



# H.O.W.

*Honesty ~ Open-Mindedness ~ Willingness*

*Monthly Publication of the Indian River Central Office of Alcoholics Anonymous*

**January 2022 Volume 42 Issue 1**

## STEP 1 >

**“We admit we are powerless over alcohol – that our lives had become unmanageable.”**

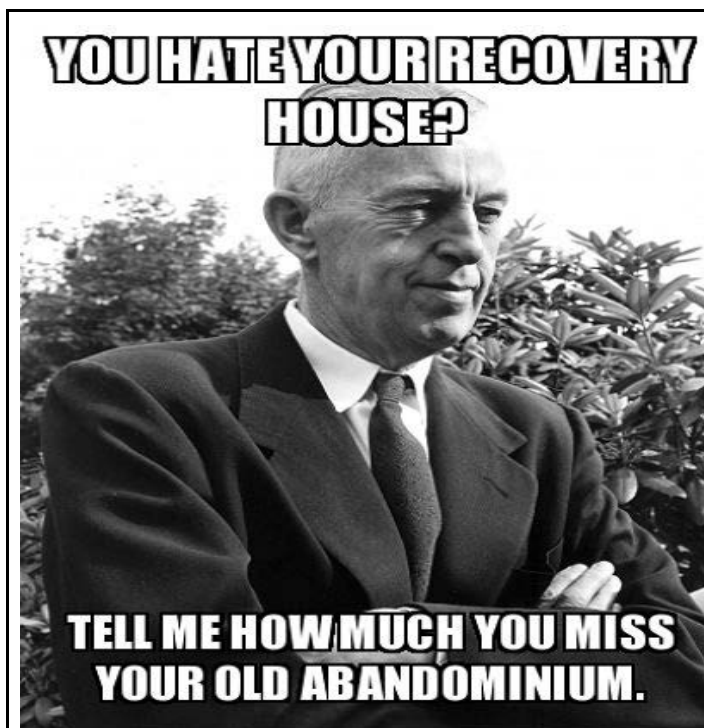
**Principle: Honesty & Acceptance**

Step 1 is a Surrender, that My Way doesn't work. I can't drink alcohol safely. I am powerless over alcohol. I can't manage my life. My simple and humble act of asking for help is effectively an admission of powerlessness and unmanageability. Unmanageability shows up as chaos and dysfunction but also as my way of running my life. My best thinking got me a seat in AA. I have to build my foundation by being honest about my life and my drinking. I have to be willing to look at my drinking, honestly.

**Tradition One** “Our common welfare should come first; personal recovery depends upon. A.A. unity.”

**Concept One** “Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

# We are not a Glum lot!



Funny sobriety Memes

## Christmas Toy Drive for Active Alcoholics in A



Just a note to thank the Indian County community of Alcoholics Anonymous for your outstanding support for the Toys for Kids event! We had an extraordinary turn out and we're able to help a lot of parents with gifts for their children. An extra shout out to all those who spent their day being of service to others.



My heart is extremely full and I'm grateful to be apart of such a needed event!  
I'm grateful to be apart of such a needed event!  
May 2022 bring you the peace and comfort we have always been looking for.

With love and service,

Trish K.



Indian River Central Office of Alcoholics Anonymous

1600 20th Street, Suite 6

Vero Beach, FL 32960

(772) 562-1114

<http://www.indianriveraa.org/>



### 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.

**~ Can you be of Service? Want to "keep it Green?" Consider 12 Step Work !!!**

### AA 12 Step Application

Name \_\_\_\_\_ phone # \_\_\_\_\_

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





Celebrating an Anniversary  
this month?  
Consider the  
**Indian River Central Office  
Birthday Plan**

This contribution on my \_\_\_\_\_ (number of years of sobriety)

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:  
\_\_\_\_\_ your group or \_\_\_\_\_ anonymously

Make check out to: **Indian River Central Office of AA**

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Indian River Central Office  
in the spirit of Unity presents



A WORKSHOP ON  
**SPONSORSHIP**

Sharing Experience Strength and Hope  
Panel - Speakers  
Bring your questions  
Get your Answers

