



# H.O.W.

HONESTY OPEN-MINDEDNESS WILLINGNESS  
Publication of the Indian River Central Office of  
Alcoholics Anonymous



Volume 40 Issue 4

April 2021

The HOW is published to improve communication between local AA groups and encourage the participation of AA members in service and activities. Please email anniversaries, group announcements or articles to:  
**[airhow@yahoo.com](mailto:airhow@yahoo.com)** or text to **(772) 360-7949**



*There will be a special Central Office membership meeting Monday, April 12, 2021 at 7:00 pm in the Newport Club main room. Social distancing will be observed and masks required.*

The Central Office hours remain at Monday, Wednesday and Friday from 9:00 am to 4:30 pm and Saturdays from 9:00 am till Noon.

The publication date of the HOW has been moved from the 2nd Thursday to the first Saturday of the month. Items for publication, A.A. Birthdays etc. are due 6 days prior to publication day. Due date for the May issue of the HOW is Sunday, April 26.

The Where and When has been redesigned and currently lists only those meetings that have been verified of having inside meetings. Virtual or outside meetings sponsored by brick and mortar groups are also listed. If your group or meeting is not listed, please text **(772) 360-7949** or email **[indianriver-aa@gmail.com](mailto:indianriver-aa@gmail.com)** with correction(s).

Non-sponsored virtual or outside meetings can be found on pages 9 and 10 of the HOW

The HOW started by Jean R. in 1981. basically as a little gossip sheet, It would tell us who is travelling where, who is visiting whom etc, and also a short meeting list. Today we are looking for your thoughts, opinions, stories, your experiences in A.A.

Last month we printed a few of the items to be considered at the annual General Service Conference. Any thoughts?? Let us know!



**THIS IS YOUR PUBLICATION**

## STEP 4

"Made a searching and fearless moral inventory of ourselves."

## TRADITION 4

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of

neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.



## CONCEPT 4

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.



**Alcoholics Anonymous, the worldwide fellowship of sobriety seekers, is the most effective path to abstinence, according to a comprehensive analysis conducted by a Stanford School of Medicine researcher and his collaborators.**

After evaluating 35 studies — involving the work of 145 scientists and the outcomes of 10,080 participants — Keith Humphreys, PhD, professor of psychiatry and behavioral sciences, and his fellow investigators determined that AA was nearly always found to be more effective than psychotherapy in achieving abstinence. In addition, most studies showed that AA participation lowered health care costs.

AA works because it's based on social interaction, Humphreys said, noting that members give one another emotional support as well as practical tips to refrain from drinking. "If you want to change your behavior, find some other people who are trying to make the same change," he said.

The review was published March 11 in *Cochrane Database of Systematic Review*. *Cochrane* requires its authors to undertake a rigorous process that ensures the studies represented in its summaries are high-quality and the review of evidence is unbiased.

"*Cochrane Reviews* are the gold standard in medicine for integration of all the research about a particular intervention," Humphreys said. "We wanted to do this work through *Cochrane* because of its rigor and reputation."

The other co-authors are a researcher from Harvard Medical School and a researcher from the European Monitoring Center for Drugs and Drug Addiction.

**Though well-known, AA faces skepticism**

Although AA is well-known and used by millions around the world, mental health professionals are sometimes skeptical of its effectiveness, Humphreys said. Psychologists and psychiatrists, trained to provide cognitive behavioral therapy and motivational enhancement therapy to treat patients with alcohol-use disorder, can have a hard time admitting that the lay people who run AA groups do a better job of keeping people on the wagon.

Early in his career, Humphreys said, he dismissed AA, thinking, "How dare these people do things that I have all these degrees to do?"

Humphreys noted that counseling can be designed to facilitate engagement with AA — what he described as "an extended, warm handoff into the fellowship." For the review article, Humphreys and his colleagues evaluated both AA and 12-step facilitation counseling.

AA began in 1935 when two men in Akron, Ohio, were searching for a way to stay sober; they found it by forming a support group. They later developed the 12 steps, the first being accepting one's inability to control drinking; the last, helping others sustain sobriety by becoming a sponsor of a new member. The AA model — open to all and free — has spread around the globe, and AA now boasts over 2 million members in 180 nations and more than 118,000 groups.

