE THERE IS HATRED-
LET ME SOW LOVE,
WHERE THERE IS INJURY - PARDON
WHERE THERE IS DOUBT - FAITH
WHERE THERE IS DESPAIR - HOPE
WHERE THERE IS DARKNESS - LIGHT
WHERE THERE IS SADNESS - JOY
DIVINE MASTER, GRANT THAT I MAY
NOT SO MUCH SEEK TO BE CONSOLED
AS TO CONSOLE, TO BE
UNDERSTOOD AS TO UNDERSTAND
TO BE LOVED AS TO LOVE,
FOR IT IS IN GIVING THAT WE RECEIVE,
IT IS IN PARDONING THAT WE ARE
PARDONED, IT IS IN DYING THAT
WE ARE BORN TO ETERNAL LIFE +

♦ SAINT FRANCIS OF ASSISI ♦

STEP 11

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

"I'm sure I am still very much in the beginner's class," Bill W. wrote about Step Eleven, as he approached his 24th anniversary of sobriety. "Around me I see many people who make a far better job of relating themselves to God than I do ... I haven't made the progress that I might have made." He went on to write that he probably in his lack of attention glect, he writes, "can cause periences of life."

AA literature points out written material, inside available for those trying Twelve Steps and Twelve Saint Francis Prayer as a tion. "as though lying upon lax and breathel deeply of with which the grace of

AAs who do not practice a adhere to any faith at all, ries how they pray and realize the peace of mind promised in the AA literature.

*Happiness cannot
be traveled to,
owned, earned,
worn or consumed.
Happiness is the
spiritual experience
of living every mi-
nute with love,
grace, and grati-
tude.*

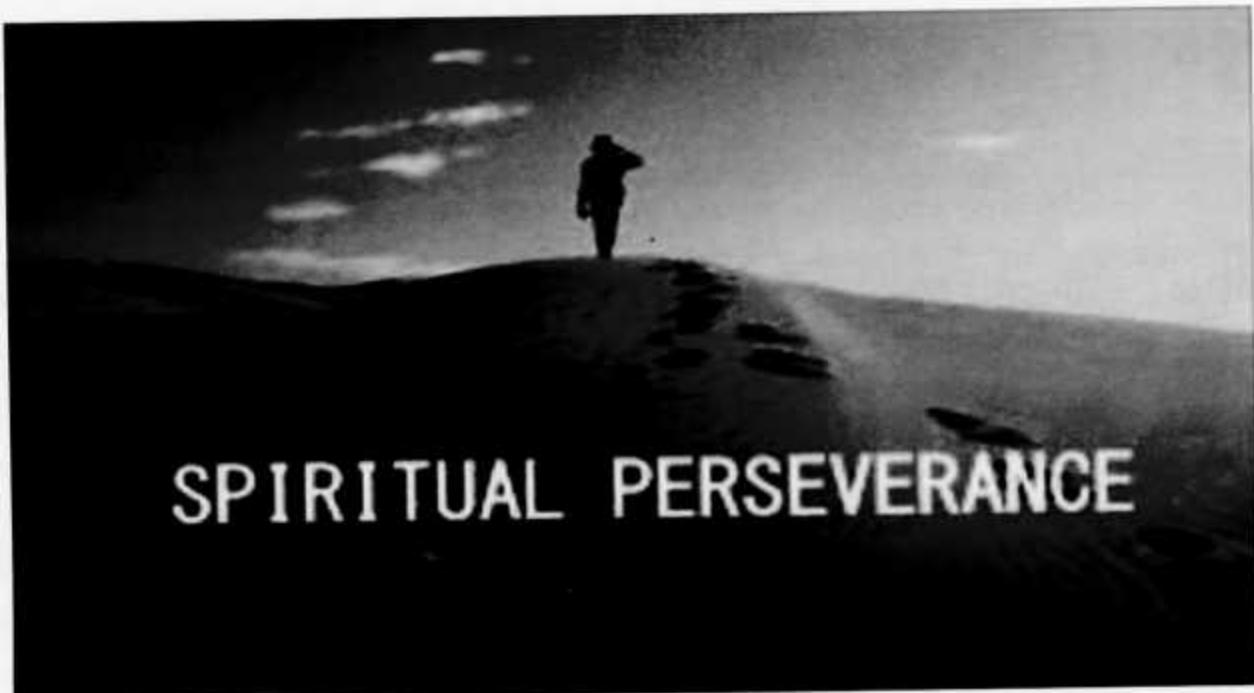
~

bly had plenty of compa-
to this step. And its' ne-
us to miss the finest ex-

that there is plenty of
and outside the program,
prayer and meditation.
Traditions suggests the
starting point for medita-
a sunlit beach, let us re-
the spiritual atmosphere
this prayer surrounds us."

religion, or who do not
describe in countless sto-
meditate, and how they

"Meditation is our first step out into the sun," the essay on Step Eleven in the "Twelve and Twelve" says. "One of its firsts fruits is emotional balance."



