

# HOW.



**Honesty      Open-Mindedness      Willingness**

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

**AUGUST 2020**

**Volume 39      Issue 8**

The HOW is published to improve communication between local AA groups and encourage the participation of AA members in service and activities.

*Note: The Steps, Traditions are Concepts below are reprinted with permission from AAWS, Inc.*

Please email anniversaries, meeting updates or changes, and announcements for the good of AA as a whole to: [aairehow@yahoo.com](mailto:aairehow@yahoo.com)

**STEP 8:**

Made a list of all persons we had harmed, and became willing to make amends to them all.

**TRADITION 8:**

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers..

**CONCEPT 8 short form:**

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

**If you need help right now for a drinking problem ...**

Many AA members are available to help, 24 hours a day, 7 days a week.  
Be assured that your request to the AA Online Intergroup committee is confidential.

For help: <http://indianriveraa.org>

**Meeting Time Change!**

BHC treatment meetings are changed to 7:30 to 8:30 pm Monday nights

The Indian River Central Office will be temporarily closed until further notice.

The office will be open on Saturdays from 9 am to noon for purchases of medallions and literature.

**KNOWN INSIDE MEETINGS**

as scheduled	Club Sebastian - All Meetings
as scheduled	Newport Club - All Meetings (ALL MEETINGS REQUIRE MASKS)
as scheduled	South Vero Group - All Meetings
Mon 7:00 pm	<b>NEW LOCATION FOR INDIAN RIVER WOMEN'S GROUP</b> Starting August 3rd at "The Newport Club" Indian River Women's Group - Masks required - BB/12&12
Mon 8:00pm	Royal Palm Group
Sun-Mon-Thu 7pm	Lakewood Park (Indrio Rd, Ft. Pierce)
Sunday 7:00pm	Vero Beach Group ( Double Speaker Meeting)
Friday 7:00pm	West Vero Group
Fri 6:00pm	Meat and Potatoes - Community Church 21st St Vero Beach
12 Noon Mon-Fri	O.D.A.A.T. - (Limited to 25 participants inside)

**KNOWN OUTSIDE MEETINGS**

<b>ALL MEETINGS - Social distancing observed- BRING OWN CHAIR</b>	
Wed & Sat 8:00pm	Outside under Oaks, left of "A" Building
Sat 12:30pm	Outside under Oaks, left of "A" Building
Tue 7:30pm	Sebastian Freedom-NE Corner Main ST/US 1 (by big Flagpole)
Wed 7:00pm	Lakewood Park (Indrio Rd, Ft. Pierce)
Fri 6:00pm	Meat and Potatoes - Community Church 21st St Vero Beach
Mon-Fri Noon	O.D.A.A.T. - 25 participants Outside
5:32pm	The 5:32 Group meets at the Roseland Meth. Outside Church
Mon 5:30pm	Roosevelt Community Park - 12/12
Thur 5:30pm	Roosevelt Community Park - Big Book



**Need a meeting RIGHT NOW?**

**Check out the 24/7 ZOOM meeting!**

<https://zoom.us/j/144108372>

**Password: 169258**

**MEETING NEW TIME & LOCATION!**

**Tuesday 11th Step Prayer & Meditation**

meeting has moved to:

*A Sharing Place*

*9430 US1 N*

*Sebastian, FL 32958*

**Meeting starts at 6:00 pm**

- An indoor meeting
- Mask must be worn while inside
- Sanitizers are available

# Letter from District 6 DCM

Hello Indian River County family,

As this issue goes out, I expect more meetings are getting back together safely. I hope that you took some time to "attend" the 2020 International Convention linked through [aa.org](http://aa.org). A few other resources that I had time to focus on were the Grapevine websites:

- <https://www.aagrapevine.org/>
- <https://www.district6aa.org/Grapevine.html>

NOTE: The August 2020 Grapevine focuses on LGBTQ+ AA members, so be sure to check it out.