Though the fellowship has been around for more than eight decades, researchers have only recently developed good methods to measure its effectiveness, Humphreys said.

*Continued on page 3*

*Continued from page 2*

For the Cochrane review, the researchers found 57 studies on AA; of those, 35 passed their rigorous criteria for quality. The studies used various methods to measure AA's effectiveness on alcohol use disorder: the length of time participants abstained from alcohol; the amount they reduced their drinking, if they continued drinking; the consequences of their drinking; and health care costs.

### **AA shines**

Most of the studies that measured abstinence found AA was significantly better than other interventions or no intervention. In one study, it was found to be 60% more effective. None of the studies found AA to be less effective.

In the studies that measured outcomes other than complete abstinence, AA was found to be at least as effective. For the studies that considered costs, most showed significant savings associated with AA participation: One found that AA and 12-step facilitation counseling reduced mental health costs by \$10,000 per person.

The researchers looked only at studies of AA; they excluded Narcotics Anonymous and organizations focused on addiction to other substances. While it was beyond the scope of their study, Humphreys said the AA review is "certainly suggestive that these methods work for people who use heroin or cocaine."

Humphreys noted that the findings were consistent whether the study participants were young, elderly, male, female, veterans or civilians; the studies in the review were also conducted in five different countries. "It absolutely does work," he said of AA's method.

He added that he feels validated in giving advice to so many patients to try AA: "That was really good advice, and that continues to be good advice," he said.

*Humphreys is a member of the Wu Tsai Neurosciences Institute at Stanford.*

*The research was not funded.*

*Stanford's Department of Psychiatry and Behavioral Sciences supported the work.*

**WE ARE NOT GLUM LOT**

A son asked his dad, "Dad, what's an alcoholic?" The dad replied, "Well, son, you see those four trees? An alcoholic would see eight." The son replied, "But Dad, I only see two."

Why can't alcoholics become lawyers? . . . . . They can't pass the bar.

Alcoholics don't run in my family. . . . . They stumble around and break stuff

A doctor tells a woman she can no longer touch anything alcoholic. . . . . So she gets a divorce.

How many members of Alcoholics Anonymous does it take to change a light bulb? . . . . . Only one, but the bulb has to want to change.

How did the alcoholic climb the mountain? . . . . . 1 step at a time.

Two Alcoholics get in a bar fight . . . . . He lost

# Biography: “Alcoholics Anonymous Number 3”

## “The Man on the Bed”

Bill Dotson of Akron, Ohio.—(p. 182 in 2nd, 3rd and 4th editions.)

*“Pioneer member of Akron’s Group No. 1, the first A.A. group in the world. He kept the faith, therefore, he and countless others found a new life.”*

Bill’s date of sobriety was the date he entered Akron’s City Hospital for his last detox, June 26, 1935, where Bill Wilson and Dr. Bob visited him on June 28. His wife, Henrietta, recalled years later that she had asked her pastor to try to help him, and had prayed with another that someone who could help would visit him at the hospital.

He was a prominent lawyer, had been a city councilman, and was a well-adjusted family man and active in his church. Nonetheless, he had been hospitalized eight times in the past six months because of his alcoholism and got drunk even before he got home. When admitted this time he had DTs and had blacked the eyes of two nurses before they managed to strap him down. A nurse commented that he was a grand chap “when sober.”

He walked out of that hospital on July 4, never to drink again. A.A.’s first group dates from that day. Within a week, he was back in court, sober, and arguing a case. The message had been successfully shared a second time. Dr. Bob was no fluke, and apparently you did not have to be indoctrinated by the Oxford Group before the message could take hold.

He immediately began working with Dr. Bob and Bill, and went with them to visit Ernie Galbraith (“The Seven Month Slip” in the 1st edition) and others.

Oldtimers in Akron said he was indeed a grand chap, when sober, one of the most engaging people they ever knew. One said: “I thought I was a real big shot because I took Bill Dotson to meetings.” Another noted that, though Bill Dotson was influential, he was not an ambitious man in A.A., just a good A.A. If you went to him for help he would help you. He never drove a car, but he went to meetings every night, standing around with his thumbs in his vest like a Kentucky colonel.