SPIRITUAL PERSEVERANCE

Daily Reflections— November 10th and

A SENSE OF BELONGING

Perhaps one of the greatest rewards of meditation and prayer is the sense of belonging that comes to us.
Twelve Steps and Twelve Traditions, p. 105

That's what it is — belonging! After a session of meditation I knew that the feeling I was experiencing was a sense of belonging because I was so relaxed. I felt quieter inside, more willing to discard little irritations. I appreciated my sense of humor. What I also experience in my daily practice is the sheer pleasure of belonging to the creative flow of God's world. How propitious for us that prayer and meditation are written right into our A.A. way of life.

LOOKING OUTWARD

*We ask especially for freedom from self-will and are careful to make no requests for ourselves only.
We may ask for ourselves however, if others will be helped. We are careful never to pray for our own selfish ends.*

Alcoholics Anonymous, p.87

As an active alcoholic, I allowed selfishness to run rampant in my life. I was so attached to my drinking and other selfish habits that people and moral principles came second. Now, when I pray for the good of others rather than my "own selfish ends," I practice a discipline I letting go of selfish attachments, caring for my fellows and preparing for the day when I will be required to let go of earthly attachments.

GATE LODGE SCHEDULE

TUESDAY: 8:30

THURSDAY: 8:30

SATURDAY: 6:30

OCTOBER

10/05/15 A New Day
10/13/15 Easy Does It
10/20/15 Noontime Recovery

10/01/15 Candlelight
10/08/15 Indian River Men
10/15/15 I Am Responsible
10/22/15 Man To Man

10/03/15 Vero Beach Men
10/10/15 Early Risers
10/17/15 Indian River Thursday
10/24/15 Indian River Women

NOVEMBER

11/03/15 Royal Palm
11/10/15 Easy Does It
11/17/15 Noontime Recovery
11/24/15 ODAAT

11/05/15 Indian River Men
11/12/15 I Am Responsible
11/19/15 Man To Man
11/26/15 Candlelight

11/07/15 Vero Beach Men
11/14/15 Indian River Thursday
11/21/15 Early Risers
11/28/15 South Vero

12/01/15 A New Day
12/08/15 Easy Does It
12/15/15 Noontime Recovery
12/22/15 ODAAT
12/29/15 Royal Palm

12/03/15 Indian River Men
12/10/15 I Am Responsible
12/17/15 Man To Man
12/24/15 Candlelight
12/31/15 NO MEETING

12/05/15 Vero Beach Men
12/12/15 Indian River Women
12/19/15 Indian River Thursday
12/26/15 South Vero

