

H.O.W.

aairhow@yahoo.com



OCTOBER 8

DAILY INVENTORY

... and when we were wrong promptly admitted it.
ALCOHOLICS ANONYMOUS, p. 59

I was beginning to approach my new life of sobriety with unaccustomed enthusiasm. New friends were cropping up and some of my battered friendships had begun to be repaired. Life was exciting, and I even began to enjoy my work, becoming so bold as to issue a report on the lack of proper care for some of our clients. One day a co-worker informed me that my boss was really sore because a complaint, submitted over his head, had caused him much discomfort at the hands of his superiors. I knew that my report had created the problem, and began to feel responsible for my boss's difficulty. In discussing the affair, my co-worker tried to reassure me that an apology was not necessary, but I soon became convinced that I had to do something, regardless of how it might turn out. When I approached my boss and owned up to my hand in his difficulties, he was surprised. But unexpected things came out of our encounter, and my boss and I were able to agree to interact more directly and effectively in the future.

From "REFLECTIONS"—October 8
© AAWS—reprinted here with permission

STEP 10:

"We admitted we were powerless over alcohol— that our lives had become unmanageable."

© Alcoholics Anonymous World Service Inc.. Twelve Steps and Twelve Traditions (p. 77). AA World Services, Inc.

TRADITION 10: (long version)

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues— particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatsoever.

© Alcoholics Anonymous World Service Inc.. Twelve Steps and Twelve Traditions (p. 191). AA World Services Inc.

CONCEPT 10: (long version)

Every service responsibility should be matched by an equal service authority— the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by

© Alcoholics Anonymous World Service, Inc.. AA Service Manual page vi, 2021-23 edition

WE ARE NOT A GLUM LOT

Big Book page 132



I AM NOT
IN RECOVERY
TO ADD
DAYS TO
MY LIFE
I AM IN
RECOVERY
TO ADD
LIFE TO
MY DAYS

I have found that the process of discovering who I really am begins with knowing who I really don't want to be

**LIFE ALWAYS OFFERS YOU A SECOND
CHANCE, IT'S CALLED
TOMORROW**

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



District 6
49th Annual Gratitude Dinner
November 4th, 2023

There Is a Solution

First Presbyterian Church

520 Royal Palm Blvd, Vero Beach, FL 32960

Doors open at 5:30pm *Dinner 6pm* Speaker 8pm

PLEASE BRING A DESSERT TO SHARE

Tickets are \$20 and a limited number will be available.

Raffle and Clothesline

Calling All AA Groups & Members: Please bring AA literature for the raffle if you are willing and able.

Door prize: Registration for 2 & Hotel for 1 night at the Florida State Convention 2024

TREATMENT COMMITTEE - BHC SCHEDULE

2-Oct	Jerry	6-Oct	Jerry	4-Dec	Jerry
9-Oct	VB Men's Group	13-Oct	VB Men's Group	11-Dec	VB Men's Group
16-Oct	Todd and Walter	19-Oct	Todd and Walter	18-Dec	Todd and Walter
23-Oct	Tony	26-Oct	Tony	25-Dec	NO MEETING
20-Oct	Todd and Walter				

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
-----------------------------------------------------------------------------------------------------	----------------------------------------------------------------------	-------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------

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

All Groups have beginnings, and this one is a case of means to an end.

In the early 1990s two brothers, Mark and Andy M. acquired first one house and then another to house new AA members who were homeless at minimal cost.

It didn't take long to determine that it was difficult to get the newly sober men to meetings since there were no AA meetings in South County. It just so happens that at the same time, just down the road a piece, a strip mall was being constructed. The brothers, with the help of other AA's (Toby L, Web S. and others) went and rented one of the available stores to have AA meetings. On August 14, 1991, at 5:30 pm, the first meeting was opened and chaired by Frank M., retired from AAWS where he had served as the AA Archivist

The men in the 2 houses were tasked with attending the 7 weekly meetings, all at 5:30 PM. The group, was officially named the "South Vero Beach" group (as listed in NY). It continued to grow as it was the only AA group in South Indian River county. In 1994 the one store front was not enough for the number of people attending, and the adjoining store front was added, the adjoining wall between the two units was removed effectively doubling the size of the meeting room. Hosting a 100 people happened quite frequently.

