



# H.O.W.

indianriverhow@gmail.com



## Step Ten

Continue to take personal inventory, and when you are wrong, admit to it.

## Tradition Ten

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

## Concept Ten

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

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

**CALL  
772-562-1114**

**OR VISIT  
indianriveraa.com**

## Preseverance

continued effort to do or achieve something  
despite difficulties, failure, or opposition

# October Anniversaries

## **I Am Responsible**

Charles  
Danielle  
Dean

Jeremy  
John H 52  
Lynne P 19  
Ray  
Stefani B  
Marie  
Todd T 13

## **Meat & Potatoes**

Frank B 35  
  
**417**  
Liz R 16

**Sebastian**  
**5:32**  
Carol T 20  
Bob T 20

## **ODAAT**

John M 6  
Rhonda J 14  
Bob B 36  
Marlene P 37  
Don W 50

## **Sundowners**

Amy 1  
Chris 6  
Trudy 10  
Frank Mc 16  
Debbie D 33

## **Lunch Bunch**

Sam G. 42  
Sue G. 36  
Bruce S 31  
Frank M 16

## **VB Men**

Jay M. - In  
Memory Of  
Rich C. 47  
Pete E. 16  
Matt P. 8  
Brian C. 5  
Terry K. 4  
Tim K. 4  
Alan K. 4  
Cole R. 2  
Paul C. 1  
Brian D. 1

## **IR Men**

Al H 34  
Frank A 31  
Paul F 9

## **New Day**

**Sebastian**  
Bob T 20  
Gus B 13  
Kathleen M  
11  
Gary H 8  
Chris M 6  
Chrissy O 4  
Bonnie P 3  
Dan V 3

## **IR Women**

Linda P 49  
Liz K 35  
Mary D 21

**Submit group  
anniversaries by the  
21st of the month  
[indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)**

# The Spot-check Inventory

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurt us and we were sore, we are in the wrong also. But are there no exceptions to this rule? What about “justifiable” anger? If somebody cheats us, aren’t we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it.

Few people have been more victimized by resentments than have we alcoholics. It mattered little whether our resentments were justified or not. A burst of temper could spoil a day, and a well-nursed grudge could make us miserably ineffective. Nor were we ever skillful in separating justified from unjustified anger. As we saw it, our wrath was always justified. Anger, that occasional luxury of more balanced people, could keep us on an emotional jag indefinitely. The emotional “dry benders” often led straight to the bottle. Other kinds of disturbances- jealousy, envy, self-pity, or hurt pride- did the same thing.

A spot-check inventory taken in the midst of such disturbances can be of very great help in quieting stormy emotions.

**Save  
the  
Date!**

[AA.org/International-Convention](http://AA.org/International-Convention)

# 2025 A.A. International Convention

July 3-6, 2025



Scan here!



Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

**Registration Opens September 10, 2024 (Noon EDT)**

**Make plans to attend the 2025 A.A. International Convention scheduled in  
Vancouver, British Columbia, Canada**



**Language of the Heart  
Lenguaje del corazón  
Le langage du cœur**

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. A.A. members and their families and friends from around the globe attend the event. At the International Convention people attend meetings, workshops, dances and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

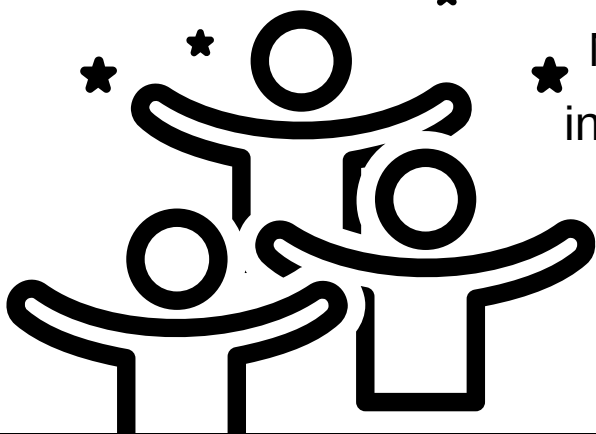
Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium.

As the Convention approaches, we will update our website with registration information. Let's celebrate sobriety together in Vancouver in 2025!

# GET INVOLVED IN SERVICES

## OPEN POSITION

Substitute Desk Workers Needed. Call Beth to sign up 614-207-0050



## Unity Committee

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 Founder's Day Celebration close to June 10th, a fall event in early November; and a spring event in late February or early March.

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

# Daily Reflections Oct 1

## LEST WE BECOME COMPLACENT

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.

