

H.O.W.

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A few words 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.

STEP 8:

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

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

TRADITION 8: (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 8 (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. “

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

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.

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I've got 99 problems and 86 of them are completely made up scenarios in my head that I'm stressing about for absolutely no logical reason.

TELL THE NEGATIVE COMMITTEE THAT MEETS INSIDE YOUR HEAD TO SIT DOWN AND SHUT UP

Do you ever get drunk?

Yes

No

X

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

Each month the Archive's Committee strives to spotlight a group's history, alternating between North County and South County. The information is taken from our Indian River Central Office Archives augmented by current information obtained from the group. Any errors, please contact the Archives Committee

INDIAN RIVER THURSDAY NIGHT

The third First meeting of the "Indian River Saturday Night group" was held August 18, 1978 at the Red Cross Building. The meeting was started to fill the need for a Saturday evening meeting and initially met at the Red Cross building (17th Ave and 25th Street). In 1979 the group moved to the Church of Christ (20th Street and 33rd Ave.) before moving to its current location at the Newport Club in February 1990. At that time, the "I Am Responsible" took the Tuesday and Saturday slots at the church and the Indian River "Saturday" Night group became the "Thursday" Night group as it started meeting on Thursday evenings which it still does today.,

Old timers will remember some of the names of the founding Kathy Buck S, Stephanie van W., Lewis C, Virginia C, Jim L., Jack E and Wally B.

In the late 1990s the group met at 8:30 pm and had 22 members. Average attendance was 30-50 people. Today the group meets at 7:00 pm In 2018 a group of members left the group and started the "AA Only" group.

Group Membership started with 9 members and had grown to 17 members in 2003, however, due to Covid membership was listed at 10 members in August 2021.

Over the years the group has been active in both General Service as well as Local service. Meetings have been taken to institutions. Members have volunteered at Central Office phone assistance as well as manning the desk in Central Office and have served at various committees over the years..

The group sponsored an Archives workshop in 1995, members have also served chairing the Central Office (2000) as well as the District Gratitude Dinner (2005) Several members have served as GSRs and DCMs over the years as well as Central Office representatives.



District 6



OKEECHOBEE FISH FRY



Saturday September 16, 2023
10am – 3 pm

FOOD FUN AND FELLOWSHIP

We are seeking AA approved literature for the Raffle.

Please Bring a Covered Dish or Dessert

C. Scott Driver Park
10100 SR-78
Okeechobee, FL 34974
Ticket contribution \$15



Tickets available At the
Indian River Central Office



ABOUT MEETING GUIDE

Meeting Guide syncs with area, district, intergroup/service office websites, relaying meeting information directly to the app./ Over 100,000 weekly meetings are currently listed, and the information is refreshed twice

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

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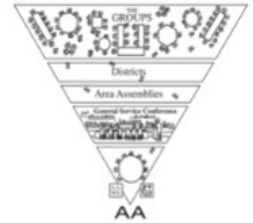
Make plans to attend the 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada

From The Home Group: The Heart Beat of A.A.

LET'S COMMUNICATE!

To The General Service Conference: Our Inheritance

District 6 DCM Coordinators have asked Billy N. to share his experience, strength & hope as a past GSR, Panel 49 Delegate & Class B-General Service Trustee from his service suitcase during this Tri-County traveling roadshow.



~ Different topic for each event-
1 HOUR PRESENTATION
(Literature supplied)
1 HOUR Q&A
(Information shared)
We are here to serve...

~ The Home Group ~
Saturday~July 29th~1:30-3:30
N. Indian River County Library~1001 Sebastian Blvd. (5-12)

~ Many Kinds of Service ~
Wednesday~September 13th~5:30-7:30
Robert Morgade Library~5851 SE Community Dr.-Stuart

~ Your Inheritance ~
Saturday~October 14th~1:30-3:30
Bayshore Club~8545 S. U.S. Hwy. 1~Port St. Lucie

Sobriety Celebration

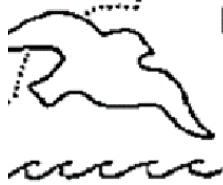
PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO
 "AAIRHOW@YAHOO.COM"

