

H.O.W

aairhow@yahoo.com



MISCELLANEOUS QUOTES BY BILL W.

“No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality. When I [review my day], I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my hearts, I should thank that person.”

“Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life - the one that did not work - for a new life that can and does work under any conditions whatever. “

“It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.

Bill W.

STEP 1:

“We admitted we were powerless over alcohol-that our lives had become unmanageable”

TRADITION 1

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

CONCEPT 1

“The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship “

INDIAN RIVER CENTRAL OFFICE MONTHLY BUSINESS MEETING

2nd Monday of each month – 7:00 PM

Newport Club—2535 16th Avenue

Main Room

Vero Beach, FL 32960

STOP IN AND SEE WHAT IT'S ALL ABOUT

This is the continuation of last month's article of the Roseland Speaker Meeting

PART 2

AUGUST 1985 – AUGUST 1997

This brief history of Sebastian Roseland A.A. group surfaced here recently and I wish to tell the members what to place from August 1985 until the present.

The group functions went well for many years with various coffee makers secretaries treasurers and etcetera

However in 1995 the building where we meet was condemned and we were without a meeting place for a couple of months. We secured the Baptist Church on Roseland roads and went there for a while. The rent was high and it did not feel right to most people. So thru the efforts of Bill G. We moved to the Sebastian church on. US Hwy 1. After some time the group voted to return to the Roseland women's clubhouse since it had been renovated and could be occupied. Jim R handled that part. We move back to Roseland, our original meeting place in February 19 97 and all our members seemed delighted to be back in our original meeting place.

This group will be 28 years old in August 2006. I think all who helped to make the group a success. I am getting along in years and would appreciate some younger people coming forward to see that the group continues for as long as possible. It is a known fact that we have no bosses, that everything just runs itself. But it here has to be a time when someone says **THIS IS IT**

Charlie B.

Hopefully the current members of this iconic group will fill in the blanks from 1997 to the present. I

n the mean time, next month we'll spotlight the county's oldest group, The Vero beach group. For many decades the group met at S. Helen Catholic Church and just a short time ago it moved to the 1st Christian Church on the corner of 20th Street and 27th Avenue.

CONTRIBUTION ADDRESSES 2023-2024

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

WE ARE NOT A GLUM LOT

Big Book page 132

We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders. When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal. For his sake, we do recount and almost relive the horrors of our past. But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them. So we think cheerfulness and laughter make for usefulness.

Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others. Above copyright by A.A. World Services, Inc. Reprinted with permission.



Two AA's are talking about what is going to happen to them after they die. One believes in heaven, the other isn't so sure so they agree a pact. The first one to die will come back as a ghost on the anniversary of their death and appear in front of the surviving one to prove whether or not there is an afterlife. A few years pass and the first AA dies sober. A year later the surviving AA is sitting in a meeting and he feels a coldness in the air, looks around and sat next to him is the ghost of his old pal. He's holding a harp, wearing a gold halo and has a couple of white feathered wings on his back. The ghost turns to his pal and says, "I've got some good news and some bad news. The good news is there is a heaven. Bill and Bob are up there and they have AA meetings every week, you'll love it. The bad news isyou're sharing next Tuesday."

A few months after the Grapevine published the Preamble in June, 1947, Ollie L., Dick F., and Searcy W. decided to beef it up for the drunks in Texas. *"We worked on it, passed it around, and agreed on this version,"* says Searcy W. *"It's now read by groups throughout the state."* It works for Searcy. He's been sober 54 years.

– February, 2001 Grapevine

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THE TEXAS PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

We are gathered here because we are faced with the fact that we are powerless over alcohol, and are unable to do anything about it without the help of a Power greater than ourselves.

We feel each person's religious convictions, if any, are his own affair, and the simple purpose of the program of AA is to show what may be done to enlist the aid of a Power greater than ourselves, regardless of what our individual conception of that Power may be.

In order to form a habit of depending upon and referring all we do to that Power, we must first apply ourselves with some diligence, but repetition confirms and strengthens this habit, then faith comes naturally.

We have all come to know that as alcoholics we are suffering from a serious disease for which medicine has no cure. Our condition may be the result of an allergic reaction to alcohol which makes it impossible for us to drink in moderation. This condition has never, by any treatment with which we are familiar, been permanently cured. The only relief we have to offer is absolute abstinence – a second meaning of AA.

There are no dues or fees. The only requirement is an honest desire to stop drinking. Each member is a person with an acknowledged alcoholic problem who has found the key to abstinence from day to day by adhering to the program of Alcoholics Anonymous. The moment he resumes drinking he loses all status as a member of AA. His reinstatement is automatic, however, when he again fulfills the sole requirement for membership – an honest desire to quit drinking.

Not being reformers we offer our experience only to those who want it.

AA is not interested in sobering up drunks who are seeking only temporary sobriety. We have a way out on which we can absolutely agree and in which we join in harmonious action. Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are those who will not or cannot lend themselves to this simple program—usually men and women who are incapable of being honest with themselves. You may like this Program or you may not, but the fact remains that it works.. and we believe it is our only chance to recover.

