

H.O.W.



Honesty Open-Mindedness Willingness

Monthly Publication of the Indian River Central Office of Alcoholics Anonymous

July 2021 Volume 41 Issue 7



“Humbly Asked Him to Remove our Shortcomings”

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of

Step Seven is on humility.

Tradition Seven

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

Concept Seven

“The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.”



We are not a Glum lot!



"I had a layover in Omaha ... which led to a hangover in Des Moines."

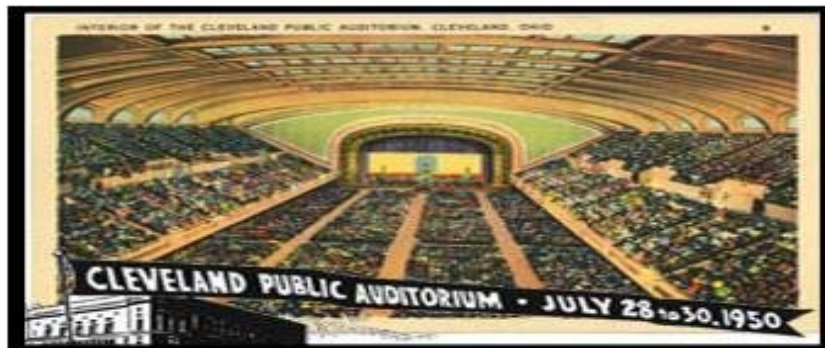


An alcoholic is sitting at a bar

He orders two shots. He proceeds to pour out the first one all over the bar, downs the second one and then orders two more. He pours out the first one on the bar, downs the second one and orders two more. The bartender asks him why he keeps pouring out the first shot all over the bar. The alcoholic replies with "My AA group said all I need to do is avoid that first drink."

from the archives

July 28-30, 1950



The 1st International Convention is held in Cleveland, Ohio, with an estimated 3,000 attendees. Registration was \$1.50 per person (\$11 today), and it is known for two substantial milestones. One was the adoption of the Twelve Traditions, and sadly, it was the final public appearance to the fellowship by Dr. Bob (Robert Holbrook Smith). Due to the pain of colon cancer, he gave a brief presentation. "There are two or three things that flashed into my mind. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual A.A. work. Our Twelve Steps, when immersed down to the last, resolve themselves into the words 'love' and 'service.' We understand what love is, and we understand what service is. So, let's bear those two things in mind."



A few words from our Central Office

Well our election is over. So, now, nobody can say we are self appointed. The board has been elected for 2021.

The Central Office is up and running.

We have our monthly Central Office Meeting on the 2nd Mon of the month, at the Newport Club at 7pm.

All are welcome to attend.

The office is open Mon-Fri 9-4:30 and Sat 9-12.

Happy to have you stop by and see what is there, cards, medallions, pamphlets and books and more books. Feel free to stop in just to chat. But we run on volunteers, whether it is answering phones, being on a committee or a group rep.

Service work is one of our legacies along with recovery and unity.

It would be nice to see some more people step up to the plate and become a Central Office Rep, for your home group, your service is needed. The requirement is 1 year of sobriety and in the spirit of rotation, you usually rotate out after 2 years.

Things that we will be dealing with in the next few months is another election of board members for 2022,

- Alcahion for Christmas and New Years and then our birthday dinner and we NEED your help, as we need more Central Office Reps.
- We are looking for a Treasurer. The requirements are 3 years sober and it is a 2 year commitment. Some understanding of Quicken would help along with bookkeeping.
- Website Coordinator An understanding of Website properties

Thank you allowing me to be of service,

Deborah D. (Central Office Chair)



**EVERYTHING YOU WANT TO KNOW ABOUT BEING A GSR
IN 2 HOURS**

AREA 15 SOUTH FLORIDA OUTREACH COMMITTEE

JULY 10TH 2021 9:30 AM EST

ZOOM MEETING ID: 929 4576 3855 PASSCODE GSR

Fl. State Convention in August!!



Website for more information and Registration: www.64.floridastateconvention.com



I AM RESPONSIBLE

44th ANNIVERSARY PARTY!

August 28th 2021 Dinner @ 6p.m Speaker 8:00 p.m.

All Are welcome Bring a dish to share!

1927 27th Ave. Vero Beach



New Women's Meeting Sisters of Sobriety
Thursday @ 5:30p.m.

