

H.O.W

aairhow@yahoo.com



ABOUT A.A. MEETING GUIDE

Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.



And a BIG Thank You to Stephanie for working hard to get Indian River AA Meetings included in the App.

Meeting Guide features

- Listing of both in-person and online meetings
- A default view that provides a list of meetings showing time, location and meeting name
- A meeting detail view that offers extra information such as meeting format and any notes provided by the group
- A search function to find meetings by location or keyword
- A daily quote feature lets users read from "Daily Reflections"
- Multiple access points that make finding local A.A. contact information easy
- A news feature with the latest from the General Service Office and Grapevine
- The A.A. Meeting guide, free of charge, is available for both Android and IOS (Apple) devices.

Step 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His will for us and the power to carry that out."

Tradition 11:

"Our public relations policy is based on attraction rather than promotion: we need always maintain personal anonymity at the level of press, radio and films."

Concept 11:

"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 0– 7:00 PM

Newport Club

2535 16th Avenue

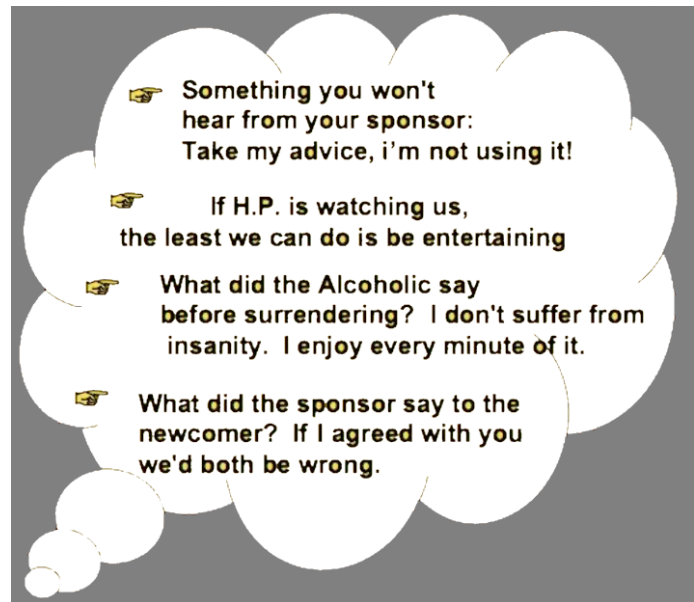
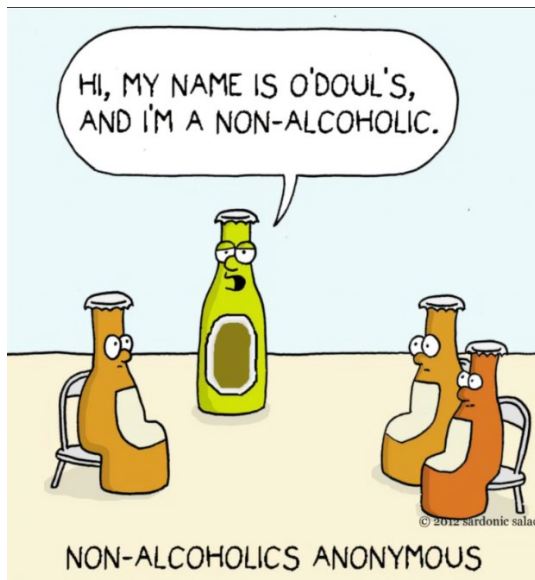
Vero Beach, FL 32960

AA Old Preamble – 1940

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

We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous 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.

We Are Not A Glum Lot



District 6 Happenings

LITERATURE COMMITTEE WORKSHOP

2nd Friday of every month at 8:30 on Zoom

[Meeting ID: 991-593-8471 Passcode: 615](#)

Gratitude Month: What Is It and Why Do We Have It

Historically “Gratitude Month” dates back to the 1940s, when first the Alcoholic Foundation and later the General Service Board would host a Gratitude luncheon, which over the years has become a dinner and has grown considerably in participation.

Many Areas and/or Intergroups/Central Offices throughout the Conference would host these Dinners in gratitude for Sobriety and the gifts brought them through practicing the 12 Steps and 12 Traditions of Alcoholics Anonymous.

Over time these Gratitude Dinners during the month of November have become “Self-Support Functions” to ensure that A.A. services at the Area, District and local level maintain sufficient funds to finance such services.

Self-Support starts with the Seventh Tradition at group level; Since the Intergroups and Central Offices are created by these groups, they depend very heavily on the generosity of the groups to continue the services as required and or requested or mandated by the groups. So, in the spirit of self-support rather than relying on outside Fund Raisers, starting with the original Gratitude luncheons in the 1940s “Self-Support Functions” have become a standard practice at all levels of service.

Another method of practicing “Self Support” is the Birthday Contribution practiced both by A.A. World Services as well as most local Intergroups and Central Offices, where celebrants contribute a set amount for each year of their sobriety.


