

# H.O.W.



*Honesty*

*Open-Mindedness*

*Willingness*

*Monthly Publication of the Indian River Central Office of Alcoholics Anonymous*

**September 2022**

**Volume 42 Issue 9**

## **Principle of Step Nine: Justice**

Please email anniversaries  
and announcements for  
the good of AA as a whole  
to:

[aaairhow@yahoo.co](mailto:aaairhow@yahoo.co)

### **STEP 9:**

Made direct amends  
to such people  
wherever possible  
except when to do so  
would injure them or  
others

### **TRADITION 9:**

A.A. as such, ought  
never be organized  
but we may create  
service boards or  
committees directly  
responsible to those  
they serve.

### **CONCEPT 9:**

Good service leaders, together  
with sound and appropriate  
methods of choosing them, are  
at all levels indispensable for  
our future functioning and  
safety. The primary world  
service leadership once  
exercised by the founders of  
A.A. must necessarily be  
assumed by the Trustees of the  
General Service Board of  
Alcoholics Anonymous.

## **Principle of Tradition Nine: Equality**

Need a meeting? TRY ZOOM  
Meeting ID  
840 5355 4493  
Pass Code: 435735

24/7

### **WANTED**

**OUR CURRENT WHERE AND WHEN EDITOR WILL BE ROTATING OUT OF THE  
POSITION AS OF JANUARY 1, 2023. IF YOU FEEL YOU MAY INTERESTED IN THE  
POSITION, PLEASE CONTACT DEE G. AT IRCWHEREANDWHEN@GMAIL.COM**

# District 6 Happenings

## **MONTHLY LITERATURE COMMITTEE WORKSHOP**

2nd Friday of each month Zoom ID: 991 593 8471

Passcode: 615

## **TREATMENT COMMITTEE EVENT**

### **Breakfast for Dinner**

*Proceeds provide Big Books and other Conference Approved literature for detox and treatment facilities in District 6*

Saturday November 5, 2022 Elks Club at Polish American Building  
343 Prima Vista Blvd, Port St. Lucie

Please bring Pastries or Desserts to share

\$15.00 suggested contribution Tickets available at Intergroup

## **INDIAN RIVER CENTRAL OFFICE BUSINESS MEETING**

2<sup>nd</sup> Monday of each month, 7pm at the Newport Club

### **TRAVELLING?**

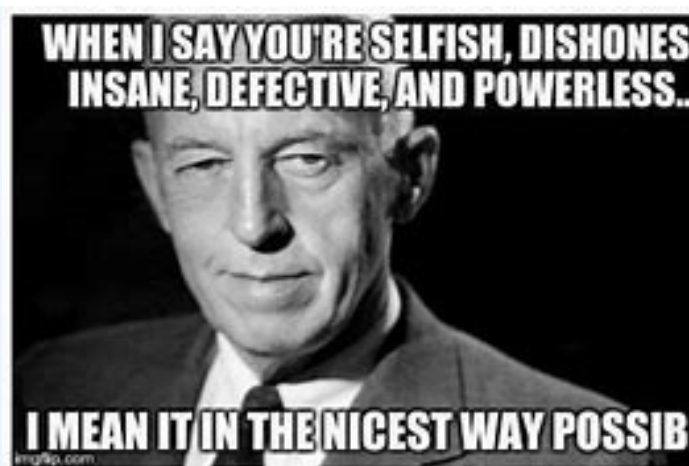


Use the meeting guide on your smart phone.

It is a free App on both Android and I-Phone; It will give you immediate information and direction to AA meetings within an appr 30 mile radius. All meetings in Indian River are now available.

***Laughter heals the Soul***

***We are not a Glum Lot!***



### **9th STEP PROMISES**

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past, nor wish to shut the door on it.

We will comprehend the word serenity, and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook on life will change.

Fear of people and economic insecurity will leave us.

We will intuitively know how to handle situations that used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them."

Pages 83-84

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# **From The Archives**

## **BILL W. ON WHY WE NEED THE CONFERENCE**

Let's face these facts (October 1950). First. Dr. Bob and I are perishable, we can't last forever. Second. The Trustees are almost unknown to the A.A. membership. Third. In future years our Trustees couldn't possibly function without direct guidance from A.A. itself. Somebody must advise them. Somebody, or something must take the place of Dr. Bob and I. Fourth. Alcoholics Anonymous is out of its infancy.

