



HOW

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

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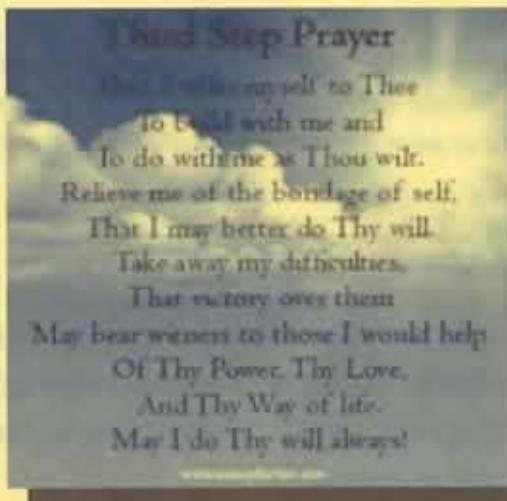
March 2016

Volume 35 Issue 3

STBP THREE

"Made a decision to turn my will and my lives over to the care of God as we understood Him."

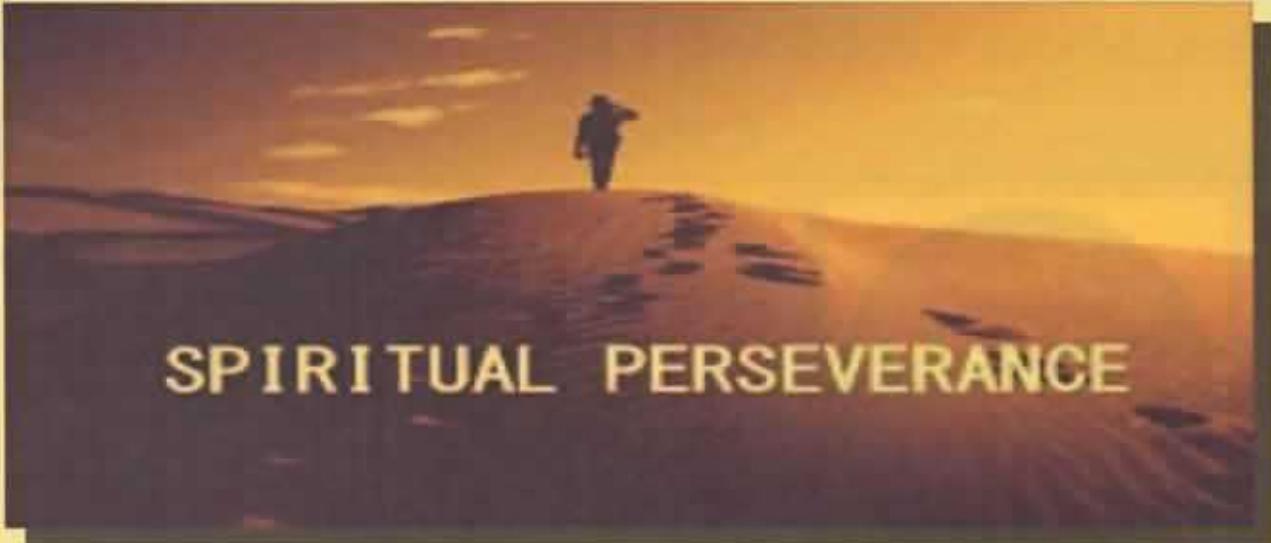
Even ruler a few twenty-four hours of practicing these steps and principles in my daily life, I still pause throughout my day and repeat to myself "thy will not mine." I am still hell beat some days to do it "my way. Before I made a decision in my life, the first thought was always about how the outcome was going to benefit ME. I was always busy manipulating and trying to control every situation so that the end result would give me the exactly what I wanted. It sounded good in my head and my intentions were well founded but the motive was always selfish and self-centered. My drinking and lifestyle displayed no conscience thought of a Higher Power, and I had no in- whatever might be out. I had no thing outside of me was going to end to go. I was alone and on my own into being a normal some sort of moral compass and I didn't know what form of My Higher Power was listening it was time for me to be given a here before intended, but many I was in treatment at the time I and what it means to me. What was the basic fact that AA



tention of turning my life over to trust or faith that an "all or anything" get me where I wanted and need- own. After years of trying to will drinker and living a life with filter, I was considering suicide. death It was, I just wanted out. and knew the exact moment when way out. I find that we never get of us leave sooner than we plan, began to learn about Step Three allowed me to have an open mind doesn't require me to believe in

anything. It was only a suggestion, but one I might want to consider and weigh out the consequences if I didn't make the effort to ask for the willingness to believe in something and turn my life over to it. My first question was why. What will I gain? My counselor said something very profound. She said, "how about freedom." That one word commanded my attention and I began my new journey to developing a relationship with my Higher Power that has proven time and time again that everything I need will be provided and I will be cared for in ways I never thought possible.

