

# H.O.W.

aairhow@yahoo.com



## **TRADITION 9: (long version)**

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trust and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

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## **STEP 9:**

*“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*

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## **CONCEPT 9 :** (Long Version)

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

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# WE ARE NOT A GLUM LOT

Big Book page 132

## Old-Timers Prayer

God, keep me from thinking I must share in every meeting, no matter the topic. Keep my mind free from the recital of endless details and give me wings to get to the point. Remind me to guard confidences and to keep still when I feel it is necessary to speak up for someone's own good.

Release me from the need to straighten out everybody else's thinking and program. God, I ask for the grace to listen to newcomers. Please help me to remember the patience with which others listened to me when I was new.

Please seal my lips to giving advice, and help me to remember to share only my experience, strength, and hope.

Remind me that my purpose is to fit myself to be of maximum service to You and to the people around me. Help me to remain teachable. Teach me (again) the lesson that, occasionally, it is possible that I may be wrong; and remind me, please, of the freedom that I gain when I am able to promptly admit I am wrong and make amends when necessary.

Help me to remember the difference between making amends and just saying, "I am sorry." Help me to be a worker among workers, a friend among friends. Please keep me from being a bleeding deacon, and help me to walk the path towards being an elder statesman/stateswoman. Keep me ever mindful that I cannot manage my own life through my own unaided will. I know that I am not a saint; please show me the way to seek You so that I may continue to grow along spiritual lines.

Remind me, please, of Rule 62 to not take myself so damn seriously (It is so easy to take myself way too seriously). Keep me free of gossip, character assassination, and judgment. Remind me that I am not perfect (even though I have humbly asked that my character defects be removed) and shortcomings still arise unexpectedly, to cause damage to others and to myself.

Help me to walk with faith and acceptance, to see good things in unexpected places and talents in unexpected people, and give me the grace to tell them so.

Help me to see that You love each of Your children, and that You do not need my opinion of them or suggestions on what they might deserve.

Thank You very much. Amen.

**Various quotes by Bill W.**

“I have become a pupil of the AA movement rather than the teacher.”<sup>1</sup>

“AA is no success story in the ordinary sense of the word. It is a story of suffering transmuted, under grace, into spiritual progress.”

“Our AA door stands wide open, (We) sign nothing, agree to nothing, and promise nothing. We demand nothing. (We) join on our own say-so... We do not wish to deny anyone the chance to recover from alcoholism.”

“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.”

“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.”

“Honesty with ourselves & others gets us sober, but it is tolerance that keeps us that way.”

“True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.”

“No personal calamity is so crushing that something true and great can’t be made of it.”

“The real question is whether we can learn anything from our experiences upon which we may grow and help others to grow in the likeness and image of God. We know that if we rebel against doing that which is reasonably possible for us, then we will be penalized. And we will be equally penalized if we presume in ourselves a perfection that simply is not there. Apparently, the course of relative humility and progress will have to lie somewhere between these extremes. In our slow progress away from rebellion, true perfection is doubtless several millennia away”

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**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**

**CONTRIBUTION ADDRESSES 2023-2024**

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



### TO ALL GROUPS

If your group is hosting an event—contact the **HOW** editor the month before the event so that it may be included in the **HOW**

## 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 Cordinators 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...

### MARK YOUR CALENDAR

~ 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

## The 7th Southern States Alcoholics Anonymous Service Assembly

Hosted by Area 14 - North Florida



November 17-19, 2023  
Sheraton Orlando North  
Orlando, FL



### DETAILS:

November 17—November 19, 2023

Cost \$30.00

Check it out at [ssaasa7.org](http://ssaasa7.org)

### VENUE

Sheraton Orlando North Hotel  
500 North Lake Destiny Rd  
Maitland, FL 32751

# Sobriety Celebration

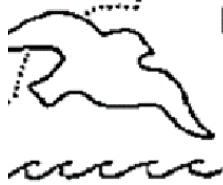
PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO  
 "AAIRHOW@YAHOO.COM"

