

H.O.W.



Honesty Open-Mindedness Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

August 2022

Volume 42 Issue 8

**Principle of Step Eight:
Brotherly Love**

Please email anniversaries and announcements for the good of AA as a whole to: aaairhow@yahoo.com

STEP 8:

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

TRADITION 8:

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

CONCEPT short form:

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated, and constantly active services, exercising this through their ability to elect all the directors of these entities.

**Principle of Tradition Eight:
Giving it Away**

Need a meeting RIGHT NOW?
Check out the 24/7 ZOOM meeting!
Meeting ID: [84053554493](#) Password: [435735](#)



STEP EIGHT : TOWARD EMOTIONAL FREEDOM

*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.— **TWELVE STEPS AND TWELVE TRADITIONS, p. 80***

Willingness is a peculiar thing for me in that, over a period of time, it seems to come, first with awareness, but then with a feeling of discomfort, making me want to take some action. As I reflected on taking the Eighth Step, my willingness to make amends to others came as a desire for forgiveness, of others and myself. I felt forgiveness toward others after I became aware of my part in the difficulties of relationships. I wanted to feel the peace and serenity described in the Promises. From working the first seven Steps, I became aware of whom I had harmed and that I had been my own worst enemy. In order to restore my relationships with my fellow human beings, I knew I would have to change. I wanted to learn to live in harmony with myself and others so that I could also live in emotional freedom. The beginning of the end to my isolation—from my fellows and from God—came when I wrote my Eighth Step list.

District 6 Happenings

LITERATURE COMMITTEE WORKSHOP

2nd Friday of every month at 8:30 on Zoom

[Meeting ID: 991-593-8471 Passcode: 615](#)

August 12 – “[The Language of the Heart](#)”

September 9 – “[Dr. Bob and the Good Oldtimers](#)”

Okeechobee Fish Fry

Saturday, September 17, 2022 10AM to 3PM

at C. Scott Driver Park

10100 SR-78, Okeechobee

- please bring a dessert or side dish to share
- we are seeking AA approved items for the raffle



Central Office Meetings

2nd Monday of month 7p.m @ Newport Club

We are in need of a District 6 Liaison

Come see what we're all about and be of Service!



*Join the I Am Responsible
Group
for a POTLUCK DINNER
to Celebrate*



46 Years in Indian River County

Saturday August 27th

Doors Open 6:30p.m Dinner @ 6:30p.m

Speaker @ 8p.m

First Christian Church 27th Ave. and SR 60

Please feel free to bring a dish or desert



Vero Beach Men's Group
22 $\frac{1}{2}$ year Anniversary celebration
Luncheon

Join Us

Saturday August 27th at Newport Club
11:00 a.m - 3:00 p.m



**Celebrating with Good Food, Fun &
Fellowship**

Women & Family Welcome!



MEN'S GROUP

Archives

ircoarchives@gmail.com



From the Archives committee we are getting ready to re-start taping stories by our long time members. The last stories were recorded in 2014 by Tim W., then the IRCO chairperson with a love of A.A. history.

Nine long time members were recorded, , they are Frank M., John from Barefoot Bay, John H., Kay R., Leila H., Margaret B., Peter D., Pat S. and Walter L

All 9 stories are in mp3 format and luckily fit on 1 CD Depending on availability, they may be purchased at the Central Office for \$1.00

If you simply want to listen on your computer or smart phone, please follow the below link:

https://1drv.ms/u/s!AlMoIMsVwEm4k6Z9_Q-s0QMc-j9dPA?e=64Vx0u

or use the QR code on your smart phone:



I know it's a pain in the neck to copy the link, so if you want to email me at ircoarchives@gmail.com or text me and I'll send you the link:



Anniversaries

Roseland Sebastian

Paul 36 years

Indian River Womens

Susie 11 years
Nancy O. 3 years
Rebecca 21 years
Ellen H. 3 years
Ruth T. 15 years

Barefoot Bay

Peter D. 34 years
Laura 4 years

Women of Sebastian

Amanda 25 years
Angela 17 years

Early Risers

Joseph 1 year
Rich 1 year
July: Diane 21 years
Donald 34 yrs.
Tim 11yrs.
Julie A 8 yrs

Sebastian Lunch Bunch

Mike F. 17 years
Bonnie R. 18 years
Hank T. 31 years Peter
D. 34 years

Indian River Thursday

Shawnee F. 24 years
Tiffany D. 3 years

Newday Group

Diana P.	3 yrs
Mathew G.	8 yrs
Joe B.	9 yrs
Tom M.	8 yrs
Sandy S.	4 yrs
Mike G	39 yrs
Lou N	6 yrs
Dan	18yrs
Dawn S	7 yrs
George	4 yrs
Mitzi C	17 yrs

Sebastian 5:32 group

Dan S.. 33 years

Royal Palm Group

Ben E. 3 years
Rick S. 48 years

417 Group

July: Donna S. 20 years

ODAAAT

Jerry P 2 years
Lisa C. 4 years
Jimmy V 6 years
John R. 40 years
Tom M. 36 years
(from July)
Lin J 51 Years
Kay D. 49 Years

