



H.O.W.

indianriverhow@gmail.com



Step Seven

Humbly ask Him to remove our shortcomings

Tradition Seven

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Concept Seven

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.

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

**CALL
772-562-1114**

**OR VISIT
indianriveraa.com**

The principle behind Step 1 is Humility

Humility is simply having a realistic sense of oneself. A humble person accurately acknowledges both their strengths and limitations. These people have the capacity to be honest and without pretense in relation to themselves. They are "right-sized" and without false pride, arrogance, or importantly, low self-esteem. They are modest and without "ego", they are authentic and real, and can admit to their vulnerability.

-Alcoholics Anonymous Cleveland

Anniversaries

JULY

I Am Responsible

Corey M 7
Nicole L 12
Nick L 3
Ryan K 2
Trish K 18

Early Risers

Donald S 36
Tim 13
Julie A 10
Cassie 1

Meat & Potatoes

Danielle P 10
Lizzy H 5

SORRY WE MISSED YOU

ODAAT

Sarah R 7
Benni M 13
Dan N 33
Patricia B 35
Dutch V 39
Susie S 43

Sundowners

Jean 36
CJ 12

Lunch Bunch

Judy D 41
Mikki L 31
Sharon S 26

3 Leg Group

Royal Palm

Andy M 17

Sundowners

Tim 47

VB Men

Tom H 39
Rich P 35
Bob W 33
Ron P 12
Joe A 10
Brian E 3
Andrew K 1
Paul K 1

IR Women

Katherine C 3
Sarah M 5
Marla B 15
Heather Z 19
Gayle S 35

IR Men

Malcolm 39
Eddie A 36

New Day

Sebastian
Mimi M 41
Doug D 27
Missy 21
Patty A 18
Zinnia L 18
Chris E 11
Dian 3
Scarlett C 2

Jean H 1
Taylor F 1
Katherine 5
Diane F 3

Women of Sebastian

Mary Ann S 34

Sebastian 5:32

John B. 9

417

Ron P 12
Donna S 22

**Submit group
anniversaries by the
21st of the month
indianriverhow@gmail.com**

GET INVOLVED IN SERVICES



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

- **Birthday Dinner:** to host a speaker dinner meeting as the only fundraiser during the year to support the expenses incurred through the Central Office location and provide the funds necessary to maintain the organization of AA in Indian River County.
- **Public Information:** to distribute literature and information to the public. Stock Where & When in listed facilities, such as libraries, professional offices, hospitals, hotels.
- **12 Step List Coordinator:** To collect volunteers from all groups of those persons willing to be on call to go on Twelve Step calls. This to be accomplished through the dissemination of applications for each group, the completed return of which will serve as the base for the 12 Step List. Typically, this process is repeated twice a year around the time of the winter visitor cycle. Roughly November and May.
- **Unity:** to unite all members and groups throughout Indian River County at centralized events sponsored by the Central Office. Three events are scheduled during each year: a Founders Day celebration close to June 10th, a fall event in early November, and a spring event in late February/early March.

Requirements to Chair: One year of sobriety . Present reports at monthly Central Office Business meetings.

INDIAN RIVER COUNTY CENTRAL OFFICE



<https://indianriveraa.com/events>

Current flyers for local AA events



What's Happening?

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



PROGRAM & ACTIVITIES

- Workshops ■ Young People Meetings ■ Golf Tournament
- LGBTQ Meetings ■ Shark Tooth Hunt ■ ASL Interpreter ■ River Run/Walk
- Ice Cream Socials ■ Entertainment ■ Marathon Meetings ■ Cornhole
- Spanish Speaking Meetings ■ Grapevine ■ Archives Room ■ Kayak Event
- Old-Timer's Meeting ■ Banquets ■ Meditation ■ Al-Anon/Alateen
- Convention Merchandise ■ Photo Ops With Co-Founders Bill and Dr. Bob ■ Yoga

World-Renowned Hospitality Room!

Guest Speakers:

- Ed M. - Louisville, KY
- Heather G. - Knoxville, TN
- Ali H. - Toronto, ON
- Brenda J. - McKinny, TX
- Angie B. - Destin, FL
- Chip B. - Destin, FL
- Tim T. - Westlake, OH
- Kathryn A. - Jacksonville, FL



Host Hotel Information
Hyatt Regency Jacksonville Riverfront
 225 East Coastline Dr. ■ Jacksonville, Florida 32202
 1-877-803-7534
<https://www.hyatt.com/en-US/group-booking/JAXRJ/C-FS24>

Rates:
 Queen \$131
 King \$141
 Suites \$166 - \$506

Discount Rate Code: FS-24
 Rates will be honored 3 days before and 3 days after the convention dates, based on availability. All rooms are subject to state and local taxes.