Also, **Box 4-5-9 Summer 2020**

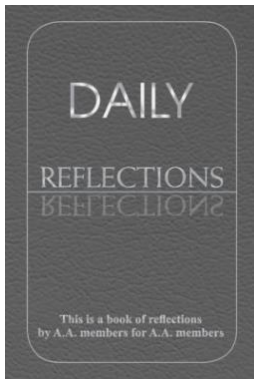
- [https://www.aa.org/newsletters/en\\_US/en\\_box459\\_summer\\_2020.pdf](https://www.aa.org/newsletters/en_US/en_box459_summer_2020.pdf).



Please take a few minutes to connect with these.

Area 15 had our first virtual quarterly. It exceeded expectations. From Friday, July 10 to Sunday July 12, I managed about 22 hours of virtual committees, meetings, workshops and the Sunday business meeting. In all that time it was bound to happen. I made a mistake in the renaming of one of our attendees. It was pointed out and I appreciated the ever-helpful voices of wisdom. So, if you are thinking of service, remember, you don't have to be perfect, only willing.

The unexpected bonus of attending many different workshops is the experience and practical examples of the application of our 36 spiritual principles (the 12 Steps, 12 Traditions, and 12 Concepts). There is a piece on leadership in Concept 9 that reflects a worthy ideal.



While all our local meetings don't link with the A.A. meeting guide, this app has many useful tools including interface with virtual meetings, current A.A. news, a Daily Reflections quote and more. Of the many virtual meetings, GSO is not sponsoring the weekly service meetings I referenced last month. These are, however, supported by folks that have service experience.

"COVID-19 will not stop us from doing A.A.," he (Beau B., of Neptune, N.J.) says. "All the way up and down the A.A. triangle, you're seeing people adapting, finding a way. One thing you're seeing in groups are these new service roles popping up, practically overnight - for example, the online coordinator who makes sure the meeting is set up properly, so that the leader can lead a meeting. Often these are people who maybe haven't been involved in service, but they know their way around I.T. and they show up."

*Reprinted from the Summer 2020 Box 459, page 7 with permission of A.A. World Services, Inc*

If you have any questions or suggestions that I might help with, or any corrections, please feel free to contact me.

**Fawn S.**

Panel 69 Area 15, District 6 DCM and Website Committee Chair  
[DCMIRC1@gmail.com](mailto:DCMIRC1@gmail.com)

# People are talking!

The buzz about this year's **Unity and Service Conference** has started.

It is all about how AA members have utilized **A.A. Traditions and Concepts** in their lives! This is our 5th year, and our first virtual conference.

The conference is **September 5 and 6, 2020**.

You will need to register to attend, you can sign up here: We will email you the ID and Password prior to the conference.

**We would greatly appreciate your support if you could:**

- Get the word out by forwarding this email to those you sponsor or others that might be interested.
- Include the flyer in newsletters, post it on websites, or announce it at meetings you attend. (The flyer can be downloaded from the website listed below)
- Come and attend the Conference yourself! It's a 'click' away to register.

This is an A.A. activity of the Love and Service A.A. Group in Pleasant Hill, CA, and any contributions in excess of the prudent reserve will be distributed to A.A. service entities.

Again - thank you for your time, support, consideration, and participation.