Newport Club



CANDLE LIGHT MEETING

TIME CHANGE
WEDNESDAY NOW AT 7PM
SUNDAYS STILL AT 7PM



JULY BIRTHDAYS



New Day Group

Gregg H.	9 yrs
Kathy M.	7 yrs
Stephen O.	19 yrs
Chris E.	8 yrs
Patty A.	15 yrs
Katherine	2 yrs
Doug D.	24 yrs
Nona	29 yrs
Catherine	2 yrs
Missy D	18 yrs

I Am Responsible

June: Gene 1 year

July Celebrants

Nicole L.	9 years.
Trish K.	15 years

Newport Club Nooner

Allison G.	42 yrs
Kishan P.	2yrs
Cathy C.	1 year
Kevin C.	1year

Indian River Thursday

June Celebrant	
Kim G.	33 years

Meat and Potatoes

June Celebrants

Mindy S.	31 yrs
Tom W.	31yrs
Genevieve I.	11yrs
Gene	1yr

July Celebrants

Danielle P.	7yrs
Michael S.	3 yrs
Marla B.	12 yrs

Early Risers

June

Ed	18 years
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Indian River Womens

Marla B.	12 yrs
Nancy O.	2 yrs
Rebecca H.	20 yrs
Ellen H.	2yrs.
Ruth H.	14 yrs

Vero Beach Men's Group

Charlie L	= 42 YEARS
Bill VB	= 40 YEARS
RICH P	= 32 YEARS
Bob W	= 30 YEARS
Ron P	= 9 YEARS
Joe A	= 7 YEARS
Stephen I	= 2 YEARS
Jason w (JJ)	= 2 YEARS
Michael H.	= 2 YEARS

Candle light Group

June

Rob O.	3 years
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ODAAI

Adam B.	4 years
Liz L.	10 years
Scott H.	17 years
Michael B.	22 years
Dan N.	30 years
Bridget C.	33 years
Dutch V.	36 years
Susie S.	40 years

Free and Easy

Mark O.	14 years
Debra M.	3 years
Ian M.	3 years
Kelley	2 years



Anniversary Not Listed Here?

If an AA anniversary is missing here, please send the name of the celebrant, the home group, and number of years of sobriety to: airhow@yahoo.com and we will post it in the next edition of the H.O.W.

Please have dates in as early as possible in the month!

Deadline is last Saturday of the month



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.

I am Responsible when Anyone, Anywhere...

AA 12 Step 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 meetings

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



B.B.Q. VB MEN's 21½ year Anniversary Celebration

**Join us for our
Barbeque Party
Everyone is Invited!**

August 21st 2021

Between

11:00am & 2:00pm

NewPort Club

**BBQ
party**



A service piece of the Indian River Central Office

7/1/2021

CURRENT COVID-19 MODIFICATIONS
THE INDIAN RIVER CENTRAL OFFICE OPEN HOURS
MONDAY through FRIDAY 9:00AM - 4:30PM
SATURDAYS 9:00am - Noon

FOR INSIDE MEETINGS
PLEASE CONSULT THE NEWLY DESIGNED "WHERE-N-WHEN"

Many meetings have moved indoors, please let us know when an outside meeting has been discontinued to ensure the accuracy of this list
 PLEASE EMAIL WHERNWHEN1935@GMAIL.COM

VERIFIED OUTSIDE MEETINGS

SOCIAL DISTANCING OBSERVED AT ALL MEETINGS

MONDAY	10:30 AM	A Breath of Fresh Air - Dale Winbrow Park on Roseland Rd, Sebastian
	12 Noon	O.D.A.A.T. - On the basketball Ct - (Bring your own chair)
	5:00 PM	Sundowners - 1st Presb Church, 1405 Louisiana Ave, Sebastian
	5:00 PM	Speakeasy - Riverview Park (Bring your own chair
	5:30 PM	Roosevelt Community Park - 12/12
	5:32 PM	The 5:32 Group meets at the Roseland Meth. Church
TUESDAY	12 Noon	O.D.A.A.T. - On the basketball Ct - (Bring your own chair)
	5:00 PM	Sundowners - 1st Presb Church, 1405 Louisiana Ave, Sebastian
	5:32 PM	The 5:32 Group meets at the Roseland Meth. Church
	7:30 pm\	Sebastian Freedom-NE Corner Main St/US 1 (by big Flagpole)
WEDNESDAY	10:30 AM	A Breath of Fresh Air - Dale Winbrow Park on Roseland Rd, Sebastian
	12 Noon	O.D.A.A.T. - On the basketball Ct - (Bring your own chair)
	5:00 PM	Sundowners - 1st Presb Church, 1405 Louisiana Ave, Sebastian
	5:32 PM	The 5:32 Group meets at the Roseland Meth. Outside Church
THURSDAY	12 Noon	O.D.A.A.T. - On the basketball Ct - (Bring your own chair)
	5:00 PM	Sundowners - 1st Presb Church, 1405 Louisiana Ave, Sebastian
	5:30 PM	Women's Big Book - -A.W.Young Park, Park Ave, Vero Beach
	5:30 PM	Roosevelt Community Park - 12/12
	5:32 PM	The 5:32 Group meets at the Roseland Meth. Church
FRIDAY	10:30 AM	A Breath of Fresh Air - Dale Winbrow Park on Roseland Rd, Sebastian
	12 Noon	O.D.A.A.T. - On the basketball Ct - (Bring your own chair)
	5:00 PM	Speakeasy - Riverview Park (Bring your own chair)
	5:00 PM	Sundowners - 1st Presb Church, 1405 Louisiana Ave, Sebastian
	5:32 PM	The 5:32 Group meets at the Roseland Meth. Church
	6:00pm	Meat and Potatoes - Community Church 21st St Vero Beach
SATURDAY	9:00am	Women's Group, Newport Club - Left (North) Parking Lot
	12:30pm	Barefoot Bay - Outside under Oaks, left of "A" Building
	5:00 PM	Sundowners - 1st Presb Church, 1405 Louisiana Ave, Sebastian
	5:00 PM	Speakeasy - Riverview Park (Bring your own chair)
SUNDAY	9:00 AM	Freedom from Alcohol (Newport Club Parking Lot)
	12 Noon	Step/Discussion Meeting - Young Park, Park Ave, Vero Bch
	5:00 PM	Speakeasy - Riverview Park (Bring your own chair
	5:00 PM	Sundowners - 1st Presb Church, 1405 Louisiana Ave, Sebastian