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

<p><b><u>MEAT AND POTATOES</u></b>          Garret 4 yrs</p> <p><b><u>INDIAN RIVER THURSDAY NIGHT</u></b>          Shawnee 25 yrs          Tiffany 4 yrs</p> <p><b><u>I AM RESPONSIBLE from August</u></b>          Roseanna F. 52 yrs          Misty 5 yrs          Maryellen 5 yrs          Joshua S, 1 yr          Josh S. 1 yr          Tyler H. 1 yr          Daniel M. 1 yr</p> <p><b><u>September</u></b>          Krusty S. 14 yrs          Allana L. 7 yrs          Leah S. 4 yrs          Drew H. 3 yrs          Matthew C. 1 yr          Jared K. 1 yr          Michael O. 1 yr</p> <p><b><u>ROYAL PALM</u></b>          Trish 33 yrs          Pat C, 22 yrs</p>	<p><b><u>BAREFOOT BAY</u></b>  <b><u>From August</u></b>          Peter D. 51 yrs</p> <p><b><u>September</u></b>          Sara 42 yrs          Suzanne 5 yrs</p> <p><b><u>O.D.A.A.T.</u></b>          Jonathan M. 38 yrs          Sara G. 7 yrs          Laura S. 4 yrs          Thomas M. 4 yrs</p> <p><b><u>417 Group</u></b>          Matt W. 1 yr</p> <p><b><u>LUNCH BUNCH</u></b>          Lois W. 33 yrs          Gary T. 32 yrs          Ellen 30 yrs          John D. 15 yrs</p> <p><b><u>THE WOMEN OF SEBASTIAN</u></b>          Angue D. 14 yrs          Suzanne 5 yrs          Andrea D. 4 yrs          Stephanie D. 4 yrs          Susan L. 2 yrs</p> <p><b><u>SUNDOWNERS</u></b>          Jarry (The Hat) 39 yrs          Bob A. 17 yrs</p>	<p><b><u>FREE ABD EASY</u></b>          Clarence H. 21 yrs          Tim S. 20 yrs          Reese D. 2 yrs</p> <p><b><u>A NEW DAY</u></b>          Lois W. 33 yrs          Chuck 31 yrs          Kathleen W. 17 yrs          Ron 10 yrs</p> <p><b><u>INDIAN RIVER WOMEN</u></b>          Joan G, 33 yrs.          Sarah B. 23 yrs          Ruth T. 16 yrs          Susie J. 12          Rebecca H. 12 yrs          Petra D. 11 yrs          Deanna D. 2 yrs          Amanda M. 1 yr</p> <p><b><u>SOUTH VERO GROUP</u></b>  <b><u>From August</u></b>          Frank 48 yrs          Thelma B. 15 yrs          Mark E. 6 yrs</p> <p><b><u>September</u></b>          Eileen 50 yrs          Dan S, 13 yrs</p>
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PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO  
 "AAIRHOW@YAHOO.COM"

MUST BE RECIED NO LATER THAN  
 WEDNESDAY OCTOBER 4, 2023 by 6:00 pm



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 26<sup>th</sup> 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 26<sup>th</sup> 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**

	<b>INDIAN RIVER COUNTY VIRTUAL MEETINGS</b>
<b>5:00 PM</b>	<b>Sunday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375</b>
<b>5:00 PM</b>	<b>Monday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375</b>
<b>8:00 PM</b>	<b>Monday - Royal Palm Group - (Closed, D) - Virtual Vero Beach - Zoom: 941-1625-8127 PC: rp@8</b>
<b>4:00 PM</b>	<b>Tuesday - Keep It Simple Meeting - (12x12, Open) - Virtual Vero Beach - ZOOM ID 998 7512 9964 - Code 63228</b>
<b>5:00 PM</b>	<b>Wednesday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375</b>
<b>5:30 PM</b>	<b>Wednesday - Speaker/Big Book - (SP, BB) - Virtual Vero Beach - Zoom: 319-619-2864</b>
<b>6:30 PM</b>	<b>Wednesday - The 3 Leg Group - (Closed, LIT, XT) - Virtual Vero Beach - Zoom: 452-100-1634 PC:31236 - Phone: 1-305 224-1968</b>
<b>7:30 PM</b>	<b>Thursday - Sober Rainbow - (Open, LGBTQ, D) - Virtual Vero Beach - Zoom: 879-1279-781 PC: WickedSoba</b>
<b>5:00 PM</b>	<b>Friday - Sober Connections - (Open) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375</b>
<b>7:00 PM</b>	<b>Friday - Lakewood Park Group - (Open, SP D) - Virtual Ft. Pierce - Zoom: 298-703-197 PC:2030</b>