Since the group's beginning the 7—5:30 pm meetings have continued without fail. When hurricanes Frances and Jeanne slammed the treasure coats over a 2 week period, meeting continued in the parking lot and inside once it was once again habitable


The group members became active in both local and General Service AA, and has had quite a few people serving in both Local, District and Area positions. Fellowship The group sponsored 3 annual picnics, Memorial Day, 4th of July and Labor Day weekends for all Count AAs and family at the Ft. Pierce Inlet State Park. The were well attended by 100-150 people. In addition a Group Anniversay "Pot Luck Eatin' Meetin'" was held the last Wednesday of October (rather than in August to allow the Snow Bird members to join in) ; another "Pot Luck Eatin' Meetin'" on the Wednesday between Christmas and New Year. During February, everyone was invited to camp out on one of the uninhabited islands (Called Serenity Island) on the St. John down in Ft. Pierce for a camping weekend, the food was Turkey, plenty of Turkeys. A "Kid's" room was added into the southeast corner of the room, plenty of windows to watch the kids, toys etc provided. In 1998 a major renovation was undertaken allowing for additional seating.

The group, prior to 2010, was forced to leave their location and moved to Glendale Industrial Park, where it still meets today. A lot has changed in the world since then and so has the South Vero Group, but one thing remains—When Covid hit the world in 2020—South Vero continued the 5:30 pm meetings without fail in addition to utilizing the Zoom system for on-line meetings. Today the group is healthy and active—Anniversaries celebrated the last Wednesday at 5:30 pm. Stop by and meet the group.

Sobriety Celebration

PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO
["aaairhow@yahoo.com"](mailto:aaairhow@yahoo.com)

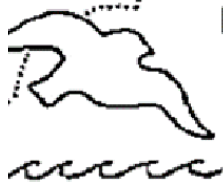
Must be received no later than
 Wednesday, November 6, 2023 by 6:00 pm

<p><u>MEAT AND POTATOES</u> Steve w. 20 YRS Sunshine C 16 yrs</p> <p><u>SOUTH VERO BEACH</u> Eileen 50 yrs Kay D, 31 yrs Richard 16 yrs Becky 15 yrs Ron K. 10 yrs Rick R. 9 yrsd</p> <p><u>SUNDOWNERS</u> Debbie D. 32 yrs Frank Mc. 15 yrs Trudy S. 9 yrs Chrisd M. 5 yrs</p> <p><u>INDIAN WOMEN WOMEN</u> Linda P. 48 yrs Liz K. 34 yrs Sarah B. 23 yrs Mary D. 20 yrs</p>	<p><u>INDIAN RIVER MEN</u> Al H. 33 Frank A. 30 yrs Paul F. 8 yrs</p> <p><u>VERO BEACH MEN</u> Pete E. 15 yrs Chris B. 9 yrs Kevin K. 5 yrs Matt F. 3 yrs John L. 2 yrs. Joseph F. 2 yrs Phineas 2 yrs Brian S. 1 yr Ducty H. 1 yr</p> <p><u>O.D.A.A.T.</u> Don W. 39 yrs Marlene P. 36 yrs Bob B. 35 yrs Terry K-C. 21 yrs Bob H. 13 yrs Rhonda S. 13 yrs Trudy S. 9 yrs John M. 5 yrs</p>	<p><u>A NEW DAY</u> Kevin L. 39 yrs Bob T. 19 yrs Gus B. 12 yrs Kathleen Mc 10 yrs Gary H . 7yrs Chris M. 5 yrs Chrissy P. 3 yrs Bonnie P . 2 yrs Jerry W. 2 yrs Dan V. 2 yrs</p> <p><u>HIBISCUS</u> John H, 46 yrs</p> <p><u>LUNCH BUNCH</u> Sam G. 41 yrs Sue G. 35 yrs Bruce. 30 yrs</p> 
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Sobriety Celebration

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

PLEASE EMAIL BIRTHDAY ANNOUNCEMENTS TO
["aaairhow@yahoo.com"](mailto:aaairhow@yahoo.com)



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

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



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.

THIS IS A FREE APP FOR BOTH ANDROID AND IPHONE

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