

# H.O.W.

aairhow@yahoo.com



## **STEP 12-TRADITION 12-CONCEPT 12**

These are the Three Legacies of Alcoholics Anonymous, the very framework by which we gain lasting sobriety through a spiritual re-alignment, made possible by wearing the 12 Steps as a loose garment, accepting the guidance which we hear every time we are at an AA meeting as well a lasting contact with the Higher Power of your understanding. The Traditions, especially Tradition 12 teaches us that we are to practice Principles before Personalities to keep us right-sized at all times, and are thereby able to be of maximum service to God and our fellows. The 12 Concept binds us together through our common problem and solution. Without that strong fellowship of Alcoholics Anonymous we would surely perish.

Thank you for allowing me to have been of service these past few years purring together the HOW,  
*Dutch V.*

Portions © copyright A.A.W.S.—reprinted here with permission

## **STEP 12:**

*“Made a list of all persons we had harmed, and became willing to make amends to them all.”*

© Alcoholics Anonymous World Service Inc..  
Twelve Steps and Twelve Traditions (p. 77). AA World Services, Inc. Kindle Edition.

## **TRADITION 12:** (long version)

*Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.*

© Alcoholics Anonymous World Service Inc..  
Twelve Steps and Twelve Traditions (p. 191). AA

## **CONCEPT 12** (long version)

*“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities. “*

© Alcoholics Anonymous World Service, Inc.  
The A.A. Service Manual combined with the Twelve Concepts for World Service e—by Bill W, 2021-2023 Edition-revised and updated



<b>ALCATHON</b> <b>SOUTH INDIAN RIVER COUNTY</b> Sponsored by trhe IR Central Office <i>Newport Club, Inc.</i> 2536 16th Ave, Vero Beach, FL 32960			
24-Dec	4:00 PM	31-Dec	4:00 PM
	6:00 PM		6:00 PM
	8:00 PM		8:00 PM
	10:00 PM		10:00 PM
25-Dec	Midnight	1-Jan	Midnight
	2:00 AM		2:00 AM
	4:00 AM		4:00 AM
	6:00 AM		6:00 AM
	8:00 AM		8:00 AM
	10:00 AM		10:00 AM
	Noon		Noon
	2:00 PM		2:00 PM

1 Hour Meetings start at the 1/2 hour

<b>ALCATHON</b> <b>NORTH INDIAN RIVER COUNTY</b> Sponsored by the groups of Sebastian <i>Sebastian Community Center</i> 1805 N Central Ave, Sebastian, FL 32958			
24-Dec	4:00 PM	31-Dec	4:00 PM
	6:00 PM		6:00 PM
	8:00 PM		8:00 PM
	10:00 PM		10:00 PM
25-Dec	Midnight	1-Jan	Midnight
	2:00 AM		2:00 AM
	4:00 AM		4:00 AM
	6:00 AM		6:00 AM
	8:00 AM		8:00 AM
	10:00 AM		10:00 AM
	Noon		Noon
	2:00 PM		2:00 PM

1 Hour Meetings start at the 1/2 hour

There are many A,A. Virtual Alcathons listed at the  
**ON-LINE INTER GROUP ALCOHOLICS ANONYMOUS**

During the coming Holiday Season

**Dec 24-Dec 25 and Dec 31-Jan 1**

<https://aa-intergroup.org/updates/find-an-alcathon/>

**INDIAN RIVER CENTRAL OFFICE MONTHLY BUSINESS MEETING**

2nd Monday of each month – 7:00 PM

Newport Club—2536 16th Avenue

Main Room

Vero Beach, FL 32960

**STOP IN AND SEE WHAT IT'S ALL ABOUT**



## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** *Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.*



**2** *Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.*



**3** *Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.*



**4** *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** *Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.*



**6** *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



**7** *Don't think you have to stay late. Plan in advance an "important date" you have to keep.*



**8** *Worship in your own way.*



**9** *Don't sit around brooding. Catch up on those books, museums, walks, and letters.*



**10** *Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."*



**11** *Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.*



**12** *"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.*

© Alcoholics Anonymous world Service—reprinted here with permission

### CONTRIBUTION ADDRESSES 2023-2024

<b>Indian River Central Office Treasurer</b> 1600 26th Street, Ste 6 Vero Beach, FL 32960	<b>District 6 Treasurer</b> P.O. Box 12248 Ft. Pierce, FL34979	<b>Area 15 Treasurer</b> P.O. Box 590835 Fort Lauderdale, FL 33359-0835	<b>General Service Board</b> P.O. Box 2407 James A. Farley Station New York, NY 10116
---	--	---	--

**Make plans to attend the  
2025 Alcoholics Anonymous  
International Convention  
Vancouver, British Columbia, Canada  
Visit <https://www.aa.org> for up-to-date information**



**SESEBASTIAN COMMUNITY CENTER -1805 N.CENTRAL AVE SEBASTIAN  
NEWPORT CLUB—2536 17TH AVENUE, VERO BEACH**



# Sobriety Celebration

PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO  
 "AAIRHOW@YAHOO.COM"

Must be received no later than  
 December 31, 2023

**INDIAN RIVER THURSDAY**

Debbie F. 39 yrs  
 Tom W. 37 yrs

**ONE DAY AT A TIME (ODAAT)**

*From November*

Don W. 39 yrs

*December*

Bob M. 43 yrs  
 Allene M. 32 yrs  
 Karen M. 24 yrs  
 Jim H. 24 yrs  
 Colleen F. 23 yrs  
 Winston H. 11 yrs  
 Dave #2 10 yrs

