



H.O.W.

indianriverhow@gmail.com



Step Eight

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

Tradition Eight

Alcoholics Anonymous should remain forever non-professional. 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 may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for.

Concept Eight

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.

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

**CALL
772-562-1114**

**OR VISIT
indianriveraa.com**

August Anniversaries

I Am

Responsible

Jessica D 1
Chris S 1
Daniel M 2
Josh S 2
Joshua S 2
Mary Ellen 6
Misty K 6
Roseanna 33
Tyler H 2
Wendel W 1

Early Risers

Roy 1

Meat &

Potatoes

Angela L 6

Royal Palm

Ben E 5
Rick S 50
Phil W 28

417

Kristin P 4

ODAAT

Monica C 1
Catherine T 2
Jerry P 4
Lisa C 6
Tom M 38
John R 42

Sundowners

Brittney 11
Bill 9

Lunch Bunch

Ray 37
Gail B 36
Peter D 36
Hank T 33
Bonnie R 20
Mike F 19
Mike B 2
Vincent E 2

South Vero

Heather 5
Richie 35
Kate 23
Susan 15

VB Men

Bill H. In
Memory Of
Bill Crane 36
Tom F. 24
Lane S. 23
George C. 19
Bill (Scrappy)
14
Jeff E. 9
John S.
(Duece) 7
Zach K. 5
Vernon L. 4
Stephen H. 2
Matt 2
Josh S 2
Dan D. 2
Anthony S. 1
Nick P. 1
Joseph 1
Christopher S.
1
Jacob L. 1
Sal E. 1

Free & Easy

Kevin M 24
Debra J 26

New Day

Sebastian

Mike G 41
Dan M 20
Mitzy 19
Joe B 11
Matthew G 10
Tom M 10
Dawn B 9
Sandy S 6
Chris A 5
Jim P 2
Mikey L 1

Women of

Sebastian

Amanda 27
Angela 19

IR Women

Elaine S 2
Ellen H 5
Gracie H 15
Ruth T 17
Rebecca H 23
Jenn Mc 23

*Sorry
we
missed
you*

Lunch Bunch

Bill VB 43
Guz R 15

**Submit group
anniversaries by the
21st of the month**

indianriverhow@gmail.com

Local AA History

Women of Sebastian

The Women of Sebastian was established 3/30/2021 after Brianna W. had it in her heart to start a women's Big Book meeting in the Sebastian area. We started our group meeting at Club Sebastian on Tuesday nights at 7:30pm. We celebrate our member's anniversaries on the last Tuesday of the month. We began it with "Taco Tuesday" but we now enjoy a variety pot luck and "Eat Cake and be Merry." We now meet at the First Presbyterian Church at 1405 Louisiana Avenue in Sebastian on Tuesday evening at 7:30pm. We have a group of active members of approximately 15 amazing women from a few months to 35 years sober. We are active in all the events held in our area. We invite you to come visit and become a Woman of Sebastian group member

Why make the list? What's in it for me?

More About Step 8

While the purpose of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can. Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one. Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws, which were basic, flaws which sometimes were responsible for the whole pattern of our lives. Thoroughness, we have found, will pay- and pay handsomely.

Having carefully surveyed this whole area of human relations, and having decided exactly what personality traits in us injured and disturbed others, we can now commence to ransack memory for the people to whom we have given offense.

Whenever our pencil falters, we can fortify and cheer ourselves by remembering what A.A. experience in this Step has meant to others.

***It is the beginning of the end of isolations
from our fellows and from God.***

-Excerpts from Twelve Steps & Twelve Traditions pg. 80-82

GET INVOLVED IN SERVICES



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

Treatment

Description:

Solicit local AA groups to chair meetings on a monthly rotation at the treatment centers in IRC. Maintain a current schedule of dates, times, locations, meetings, formats, participating groups. Submit rotation schedule to both HOW and Website Coordinators for monthly publication, and ensure that groups are keeping their meeting commitments. It may be necessary to provide a meeting format for use of each facility. Treatment coordinator should work with the staff at each facility regarding scheduling.

Requirements to Chair:

One year sobriety. Attend and present reports at monthly Central Office Business Meetings.

COME JOIN US IN CELEBRATING

THE VERO BEACH MEN'S GROUP 24½ YEAR ANNIVERSARY

WHEN: SATURDAY AUGUST 24TH FROM 11:00 AM TO 3:00 PM

WHERE: THE NEWPORT CLUB @ 2536 16TH AVE

TACO BAR 11:00AM – 1:00 PM

OPEN SPEAKER MEETING (RICHIE K.) 1:00 PM – 2:00 PM

FELLOWSHIP & FUN 2:00 PM – 3:00 PM

What's Happening?

IF YOUR GROUP HAS ANY UPCOMING EVENTS THEY WANT PUBLISHED,
EMAIL indianriverhow@gmail.com



**I AM RESPONSIBLE GROUP
POTLUCK DINNER CELEBRATION**

**47 years of service
to Indian River County
Saturday August 24th
Doors open at 6:00pm Dinner
at 6:30pm Speaker at 8:00
PLEASE FEEL FREE TO BRING YOUR
FAVORITE DISH OR DESERT
First Christian Church
27th Ave & State Road 60**

INDIAN RIVER COUNTY CENTRAL OFFICE



<https://indianriveraa.com/events>

Scan here for
local AA events

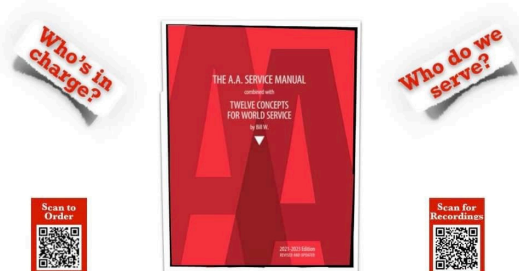
Special Meetings

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



SATURDAY NIGHT LIVE

ALANON AND AA MEETING TOGETHER

07/27/2024

4th Saturday of the month

7pm to 8pm

please bring a friend or spouse to see both programs at work

WE COME TO SOUTH VERO South Vero Beach Group

**755 8th Ct. (Glendale Plaza Ste. #6)
Vero Beach, FL 32962**

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

Recordings
District6AA.org

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 "trusting 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 responsibilities — 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 poignant 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.

Let's see how this works.

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.

LAST SUNDAY OF MONTH - 6PM ET

Know about a new meeting or workshop? Share here

INDIANRIVERHOW@GMAIL.COM

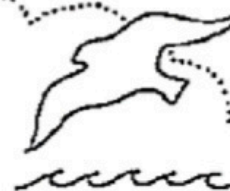


Indian River Central Office of Alcoholics Anonymous

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 32960

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

	<u>INDIAN RIVER COUNTY VIRTUAL MEETINGS</u>
12:00 PM	Sunday - The Gratitude Group - (Open) - Virtual Vero Beach - Zoom: 720-843-2825 PC 3807897
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	Monday - Men's Discussion Group - (Closed, Men, D) - Virtual Vero Beach - Zoom: 829 3988 4023 PC333791
4:00 PM	Tuesday - Keep It Simple Meeting - (Open, ABSI, LIT) - 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, B, LIT) - 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
4:00 PM	Thursday - Men's Discussion Group - (Closed, Men, D) - Virtual Vero Beach - Zoom: 829 3988 4023 PC333791
5:00 PM	Friday - Sober Connections - (Open) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375

IRC TREATMENT CENTER

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

Week 1
South Vero

Week 2
Vero Beach Men's

Week 3
Meat & Potatoes

Week 4
417

Week 5
South Vero



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