Locally District 6 hosts four annual Self-Support functions—The Annual Gratitude Dinner held during November in Indian River County; a Spaghetti Dinner in Martin County usually February or early March; a Founders Day Luncheon in St. Lucie County on or near June 10th of each year; and a Fish Fry in Okeechobee County during August or September. The Indian River Central Office hosts an annual Self-Support function through the Birthday Dinner usually in the month of March

*The Contributions and Self-Support A.A.’s Seventh Tradition principles state: “**Every A.A. group ought to be fully self-supporting, declining outside contributions.**” This means that only A.A. members contribute financially to A.A. – and even A.A. members are limited in the amount they can contribute.*

Sobriety Celebration



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

<p><u>SEBASTIAN 5:32 Grp</u> <i>From October</i> Carl T. 18 yrs</p> <p><i>November</i> Dave G. 34 yrs Dottie K. 15 yrs</p> <p><u>I AM RESPONSIBLE</u> John H. 50 yrs Craig S. 17 yrs Tod T. 11 yrs Kathryn K. 1 yr Zack F. 1 yr</p> <p><u>ODAAT</u> Kay H. 40 yrs David K. 33 yrs Jesse K. 15 yrs Sherry D. 5 yrs Grace Anne R. 1 yr Robert B. 1 yr</p> <p><u>IND RIVER WOMEN'S</u> Chelsea M. 10 yrs Debbie C. 1yr Sandra D. 1 yr</p>	<p><u>VERO BEACH MEN'S</u> Bill B. 23 yrs Walt 5 yrs Kevin M. 5 yrs Sal 5 yrs Ryan E. 4 yrs Keith B. 4 yrs Stephen A. 3 yrs Josiah D. 3 yrs Bruce 1 yr Carmine M. 1 yr</p> <p><u>VERO BEACH 12&12</u> Bob S. 33 yrs</p> <p><u>BAREFOOT BAY</u> Marshall 36 yrs Sean 8 yrs</p> <p><u>ROSELAND SEB. SPEAKER</u> John M. 49 yrs Pete H. 35 yrs Rick s. 32 yrs</p>	<p><u>EARLY RISERS</u> <i>From Ocotober</i> Lowel P. 36 yrs Tony S. 12 yrs Linda 4 yrs Austin 3 yrs Dee W. 1 yr</p> <p><i>November</i> Sherri 5 yrs Matt D. 3 yrs Joij C. 3 yrs Terri 1 yr</p> <p><u>IND RIVER THURS GRP</u> Samantha A. 13 yrs Bethani R. 2 yrs</p> <p><u>THE LUNCH BUNCH</u> John M. 40 yrs Joy R. 40 yrs Glen G. 34 yrs Gary T. 2 yrs</p> <p><u>SEBASTIAN 5:32</u> David G. 34 yrs Dottie 15 yrs</p>	<p><u>1MEAT & POTATOES</u> Lise B. 41 yrs</p> <p><u>FREE & EASY</u> Kathy J. 8 yrs</p> <p><u>SEBASTIAN NEW DAY</u> Dave G. 34 yrs Lynn C. 32 yrs Sheila B. 30 yrs Ellie R. 21 yrs Gus P. 9 yrs Kathy J. 8 yrs Craig C. 7 yrs Carol P. 6 yrs Carol B. 5 yrs Jamison G. 2 yrs Dean K., 1 yr Mike L. 1 yr</p> 
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AN OPEN CALL FOR YOUR CONTRIBUTION TO THE H.O.W.

If you're artistic maybe a funny A.A. cartoon; or something you have heard at an meeting you'd like to share; write a short A.A. Story; a funny (but clean) joke;

What is your favorite A.A. Step or A.A. Tradition and why.

Be creative, be a part of - Make this OUR Magazine.

aaairhow@yahoo.com

Dr. Bob, one of our co-founders passed away November 16, 1950
In his memory below is his last message to A.A. presented at the first International AA Convention held in Cleveland OH in July 1950.

"My good friends in A.A. and of A.A., I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland, not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you -- not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable.

"I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness.

"If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months, and my strength hasn't returned as I would like, so my remarks of necessity will be very brief

"There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual A.A. work. Our Twelve Steps, when immersed down to the last, resolve themselves into the words 'love' and 'service.' We understand what love is, and we understand what service is. So let's bear those two things in mind.

"Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

"And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us. Thank you very much."

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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 "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.

Where to Send Contributions for 2022

Indian River Central Office 1600 26th Street, Suite 6 Vero Beach, FL 32960	District 6 P.O. Box 12248 Ft. Pierce, FL 34979	South Florida Area 15 P.O. Box 311 Safe Harbor, FL 34695	General Service Office P.O. Box 2407 James A. Farley Station New York, NY 10116-2407
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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 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 33960

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 33970

INDIAN RIVER COUNTY VIRTUAL MEETINGS

11/14/2022

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 the Pandemic, not everyone is as yet ready to resume face to face meetings.

DAYS	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	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero	As Bill Sees It	919 2868 4512	132567
	6:00 PM	The 3 Leg Group	AA Comes of Age	452 100 1634	31236
TUE	Noon	O.D.A.A.T.	Open Discussion	998 7512 9964	63228
	5:30 PM	South Vero	Living Sober	919 2868 4512	132567
	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	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero	Big Book	919 2868 4512	132567
	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
	5:30 PM	South Vero	Speakers	919 2868 4512	132567
	7:00 PM	Vero Beach 12&12	12&12	1 (707) 802-5380	456880#
	7:00 PM	Lakewood Park	Open Beginners	483 506 0908	2020
	7:30 PM	Sober Rainbow	(LGBTQ)Discussion	879 1279 781	WickedSoba
FRI	5:00 PM	Sober Connections	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero -	Reflections	919 2868 4512	132567
	7:00 PM	Lakewood Park	Speaker/Discussion	298 703 197	2030
SAT	7:30 AM	South Vero	Open Discussion	924 7373 2754	132567
	5:30 PM	South Vero -	Open Discussion	919 2868 4512	132567
SUN	5:00 PM	Sober Connections	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero	12&12	919 2868 4512	132567

IF YOU ARE 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>

FOR VIRTUAL (ZOOM) A.A. MEETINGS, LOG INTO

<https://aa-intergroup.org>