

H.O.W

aaairhow@yahoo.com



TRADITION THREE

“Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied this priceless opportunity.

So when he asks, “Are there any conditions?” We joyfully reply, “No, not a one.” When skeptically he comes back saying, “But certainly there must be things that I have to do and believe,” we quickly answer, “In Alcoholics Anonymous there are no musts.” Cynically, perhaps, he then inquires, “What is this all going to cost me?” We are able to laugh and say, “Nothing at all, there are no fees and dues.” Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, “We have something priceless to give, if only you will receive.” That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

STEP 3:

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

TRADITION 3:

“The only requirement for A.A. membership is a desire to stop drinking.”

CONCEPT 3:

“To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

(continued on page 3)

NEWS FROM GENERAL SERVICE

General Service Conference Delegates
Intergroup and Central Offices
International General Services Offices
Date: February 15, 2023

Warm greetings – we hope that this letter finds you well. We are writing today to inform you of an upcoming price increase affecting our English, Spanish, and French books, booklets, and pamphlets. The new prices will go into effect on April 3, 2023, and generally reflect a 20% increase on books and a 30% increase on pamphlets (with rounding and some minor adjustments).

Some of you have indicated that you anticipated the need for an increase. For historical reference, the last price increases were made in 2014 (18.75%) and 2009 (33.3%). The decision to raise prices in 2023 resulted from prudent fiscal planning with the goal of longer-range stability. Alcoholics Anonymous is not immune from the changes that are impacting all businesses, and one of the greatest to us has been a notable drop in the margins associated with the sale of our literature. To be specific, prior to the SARS-CoV2 pandemic, the costs associated with the production, material, warehousing, and shipping of literature, collectively known as the cost of goods sold, hovered between 31-34% of sales. These same costs have fluctuated from 42-56% of sales in the last two years, resulting in a revenue loss that is greater than \$1.2 million each year. We do not expect this change in the cost of goods sold to resolve in our favor, and the impact is great when considering that the General Service Office is supported through both voluntary contributions and this revenue associated with the sale of literature. We continue to monitor and trim expenses where possible, being mindful of the immense significance of each 'nickel in the basket' sent to the General Service Board.

Because we appreciate that there may be high demand in ordering leading up to the increase, we will be taking steps to ensure that purchasing not be monopolized by large buyers during the transition. We will maintain the reduced shipping charges schedule that was adopted in 2022 and the mixed-title quantity discount schedule that was adopted at the close of 2022. The new pricelist, which can be found here (which can be seen at the Indian River Central Office) will be reflected on the online store as the increase goes into effect. We anticipate issuing a revised and updated literature catalog in digital and print versions in the coming months.

With gratitude as we await spring,



Deborah K.,
AAWS Board Chair



Bob W.,
General Manager of the General Service Office

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

(continued from page 1)

Our membership tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of "dry" A.A. groups, "wet" A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life —and a useful one!

Bill W.

The A.A. Grapevine, February, 1948

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WE ARE NOT A GLUM LOT

Big Book page 132



INDIAN RIVER CENTRAL OFFICE MONTHLY BUSINESS MEETING

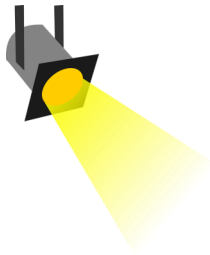
2nd Monday of each month – 7:00 PM

Newport Club—2536 16th Avenue

Main Room

Vero Beach, FL 32960

STOP IN AND SEE WHAT IT'S ALL ABOUT



SPOTLIGHT

This month we're spotlighting one of the earlier A.A. groups meetings in Sebastian, the 5:32 group which has been meeting straight through today since 1988. (including the Covid years)

Brian and Jill (no last initials known) are credited with being the founders of the group. That information came by way of Arizona, where a former Sebastian resident , Anna, lives today, She was one of the early members of the group and remembers Brian and Jill.

The group has been meeting in the same locaton, the Roseland United Methodist Church at 12962 Roseland Rd. When Covid struck in 2020, the group continued meeting until June of that year when the church closed the building. The group then started meeting outside in the little park next to where the Roseland Sebastian Speaker meeting meets Friday evenings. This worked well for the group as they continued the literature meeting on Mondays and the Big Book meeting on Wednesday. When the weather started turning chilly and darkness set in early after the time change, they contacted the church and they were allowed back in, but instead of the library where the group used to meet, they were given the sanctuary, allowing for the requisite 6 to 8 feet distance between attendees,

Today the group is going strong with no signs of slowing up. Members of the 5:32 group have been active in the Central Office for many years and they have always been assets to our Indian River A.A. family. *Thanks to Barbara L. for hunting down the information*



66th FLORIDA STATE CONVENTION
Thursday August 10- Sunday August 13
Saddlebrook Resort
Wesley chapel, FL 33543/8
www.FloridaStateConvention.com

**Make plans to attend the 2025
A.A. International Convention
scheduled in Vancouver, British
Columbia, Canada**

**44TH ANNUAL
INDIAN RIVER CENTRAL OFFICE
BIRTHDAY DINNER
SATURDAY March 25, 2023
AT THE
1ST PRESBYTERIAN CHURCH
520 ROYAL PALM DRIVE
VERO BEACH FL 32960**