Sincerely,

**The Unity & Service Conference Committee**

**THE SECRET TO SERVICE**

**Virtual 5th Annual Unity & Service Conference**  
"Applying our 12 Traditions & 12 Concepts to Real Life"

**September 5-6, 2020 (PDT)**  
**Labor Day Weekend**  
**Concord, CA, USA**

Pacific Daylight Time Zone

	Saturday, September 5	Sunday, September 6
8:45 am	Welcome! Serenity Prayer & Kickoff	
9:00 am	<b>Memoirs of a Judge that Nudged</b> Rogelio Flores, Santa Barbara, CA Retired Judge & Past Class A Trustee	<b>Contempt Prior to Investigation?</b> The 12 Concepts - "A Spiritual Experience" Jennifer D., Wilmington, NC
	10-Minute Traditions or Concepts Vignette Before Each Main Speaker	
10:30 am	<b>Service Panels</b> Panel 1 - Young People Panel 2 - Bridging the Gap Panel 3 - Corrections (H & I) Q&A	<b>Service Panels</b> Panel 1 - Public Info & Cooperation with Professionals Panel 2 - Intergroup/Hotline Panel 3 - General Service Panel 4 - Sponsorship Q&A
12:00 pm	Break	
12:30 pm	<b>Finance &amp; Romance in AA's Digital Age</b> Jennifer D., Wilmington, NC	<b>Anonymity and Outside Issues: Right vs. Responsibilities</b> Roger W., Vine Grove, KY
	10-Minute Tradition or Concept Vignette Before Each Main Speaker	
2:00 pm	<b>The Three Legacies and Relationships</b> Chuck & Beth H., Cary, NC	<b>Ask It Basket with Speakers</b> Rogelio, Jennifer, Don, Roger, Chuck & Beth
	10-Minute Tradition or Concept Vignette Before an AA-Info Speaker *This 2-hour and 15-minute session includes a 15-minute break at 3:00 pm before concluding at 4:15 pm*	
3:00 pm	Break	
4:30 pm	<b>Unity vs. Conformity in the Home Group</b> Don L., Bellingham, WA	<b>Close with Responsibility Statement</b>
	10-Minute Tradition or Concept Vignette to Open	
6:00 pm	<b>Close with Responsibility Statement</b>	

Registration Link & Contact Info: [Unityandserviceconference.org](https://unityandserviceconference.org) 925.222.5639

Online-Only Event!  
Space is Limited...  
Pre-Registration Encouraged!

**Register here: <https://unityandserviceconference.org/>**

## Thoughts from Indian River AAs:

An old Cherokee was teaching his grandson about life.

"A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee replied simply, "The one you feed."



### If you're hysterical, then it's historical.

I went to a meeting and a woman gave everyone a Q-TIP; we were all wondering what the Q-TIP was for. She said it was to remind us to

#### **Quit Taking It Personally.**

I have been to a meeting in a church that has reopened. We are NOT allowed to use church upholstery chairs. There are plastic ones in the room. We take a piece of paper towel and spray it with a bleach and water solution and clean the area where each person sits. It works well as everyone participates and only one area is being cleaned with one piece of paper towel. Thank you, *Anonymous*



### **We are not a glum lot!**

*Got a good (clean) joke to share? Please send to: [airhow@yahoo.com](mailto:airhow@yahoo.com) for publication in the H.O.W*

The past, present, and future walk into a bar. It was tense.

A screwdriver rolls into a bar.

An amnesiac walks into a bar. He goes up to a beautiful woman and says, "So, do I come here often?"

The bartender says, "Hey, we have a drink named after you!"

The screwdriver squeals, "You have a drink named Philip??"

A neutron walks into a bar. "How much for a beer?" the neutron asks. "For you?" says the bartender. "No charge."

The barman says, "We don't serve time travelers in here."

A time traveler walks into a bar.

Two dragons walk into a bar. The first one says, "It sure is hot in here." His friend snaps back, "Shut your mouth!"



A Frenchman walks into a bar with a cat on his shoulder. The cat is wearing a little baseball cap. "Hey, that's neat," says the bartender. "Where did you get that?" "France," the kitty says, "they've got millions of them!"

Comic Sans, Helvetica, and Times New Roman walk into a bar.

"Get out!" shouts the barman. "We don't serve your type here!"

## More Thoughts from Indian River AAs:

The preamble says the primary purpose is to stay sober and help other alcoholics achieve sobriety. The fifth tradition says each group has the primary purpose of carrying its message to alcoholics. So we go to meetings to support newcomers and help them to learn about the AA program and we can't keep it if we don't give it away. Chapter 7 in the Big Book says a newcomer should get a Big Book on the first visit and is told about the fellowship of AA. Getting a meeting list to a newcomer is critical in early sobriety. I like to say that more meetings bring more sobriety and no meetings bring no sobriety.

