

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. You can email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to aairehow@yahoo.com

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

I was one of those that "have tried the way of faith and the way of no faith." The first time I tried the program, with several relapses ranging from one day to a year or more, I brought with me and used the faith of my parents—that of a loving God who wanted the best for us and led us in the right direction so as to get us to the point He had destined for us.

After 3 years of sobriety I drank again. This time, "I was so sure God had failed me that I became ultimately defiant, though I knew better, and plunged into a final drinking binge." I figured I would drink until I died.

17 years later, I had been through community college and many years of working. I had bought and lost 2 homes to disaster (fire & flood). My children were grown and I had several grandchildren. My father died of natural causes and I was there for him when he passed. I was recently married to a gentle man who swore to love me no matter what. Sounds like the trappings of a normal person's life, doesn't it? Except that at night I would drink alone until I passed out, only to wake and start all over again.

I realized late one night—in a moment of clarity—that I was a Black Hole . . . sucking the life out of everything that came near me. Earlier that day, my son stood at the door saying goodbye in our usual way, pausing to say "I love you." I said, "I love you too", but there was an extra pause and our eyes met for an extra moment.

I didn't feel it! I couldn't feel the love coming in or going

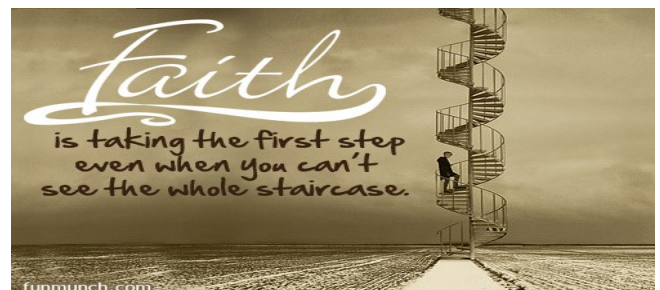
out. I knew that my death from alcohol was not forthcoming and that it was more likely that I would live like this a long, long time. I thought about detox and treatment but I knew that AA was the only *real answer*, the only answer that would last a lifetime.

So it was that I set upon the broad highway. I wanted what you all had so I did what you all did. I realized that AA could and would restore me to sanity, be it through the way of faith or no faith.

I found a sponsor, a believer, who would willingly help a suffering alcoholic through the Steps despite my refusal to believe in anything other than Alcoholics Anonymous. I was able to remain honest, open and willing.

Today I have faith in AA. I don't have to worry about tomorrow or my eternal soul. All I want is to stay sober today and to not hurt myself or others if at all possible. If at anytime I do not "feel the love" I can take a look at what is going on around me and the reality that feelings are not facts, just signposts—and that these feelings can point me in the wrong direction so I have to keep a keen eye on what all you sober people are doing!

I stay in the "middle of the herd" where it is safe. Things are better today than my best day while drinking. If something happens later that I need to re-evaluate, I have the tools to do so. I thank AA for my sobriety today.



OUR THREE LEGACIES

STEP THREE (Recovery)

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

PRINCIPLE: Faith— Believing in something when common sense tells you not to.

It is when we try to make our will conform with God's that we begin to use it rightly. To all of us, this was a most wonderful revelation. Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us. To make this increasingly possible is the purpose of A.A.'s Twelve Steps, and Step Three opens the door.

TWELVE STEPS AND TWELVE TRADITIONS, p. 40

TRADITION THREE (Unity)

"The only requirement for AA membership is a desire to stop drinking."

Isn't every organization entitled to have rules for membership? Why did A.A. forgo this privilege, to be "inclusive...never exclusive"?