**Saturday, February 19th 2022 / 1:30pm to 3:30pm**

Newport Club  
2536 16th avenue  
Vero Beach, Fl



**Noontime**

Myra 33 years  
Jason H 4 years

**Vero Beach Mens group**

MARTY P. - IN MEMORY OF  
TONY S. - IN MEMORY OF  
VICTOR V. - 35 YEARS  
BILL K. - 20 YEARS  
JUSTIN B. - 15 YEARS  
DAVE R. - 6 YEARS  
ELI M. - 4 YEARS  
PETE T. - 3 YEARS  
ROB S. - 3 YEARS  
BRANDON C. - 2 YEARS  
JOE M. - 1 YEAR  
BOB P. - 1 YEAR

**Indian River**

**Women's Group**

Susan M. 10 years  
Maggie D. 21 years  
Linda W. 21 years  
Joli W. 27 years

**Lunch Bunch group**

Bill W. 28 years  
  
Fred A. 7 years  
  
Priscilla G. 17 years

**Early Risers**

Shelia. 3 years  
Carrie 10 years  
Betsy 8 years  
Natalie 1 year  
Seth 34 years  
Victor 35 years

**New Day Group**

Pricilla G. 17 yrs  
Tammy B. 9 yrs  
Kevin S. 20 yrs  
Ray P. 7yrs  
Chris N. 6 yrs  
Joanne B. 9 yrs  
Vick 3 yrs  
Jeff S 33yrs  
Neil B 4 yrs  
Fred R. 8 yrs  
Tony E 36 yrs  
Damien R 5 yrs

**Royal Palm Group**

**Dec.**

James W. 37 years  
Will D. 3 years  
Kathleen S. 2 years

**January**

Tony M. 12 years  
Cindy J. 2 years  
Russell P. 1 year

**Please Don't forget to submit your  
anniversaries for the HOW to  
publish before the end of each  
month!**

**You can submit to  
aairhow@yahoo.com**

**ODAAT**

**Dec.**

Allene 30 years  
Karen M 22 years

**January**

Mike L. 11 years  
Jane C. 23 years  
Judy S. 24 years  
Karen H. 32 years  
Barbara R. 33 years  
Myra G. 33 years  
Marc T. 37 years  
David J. 46 years

**Vero 12 & 12 group**

Richard L. 7 years

**Barefoot Bay Group**

**Belated Dec.**

Carol 37 years

**Man to Man Group**

Bill F. 6 years  
Bill R. 6 years  
Bill W. 28 years  
Bob D. 47 years  
Bob W. 56 years  
Chris N. 6 years  
Darren T. 19 years  
Dwight T. 1 year  
Grey L. 37 years  
Mike S. 32 years  
Randy M. 1 year  
Tom O. 47 years

## **START MARKING YOUR CALENDARS**

IRCO UNITY COMMITTEE  
Workshop on SPONSORSHIP  
Saturday, February 19, 2022 - 1:30-3:30 pm  
Newport Club, 2536 16<sup>th</sup> Avenue

DISTRICT 6 SPAGHETTI DINNER  
SATURDAY FEBRUARY 19, 2022  
Elks Lodge, 343 Prima Vista Blvd  
Port St. Lucie, FL 34983

THE INDIAN RIVER CENTRAL OFFICE  
BIRTHDAY DINNER IS BACK  
SAURDAY, MARCH 19, 2022  
First Presbyterian Church, 520 Royal Palm Boulevard  
Vero Beach, FL 32960

## SPECIAL NOTICE NEW MAILING ADDRESS FOR THE GENERAL SERVICE BOARD

### TRADITION 7 CONTRIBUTIONS

Indian River Central Office	District 6	Area 15	General Service Board
PO Box 1976 Vero Beach, FL 32961	PO Box 12248 Ft. Pierce, FL 34979	PO Box 311 Safety Harbor, FL 34698	PO Box 2407 James A. Farley Station New York, NY 10116-2407



# Upcoming COMMUNITY EVENTS

January 27th  
thru  
January 30th

# 2022

## SPACE COAST ROUND UP

**Matt P.**

*Indianapolis, IN*

**Don M.**

*Louisville, KY*

**Joe C.**

*Palm Coast, FL*

**April S.**

*Miami, FL*

**Debra V.**

*Jacksonville, FL*

**TBD (Al-Anon)**

*TBD*



**“...ROCKETED INTO A FOURTH DIMENSION...”**

### ROUND-UP REGISTRATION

**\$30/person thru Dec 31st 2021**

**\$35/per person thereafter.**

Download Flyer: <http://www.aaspacecoast.org/events.htm>

Register & Pay Online: <http://spacecoastroundup.com>

(See Flyer back for details)

### HOTEL RESERVATIONS\*\*\*

**Hilton Melbourne Rialto Place**

200 Rialto Place

Melbourne, FL 32901

**Room Rate:** is \$119.00 + tax

**321-768-0200 or 1-800-445-8667**

[www.hiltonmelbourne.com](http://www.hiltonmelbourne.com)

\*\*\* Hotel reservation cutoff date is 12/28/2021. Reservation Code is: "SCR22" or "Space Coast Round Up 2022"  
Late Reservation requests will be taken on an individual basis based only on availability.