A.A.’s first documented court case was one Phil S., who was released to the care of Dr. Bob through the efforts of Bill Dotson, who talked with the judge who agreed to release him.

Bill never submitted his story for the 1st edition. Various theories include (1) he wanted to be paid for the story, (2) he was too prominent a person, (3) he was too humble to have his story appear. But in 1952 he told an interviewer that he hadn’t been much interested in the project or perhaps thought it unnecessary. He added that Bill Wilson had come to Akron to record his story, which would appear in the next edition of the book. Perhaps by 1952 he was embarrassed that he’d originally wanted to be paid for the story so didn’t mention it. But apparently he cooperated to have it appear in the 2nd edition.

Bill Dotson died September 17, 1954, in Akron. Bill Wilson wrote, “That is, people say he died, but he really didn’t. His spirit and works are today alive in the hearts of uncounted A.A.s, and who can doubt that Bill already dwells in one of those many mansions in the great beyond. The force of the great example that Bill set in our pioneering time will last as long as A.A. itself.”

Article obtained from Silkworth.net



# A.A. Celebrants



## PLEASE READ

THERE ARE TWO WAYS TO MAKE SURE THE A.A. BIRTHDAY/ANNIVERSARIES ARE PUBLISHED IN THE HOW

**1. EMAIL: AAIRHOW@YAHOO.COM**

**2. TEXT: (772) 360-7949** (LEAVE YOUR EMAIL ADDRESS AS WELL)

Email or text, I will acknowledge receipt

You will also receive a copy of next month's HOW delivered to the email address you provide

**DEADLINE FOR MAY BIRTHDAY/ANNIVERSARIES IS SATURDAY, APRIL 24, 2021**

**Publication Date Saturday, May 1, 2021**

### EARLY RISERS

(from March)

Dick .....38

Beth .....32

Ed .....07

(April)

Mike R. ....04

### NEW DAY

John Mc P. ....48

Haskel .....28

Linda W. ....18

Sue W. ....16

Ray C. ....12

Jim K. ....11

Cindy N. ....08

Mark N. ....08

Tina M. ....06

Katina M. ....04

Joseph S. ....03

Mary Lo.u B. ....03

Carol R. ....02

### ODAAT

Jennifer M. ....22

Mike S. ....12

Patricia S. ....08

Judy.....08

Alex Z. ....07

Sarah McK. ....02

LaDonna P. ....01

Glenn F. ....01

### MAN TO MAN

(from February)

Jack C. ....20

Pete C. ....44

Gary Z. ....34

Joe D. ....34

Mike D. ....33

Bobby D. ....17

Mark Y. ....09

Scot W. ....02

Vic C. ....02

(from March)

Jim J. ....41

John O. ....40

Rex P. ....38

Frank M. ....37

Jason S. ....32

Eddie R. ....26

Mike G. ....24

Butch S. ....23

Steve V. ....14

Jeff R. ....09

Earl G. ....04

John B. ....03

### VERO BEACH MEN

(From March)

George M. ....28

Bob G. ....25

Joe M. ....14

Archie .....05

(Vero Beach Men cont'd)

Dave K. ....03

Matt B. ....02

Scott C. ....01

(April)

Nathanial .....02

### 5:32 GROUP

(from March)

Patrick K. ....41

Diane K. ....27

Eddie T. ....26

Jeff G. ....17

### I AM RESPONSIBLE

Jill H. ....40

Ann C. ....29

Mark .....24

Lisa D. ....23

Jim D. ....20

LeighAnn .....05

Maria .....04

Amber S. ....02

Trish F. ....15

Cheryl M. ....05

### ROYAL PALM

Brian L. ....48

Clell B. ....39

Bob K. ....39

Rich R. ....35

Marco M. ....05



Please send Birthday/Anniversary announcements to:

**aaairhow@yahoo.com**

The deadline is the Sunday before the first Saturday of the month, that means for the May issue the deadline is Sunday, April 25th.