My experience has taught me that this decision needs to be made everyday, at least for me. And some



SPIRITUAL PERSEVERANCE

"Everyone must agree that we AAs are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand and love each other so supremely well ... Indeed most of us are well aware that these are rare gifts which have their true origin in our kinship born of a common suffering and a common deliverance by the Grace of God."

AA Co-Founder, Bill W., October 195B From: "M Communication Can Cross All Boundaries"

Overcoming Self-Will

"So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us."

"Until, I could honestly look at myself and see that I was the problem in many situations and react appropriately inside and out; until I could discard my expectations and understand that my serenity was directly proportional to them, I could not experience serenity and sound sobriety."

Only Reftacons p.71

"When we became alcoholics, crushed by self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else he is nothing. God, either is, or He isn't. What was our choice to be? Arrived at this point, we were squarely confronted with the question of faith. We could not duck the issue. Some of us had already walked far over the Bridge of Reason toward the desired shore of faith."

Alcoholics Anonymous p.53

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STEP THREE (Recovery)

"Made a d111slott to tvm ourwl1 and our/lves over to the care of lodos we vntlerstood H/111.

"Our w111J e frwJ/e hadJ — the 111/suse o/f willpower. We had fried to /J0111/Jardourpro/Jle111s with H/hs11!3do fatte111pff11g to Jrfng H! Ifsu agretJH! Jrfwth with M/s/rfe/ffon for VJ. fo 111ak8 this in <>easingly poss//e Is thefJ/JJ Ose uf.4.A. 'I fve/ve Steps, and Step 11, Thr<Q/11111 fned000f."

ffl, ♦ \$/tJs-nrifwd'l't/ffJd11f)M1,.fQ

PRINCIPLE: t:alh—believeIn something or taking action without proof.

TRADITION TWO (Utttv)

"The only reqvire111ent-for 111e111bership Is a desire to stop drinking.

♦III; sc11ehody lli.ly ask. lll'tth1' fradtfott ltsdf a rule? ltd0ttmte 0te requirrellle11tfor lll11bershlp. Let's read It agal1t, altd ask attother questfo": Who deterlll"es whether or "ot "ewcollers qualify, whe11ler they wallt to stop drl"ld"g? Obviously, nobody except the lnewcollers the11lselfs: everybody ebe ♦lllply has to lake their word for It. In fact, they don't evell have to say It out loud. And that's fortunate for 111altY of us who arrived at A.A. with 0tly a half-hearted desire to *slay* sober. We are alive because the A.A. road s1ayed (opei, to us. *the pro6fl!tl factlby*
tl fhl, Trad/f10H !SH 'tJvttpastAA h/lfory. Hkeeps eq111Jfg vp—for/111tane4 whe,, a group debate, whether to eKdvde a!co!!J/cs who hav prob.!!tlts other lfla11 a!ehohol or havt d!fftrmt//feJtyle. the Tradffon 11tmf1011sf!. Qwch add/tfJ1181 rt11v/!!Jt11ffJ, 110 de11tand that pro- (j spt.#fVe 111S111bers 11rv/r N0Thave a h/lfOry of druga/Jvs4 a flrfa/1/lmly/4 oralt/1d11vt!J1181/!8ckgrov1d. /u1.a/coho//c, are weletJ11te
rwvdt fmlllitJHt/lllt, fmfl>J Fa111p/;, r

CONCEP11 HREE !Service

"As a fradff01ta! 1Hea11s of crea(f111a11d 1Ha! Jtfal/1/1tg a clearly deff1led work/11g relaff01t/Jelwee,, the groups_ the Co11fermce, the 4.4 General Service Joart/ajtd1/s several service corpormfio1ts_ ssfs, co11111/ttees, a1td aeormy/J, a11-d offthus i11sur11g their effecltve /leadership, H Is here suggested that we endow each of these elef1ents of world services whh a frad/ff011a! "tightof?ec1s/011."

Therefore It ought to be clearly u"derstood and agreed that our Co"terellce Uelegates are prlllilarly the wortd servallts of AA as a whole.. that "lV lt a secondary Selle do they represertr their respeoffve areas. Co"sequei,ly they should. o" fillal decl♦0t1s. be eirll- ties to cast their votes lt the Oelleral Service Cotlferencce accordng to the best dictates of their owi, Judge111lt and consleltc fattfiat

"Within the scope of their deff"ed or lllplled respoKSbl1ttes. all Headquarters servfoe corporallottts. coll1111ttees. stiffs or execu- fives should also be possessed of the right to decle wflei, tliey will act wholly on their OWll and when tliey will refer their problells to the next higher authority.