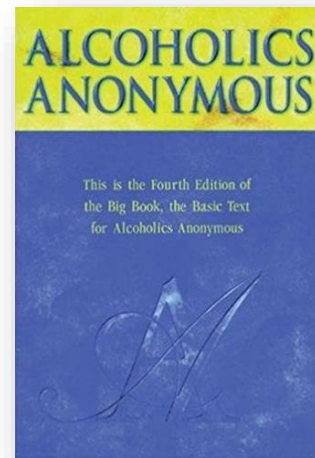
The root of alcoholism covered in Chapter 5 is selfishness and self-centeredness. That is obvious in some meetings when the same people chair meetings or speak excessively at every meeting. My sponsor likes to say that a big mouth in AA gets filled with booze. Smaller meetings need more participation by those present and round robin sharing is effective in filling the time. In larger meetings the members should follow the tradition that calls for ROTATING LEADERSHIP.

When alcoholics go from craving a drink to craving attention it prevents members the opportunity to fulfill their primary purpose of sharing experience, strength and hope. My sponsor told me to listen and learn and learn to listen but if there was 5 seconds of silence I should raise my hand and carry the message. In all cases when asked to speak I should observe group conscience on time limits and stick to the primary purpose. When possible, I was told to include the Big Book or AA literature in comments. AA tradition says we have no opinion on outside issues especially when it sounds like talk therapy.

Based on my own experience I believe old timers cut back on meetings when the same people say the same things over and over expecting listeners to tolerate those with a craving for attention. When the selfishness of a few prevents a stronger group conscience with sharing by many, the potential of newcomers staying sober is blocked with possible deadly consequences. There is supposed to be a group inventory semi-annually to address this group defect but those who crave attention have a blind spot to becoming more unselfish.

Maybe members in AA can read this HOW at meetings dominated by egomaniacs craving attention. Humility is truth and the steps say it is crucial for long term sobriety. Humility is freedom from pride and arrogance. In all cases it is most important to LET GO AND LET GOD.

Dave O



## Let us know your thoughts!

We want to hear from you, the members of the Indian River AA community. We would like to publish your story of recovery in an upcoming issue of the H.O.W. Can you share your experience, strength, and hope with us by writing your experience with a Step, a Tradition, a slogan, a spiritual experience, or an exchange with another recovering alcoholic (and even a good (clean) joke)? You can write anonymously, or with your first name

Please email submissions to: [aairhow@yahoo.com](mailto:aairhow@yahoo.com)

# Heard at A Meeting...

Heard something good at a meeting? Please send to: [aaairhow@yahoo.com](mailto:aaairhow@yahoo.com) for publication in the H.O.W

1. If you are on your knees and not connecting, stay on your knees.
2. My sponsor told that when someone says to me: "Have a nice day!", say "I am, thanks!"
3. I say the Third Step prayer every morning...and I join A.A. every morning.
4. In my home group we have a chair with a RESERVED sign on it. Newcomers eventually ask, "Who is that chair reserved for?" We tell them it's for someone who goes back out and drinks and then comes back to AA and tells us "It's better out there!" Needless to say, no one ever sits in that chair.
5. This program doesn't work if you think it. It works if you work it.
6. I've been drunk. I've been sober. Sober's better.
7. My sponsor would always say that NOW is a safe space.
8. A good day is when something bad happens and I don't drink. A great day is when something good happens and I don't drink.
9. Live Easy, But Think First
10. Meditate for 20 minutes a day. If you don't have time, meditate for an hour.
11. The tenth step says when we are wrong..., not if we are wrong.
12. When I first came to AA, they told me to change my playthings and my playmates. The playmates were no problem since I only had one friend and she was mad at me!
13. "Figuring it out" is not one of the Steps.
14. Bad news is, everything's has gotta change. Good news is, it's only one day at a time.
15. Don't get too good too fast.
16. I was so unwilling when I first came! Unwilling to do anything except go to meetings. My sponsor said, "You will eventually become sweetly reasonable..." and I stuck around for almost a whole year and then it happened; I became willing to change.
17. When crazy thoughts start invading my mind, my sponsor says: "The birds are going to fly overhead, but don't let them nest in your hair."
18. Don't leave before the miracle happens. And don't leave AFTER the miracle happens either!
19. Monday used to be "Moan and Groan Day," but it's a great day now.
20. There are only 7 days in the week. Not 21. So live right now.

