



# H.O.W.

indianriverhow@gmail.com



## Step Four

Made a searching and fearless moral inventory of ourselves.

## Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

## Concept Four

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

**FOR MORE INFO  
ABOUT  
INDIAN RIVER COUNTY  
ALCOHOLICS  
ANONYMOUS**

**CALL  
772-562-1114**

**OR VISIT  
indianriveraa.com**



## Courage

Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.

Synonyms: bravery, determination, fortitude, resolve, resolution, grit,

# Local AA History

## **Sundowners**

Sundowners began as an offshoot of The Breakthrough Meeting held at Sebastian Executive Building. The meeting was very crowded and some felt the message was getting lost. At a Celebration of Life service, held at United Church of Sebastian, Pastor Tim offered a meeting room to Pat and Amy for one dollar per meeting. Pat and Amy were joined by Lois, Mikki, Sue W., Priscilla, and Debra, forming Sundowners in 2006. The group officially registered January 2007 and given #85224.

Sundowners began with five meetings per week and quickly grew to seven meetings. Every day at 5:00 pm. The meetings were all open consisting of six book and one discussion. The group steadily grew for thirteen years.

In 2019 United Church of Sebastian merged with Calvary Chapel of Sebastian. In 2020 Sundowners were asked to leave. Covid-19 hit at the same time. In-person meetings were non-existent. Sundowners was in limbo. Some members started Sundowners meetings on Zoom while others found outdoor meetings in parks. The group did start Zoom meetings. During this time, Vicki and Fireman John, developed a relationship with First Presbyterian Church of Sebastian and began holding in-person meetings outside, under the church porte-cochere. Once able, First Presbyterian Church of Sebastian welcomed us inside, where we currently meet at 5:00 pm everyday. We have the same format one discussion and six book meetings, all open. Sundowners is committed to the three AA legacies: recovery, service and unity. The group is very active in service, with a Central Office Rep, Treatment, Central Office Birthday Dinner, Speaker Exchange, Alkathon, Unity and Founders Day Celebration. We carry the message of recovery.

Thank you,  
Jeff H and Debbie D



## You might be an alcoholic...

*What does the literature say about courage*

**All men of faith have courage.**

-BB How It Works, p.68

**Good judgment, a careful sense of timing, courage, and prudence -- these are the qualities we shall need when we take Step Nine.**

-12&12 Step Nine, p.83

**The verdict of the ages is that faith means courage.**

-BB How It Works, p.68

**By now, though, the chances are that he has become convinced that he has more problems than alcohol, and that some of these refuse to be solved by all the sheer personal determination and courage he can muster.**

-12&12 Step Three, p.39

# COMMITTEE SPOTLIGHT

*Position Open Now*



**Come to the  
Central Office  
business meeting  
every second  
Monday @ 7PM  
Newport Club in  
Vero to get  
involved!!**

## **WHAT'S THE JOB?**

Distribute literature & information to the public, stock Where & When in listed facilities, such as libraries, professional offices, hospitals & hotels, try to expand the public knowledge & awareness of the program in forums at schools, churches, etc., to organize guest speakers for certain events in order to inform the general public of how Alcoholic Anonymous works and what it is about.

## **WHAT'S THE REQUIREMENT?**

One year sobriety & attendance at monthly Central Office business meetings.

# Anniversaries

## APRIL

### **I Am Responsible**

Jason S. 5  
Ricky S 1

### **Early Risers**

Ed M. 7

### **Vero Beach Men's**

Tino J. 16  
Archie G. 2  
Matthew P. 1  
Chuck W. 1  
Sparky 1  
Jason 1

### **Easy Does It**

Lynn H. 32 yrs

### **ODAAT**

Patricia S 11

### **Sundowners**

Pauly 38  
Paul 31  
Johnny 15  
Martha 10  
Richard W. 8  
Lori 5  
Amy 1

### **Lunch Bunch**

Kandi 27

### **Free & Easy**

Crystal D 3

### **New Day**

#### **Sebastian**

Haskell. 31  
Linda W. 21  
Sue W. 19  
Jon Z. 15  
Jim K. 14  
Carol R. 5  
Jeff P. 4  
Dwayne H. 2

#### **Children of Chaos**

Carol M 11  
Linda W 21

## SORRY WE MISSED YOU

### **South Vero**

Tracy W. -8  
Bruce P. - 9  
Sharon -15  
Steve - 36

### **Meat &**

#### **Potatoes**

Linda W. -21

**Submit group  
anniversaries by the  
21th of the month  
[indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)**

## **SOUTH FLORIDA AREA 15**

General Service Assembly April 5-7, 2024

[www.area15aa.org](http://www.area15aa.org)

**IRC TREATMENT CENTER**

Behavioral Health Center  
1190 37th St, Vero Beach  
Mondays 7pm

1st Mon-South Vero Group  
2nd Mon -Vero Beach Men's  
3rd Mon -New Day  
4th Mon - Sundowners  
5th Mon - South Vero