"Our11tfre A.A. prograll rem squarely upo" the principle of ll1l1tual trust, We trust Ood. A.A and we trust each other."

Co-fov/11/er T/1/ W.

AA ? NOIJ ?

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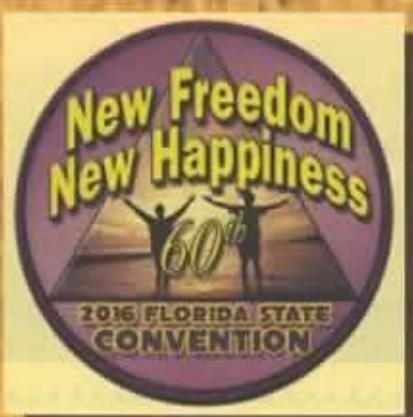
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IRCO of M has several Committee O'lefr open-
ing. Thi, is a great \$ervice opportunity and It
Is always a privilege to be of servtce to the AA
community.

Archives, trearmem, and Unity.

Also, volunteers for the Central office are
needed. Contact thP IRCO for further infor-
matton.

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aa1111cW@♦yahoo.com

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

171h 4nnual Inclan Vher C.enral Offlce
otr11daY Dinner

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Tickets are \$15.00

Please bring a dessert to share



"A.A isn't for the People ,.-110
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BREAKTHROUGH

For me, the narrow spiritual path has been one of many and seemingly endless frustrations: three steps forward, two backward, or sometimes four backwards. At first, words from the Big Book, from "Alcoholics Anonymous Comes of Age," and from the other AA literature constantly harassed me. Finally, the pamphlet "Alcoholism the Illness" forced me to read "The Varieties of Religious Experience," by William James. Bill W. spoke of the immense importance of this book to him. Who was I not to give it at least a look-see? "Just try it for size," an AA friend suggested.

As I read the book (skipping over anything I didn't understand, which was great deal on the first reading), it seemed that I was actually beginning to discern my own personal conception of my own personal God. Now at last I saw a real possibility that I might come to know the difference between the spiritual life and the religious life. It was, indeed, this breakthrough that encouraged me to pursue the spiritual beliefs of AA.

I began talking with people in the program who said they were agnostic. To me, it was interesting and most helpful to become aware of their thinking through private conversation. (Apparently, AA agnostics—at any rate, those I talked with—feel that when they speak out, even at closed meetings, their true ideas and sincerity are often misunderstood.) My attendance at spiritual retreats held for alcoholics only also has been of immense value.

Cont...

Strangely, when I first started this direction of thought, it was inconceivable to me that there was or could be a God personal to me. Now, over five and half years later, I believe that this God or Higher Power of mine actually and very definitely *loves me*. To Him, I am a complete and total world; He loves me as though I were the only person on earth or anywhere else.

It is no longer is important to my big-shot-ism to go around saying, "I love God" - because I now know myself well enough to realize that I change; I am not constant. It is important for me only to have faith that *God loves me*.

Anonymous, Teaneck, New Jersey

FEELINGS, FRIEND OR FOE?

When I first became sober, and had gone through the 12 Steps with my sponsor David F., he told me it was now time for me to start sponsorng. we talked about it at length. And he gave me some good pointers about that enigmatic word "Feelings," and how to deal with other people's feelings. Valuable lessons from long ago that have just recently returned to my memory bank after having been dormant for quite some time.

Just because I have been sober for a while, doesn't mean that feelings, good or bad, have disappeared. On the contrary, AA has given me my life back through the 12 Steps and 12 traditions, allowing me to once again *feel* both happiness as well as sadness, like and dislike, refusal and acceptance. The last two are probably borderline. Where feelings are concerned, falling *more* under the heading of opinions, but they are derived from real life feelings, and are therefore considered to be real.

The premise is, of course, that feelings are real. They are not a figment, they are not subject to dismissal, they are real live results of people with genuine emotions. Another gift of having worked the 12 Steps.

There are 2 ways for this alcoholic to work the Program of Alcoholics Anonymous. I can either accept all the gifts available, including the emotional or psychological ones, or I can live my life by a stringent set of rules derived from a narrow interpretation of the Big Book, and forego the ongoing pleasure of discovery, laughter, and love.

Dutch I.

O.O.A.A.T.