**DOORS OPEN 5:30PM
TICKETS ARE \$20.00
AVAILABLE AT THE**

**INDIAN RIVER CENTRAL OFFICE .
1600 26TH STREET SUITE 6
VERRO BEACH, FL 32960**



UNITY • SERVICE • RECOVERY

Unity Committee needs volunteers to plan upcoming events.
Please call Luanne D. 201.669.1033

Sobriety 1979–2023

44 yrs

Celebration

Indian River Central Office

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

NO LATER THEN THE SUNDAY BEFORE FIRST MONDAY OF THE MONTH

<u>LUNCH BUNCH GRP</u> Rex P. 40 yrs <u>O.D.A.A.T. GRP</u> Feb 2023 Derek K. <u>March</u> Colleen B. 33 yrs Peter G, 29 yrs Carl C. 19 yrs Patti R. 18 yrs Donna A. 14 yrs Marlene F. 13 yrs <u>FREE AND EASY GRP</u> Bob B. 14 yrs	<u>INDIAN RIVER MEN GRP</u> Feb 2023 (correction) DJ 22 yrs Michael D., 19 yrs. March Tom P. 37 yrs. David D. 28 yrs Bobby Z. 141 yrs Myron 14 yrs <u>INDIAN RIVER THU GRP</u> Beth W. 34 yrs Cheryl Z. 20 yrs Christina S. 1 yr	<u>VERO BEACH MEN GRP</u> Memory of George M. Bill W. 55 yrs Phil M. 43 yrs Bob G. 27 yrs Joe M. 16 yrs Dave K. 5 yrs Dcott C. 3 yrs Sean V. 3 yrs. Kevin M. 1 yr. Cotton G. 1 yr Bryant G. 1 yr Jacob B. 1 yr Brent M 1 Yr Michael S. 1 yr.	<u>NEW DAY GRP</u> Manny B. 45 yrs Eddie R. 28 yrs Patti R. 24 yrs Judy D. 3 yrs Lynne B. 1 yr Renee N. 1 yr John M. 1 yr <u>5:32 GRP</u> Diane K. 29 yrs Eddie R. 28 yrs Jeff G. 19 yrs <u>BAREFOOT BAY GRP</u> <u>February</u> Bertelle 26 yrs <u>March</u> Frank 39 yrs
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AT THE**

1ST PRESBYTERIAN CHURCH—520 ROYAL PALM DRIVE—VERO BEACH FL 32960

DOORS OPEN 5:30PM

TICKETS ARE \$20.00

AVAILABLE AT THE

INDIAN RIVER CENTRAL OFFICE —600 26TH STREET SUITE 6—VERO BEACH, FL 32960

INDIAN RIVER CENTRAL OFFICE MONTHLY BUSINESS MEETING

2nd Monday of each month – 7:00 PM

Newport Club—2536 16th Avenue

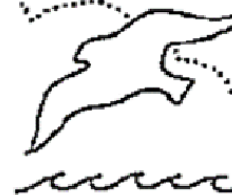
Main Room

Vero Beach, FL 32960

STOP IN AND SEE WHAT IT'S ALL ABOUT



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 (here after IRCO) is to provide 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 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 Office 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

March 8, 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
	8:00 PM	Royal Palm	Clsd Discussion	941 1825 8127	rp@8
TUE	Noon	O.D.A.A.T.	Open Discussion	998 7512 9964	63228
WED	Noon	O.D.A.A.T.	Big Book	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	
THU	Noon	O.D.A.A.T.	Chairman Choice	998 7512 9964	63228
	7:00 PM	Lakewood Park	Open Beginners	483 506 0908	2030
	7:30 PM	Sober Rainbow	(LGBTQ)Discussion	879 1279 781	WickedSoba
FRI	1:30 PM	Threed Leg Group	A.A. Comes of Age	452 100 1634	31236
	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 ARE INTERESTED IN LOOKING FOR ADDITIONAL VIRTUAL OR TELEPHONE MEETINGS WORLD WIDE, PLEASE GO To:

<https://aa-intergroup.org>

FOR LOCAL FACE TO FACE, VIRTUAL AND/OR PHONE MEETING, CONSULT THE "WHERE-N-When"

The "Where-n-When can be found for download at :

<https://indianriveraa.com/meetings>

The meetings listed above are all local with a national and sometimes international flavor. Over the last 2 or more years we have seen AAs from many of the lower 48 states, as well as Alaska and Hawaii. We have seen AAs from Canada, Ireland, Great Britain, Belgium, Spain, Australia, South Africa and more. We have seen A.A's in hospitals, nursing homes or ill at home. We have seen people for their very first meeting. Several today are attending in person meetings with 2 or more years of continuous sobriety. A.A. is available to all who need us, whether they find us in person, by phone or by virtual meeting. With the Pandemic not yet gone but mostly behind us, we have learned that A.A. is resilient, that somehow, somehow, we find ways to stay sober and be here for the still suffering alcoholic as we continue trudging the roads to happy destiny