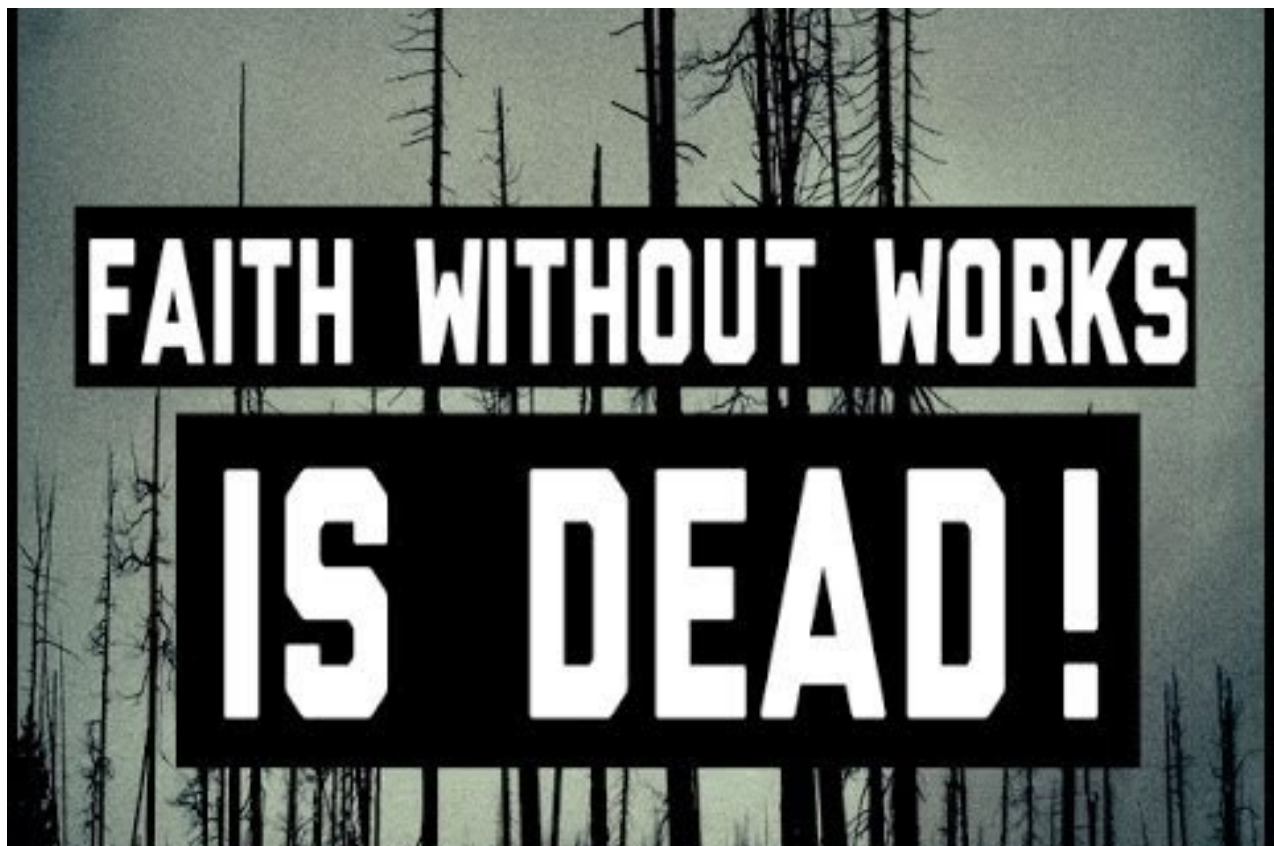
We've thrown out all membership rules and regulations that might keep you out. We want you to have the same chance for sobriety that we have had.

TWELVE TRADITIONS ILLUSTRATED PAMPHLET

CONCEPT THREE (Service)

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the AA General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

THE TWELVE CONCEPTS FOR WORLD SERVICES PAMPHLET



HUMOR

June 1978

Overheard from an Al-Anon member: "When I took the Third Step, it took the management of my life, for the first time, out of the hands of an idiot."

The achievement of freedom from fear is a lifetime undertaking, one that can never be wholly completed. When under heavy attack, acute illness, or in other condition of insecurity, we shall all react to this emotion – well or badly, as the case may be. Only the self-deceived will claim perfect freedom from fear. AS BILL SEES IT, p. 263

Therefore, faith is more than our greatest gift; its sharing with others is our greatest responsibility. So may we of AA continually seek the wisdom and the willingness by which we may well fulfill that immense trust which the Giver of all perfect gifts has placed in our hands

Bill W

MARCH ANNIVERSARIES

I AM RESPONSIBLE

Glenn F. 1 year
Jarrod S. 1 year
Rick H. 5 years
Jim D. 16 years
Lisa D. 19 years
Mark T. 20 years
Jill H. 36 years

SOUTH VERO GROUP

Tara C 1 year
Tracy W 1 year
Dan F 36 years
Stuart L 33 years
Bruce P 2 years
James L 1 year
Justin F 1 year
Mark R 1 year
Matt C 1 year
Nick S 1 year
Will M 1 year

MAN TO MAN

Butch S. 19 years
Eddie R. 22 years
Frank M. 33 years
Jason S. 28 years
Nick S. 1 year
Rex P. 34 years

INDIAN RIVER MEN'S

Dave D. 22 years
Bobby Z. 8 years
Myron 8 years

LUNCH BUNCH

Carol Ann M. 26 years
John O. 36 years
Julia D. 26 years
Patrick K. 37 years
Rex P. 34 years