Meat & Potatoes

Angie 4 years
Rebekah 1 year

FreeandEasy

Debra S. 24 years
Kevin M 22 years
Denise M. 1 year

Vero Beach Men's Group

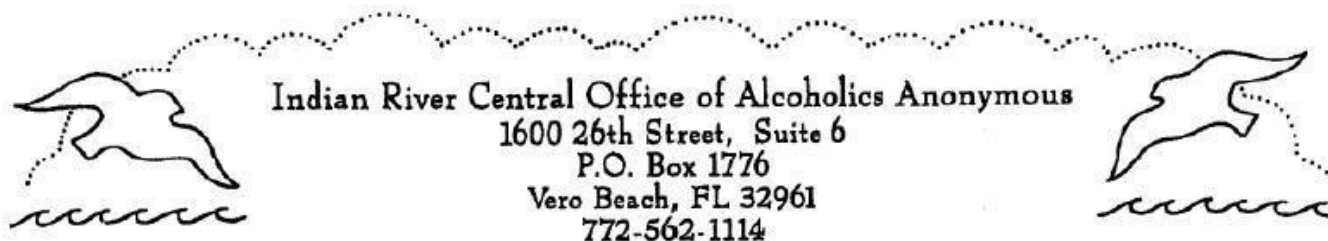
Bill C 34 years
Tom F. 22 years
Lane S. 21 years
George C 17 years
Bill H. 6 years
John S 5 years
Frankie D. 5 years
Jake T 4 years
Glen A. 4 years
Dean L 1 year

Vero 12 & 12

Rich M. 38 years
Ken K. 22 years
Doris V. 5 years

Noontime Recovery

Kevin K. 10 years
Carole 7 years
Dave C. 25 years



MISSION STATEMENT

The purpose of the Indian River Central Office (hereafter "IRCO") is to provide AA services within Indian River County, with the primary goal being to carry the AA message to the alcoholic who still suffers. It is the mission of the IRCO to keep groups informed about AA activities by newsletter and by maintain a website, answer inquiries for help, provide AA 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 Twelve 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 AA groups within Indian River County.

Where to Send Contributions for 2022

Indian River Central Office 1600 26th Street, Suite 6 Vero Beach, FL 32960	District 6 P.O. Box 12248 Ft. Pierce, FL 34979	South Florida Area 15 P.O. Box 311 Safe Harbor, FL 34695	General Service Office P.O. Box 2407 James A Farley Station New York, NY 10116-2407
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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 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:

_____, our 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

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: _____ _HOMEGROUP (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 43070

INDIAN RIVER COUNTY VIRTUAL MEETINGS

8/4/2022

The virtual doors are open to all A.A. members, including the elderly, shut-ins, members in care facilities such as hospitals and nursing homes, as well as snowbirds wishing to maintain their connection with the Vero Beach/Sebastian area while at home. Due to the lingering uncertainty of the Pandemic, not everyone is as yet ready to resume face to face meetings.

DAYS	TIME	GROUP	TYPE of MTG	VIRTUAL ID	PASSWORD
MON	Noon	O.D.A.A.T.	12&12	998 7512 9964	63228
	5:00 PM	Sober Connections	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero	As Bill Sees It	919 2868 4512	132567
	6:00 PM	The 3 Leg Group	AA Comes of Age	452 100 1634	31236
TUE	Noon	O.D.A.A.T.	Open Discussion	998 7512 9964	63228
	5:30 PM	South Vero	Living Sober	919 2868 4512	132567
	6:00 PM	Story Meeting	Big Book Stories	879 9604 4860	
	7:00 PM	Vero Beach 12&12	Steps / Traditions	1 (707) 802-5380	456880#
WED	Noon	O.D.A.A.T.	Big Boiok	998 7512 9964	63228
	5:00 PM	Sober Connections	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero	Big Book	919 2868 4512	132567
	6:00 PM	The 3 Leg Group	Pass It On	452 100 1634	31236
THU	Noon	O.D.A.A.T.	Chairman Choice	998 7512 9964	63228
	5:30 PM	South Vero	Speakers	919 2868 4512	132567
	7:00 PM	Vero Beach 12&12	12&12	1 (707) 802-5380	456880#
	7:00 PM	Lakewood Park	Open Beginners	483 506 0908	2020
	7:30 PM	Sober Rainbow	(LGBTQ)Discussion	879 1279 781	WickedSoba
FRI	5:00 PM	Sober Connections	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero -	Reflections	919 2868 4512	132567
	7:00 PM	Lakewood Park	Speaker/Discussion	298 703 197	2030
SAT	7:30 AM	South Vero	Open Discussion	924 7373 2754	132567
	5:30 PM	South Vero -	Open Discussion	919 2868 4512	132567
SUN	5:00 PM	Sober Connections	929-205-6099	325 820 3587	762375
	5:30 PM	South Vero	12&12	919 2868 4512	132567

IF YOU ARE INTERESTED IN LOOKING FOR ADDITIONAL VIRTUAL OR TELEPHONE MEETINGS, OR WANT TO HAVE YOUR VIRTUAL OR PHONE MEETING LISTED FOR OTHERS TO FIND YOU, LOG INTO [HTTPS://AA-INTERGROUP.ORG](https://aa-intergroup.org)

FOR VIRTUAL (ZOOM) A.A. MEETINGS, LOG INTO

<https://aa-intergroup.org>