**RESERVED**



21. When I first got here, my sponsor told me: "When you're walking down the street, just stop for a second and look up and say, 'Thank you for loving me,' no matter who you are saying it to!"
22. I was 34 when I came into the program and my sponsor said, "If they made a movie of your life, when you are 65, would you want to watch it?"
23. I figured out that people actually do stuff during the day instead of drinking! Who knew? So now my days are so busy, and I get so much done. I start by waking up early and going to a Zoom AA meeting; it's great!
24. I am not responsible for my disease, but I am responsible for my recovery, every single day.
25. My first sponsor gave me a little sign to put on my mirror; it said: "You are looking at the only problem you have today."
26. An old-timer in my old home group used to say, "I wake up every morning and polish my sobriety!"
27. The secret to sobriety when what you really want to do is drink is just wait. Wait and things will change.
28. If you want to get sober, I'll go to hell with you to help. But if you don't want to stop drinking, you can go to hell by yourself.
29. The solution is **not** in the bottle.
30. An alcoholic in his own mind is behind enemy lines.



31. When I was irritated because people didn't do what I expected, my sponsor would always say: "**Ain't you got it bad, cowboy?**"  
I hear him now in my head when I start being grumpy grouchy, and it makes me smile and put things in perspective.
32. Do good, feel good. Do bad, feel bad.
33. Sobriety is a gift. If I am grateful for a gift, I will keep it. If I'm not, I will lose it.
34. My Higher Power wants me to stay sober: No gardener plants seeds, hoping they will die.

35. You can look at the past...but don't stare.
36. AA is not for people who need it; it's not for people who want it; it's for people who do it.
37. Practice powerlessness.
38. The mind is a dangerous place. Don't go there alone.
39. I'm really here to live MY life. Not interfere with yours.
40. **W.A.I.T.:** *for over-talkers:* **Why Am I Talking?** **W.A.I.T.:** *for stuffers:* **Why Aren't I Talking?**

# A.A. Anniversaries

## AUGUST 2020

Please send upcoming Anniversaries for your group to:

[aairehow@yahoo.com](mailto:aairehow@yahoo.com)

<p><b>Free &amp; Easy</b></p> <p>Kevin M 20</p> <p><b>Indian River Womens</b></p> <p>Nancy O 1 Ellen H 1 Ruth 13 Rebecca 19</p> <p><b>Man To Man</b></p> <p>Brian S 1 Glen A 2 Lewis N 4 Matt P 5 Pat G 6 Rod C 12 Mike F 15 Ron P 17 Steve V 18 Hank T 29</p> <p><b>New Day</b></p> <p>Diana P 1 Sandy S 2 George 2 Lou N 4 Dawn S 5 Mathew 6 Tom M 6 Dan M 6 Joe B 7 Mike G 37</p>	<p><b>Noontime Recovery</b></p> <p><b>JULY</b></p> <p>Kishan P 1 Paul B 1 Dave O 31 Alison G 40</p> <p><b>AUGUST</b></p> <p>Kevin K 8</p> <p><b>ODAAT</b></p> <p>Tina 1 Lisa C 2 Pat B 4 Chuck S 5 Thomas B 6 Chris G 6 Doris G 6 David P 9 Suzanne B 9 Kim A 9 Blair F 10 Dick L 12 Sandra T 17 Rebecca H 19 Ellie Z 21 Nick D 29 Tom M 34 John R 38</p> <p><b>Lunch Bunch</b></p> <p>Linda R 1 Ray 3 Mike F 15 Bonnie R 16 Hank T 29 Peter D 32 Tom F 49</p>	<p><b>Ossabaw</b></p> <p>Bryant 4 Dana R 31</p> <p><b>Vero Beach 12 &amp; 12</b></p> <p>Doris V 3 Ken K 20 Rich M 36</p> <p><b>South Vero</b></p> <p><b>JULY</b></p> <p>Heather W 1 Thomas B 2 Chris F 5 Cherie S 27 Ann M 27 Ron E 28 David O 31 Mary L 45</p> <p><b>Sebastian 5:32</b></p> <p><b>JULY</b></p> <p>John B 5</p> <p><b>AUGUST</b></p> <p>Cindy V 15 Jazz D 33</p> <p><b>Sebastian Freedom</b></p> <p>Peter D 32 Maureen L 41</p> <ul style="list-style-type: none"> <li>• Easy Does It Beginners</li> <li>• I Am Responsible</li> <li>• Indian River Men's</li> <li>• Meat and Potatoes</li> <li>• Noontime Recovery</li> <li>• Rainbow</li> <li>• Royal Palm</li> <li>• Vero Beach Men's</li> </ul>	<p><b>Anniversary Not Listed Here?</b></p> <p>If an AA anniversary is missing here, please send the name of the celebrant and number of years of sobriety to: <a href="mailto:aairehow@yahoo.com">aairehow@yahoo.com</a> and we will post in in the next edition of the H.O.W.</p> <p><i>We apologize for any errors or missing anniversaries!</i></p> <p>~~~~~</p> <p><b>The Sebastian 5:32 Group meets at Roseland Community Park 12925 83rd Ave Sebastian, FL on Monday (12 &amp; 12) and Thursday (Big Book) at 5:32 PM</b></p> <p><i>Please bring your book and a chair</i></p> <p>NOTE: The July H.O.W. published the incorrect address for this meeting. See above address for the Roseland Community Park.</p> <p>~~~~~</p> <p><b>AA's Statement of Responsibility:</b></p> <p>When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.</p>
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## Where to Send Contributions for 2020