This hotel is non-smoking. Designated smoking areas will be provided. Advance Deposit of first night's room and tax are due at time of reservation.
 Check-in 3 P.M. — Check-out 12 P.M.
 Parking Rates: \$15/day Self Parking
 \$39/day Valet Parking

District 6 Corrections Committee 3rd Annual Summer

LUAU

FOOD FUN FELLOWSHIP RAFFLE ...and SPEAKERS

For Literature
Sunday July 21st, 2024
1pm - 4pm @ Jaycee Park
 Melaleuca Dr, Fort Pierce, FL 34949
 Suggested donation: \$15.00 or

Bring a new or used **SOFT COVER Big Book** or 12 & 12 Zelle, Venmo or CashApp at The Door

Please Support your local intergroup and purchase at:

- Indian River Intergroup**
1600 28th Street Suttell 6, Vero Beach, Florida 32960
Office Hours: Monday thru Friday 09:00 am - 04:30 pm, Sat. 09:00 am - 11:30 am, Sun. - Closed
(772) 562-1114
- Martin County Intergroup**
528 SE Dixie Highway, Stuart, Florida 34994
Office Hours: Mon-Tue: 9am-5pm, Wed-Thur: 9am-3pm, Fri-Sat: 9am-Noon
(772) 293-9337
- Saint Lucie Intergroup**
881 East Prima Vista Blvd. - Port St. Lucie, FL 34952
OFFICE HOURS: 10 AM - 2 PM WEEKDAYS
(772) 973-9299

No Exchange of Cash on the Premises

For Tickets: Call or Text Ron B. @ 772-672-0674 or email Corrections@district6aa.org

Special Meetings

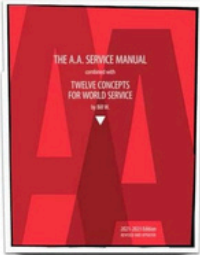
LEGACIES IN LITERATURE

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

Who's in charge? Who do we serve?



Scan to Order Scan for Recordings

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

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

3RD LEGACY IN THE CONCEPTS

AL-ANON AND A.A
Cordially invites you to our

SATURDAY Night Live

4TH SATURDAY OF EVERY MONTH
May 25, June 22, July 27, Aug 24, Sept 28, Oct 26, Nov 23, Dec 28
7pm-8pm
A.A. and Al-Anon meeting together

South Vero Beach Group
755 8th Ct (Gelande Plaza Ste. #6) Vero Beach, FL 32962

Please bring a friend or spouse and see both programs at work.

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 grasses — 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.


What 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 these down, the Twelve Concepts are a pertinent 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 is indicated in some editing (by italics) as 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

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


LAST SUNDAY OF MONTH - 6PM ET

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.

Know about a new meeting or workshop? Share here

INDIANRIVERHOW@GMAIL.COM

Parties and Socials



**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**

REVISED DATE

**CHILDREN OF CHAAOS
4-YEAR GROUP ANNIVERSARY PARTY**



JULY 31 2024 - 7-8:30PM
UNITY CHURCH ON 43RD AVE.

**POTLUCK AND MEETING
COME CELEBRATE WITH US!**

**If your group is
hosting an
event, please
email flyer to
publish here**

INDIANRIVERHOW@GMAIL.COM

**LAKEWOOD PARK GROUP ANNUAL
ANNIVERSARY PARTY/PICNIC**



Come join us for great food, fun and fellowship
Sunday 7/21/24 11:00 am – 3:00 pm

Round Island Oceanside 2201 South A1A, Vero Beach

**PLEASE BRING A SIDE DISH OR DESSERT
WE WILL HAVE BURGERS, HOT DOGS, BBQ
CHICKEN**

The Next Frontier : Emotional Sobriety

by Bill Wilson

Copyright © AA Grapevine, Inc, January 1958

I think that many oldsters who have put our AA “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, **humility**) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I’ve taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that’s not only the neurotic’s problem, it’s the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That’s the place so many of us AA oldsters have come to. And it’s a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden “Mr. Hyde” becomes our main task.

I’ve recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years backed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to

be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence – almost absolute dependence – on people or circumstances to supply me with prestige, security, and the like.

Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of

will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves

of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.



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

INDIAN RIVER COUNTY VIRTUAL MEETINGS	
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