any additions, changes or deletion - text or call (772) 360-7945

INDIAN RIVER COUNTY VIRTUAL MEETINGS

7/1/2021

IF A VIRTUAL MEETING CLOSES, PLEASE EMAIL BELOW

WHEREWHEN1935@GMAIL.COM

DAY	TIME	GROUP/MEETING	ZOOM ID	PASSWORD
MON	12:00 PM	O.D.A.A.T. Closed Step/Tradition	998 7512 9964	63228
	12:00 PM	Hibiscus Thursday - Speaker/Step	835 0216 0464	
	5:00 PM	Sundowners - Living Sober	650 367 733	Rule 62
	5:30 PM	South Vero	919 2868 4512	132567
	7:00 PM	Indian River Women's Grp/BB-12&12	885 8030 8385	647726
TUE	12:00 PM	O.D.A.A.T. - Open Discussion	998 7512 9964	63228
	Noon	Daily Reflections	236 615 4804	
	5:00 PM	Sundowners - Big Book	650 367 733	Rule 62
	5:30 PM	South Vero	919 2868 4512	132567
	6:00 PM	The 3 Leg Group - History Study	452 100 1634	31236
	6:00 PM	Promises Meeting	879 9604 4860	
	5:00 PM	Sundowners	650 367 733	Rule 62
	7:00 PM	Vero Beach A.A. - Big Book	717 856 963	875016
WED	7:00 PM	Vero Beach Men	873 6680 9886	782444
	Noon	O.D.A.A.T. Big Book	998 7512 9964	63228
	5:00 PM	Sundowners	650 367 733	Rule 62
	5:30 PM	South Vero	919 2868 4512	132567
	7:00 PM	Man To Man (Men Only)	601 949 6762	mantoman
THU	7:00 PM	Vero Beach A.A. - Open Discussion	717 856 963	875016
	12:00 PM	O.D.A.A.T. - Open Beginner	998 7512 9964	63228
	5:00 PM	Sundowners - Step Meeting	650 367 733	Rule 62
	5:30 PM	South Vero	919 2868 4512	132567
	5:00 PM	Hibiscus Thursday - Big Book	835 0216 0464	
	6:00 PM	The 3 Leg Group - Pamphlet Study	452 100 1634	31236
FRI	7:00 PM	Vero Beach Men - Closed Discussion	876 1125 8301	829672
	12:00 PM	O.D.A.A.T. - Speaker Meeting	998 7512 9964	63228
	5:30 PM	South Vero	919 2868 4512	132567
SAT	6:00 PM	Women's Big Book - -A.W.Young Park, Park	452 100 1634	31236
	7:30 AM	South Vero - Spkr Meeting/Discussion	924 7373 2754	132567
	5:00 PM	Sundowners - Open Discussion	650 367 733	Rule 62
	5:30 PM	South Vero	919 2868 4512	132567
SUN	8:00 PM	Lakewood Park Speaker Meeting	298 703 197	2030
	5:00 PM	Sundowners - Chairman's Choice	650 367 733	Rule 62
	6:00 PM	The 3 Leg Group - 3rd Leg in Service	452 100 1634	31236

errors, changes or omissions

email "wherenwhen1935@gmail.com"