



# HOW

HONESTY OPEN-MINDEDNESS WILLINGNESS



Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

**Volume 37 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 11*** *"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"*

As I approached the last two steps, I realized that my relationship with my Higher Power had grown strong as I worked the previous steps. I felt more awake. Aware. Conscious. Life was making more sense to me, and I could see the bigger picture.

So when Step 11 came around, it wasn't difficult for me to improve my conscious contact with my Higher Power through meditation and prayer.

While in active addiction, my prayer life became virtually nil. Other than an occasional "God, please help me," I didn't pursue any type of spiritual path. But when I finally succumbed to asking for help, I began an inner spiritual quest for truth, peace, love, and joy. Somehow I just knew that I could experience those things if I consciously walked a spiritual path.—Anonymous

"There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life."

Twelve and Twelve p. 98

# 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



# UPCOMING EVENTS AND ANNOUNCEMENTS

## BHC Group Schedule

11/5 Sundowners

12/3 Sundowners

11/12 Sebastian Freedom

12/10 Sebastian Freedom

11/19 South Vero

12/17 South Vero

11/26 VBMG

12/24 VBMG



## Sebastian's Thanksgiving Alcothon



November 22, 2018

Sebastian Community Center

1805 North Central Ave.

(E. of US-1, off Jackson St., Behind Ayjalisco)

9am - 6pm

10:00am	A New Day
12:00am	New Beginnings
2:00pm	Sun Downers
4:00pm	Man to Man

5:00pm Thanksgiving Dinner for all!!!

Please bring your favorite Thanksgiving dish to share...

Dee H. 321-831-7366 / Jeff P. 770-335-3449

Next planning meeting for Christmas Alcothon

Mon. December 3rd @ 6:15

United Church of Sebastian

1251 Sebastian Blvd. (CR 512)



# NOVEMBER ANNIVERSARIES

## A NEW DAY

Beth D.	1 year
Carol P.	2 years
Craig C.	3 years
Gus O.	5 years
Emma A.	5 years
Mike C.	5 years
Ellie R.	17 years
Dave G.	29 years

## INDIAN RIVER MEN'S

Marshall	32 years
John K.	23 years
John	9 years

## SAFE HARBOR WOMEN'S

Ginny	37 years
Patricia W.	23 years
Sarah H.	10 years
Sharon E.	6 years
Kathy	4 years

## INDIAN RIVER WOMEN'S

Samantha G.	9 years
Chelsea G.	6 years
Mary S.	1 year
Katie L.	5 years

## SEBASTIAN FREEDOM

Rick S.	28 years
Dan	12 years

## MAN TO MAN

Bill W.	10 years
Christopher M.	8 years
Ed R.	22 years
Frank A.	4 years
John M.	27 years
Marshall R.	32 years
Mike H.	4 years
Paul G.	32 years

## MAGNOLIA GROUP

Hazel L.	50 years
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## SEBASTIAN STEPSISTERS

Carol T.	14 years
Lauren S.	13 years
Trudy S.	4 years
Donna S.	11 years
Marcia H.	5 years
Kathy B.	1 year

## I AM RESPONSIBLE

(From October)

Meghan M.	1 year
TJ L.	1 year
Keith P.	2 years
Lynne P.	13 years
Liz G.	28 years
John H.	46 years
Lynne P.	13 years
Billy S.	1 year
John F.	1 year
Jay H.	2 years
Craig S.	13 years
Jack C.	15 years

## ODAAT

Justin P.	3 years
Tina S.	3 years
Jim A.	7 years
Marc B.	9 years
Jessie K.	11 years
David K.	29 years
Kay H.	36 years
Lisa B.	37 years

## VERO BEACH MEN'S

Dick M. (In Memory Of)	
Jim B.	9 years
Kevin F.	15 years
John C. (Dude)	26 years

# Step Prayers and Twelve Principles of AA Book

## 3rd Step Prayer

God, I offer myself to Thee to build with me & to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love & Thy way of life.

AA Big Book, p63

## 7th Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen

AA Big Book p76

## 11th Step Prayer

Lord, make me an instrument 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

## The 12 Principles Behind The Steps

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly love
9. Justice
10. Perseverance
11. Spirituality
12. Service

Feel free to cut out and laminate

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.

- The promises associated with step eleven from the book Alcoholics Anonymous pages 86-88
- Step Eleven suggests prayer and meditation. .... It works, if we have the proper attitude and work at it..
- Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use.
- Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.
- In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.
- What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.
- Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.
- We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.
- We become much more efficient.
- We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.
- It works. It really does.





## 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.

### 2018 STEERING COMMITTEE

Chair.....Joseph J.  
Vice-Chair.....Rocky I.  
Treasurer.....John H.  
Secretary.....Tara C.  
Delegate.....Steve S.  
Delegate.....John B.

Corporate Documents.....Vic S.  
Public Information.....Rodney D.  
Unity Committee.....Ray P.  
Nominating Committee.....Open  
After Hours Phone.....Mindy S.  
HOW Editor .....Rick H.  
Inventory Control.....Terri C.  
Literature.....Dutch V.  
Treatment.....Bobby Z/Clyde K.  
Website.....Dutch V.  
Where and When.....Trish H.  
12 Step List Coordinator.....North: Trent L.  
South: Billy VB  
District 6 Liaison.....JoAnn H.

### 2018 STANDING COMMITTEES

Archives.....Glen B.  
Birthday Dinner 2017.....Linda W./Sunshine  
Desk Coordinator.....Bill VB  
Corrections—Women.....Judy W.  
Corrections-Men.....Lane S.

## 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

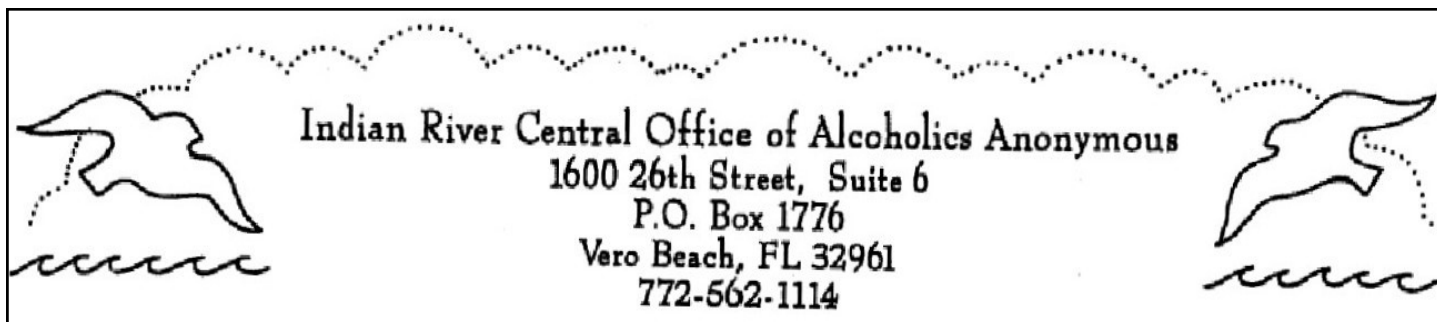
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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.