Six really terrific speakers! AA and AL-ANON workshops & meetings, Sobriety Countdown, Hospitality Room, Extras include, Saturday Morning Breakfast Buffet with the Speakers, other fun events, On-Site Intergroup Store, Souvenirs, Tee Shirts, Mugs, Gift Basket raffle and 50/50 raffle. Call Brevard Intergroup for more info at (321) 724-2247 or visit our website: [www.aaspacecoast.org](http://www.aaspacecoast.org)

## INDIAN RIVER COUNTY VIRTUAL MEETINGS

**1/5/2022**

The virtual doors are open to all A.A. members, including the elderly, shut-ins, members in care facilities such as hospitals and nursing homes, as well as snowbirds wishing to maintain their connection with the Vero Beach/Sebastian area while at home. Due to the lingering uncertainty of thje Pandemic, not everyone is as yet ready to resume face to face meetings.

DAYS	TIME	GROUP/MEETING	VIRTUAL ID	PASSWORD
MON	Noon	O.D.A.A.T. Closed Step/Tradition	998 7512 9964	63228
	5:00 PM	5 Alive - Living Sober	650 367 733	Sober5
	5:30 PM	South Vero	919 2868 4512	132567
TUE	Noon	O.D.A.A.T. - Open Discussion	998 7512 9964	63228
	5:00 PM	5 Alive - Big Book	650 367 733	Sober5
	5:30 PM	South Vero	919 2868 4512	132567
	6:00 PM	The 3 Leg Group - History Study	452 100 1634	31236
	6:00 PM	Story Meeting	879 9604 4860	
	7:00 PM	Into Action (from Coral Springs, FL)	835 6342 4356	IntoAction
	7:00 PM	Vero Beach 12&12 - <b>TELEPHONE MEETING</b>	1 (707) 802-5380	456880#
WED	Noon	O.D.A.A.T. Big Book	998 7512 9964	63228
	5:00 PM	5 Alive	650 367 733	Sober5
	5:30 PM	South Vero	919 2868 4512	132567
THU	Noon	O.D.A.A.T. - Open Beginner	998 7512 9964	63228
	5:00 PM	5 Alive - Step Meeting	650 367 733	Sober5
	5:30 PM	South Vero	919 2868 4512	132567
	6:00 PM	The 3 Leg Group - Pamphlet Study	452 100 1634	31236
	7:00 PM	Vero Beach 12&12 - <b>TELEPHONE MEETING</b>	1 (707) 802-5380	456880#
	7:00 PM	Lakewood Park Grp - Beginners	483 506 0908	2020
	7:30 PM	Sober Rainbow (L.G.B.T.Q.)	879 1279 781	WickedSoba
FRI	Noon	O.D.A.A.T. - Living Sober/As Bill Sees It	998 7512 9964	63228
	5:00 PM	5 Alive -	727 112 2035	sober5
	5:30 PM	South Vero	919 2868 4512	132567
	7:00 PM	Lakewood Park Group- Speaker/Discussion	298 703 197	2030
Sat	7:30 AM	South Vero	924 7373 2754	132567
	5:00 PM	5 Alive -	727 112 2035	sober5
	5:30 PM	South Vero	919 2868 4512	132567
Sun	5:00 PM	5 Alive - Chairman's Choice	727 112 2035	sober5
	5:30 PM	South Vero	919 2868 4512	132567
	6:00 PM	The 3 Leg Group - 3rd Leg in Service	452 100 1634	31236

IF YOU ARTE INTERESTED IN LOOKING FOR ADDITIONAL VIRTUAL OR TELEPHONE MEETINGS, OR WANT TO HAVE YOUR VIRTUAL OR PHONE MEETING LISTED FOR OTHERS TO FIND YOU, LOG INTO [HTTPS://AA-INTERGROUP.ORG](https://aa-intergroup.org)

For A.A. meetings world wide, log into:

<https://aa-intergroup.org>