There is a vast amount of fun included in the AA fellowship. Some people may be shocked at our apparent worldliness and levity, but just underneath there is a deadly earnestness and a full realization that we must put first things first. With each of us the first thing is our alcoholic problem. Faith must work twenty-four hours a day in and through us, or we perish.

Sobriety **HAPPY** Celebration NEW YEAR

PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO "AAIRHOW@YAHOO.COM"
NO LATER THEN THE SUNDAY BEFORE FIRST MONDAY OF THE MONTH

<p><u>THE LUNCH BUNCH</u> Bill W. 29 yrs Ava W. 20 yrs Priscilla G. 18 yrs Katie 1 yr</p> <p><u>WEST VERO</u> December 2022 Mary A 34 yrs January 2023 Tony M. 13 yrs Cindy J. 3 yrs</p> <p><u>INDIAN RIVER MEN</u> Jimmy 1 yr</p>	<p><u>FREE & EASY</u> Myra G 33 yrs Ron F. 23 yrs</p> <p><u>NEW DAY GROUP</u> Tony E. 37 yrs Jef S. 34 yrs Kevin S. 23 yrs, Tammy B. 10 yrs. Chris N 8 yrs, Kim Y. 1 yr.</p> <p><u>VERO BEACH 12&12</u> Rich L. 8 yrs Melissa B. 1 yr.</p>	<p><u>O.D.A.A.T.</u> December 2022 Donn McC 52 yrs January 2023 David J. 47 yrs John L 40 yrs Maureen S, 40 yrs Barbara R. 34 yrs Karen H 33 yrs Judy S. 25 yrs Jane C, 24 yrs Mike L. 12 yrs Kim K. 8 yrs David K, 8 yrs</p>	<p><u>BAREFOOT BAY</u> December 2022 Carol 38yrs</p> <p><u>VERO BEACH MEN</u> In Memory of Marty P Tony S January 2023 Victor V. 36 yrs Mike P.. 32 yrs Bob L. 29 yrs Bill K. 21 yrs Justin B. 16 yrs Dave R. 7 yrs Eli M. 5 yrs Pete T. 4 yrs3 Rob S. 4 yrs Brandon C. 3 yrs Joe M. 2 yrs Bob P. 2 yrs Matt P. 1 yr</p>
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THERE ARE MANY GROUPS IN INDIAN RIVER COUNTY NOT REPRESENTED HERE CONTACT YOUR GROUP'S CENTRAL OFFICE REPRESENTATIVE ABOUT ENSURING THAT YOUR GROUP AND YOUR FELLOW MEMBERS CELEBRATING ANOTHER YEAR OF SOBRIETY ARE RECOGNIZED IN THIS SPACE. THIS IS PART OF 12 STEP SERVICE, TO SHOW THAT ALCOHOLICS ANONYMOUS WORKS.

It's OK to contact us with your AA Anniversary yourself; make sure to get it in BEFORE the first Monday of the month (don't forget to include your group's name)and you'll be seeing it right here.

aaairhow@yahoo.com

OPEN CALL FOR YOUR CONTRIBUTION TO THE H.O.W.

If you are artistic maybe a funny A.A. cartoon; or something you may have heard at a meeting you'd like to share; write a short story about an experience you've had in A.A.

Or maybe a funny (but clean) joke.

What is your favorite Step or Tradition and why?

BE CREATIVE—BE A PART OF — MAKE THIS YOUR MAGAZINE



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 26th Street, Suite 6
Vero Beach, FL 32970



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 26th 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

1/2/2023

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.

DAY	TIME	GROUP	TYPE of MTG	VIRTUAL ID	PASSWORD
MON	Noon	O.D.A.A.T.	12&12	998 7512 9964	63228
	5:00 PM	Sober Connections	Big Book	325 870 3587	762375
	6:00 PM	The 3 Leg Group	AA Comes of Age	452 100 1634	31236
	7:00 PM	Eastside Oldtimers	Discussion	922 693 2410	
TUE	Noon	O.D.A.A.T.	Open Discussion	998 7512 9964	63228
	7:00 PM	Vero Beach 12&12	Steps / Traditions	1 (707) 802-5380	456880#
WED	Noon	O.D.A.A.T.	Big Boiok	998 7512 9964	63228
	5:00 PM	Sober Connections	12&12	PH 929-205-6099	762375
	5:30 PM	Spkr / Big Book	Wed. Big Book	319 6192864	
	6:00 PM	The 3 Leg Group	Pass It On	452 100 1634	31236
THU	Noon	O.D.A.A.T.	Chairman Choice	998 7512 9964	63228
	7:00 PM	Vero Beach 12&12	12&12	1 (707) 802-5380	456880#
	7:00 PM	Lakewood Park	Open Beginners	483 506 0908	2030
	7:30 PM	Sober Rainbow	(LGBTQ)Discussion	879 1279 781	WickedSoba
FRI	5:00 PM	Sober Connections	Chairperson's Choice	325 870 3587	762375
	7:00 PM	Lakewood Park	Speaker/Discussion	298 703 197	2030
SUN	5:00 PM	Sober Connections	Speaker	325 870 3587	762375

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, PLEASE NOTIFY BOTH THE "WHERE AND WHEN EDITOR" AS WELL AS THE "WEBSITE COMMITTEE"

TO BE GLOBALLY LISTED GO TO: <https://aa-intergroup.org>