

H.O.W.



Honesty

Open-Mindedness

Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

June 2022

Volume 42 Issue 6

Principle of Step Six: Willingness

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

STEP 6:

Were entirely ready to have God remove these defects of Character

TRADITION :

"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

CONCEPT short form:

"The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board."

Principle of Tradition Six: Non-Affiliation

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



"Quotes on Step SIX From the Twelve & Twelve"

This is the Step that Separates the boys from the men.

Nowhere on record does God remove from any human being all his natural drives
He cannot render us white as snow and keep us that way without our cooperation

That's something we are supposed to be willing to work towards

**He only asks that we try as best we know how to make progress in the
building of character**

*Step six is our way of stating the best possible attitude one can take in order to
make a beginning of a lifetime job*

*******PATIENT IMPROVEMENT*******

The key word is, Entirely READY

*We shall make new venture into open mindedness * Delay is Dangerous and Rebellion may be Fatal*

District 6 Happenings

Luau District 6 Corrections Committee

Where: Pavilion 4 @ Jaycee Park in FT. Pierce

When: June 18th 2022 @ 1pm - 4 pm

\$10 dollar Donation

Text: Ronnie @ 772-672-0674



Founders Day

Luncheon, Ice Cream social and Chili cookoff!

Saturday, June 11, 2022 at noon

Langford Park Recreation Center

2369 NE Dixie Hwy, Jensen Beach



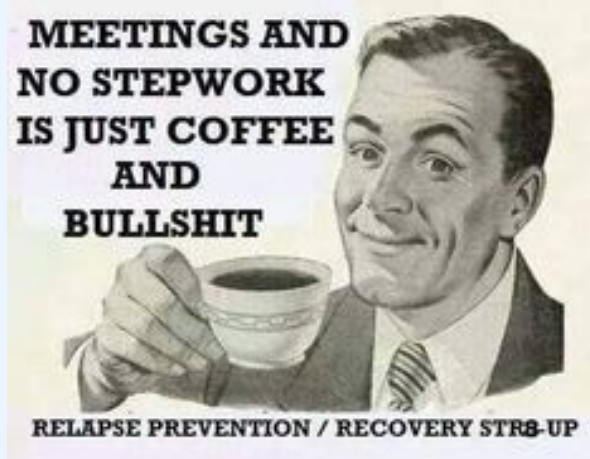
– please bring a dessert or side dish to share

– Enter the Chili cookoff

Laughter heals the Soul



We are not a Glum Lot!

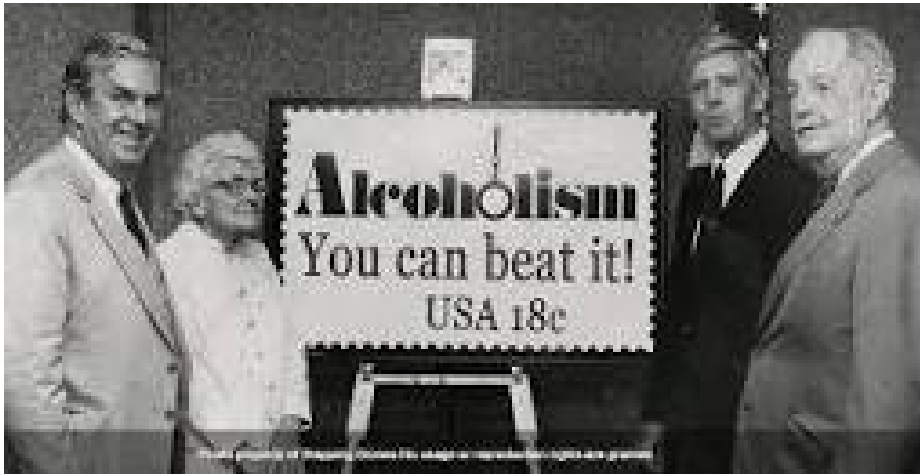


"Alcoholism, You can beat it!"



On August 19, 1981 in Washington DC, the USPS issued this stamp in an effort to raise awareness of the disease of Alcoholism. Also known as alcohol dependence, it is a disabling addictive disorder, characterized by compulsive and uncontrolled consumption of alcohol despite its negative effects on the drinker's health and social standing.

Similar to other drug addictions, alcoholism is medically defined as a treatable disease. The term 'alcoholism' is a widely used term, first coined in 1849 by Magnus Huss. In the 19th and early 20th centuries, alcohol dependence was called dipsomania, before the term alcoholism replaced it. Our local longtimer Debbie M. helped Lois W. make this stamp possible as her and her husband were on the Committee. This photo is on display at Stepping Stones where Lois Wilson was very proud of it.



Left to Right
Walter Murphy (Debbie's
Husband)
Lois Wilson (Bill W. wife)
U.S. PostMaster General
& Brink Smithers

NEWSFKASH – Liz B., a lady with 69 years oi

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!