# What's Happening?

Don't miss these upcoming events

IF YOUR GROUP HAS ANY UPCOMING EVENTS THEY WANT PUBLISHED,  
EMAIL [indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)



THE TREATMENT AND CORRECTIONS COMMITTEES  
PRESENTS  
**BOWLING**  
For Big Books  
GET INVOLVED  
CORRECTIONS VS TREATMENT GAME  
\$20 PER PERSON SODA AND PIZZA  
SUNDAY - APRIL 28TH - 2024  
EVENT STARTS AT 2:30 PM ..... BOWLING STARTS AT 3:00  
Stuart Lanes  
1638 SE FEDERAL HWY, STUART, FL 34994  
TICKET INCLUDES 1 HR OF BOWLING, SHOES, PIZZA AND SODA  
DISTRICT6AA.ORG

sistersbythesea.org

A Conference for  
AA & Al-Anon  
Women



June 14, 15 & 16  
2024  
Naples, FL

A Group of your closest and  
Newest friends!



Recordings

District6AA.org

# Online Meetings & Workshops

ZOOM MTG. ID: 991-593-8471 PC: 615

LAST SUNDAY OF MONTH - 6PM ET

## The Twelve Concepts for World Service

How Bill W. explained the spiritual principles that undergird A.A.'s structure and how the parts work together.

This is a pamphlet about the Concepts; it is NOT the Concepts themselves. They are found in the book *The A.A. Service Manual: Twelve Concepts for World Service*, and should be read by every "trusted servant."

As A.A. grew up, it began with the groups — first only a few, then hundreds and then thousands. Very early an Alcoholic Foundation, later renamed The General Service Board, was formed to be responsible for our affairs. And with Dr. Bob's death and Bill's facing up to his own mortality, a General Service Conference assumed the leadership which had fallen to the co-founders. Meanwhile, a tiny publishing operation and service office had grown in size and importance to the Fellowship, and a monthly journal, the *AA Grapevine*, was being published.

Which of these entities was supposed to do what? Little wonder there was confusion! What was their relationship? Who was in charge? What were their respon-



sibilities — and what were their rights? Bill W. himself was sometimes part of the pulling and hauling that took place, and so he saw the need to "reduce to writing" his concepts of the "why" of the whole structure, the lessons to be drawn from experience, the relationships and, above all, the spiritual principles.

As Bill set them down, the Twelve Concepts are a potpourri. Concepts III through V, IX and XII deal with spiritual principles; the remainder, though they have spiritual overtones, are devoted to describing the relationship of the various service entities and how they work together.

What follows in this pamphlet is an illustrated introduction to the Twelve Concepts. If it is answers or guidance you are seeking, go to the Concepts themselves.

Throughout this pamphlet, wording from the Twelve Concepts themselves (subject to some editing for clarity) is indicated by quotation marks; the rest of the text is either descriptive or explanatory.



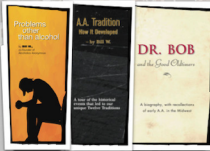
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### CONCEPTS SCHEDULE 2024

(I) 1/28 (II) 2/25 (III) 3/31  
(IV) 4/28 (V) 5/26 (VI) 6/30  
(VII) 7/28 (VIII) 8/25 (IX) 9/29  
(X) 10/27 (XI) 11/24 (XII) 12/29

We feature a Concept a month, while highlighting A.A. Conference Approved Literature. Hosted online by the Literature Committee of District 6 in Area 15.

### CLOSED A.A. LITERATURE STUDY



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ID: 452~100~1634 PC: 31236  
PHONE: 1~305~224~1968



WEDNESDAYS 6:30PM EASTERN

### LEGACIES IN LITERATURE

The Literature Committee of District 6 in Area 15 Presents...

MONDAYS ~ 6/3/24 ~ 9/30/24 ~ 8:00 PM ET

### THE A.A. SERVICE MANUAL



GENERAL SERVICE STRUCTURE WORKSHOP with Billy N., Palm Beach Gardens, FL

ID: 991~593~8471 PC: 615  
District6AA.org

3RD LEGACY IN THE CONCEPTS

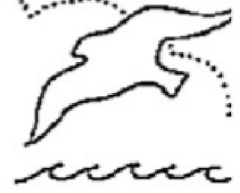


Indian River Central Office of Alcoholics Anonymous

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**

**Addresses for Contributions**

**Indian River Central  
Office Treasurer**

1600 26th St, Ste 6  
Vero Beach, FL 32960

**District 6 Treasurer**

P.O. Box 12248  
Ft. Pierce, FL 34979

**Area 15 Treasurer**

P.O. Box 590835  
Ft. Lauderdale, FL  
33359-0835

**General Service Board**

P.O. Box 2407  
James A. Farley Station  
New York, NY 10116

## 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