ODAAT

Kevin C. 1 year
William M. 2 years
Stephanie R. 4 years
Mary Ann R. 5 years
Rhett P. 7 years
Marlene M. 17 years
Walter C. 20 years
Mike H. 35 years

SEBASTIAN 5:32

Patrick K. 37 years
Diane K. 23 years
Eddie R. 22 years
Jeff G. 13 years
Linda C. 1 year

VERO BEACH MEN'S

Joe M. 10 years
George 24 years
Bob G. 21 years

BAREFOOT BAY GROUP

Glenn M 8 years
Trudi C 12 years
Steve D 3 years

EASY DOES IT

Megan B. 10 years
Melissa D. 28 years

SEBASTIAN STEP SISTERS

Dot C. 39 years
Tom O - 42 Years
Priscilla G - 12 Years
Chris N - 1 Year
Vicki - 28 Years

INDIAN RIVER THURSDAY NIGHT

Beth E. 28 years

EARLY RISERS

Sharon 8 years
Beth 28 years

From February

Missy - 1
Paul H. - 3
Gordon - 4
Carol R. ?

ROYAL PALM GROUP

Kelly H. 4 years
Jim J. 37 years
Jim R. 44 years
Jack K. 25 years
Tom S. 20 years

INDIAN RIVER WOMEN'S

Gwen F. 36 years
Ann C. 25 years



UPCOMING EVENTS AND ANNOUNCEMENTS

BE SURE TO VISIT THE CENTRAL OFFICE FOR ANYTHING
RELATED TO AA. WE HAVE NEW BOOKS, COFFEE MUGS,
MEDALLIONS AND OTHER NEW ITEMS RECENTLY ADDED
AT GREAT PRICES!

1600 26th St # 6, Vero Beach, FL 32960

772-562-1114

St Patrick's Dinner and Speaker

Corned Beef and Cabbage



March 18th @ 6PM

NEWPORT CLUB

SERVICE STUDY

There is a new Service Study that has started to meet on the 3rd Thursday of every month at 8 pm at Crossings Church 8103 Indrio Road to help in having a better understanding of the Concepts of Alcoholics Anonymous. If you would like to attend, please bring a Service Manual and a 12 Concepts Illustrated Pamphlet.

Open to all who wish to grow in service

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.....Open
Secretary.....Trish H.

Nominating Committee.....Marty P.
After Hours Phone..... Doug C.
District 6 Liaison.....Cynthia G.
HOW EditorRick H.
Inventory Control.....Bobby Z.
Literature..... John H.
Treatment..... Todd T.
Website.....Dutch V.
Where and When.....Susan

2016 STANDING COMMITTEES

Archives.....Open
Birthday Dinner 2017..... Doug C.
Desk Coordinator.....Marty P.
Corrections—Women.....Open
Corrections-Men..... Open
Corporate Documents.....Vic S.
Public Information.....Rodney D.
Unity Committee.....Linda W.

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

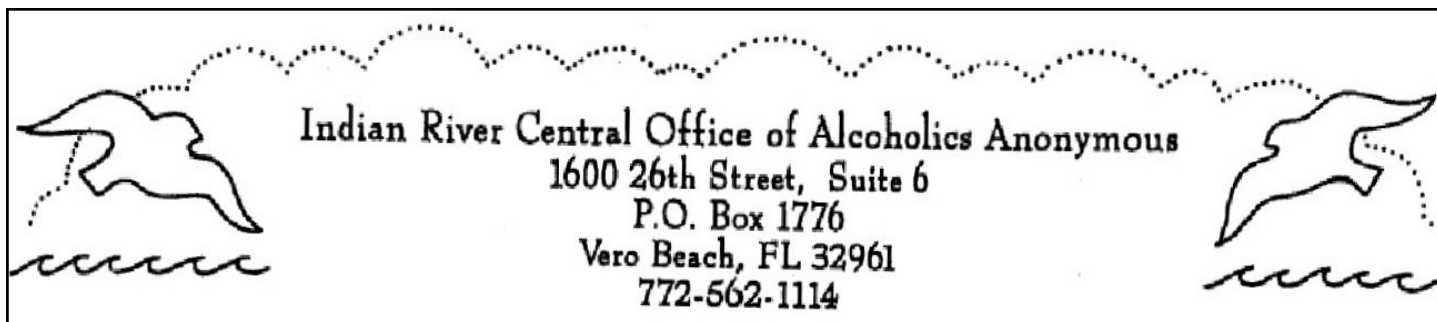
I AM WILLING TO: (PLEASE CIRCLE ALL THAT APPLY)

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 26th 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.