**VERO BEACH MEN**

Bill B. 24 yrs  
 Keith B. 5 yrs  
 Stephen AZ. 4 yrs  
 Joseph D. 4 yrs  
 Alex J 2 yrs  
 Bruce 2 yrs  
 Jim D. 1 yr

**FREE AND EASY**

Larry M. 9 yrs

**THE LUNCH BUNCH**

Sandy A. 41 yrs  
 Rick M. 24 yrs  
 Jeff C. 9 yrs  
 Rick B. 4 yrs

**SUNDOWNERS**

*October*

Vicki 39 yrs  
 Scott 20 yrs

**A NEW DAY**

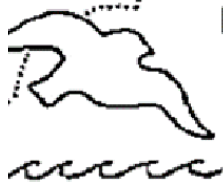
Vinnie 13 yrs  
 Doreen B 6 yrs  
 Phil C. 3 yrs

PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO  
 "AAIRHOW@YAHOO.COM"



# Sobriety Celebration

Must be received no later than  
 December 31, 2023



Indian River Central Office of Alcoholics Anonymous

1600 26th Street, Suite 6  
Vero Beach, Fl 32960  
(772) 562-1114



**Mission Statement**

The purpose of the Indian River central office (hereafter IRC O) is to provide a services within Indian River county, with the primary goal being to carry the A.A. message to the alcoholic who still suffers. It is the mission of the IRCO to keep groups informed about A.A. activities by newsletter and by maintaining a website, answer inquiries for them, provide A.A. 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 12 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 A.A. groups within Indian River County

**SPEAKER EXCHANGE PROGRAM**



This program will allow anyone willing to share their Experience, Strength and Hope to make themselves available. Groups may access the list, kept at the Central Office, to invite any listed AA member to speak at their group.

NAME: \_\_\_\_\_ Sobriety Date: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_ HOME GROUP (optional) : \_\_\_\_\_

Check days available; Sun \_\_\_\_\_ Mon \_\_\_\_\_ Tue \_\_\_\_\_ Wed \_\_\_\_\_ Thu \_\_\_\_\_ Fri \_\_\_\_\_ Sat \_\_\_\_\_

Check available area(s): North County \_\_\_\_\_ South County \_\_\_\_\_

Check available time of day: Mornings \_\_\_\_\_ Afternoons \_\_\_\_\_ Evenings \_\_\_\_\_

This form can either be dropped off at the Central Office or mailed to:

**Indian River Central Office of A.A.**  
1600 26<sup>th</sup> Street, Suite 6  
Vero Beach, FL 32960

**INDIAN RIVER CENTRAL OFFICE OF A.A. BIRTHDAY PLAN**



This contribution on my \_\_\_\_\_ (number of years of sobriety) A.A. Birthday is my way of saying  
**THANK YOU**  
to the Indian River Central Office for serving the A.A. community of Indian River County.

Your Name: (optional) \_\_\_\_\_ Group Name (optional) \_\_\_\_\_

Address (Optional) \_\_\_\_\_

Please indicate whether you want your contribution credited to:

\_\_\_\_\_ your group or check here \_\_\_\_\_ if Anonymously

Please make checks payable to **Indian River Central Office of A.A.**

Drop off at Central Office or mail to

**Indian River Central Office of A.A.**

1600 26<sup>th</sup> Street, Suite 6 - Vero Beach, FL 43960

**AA 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)

- 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.
- Talk to someone over the phone
- Talk to someone at their home
- Meet someone at a meeting
- Take someone to detox
- Give rides to AA meeting

**Please return this form to Central Office or mail it to:**

**Indian River Central Office of AA.**

**1600 26th Street, Suite 6**

**Vero Beach, FL 32960**

## INDIAN RIVER COUNTY VIRTUAL MEETINGS

5:00 PM	Sunday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375
5:00 PM	Monday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375
4:00 PM	Tuesday - Keep It Simple Meeting - (12x12, Open) - Virtual Vero Beach - ZOOM ID 998 7512 9964 - Code 63228
5:00 PM	Wednesday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375
5:30 PM	Wednesday - Speaker/Big Book - (SP, BB) - Virtual Vero Beach - Zoom: 319-619-2864
6:30 PM	Wednesday - The 3 Leg Group - (Closed, LIT, XT) - Virtual Vero Beach - Zoom: 452-100-1634 PC:31236 - Phone: 1-305 224-1968
5:00 PM	Friday - Sober Connections - (Open) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375
7:00 PM	Friday - Lakewood Park Group - (Open, SP D) - Virtual Ft. Pierce - Zoom: 298-703-197 PC:2030

### **WHAT IS AN A.A. ALCATHON???**

An AA Alcathon is an event organized by Alcoholics Anonymous (AA) groups where members come together to hold meetings and support each other during holidays or special occasions. These events usually last for several hours or days and are open to anyone who wants to attend. The purpose of these events is to provide a safe and supportive environment for people who are struggling with alcohol addiction and to help them stay sober during times when they might be more vulnerable to relapse.

There will be several local Alcathons, December 24-25 and December 31-January 1.

North County locations sponsored by the Sebastian /Roseland groups

And South County locations sponsored by the Vero Beach groups

All the details (times and locations) will be in the December 2023 HOW.

**THERE WILL ALSO BE VIRTUAL WORLD WIDE ALCATHONS  
CHECK THE BELOW WEBSITE FOR THE DETAILS  
<https://aa-intergroup.org/category/alcathon/>**