

H.O.W.



Honesty

Open-Mindedness

Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

July 2022

Volume 42 Issue 7

Principle of Step Seven: HUMILITY

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

STEP 7:

Humbly asked God to remove our shortcomings

TRADITION :

“Every AA group ought to be fully self supporting, declining outside contributions.”

CONCEPT short form:

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Principle of Tradition Seven: RESPONSIBILITY

Need a meeting RIGHT NOW?

Check out the 24/7 ZOOM meeting
Meeting ID: 84053554493 Password: 435735

24/7

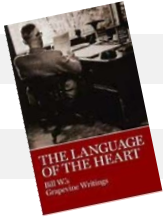
Step Seven Reflection Questions

Here are some questions to help guide you through Step Seven:

1. *How has my understanding of my higher power grown?*
2. *How have the previous six steps prepared me for step seven?*
3. *How does being aware of my own humility help when working the seventh step?*
4. *How do I plan to ask a God of my understanding or higher power to remove my shortcomings?*
5. *How does the spiritual principle of “surrender” work for me in step seven?*
6. *Am I comfortable with prayer and meditation- even if it means making up my own?*
7. *Has my sense of perspective or “reality” been out of proportion lately?*
8. *Have there been times when I have been able to stop from acting on a character defect and practice a spiritual principle instead?*

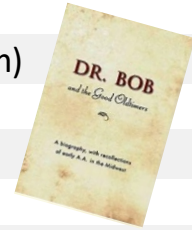
DISTRICT 6 HAPPENINGS

LITERATURE COMMITTEE



2nd Friday of every month at 8:30 pm (Zoom Platform)

August 12 - "The Language of the Heart"



September 9m 2022 - "Dr. Bob and the Good Old Timers"

OKEECHOBEE FISH FRY

SATURDAY September 17, 2022 10AM to 3PM



at C. Scott Driver Park

1011 SR 78, Okeechobee



Please bring a dessert of side dish to share

Ws arer seeking AA approved items for the raffle

LAUGHTER HEALS THE SOUL

WE ARE NOT A GLUM LOT



CENTRAL OFFICE BUSINESS MEETING

2ND Monday of month 7 p.m. at the Newport Club

We are in need of a District 6 Liaison

Come see what we're all about and be of service.

=====

The Roseland Sebastian Speaker Meeting

Starting back July 8th @ 7p.m
12973 83rd Avenue in Roseland
Double Speaker Meeting



www.counselingrecovery.com

A "shortcoming"
is like a flat tire.
A "character defect" is like
driving on it.

www.brightonrecovery.org



Stay Sober this Holiday! Enjoy the FREEDOM of Sobriety



Anniversaries

Roseland Sebastian

Wayne R. 16 years

Mikki L. 29 years

Indian River Womens

Heather Z. 17 years

Gail S. 33 years

Marla B. 13 years

Liz G. 1 year

Early Risers

Julie 8 years

Sebastian Lunch Bunch

June: Jeff S. 21 years

July: Peyton 1 year

Gus R. 13 years

Sharon S. 24 years

Judy D. 39 years

Vero Beach Men's Grp.

Tom H. 37 year

Rich P. 32 years

Bob W. 31 years

Ron P. 10 years

Joe A. 8 years

Ricky P. 1 year

5:32 Sebastian

June: Dan S.

July: John B 7 years

Dorothy R. 10 years

Newday Group

Gregg H. 10 yrs

Kathy M. 8 yrs

Stephen O. 20 yrs

Chris E. 9 yrs

Patty A. 16 yrs

Doug D. 25 yrs

Nona 30 yrs

Missy D 19 yrs

ODAAT

Ron M. 1 year

Dan N. 31 years

Dutch V. 37 years

Susie S. 41 years

I Am Responsible

Nicole L 10 years

Trish K, 16 years

Ricky 1 year

Meat & Potatoes

Danielle P 8 year

Marla B 13 years

Micheal S. 4 years

Rebekah 1 year

Indian River Thursday

Peyton P. 1 year

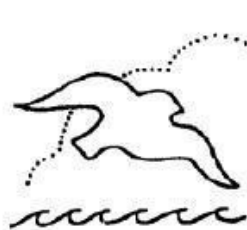
Free and Easy

Mark O. 5 years

Debra M. 4 years

Ian M. 4 years

Ava P. 1 year



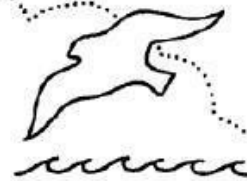
Indian River Central Office of Alcoholics Anonymous

1600 26th Street, Suite 6

P.O. Box 1776

Vero Beach, FL 32961

772-562-1114



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
---	---	---	--

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:

_____ 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

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 43070

FROM THE ARCHIVES

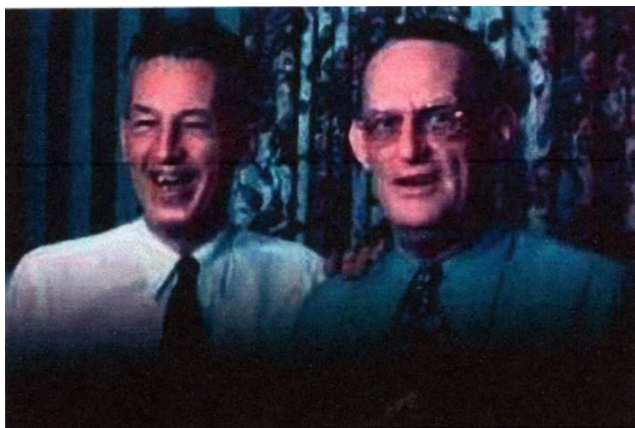


17 William Street, Newark, New Jersey. Hank P. & Bill W. set up the first A.A. "Headquarters" here at the office of Honor Dealers and auto dealership owned by Hank P. (1938 to 1940)

17 Williams Street in Newark NJ, where Bill W. and Hank P. sold tires and where Bill W., while pacing to and fromn would dictate the lanmguage of the first edition of the book "Alcoholics Anonymous" as Ruth Hock would try to keep up with Bill while typing what was to become our Basic Text, The "Big Book". The building was also the home of the "Alcoholic Foundation" until 1950



From 1950 to 1960 the "Alcoholic Foundation, which would become "Alcoholics Anonymous , Inc, was housed at 42nd Street, after moving around for a while in 1970 the General Service Office found a permanent home at 4687 Park at 468 Park Avenue, where it remained until 1992 when it moved to its current locatioon at 475 Riverside Dr., NY



It appears our co-founders are reminding us that we are not a glum lot and to remember "Rule 62"

My favorite composite of Bill and Bob



A highlight of AA's 50th Anniversary International Convention in Montreal was the presentation of the five-millionth copy of the Big Book to Ruth Hock Crecelius--who typed the first draft. As Bill W.'s nonalcoholic secretary from 1937 to 1942, Ruth answered thousands of letters inquiring about the new organization for drunks following publication of the Saturday Evening Post article, and her many trips to help fledgling groups earned her the title, "Flying Ambassadors of AA."

INDIAN RIVER COUNTY VIRTUAL MEETINGS

7/5/2022

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	12& 12	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.	As Bill Sees It	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	Noon	O.D.A.A.T.	Living Sober	998 7512 9964	63228
	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>