Must be received no later than
 Wednesday, September, 5, 2023 by 6:00 pm

<p><u>417 GROUP</u> Kristin P. 3 yrs</p> <p><u>MEAT & POTATOES</u> <u>from July</u> Danielle P. 9 yrs Michael S. 5 yrs</p> <p><u>AUGUST</u> Angel L. 5 yrs Rebekah 6 yrs</p> <p><u>THE LUNCH BUNCH</u> <u>From July</u> Bill VB 42 yrs</p> <p><u>August</u> Peter D. 35 yrs Hank T. 32 yrs Bonnie R, 19 yrs Mike F. 18 yrs</p> <p><u>VERO BEACH MEN</u> Bill G, 35 yrs Tom F. 23 yrs Lane S. 22 yrs George C. 18 yrs Bill (Scrappy) 13 yrs Jeff E. 8 yrs Bill H. 7 yrs John S. 6 yrs Frank D. 6 yrs Stephen H. 1 yr Matt 1 yr.</p>	<p><u>INDIN RIVER WOMEN</u> Jenn M. 22 yrs Rebecca H 22 yrs Susie J. 12 yrs Ruth T. 6 yrs Ellen H. 4 yrs</p> <p><u>VERO BEACH 12&12</u> <u>From July</u> Jeff R. 31 yrs Sara R. 6 yrs Vern P. 4 yrs Alison T, 1 yr</p> <p><u>August</u> Rich M. 39 yrs Ken K. 23 yrs Christopher A. 4 yrs</p> <p><u>FREE & EASY</u> Debra S. 25 yrs Kevin M. 23 yrs</p> <p><u>INDIAN RIVER MEN</u> Bill S. 39 yrs Bob C. 25 yrs Steve C. 21 yrs Tim K. 20 yrs</p> <p><u>NEW DAY</u> Mitzy 18 yrs Dawn B. 8 yrs Jim P. 1 yr</p>	<p><u>BAREFOOT BAY</u> <u>From July</u> Steve 28 yrs Waybe 17 yrs.</p> <p><u>August</u> Jaz 36 yrs Peter D. 35 yrs..</p> <p><u>HIBISCUS MONDAY</u> <u>From July</u> Sam E. 50 yrs</p> <p><u>August</u> Bill .B. 40 yrs</p> <p><u>WOMEN OF SEBASTIAN</u> Amanada L. 26 yrs Angela VOL 18 yrs</p> <p><u>ODAAAT</u> John R. 41 yrs Tom McC 37 yrs Sandy M. 14 yrs Kim A. 12 yrs Lisa C. 5 yrs Jerry P. 3 yrs Martin D. 1 yr</p> <p>District VI  September 16, 2023 Tickets available at Indian River Central Office \$15</p>
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CONTRIBUTION ADDRESSES 2023-2024

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

Sober Connections Sunday SP 325 870 3587 pass code 762375 OPEN 5:00 pm	Sober Connections Monday B 325 870 3587 pass code 762375 OPEN 5:00 pm
Keep It Simple Tuesday 12&12 998 7512 9964 pass code 63228 OPEN 4:00 pm	Sober Connections Wednesday 12&12 325 870 3587 762375 CLOSED 5:00 pm
Big Book Wednesday SP D 319 619 2864 no pass code OPEN 5:00 pm	3 Leg Group Wednesday AA Literature 452 100 1634 31236 CLOSED 6:30 Pm
Sober Rainbow Thursday D 879 1279 781 WickedSoba CLOSED 7:30 PM	Lakewood Park Friday SP D 298 703 197 2030 CLOSED 7:00 pm

Live ♦♦♦
Easy.
But ♦♦♦
♦♦♦ **Think**
First ♦♦♦

Live
and **Let**
Live..

Easy.
Does
♦♦♦ **It** ♦♦♦

But for
the
Grace
of **God.**

Think ♦♦♦
Think
♦♦♦ **Think**

♦♦♦ **First**
Things
First.

Code	Meeting Type
11	11th Step Meditation
12x12	12 Steps & 12
ABSI	As Bill Sees It
B	Big Book
BA	Babysitting
BE	Newcomer
C	Closed
CAN	Candlelight
CF	Child-Friendly
D	Discussion
DR	Daily Reflections
GR	Grapevine
LGBTQ	LGBTQ
LIT	Literature



Code	Meeting Type
LS	Living Sober
M	Men
MED	Meditation
O	Open
OUT	Outdoor
S	Spanish
SP	Speaker
ST	Step Study
TC	Lcn. Temp. Closed
TR	Tradition Study
W	Women
X	Wheelchair Access
XB	Wheelchair-
XT	Cross Talk Permitted
Y	Young People