ALCOHOLICS ANONYMOUS, p. 85

When I am in pain it is easy to stay close to the friends I have found in the program. Relief from that pain is provided in the solutions contained in A.A.'s Twelve Steps. But when I am feeling good and things are going well, I can become complacent. To put it simply, I become lazy and turn into the problem instead of the solution. I need to get into action, to take stock: where am I and where am I going? A daily inventory will tell me what I must change to regain spiritual balance. Admitting what I find within myself, to God and to another human being, keeps me honest and humble.

# What's Happening?

IF YOUR GROUP HAS ANY UPCOMING EVENTS THEY WANT PUBLISHED,  
EMAIL [indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)



*Save the Date*

**District 6  
50th Annual Gratitude Dinner  
November 2nd, 2024  
Willingness Honesty and Humility  
(Page 13 BB)**

**First Presbyterian Church**  
520 Royal Palm Blvd, Vero Beach, FL 32960

Doors open at 5:30pm \*Dinner 6pm\* Speaker 8pm

Tickets are \$20 and a limited number will be available  
**\*Note: Vouchers MUST be turned in for actual tickets prior to the event. Tickets can NOT be obtained at the door. You must have a ticket to attend\***

**Raffle and Clothesline**



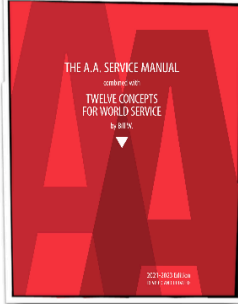
Calling All AA Groups & Members: Please bring AA literature contribution for the raffle if you are willing and able



**9/9/24 ~ 12/2/24  
MONDAYS ~ 8:00 PM ET**

The Literature Committee of District 6 in Area 15 Presents...

**THE TWELVE CONCEPTS**



**with Billy N., Palm Beach Gardens, FL**


District6AA.org

**ID: 991~593~8471 PC: 615**

# Special Meetings

**A.A.W.O.L.**  
**AN ALCOHOLIC'S WAY OF LIFE**

A Six-Month Study of the 12 Steps of Alcoholics Anonymous  
**STARTS TUESDAY, OCTOBER 15, 2024**  
**at The New Port Club**  
**Meets Every Tuesday 6:00 to 8:00pm**



**Must have at least one year of continuous sobriety and working relationship with a sponsor to join**

**New Port Club**  
**2536 16th Avenue**  
**Vero Beach, FL 32960**

**For more information:**  
**call 772-360-7373**

**SOUTHEAST**  
**REGIONAL FORUM**

**December 6-8, 2024**

*You are invited to the Southeast Regional Forum!*

**PURPOSE OF REGIONAL FORUMS**

- Regional Forums are hosted by the A.A. General Service Board and "open" to all A.A. members or to anyone interested in A.A.
- Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, Staff and Directors from the General Service Office and AA Grapevine.

**PROGRAM**

- Your Southeast Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine, Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region's Delegates, and past Trustees
- There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on [www.aa.org](http://www.aa.org) under the Regional Forums tab.
- The event will take place from Friday at 6:30 p.m. through Sunday, 12:00 p.m.

**REGISTRATION**

- Registration is **FREE** and will open online at [www.aa.org](http://www.aa.org) on October 7, 2024.
- All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
- Pre-registration is encouraged, and on-site registration will be available.


**HOTEL INFORMATION**

Golden Nugget Biloxi  
 151 Beach Boulevard

- For hotel reservations: <https://goldennuggetbiloxi.reztrip.com/ext/promoRate?property=1262&mode=b&pm=true&sr=883087&vr=3> or Call 1-800-777-7568
- November 14, 2024 is the room reservation deadline.
- Rate: Double Occupancy, \$129.99 per night U.S. or Canadian
  - Use the group code S240301 to receive the group rate.

*We look forward to seeing you in Biloxi!*

**For more information, please contact, Regional Forums' Staff Coordinator, at [regionalforums@aa.org](mailto:regionalforums@aa.org) or call (212) 870-3120.**

**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." An A.A. grew up; it began with the group — 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.**

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

**LAST SUNDAY OF MONTH - 6PM ET**

**INDIAN RIVER COUNTY CENTRAL OFFICE**



<https://indianriveraa.com/events>

**Scan here for local AA events**

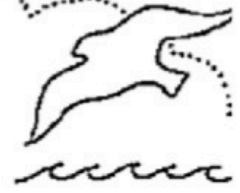


Indian River Central Office of Alcoholics Anonymous

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 26<sup>th</sup> 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 26<sup>th</sup> 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

<b>INDIAN RIVER COUNTY VIRTUAL MEETINGS</b>	
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