GATE LODGE TREATMENT SCHEDULE

		Thursday		Saturday
	1/7/16	Indian River Men's	1/9/16	Vern Beach Men's
	1/14/16	I Am Responsible	1/16/16	Indian River Women
	1/21/16	Man to Man	1/23/16	Indian River Thursday
	1/28/16	Candlelight	1/30/16	South Vero
	2/4/16	Indian River Men's	2/6/16	Vero Beach Men's
	2/11/16	I Am Responsible	2/13/16	Indian River Women
	2/18/16	Man to Man	2/20/16	Indian River Thursday
	2/25/16	Candlelight	2/27/16	South Vero
	3/3/16	Indian River Men's	3/5/16	Vero Beach Men's
	3/10/16	I Am Responsible	3/12/16	Indian River Women
	3/17/16	Man to Man	3/19/16	Indian River Thursday
	3/24/16	Cahdte!!!ht	3/26/16	South Vero
	3/31/16	Indian River Men's		

BHC TREATMENT SCHEDULE

01/04/16	Indian River Men	03/07/16	Vero Beach Men
01/11/16	Early Risers	03/14/16	Indian River Men
01/18/16	South Vero	03/21/16	Early Risers
01/25/16	Lunch Bunch	03/28/16	South Vero
02/01/16	Vero Beach Men		
02/08/16	Indian River Men		
02/15/16	Early Risers		
02/22/16	South Vero		
02/29/16	Lunch Bunch		

BHC requires 2 yrs. Continuous sobriety

*****Meetings begin at 7pm /ALL visitors must sign in with Tech upon arrival



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AA Only

Bob K 35 yrs.
Michael S 19 yrs.
Kathy L 10 yrs.

Wul\erC 19 yrs.

Jack R 24 yrs.
Patrick D 25 yrs.

South Vero

Breit G 2 yrs.
Carole R 1 yr.
Dau F 35 yrs.

Hibiscus

Debbie M 55 yrs.
Al J 32 yrs.
Rhett P 6 yrs.

Osssbaw

Butch 18 yrs.

Dennis M 11 yrs.
Stuart I. 32 yrs.

Roseland Sebastian s'peaker

Fronk M 32 yrs.

Vero Beach Group

Skip 25 yrs.—Feb

Indinn River Men

Dave I 21 yrs.
Bobby Z 7 yrs.
Myron 7 yrs.

Royal Palm

Barb P 38 yrs.—Feb
John B 1 yr.—Feb
Lynn N 31 yrs.—Feb
Ed B 27 yrs.—Feb

Man 1'o Ma!!

Butch S 18 yrs.
Eddie R 21 yrs.
Frank M 32 yrs.
Jason S 27 yrs.
Rex P 33 yrs.
Steven V 9 yrs.

Kelly I 3 yrs.
Jim R 43 yrs.
Jack K 24 yrs.
Tom S 19 yrs.

N22mlme Recoven

Susan B 9 yrs.
Jodi H 2 yrs.

Sebasfoul 5:32

Patrick K 36 yrs.
Diane K 22 yrs.

QDAf!T

Tiffany B 4 yrs.
Nicolas R 1 yrs.
Mary Ann R 11 yrs.
Lallrn S 5 yrs.
Hunter B 6 yrs.
Rheu P 5 yrs.
Marlene M 10 yrs.

Julia D 15 yrs.

John O 35 yrs.
Re; (I 33 yrs.
Patrick K 36 yrs.

Sebastian Step Sisters

Dot C 38 yrs.

Just a reminder that anniversaries must be submitted no later than the last (la) of the month. Please remind your group secretary or v.hornevcr is responsible for submitting this information. All information can be emailed to :

aairhow@y.hoo.com

Thank you.

in love and Service!

Kimberly



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772-602-1114

2015 STEERING COMMITTEE

CMT.....Steve S.
ChUfr.....Jos. ph J.
Trt sunr.....rat D.
Setrtilll'Y.....Irish H.

2015 STANDING COMMITTEES

Archlvc.....
Birthday O3illler 201j.....Llndo W.
Desk Coor~~l~~muor.....Marly P.
Corrections-Wlnci'.....Stefanie M.
Corrections-Men.....Hill K.
Corpoeme Docum0.....Vlok.io S.
FI,dl< Informlon.....Rodne O.
Unl~~l~~ Colnnce.....

Nominating Committee.....Marty P.

AA Coordintun[.....Doug t.
Aller Hou'" Phone.....C)nthin Cl.
O»trkt I, Lioi on.....Kin,herly P.
lQV Editor.....Uohby I.
Invntror, Cnnln,.....John t.
t.terture.....Morn O.
ralllel.....Duid V.
Website.....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.