A much beloved Long Time
member of Alcoholics
Anonymous has passed away

Liz Baily

Age: 100 yrs – Sobriety: 69 yrs

She will be greatly missed

The O.D.A.A.T. group will start a
"LIVING SOBER" meeting
on the Zoom platform
Friday, June 10 at 12 Noon
Zoom ID 998 7542 9964
Passcode 63228



A SHORT HISTORY OF THE INDIAN RIVER CENTRAL OFFICE OF A.A.

part 2

Indian River Intergroup was recognized by the General Service Office in early 1980. Also at that time a response to a question sent to the GSO was received from Sue Daley, a GSO staff member. The question asked was: "Does having a raffle at an open meeting/event violate the principles of the 7th Tradition". The answer was YES, however Sue goes on to say that there isn't anything G.S.O. or anybody else can do about it, but it is the sense of the groups (Conference) that this not a good idea and flies in the face of "Self-Support."

It wasn't until July of 1980 that a "Constitution" or as we call it today, "By-Laws" were created and adopted. This was a vital step in gaining full recognition by the General Service Office in New York.

This constitution (By-Laws) were also required to gain corporate standing in the State of Florida on the way to gain non-profit standing. The BY-laws were not adopted by the groups until March of 1983. The committee listed on the incorporation papers are Julia C., Sue C., Sam M. and Constance M. It should be noted that the ladies of the early 80s were well represented in the creation of Indian River Intergroup. IT took until December 14 of 1984 to complete the process to become a corporation of the State of Florida with Julia C listed as the Agent of Record.

One other name that should be mentioned here, is that of Jean R, a longtime member of the Vero Beach 12&12 group and a powerhouse behind the scenes. Jean was a renowned and respected member of not only the local A.A. community but throughout South Florida. In fact Beth H. from Coral Springs was South Florida Delegate in the early 2000s and was a sponsee of Jean. Many would seek Jean's counsel when the traditions were involved. She went on to create the first meeting list for Indian River County as well as creating the HOW, which at that time was little more than a gossip sheet of individual members, who went on vacation and where, who had visitors and where were they from etc. Over time it morphed into the newsletter it is today. Jean's husband Howard at that time created a masthead for Intergroup still in use today, only change made over the years was "Central Office" replacing "Intergroup and the addition of the website address. The phone number, b y the way, has not changed since 1979 Intergroup. In 1994 Jean turned the HOW over to Harry McP, from Harry it went to Mike C in 1996 and then to Dutch V in 1998.

Dutch V
Archives Chair



The Roseland Sebastian Double
Speaker Meeting
Starting back July 8, 2022 at 7 PM Roseland
Women's Club
12973 83rd Avenue, Roseland, Florida



St. Helen's Sunday Night meeting
NEW LOCATION
First Christian Church 1927
27th Ave.
Same time (7pm) Same Format

Indian River Central Office Birthday Plan

This contribution on my _____ (number of years of sobriety)
A.A. Birthday is my way of saying **Thank You** to
Central Office for serving the A.A. community in Indian River County.

Contribute/Address/Group



Please indicate whether you want your contribution credited to:
_____ your group or _____ anonymously

Make check out to: **Indian River Central Office of AA**

Drop off at the Central Office or mail to this address:
**Indian River Central Office of AA.
1600 26th Street, Suite 6 Vero Beach, FL 32960**



Anniversaries

Noontime Recovery

Andrew B. 19 years

New Day Group

Mary Jane L. 9 year

Chuck S. 12 years

David H. 4 years

Pat B. 37 years

Johnny S. 4 years

Jack W. 17 years

Conrad 2 years

Tim W. 45 years

Royal Palm Group

Jeff P. 13 years

Skip 42 years

Barefoot Bay

Tom 1 Year

Matt 2 Years

Early Risers

Ed 19 years

Sebastian Lunch Bunch

Susan M. 13 years

Linda V. 17 years

Mark L. 22 years

Ruthie T. 54 years

Jeff S. 21 years

Indian River Men's

Dave O 22 years

Brett B. 16 years

~~Bobby W 11 years~~

Mike D. (Diggy) 5
years Kyle K. 5 years'

James R 2 years

George 1 year

Wesley M. 1 years

Kellie S. 1 year

Vero Beach 12 & 12

May

Jim C. 31 years

June

Kimberly M. 4 years

Paul B. 4 years

Indian River Thursday

Kim G 34 Years

ODAAT

Tom M. 4 years

Wayne L. 10 years

Glen B. 40 years

I Am Responsible

George 1 year

Lorelei G 17 years

Paul S 24 years

Meat & Potatoes

Genevieve 12 years

Jade D. 1 year

Mindy S. 32 years

Indian River Thursday

May

Bobbi J. 7 years

Indian River Womens

April

Cindy D. 29 years

Kimberly S. 15 years

May

Cynthia G. 37 years

Kristen S. 32 years

Roberta 20 years

THE 3LEG GROUP SCHEDULE CHANGE

Effective June 2022

Monday at 6:00 pm **A.A. Comes of Age**

Wednesday at 6:00 pm, **Pass It On**

Zoom ID – 452 100 1634

Pass Code: 31236



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	District 6	South Florida Area 15	General Service Bd
1600 26th Street, Suite 6 Vero Beach, FL 32960	P.O. Box 12248 Ft. Pierce, FL 34979	P.O. Box 1784 Pompano Beach, FL 33061	PO Box 2407 James A Farley Station New York, NY 10116

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

6/10/2022

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.	Open Beginner	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>