<p style="text-align: center;"><b>Indian River Central Office</b></p> <p>1600 26th Street, Suite 6 Vero Beach, FL 32960</p>	<p style="text-align: center;"><b>District 6</b></p> <p>P.O. Box 12248 Ft. Pierce, FL 34979</p>	<p style="text-align: center;"><b>South Florida Area 15</b></p> <p>P.O. Box 1784 Pompano Beach, FL 33061</p>	<p style="text-align: center;"><b>General Service Office</b></p> <p>P.O. Box 459 Grand Central Station New York, NY 10174</p>
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### Indian River Central Office of Alcoholics Anonymous

1600 26th Street, Suite 6

Vero Beach, FL 32960

772.562.1114

<http://www.indianriveraa.org>

### 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.



### 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)

- 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 meetings
- Other \_\_\_\_\_

**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**

**IMPORTANT:**

- 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.



## 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.

Contributor: \_\_\_\_\_

Address: \_\_\_\_\_

Group Name: \_\_\_\_\_



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**



## Indian River, Brevard, & St. Lucie County Speaker Exchange

Can you share your experience, strength, and hope as a speaker at other meetings here and in near-by counties? We are creating a list of A.A. speakers to exchange with other groups in Indian River County and with groups in Brevard County and St. Lucie County so we can gain some fresh perspectives on sobriety and meet other members of A.A.

**Please fill out this form to be added to the list (and perhaps suggest your sponsees sign up too!).**

<b>Name:</b>		<b>Sobriety Date:</b>	
<b>Phone:</b>		<b>County:</b>	
<b>Days available for speaking</b> (circle days you may be able to speak):		<b>Times available for speaking</b> (circle times):	<b>Counties available for speaking</b> (circle counties):
<ul style="list-style-type: none"> <li>• Monday</li> <li>• Tuesday</li> <li>• Wednesday</li> <li>• Thursday</li> </ul>	<ul style="list-style-type: none"> <li>• Friday</li> <li>• Saturday</li> <li>• Sunday</li> </ul>	<ul style="list-style-type: none"> <li>• Days</li> <li>• Evenings</li> </ul>	<ul style="list-style-type: none"> <li>• Indian River</li> <li>• Brevard</li> <li>• St. Lucy</li> </ul>

### A final word during this time of isolation:

“Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn’t quite belong.” *From As Bill Sees It, pg 90*

***In this time of national crisis, let’s be sure to reach out and help other suffering alcoholics. Together, we can do what we could not do alone.***