BHC

MONDAYS @ 7:00

*****THE FACILITY REQUIRES
2 YEARS OF SOBRIETY**

*******Unfortunately I do not have an updated schedule for this commitment. You can**

NOVEMBER ANNIVERSARIES 2015

<u>A New Day</u>	Bob L...19 yrs.	Bob S . .26 years	Andy E...1 yrs.
Ellie R ..14 yrs.	Fred S... 23 yrs.	Pam G . .22Years	Chase M. 1 yrs.
Gus O .. 2 yrs	Kevin L...31 yrs.	Jim H. ..18 years	Chris O 5 yrs.
John M ..24 yrs.	Steve W...12 yrs.	Wally T., 1 Year	Dave O 5 yrs.
Mike C ...2 yrs			David P. 7 yrs.
	<u>Magnolia Group</u>	December	Jacki J. 1 yr.
<u>Barefoot Bay</u>	Natasha - 4 years	Jim W ..31 years	Jo-Ann H. 17 yrs.
			John M. 40 yrs.
<u>Candlelight</u>	<u>Meat and Potatoes</u>	Leslie C ..2 years	Ken P. 3 yrs.
			Mike J. 5 yrs.
<u>Early Risers</u>	<u>Noontime Recovery</u>	November	Patrick W. 2 yrs.
		Ginny R..., 34 yrs.	Sebastian M. 2 yrs.
<u>Easy Does It</u>	<u>OSSABAW</u>	Sharon E...3 yrs.	Shannon C. 6 yrs.
	Leonard C. .. 6 years	Kathy J...1 yr.	Shelly F. 12 yrs.
<u>Free and Easy</u>	<u>ODAAT</u>	Ann Marie C...1 yr.	Susan P. 2 yrs.
<u>Hibiscus Monday Night</u>	Karen K... 1 yr.	Patricia W. ..20 yrs.	<u>Vero Beach Men's</u>
Bill G.....22yrs	Ron D. ..1 yr.	December	
Kay H.....33yrs	Emily W.. 1 yr.	Judy M...39 yrs.	<u>Vero Beach 12&12</u>
	Natacha V. ..4 yrs.		
<u>I Am Responsible</u>	Jim A. .. 4 yrs.	<u>Sebastian 12&12</u>	
	Katie M..4 yrs.		
<u>Indian River Thursday</u>	Marc B. ...6 yrs.	<u>Sebastian 5:32</u>	
Samantha G...6 yrs.	Jessie K...8 yrs.	Dottie...7 yrs	
Jill H...12 yrs.	Fred D. ..23 yrs.	Ellie r...14 yrs.	
	David K...25 yrs.		
<u>Indian River Women's</u>	Lisa B...34 yrs.	<u>Sebastian Freedom</u>	
<u>Indian River Men's Group</u>	<u>Royal Palm Group</u>	<u>Sebastian—Roseland</u>	
Marshall-29 yrs.	September 2015	Dennis M...47 yrs.	
John c.-23 yrs.	Pat C ...14 years	Pete H...28 yrs.	
Mike r.-6 yrs.	Trish H... 25 years	<u>Sebastian Stepsisters</u>	
John k.-6 yrs.	October 2015	Amelia5 Years	
	Todd T ..4 years	Sheila H., 5 Years	
<u>Lunch Bunch Group</u>	November	Joy R ..33 Years	
Leonard C...6 yrs.	Rod M...34 years	<u>South Vero</u>	
		Allison H...5 yrs	
<u>Man To Man</u>			

AA Events Information/Announcements

THE HOLIDAYS ARE FAST APPROACHING AND THERE WILL BE MANY OPPORTUNITIES TO HELP OTHERS ENJOY A SOBER AND FUN SEASON.

THE ANNUAL AA AL-COTHON SCHEDULE WILL BE LISTED IN THE DECEMBER HOW EDITION. GET WITH YOUR GROUP GSR TO FIND OUT HOW YOU CAN BE INVOLVED AND PLAN TO SUPPORT THE AA COMMUNITY DURING THESE FESTIVE BUT HECTIC TIMES.

ALL SCHEDULED MEETINGS WILL BE HELD ACCORDING TO PLACE AND TIME.



From the Editor:

"PEN TO PAPER IF YOU PLEASE"

How can I serve my AA community?

Wouldn't it be nice if we could have some local flavor articles to publish. We have a thriving AA community in IRC so there should be plenty to go around.

Another source for good articles would be the committee chairs, let everyone know what your committee is up to; what are the qualifications to be a part of your committee and what are some of the rewards you have received having been involved in service at the local level.

Articles or personal stories would be welcomed on the Steps, Traditions or Concepts.

The Meat and Potatoes Group

Beginning Monday
October 5, 2015

There will be a New

Big Book Study

Community Church

Time: 7pm

Bring your Big Book, experience, strength, and hope.

Hope to see you there!!!





Indian River Central Office of Alcoholics Anonymous
1600 26th Street, Suite 6
P.O. Box 1776
Vero Beach, FL 32961
772-562-1114



2015 STEERING COMMITTEE

Chair..... Tim W.
Co-Chair..... Steve S.
Treasurer..... Pat D.
Secretary..... Judy W.

2015 STANDING COMMITTEES

Archives..... Craig S.
Birthday Dinner 2015..... TR Bragg
Desk Coordinator..... Marty P.
Corrections—Women..... Stefanie M.
Corrections-Men..... Bill K.
Corporate Documents..... Vickie S.
Public Information..... Rodney D.
Unity Committee..... Liz G.

Nominating Committee..... Marty P.

AA Coordinators

After Hours Phone..... Doug C.
District 6 Liaison..... Cynthia G.
Desk Coordinator..... Marty P.
HOW Editor..... Kimberly P.
Inventory Control..... Bobby Z.
Literature..... John H.
Treatment..... Maria G
Website..... Dutch V.
Where and When..... John L.

2015 Delegates at Large

DJ Irwin
John H.
Karen M.

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