Grown up, adult now, it has full right and plain duty to take direct responsibility for its own Headquarters. Fifth. Clearly then, unless the Foundation is firmly anchored, through State and Provincial representatives, to the movement it serves, a Headquarters breakdown will someday be inevitable. When its old timers vanish, an isolated Foundation couldn't survive one grave mistake or serious controversy. Any storm could blow it down. Its revival wouldn't be simple. Possibly it could never be revived. Still isolated, there would be no means of doing that. Like a fine car without gasoline it would be helpless. Sixth. Another serious flaw; As a whole, the A.A. movement has never faced a grave crisis. But someday it will have to. Human affairs being what they are, we can't expect to remain untouched by the hour of serious trouble. With direct support unavailable, with no reliable cross-section of A.A. opinion, how could our remote Trustees handle a hazardous emergency?

This gaping "open end" in our present set-up could positively guarantee a debacle. Confidence in the Foundation would be lost. A .A.'s everywhere would say: "By whose authority do the Trustees speak for us? And how do they know they are right?" With A.A. Service life-lines tangled and severed, what then might happen to the million who don't know. Thousands would continue to suffer or die because we had taken no fore-thought, because we had forgotten the virtue of prudence This must not come to pass

That is why the Trustees, Dr. Bob and I now propose the General Service Conference of Alcoholics Anonymous. That is why we urgently need your direct help. Our principle services must go on living. We think the General Service Conference of Alcoholics Anonymous can be the agency to make that certain. (Third Legacy Pamphlet, October 1950).



# September Anniversaries

## Indian River Women's

Joan G. 32 years  
Petra D. 10 years  
Linda P. 47 years  
Mary D. 19 years

## Indian River Thursday

Tiffany 3 years  
Shawnee 24 years

## Sebastian 5:32 group

August: Jazz D. 35 years  
Maureen L. 43 years  
Cindy V. 17 years

### **September:**

Eddie V. 9 years  
Angie D. 13 years

## Royal Palm Group

Trish H. 32 years  
Pat C. 21 years

## Barefoot Bay

Suzanne 4 years  
Sara 41 years

## Women of Sebastian

Andrea L. 3 years  
Stephanie D. 3 years  
Susan L. 1 year  
Angie D. 13 years

## ODAAT

Sara G. 6 years  
Scott M. 11 years  
Elizabeth M. 31 years  
Jonathan M. 37 years  
Hugh L. 39 years

## Meat & Potatoes

Garrett 3 years  
Jake 2 years

## Vero 12 & 12

Kay D. 30 years

## Early Risers

David 28 years  
Terry 1 year  
Stephanie 9 years  
Katie 2 years

## Vero Beach Men's Grp.

Ray P. 26 years  
Peter K. 26 years  
Chris B. 8 years  
Kevin K. 4 years  
Justin K. 3 years  
Joseph F. 2 years  
Richard M. 2 years  
Matt F. 2 years  
John L. 1 year  
Phineas W. 1 year

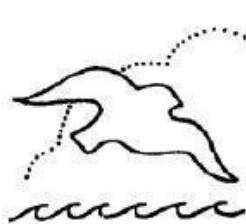
**IF ANYONE REACHES OUT FOR  
HEL[P, I WANT THE HAND OF A.A.  
ALWAYS TO BE THERE, AND FOR  
THAT...I AM RESPONSIBLE**

One way to carry the message is to let people know that A.A. works, that can be done very easily by making sure that your group's members are listed right here as they celebrate a first or subsequent year of sobriety.

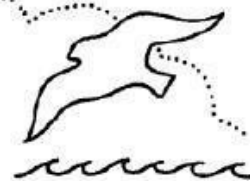
We do these things not to brag, but to thank the Higher Power of your choice and A.A. for being here.

The gifts we receive are to numerous to list here, not enough time nor space, but there is plenty of space for more A.A. birthdays.





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

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

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

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 32960

SPEAKER EXCHANGE PROGRAM



This program will allow anyone willing to share their Experience, *!mm*, 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 32970



# INDIAN RIVER COUNTY VIRTUAL MEETINGS

**9/5/2022**

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	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>**