For Changes, additions or deletions to the Where-n-When, email or text:

**indianriveraa@gmail.com**

**772-360-7949.**



*The Vero Beach Group invites our friends to say Goodbye to a Pandemic year and help us celebrate **104** Years of Sobriety Sunday, April 3, 2021 at 7:00 pm*

*Debbie M*

*Lowell P*

**60 yrs**

**44 yrs**

St. Helen Catholic Church  
Gymnasium/Auditorium

2025 20<sup>th</sup> Avenue

Vero Beach, FL 32960

Social Distancing observed-Masks required



## Website and A.A. Meeting Guide



Changes are coming to the Indian River Central Office website. Our current site is not compatibility compatible with the A.A. Meeting Guide.

We will be changing to "Word Press" software. The current site will work until the writing of the new website is complete. We will retain our name of "https://  
[www.indianriveraa.org](http://www.indianriveraa.org)"

## NOTICE

For any updates to the WHERE-n-When  
Email: "[indianriveraa@gmail.com](mailto:indianriveraa@gmail.com)"

For submitting to the H.O.W.  
"A.A. Birthdays/Anniversaries"  
Articles or Notices

Email: "[irhow@yahoo.com](mailto:irhow@yahoo.com)"



Hello my name is Dee and I'm an alcoholic currently serving as your Alternate District Committee Member in IRC. To stay up-to-date with current information from me save this link [cutt.ly/A15-D6-IRC](http://cutt.ly/A15-D6-IRC) to type into your search engine on your computer online or you may email [Dee@The3LegGroup.com](mailto:Dee@The3LegGroup.com) to connect with me directly.

### DCM CORNER

I was given the task from our District 6 registrar, Fawn S. to reach out to 59 registered groups as the ADCM and give them their NEW GROUP NUMBERS assigned by The General Service Office because G.S.O. has acquired new software that will enable them to be more efficient. Networking through phone calls, texts and emails it was confirmed that we have 36 active, 16 inactive, 4 temporarily suspended and 3 still awaiting status. Through communication with the GSR/CONTACT listed it has been confirmed we have 7 GSRS (1 in Sebastian and 6 in Vero Beach) that give their group a voice at this upcoming Virtual Area 15 Quarterly Business Meeting (April 9-11) where we will vote on the proposed changes to our literature and other conference agenda items. All A.A. Members are welcome to attend.

Thank you GSRS for your service in keeping the heartbeat of Alcoholics Anonymous (THE CONFERENCE) *John Mc. of A New Day - Liz L. of Beachside Beginners - Mark O. of Free and Easy - Cindy D. of Indian River Women's - Michael S. of Meat and Potatoes - George G. of Noontime Recovery - Shell L. of Sober Rainbow.*

If your HOME GROUP does not have a GSR or if you are looking for service work and would like to join one of our committees, please join us at the next District 6 Business Meeting (the 2nd Tuesday of every month scheduled for April 13, at 6:30pm on zoom ID: 863-3535-3810 PW: 615.

Thank you to ALL A.A. members that helped compile the necessary information for us to find each other inside, outside and online as we awake from this pandemic. We've had a few pop up meetings that are flourishing that I was able to share with Dutch V. at Central Office in an effort to help corroborate where and when information for our county so the sick and suffering alcoholic can find us after this past year of COVID-19. Please contact Central Office to make necessary corrections, as this is not my responsibility nor is it my authority to do so. The Central Office can always use your help with many service commitments available.



## WHY DOES YOUR GROUP NEED AN IRCO REPRESENTATIVE

The IRCO has no authority of its own but derives it from the participating groups. The representative that each group elects is the group's voice and your link to those who maintain and operate the IRCO.

### PROVISIONAL 2021 BOARD OF DIRECTORS

Chair ..... **VACANT**  
 Vice-Chair.....Debbie D. (Acting Chair)  
 Treasurer.....John H.  
 Secretary.....Donald S.

### ADVISORY COMMITTEE

Member (Past Chair).....Joseph J.  
 member (Past Chair).....Rocky I.  
 Member.....Steve S.

### 2020 STANDING COMMITTEES

Archives.....**VACANT**  
 Birthday Dinner 20??.....**VACANT**  
 Desk Coordinator.....Steve S.  
 Corrections-Men.....Lane S.

Corrections—Women.....Lorelei G  
 Corporate Documents.....Trish H.  
 Public Information.....Greg S.  
 Unity Committee.....**VACANT**  
 Nominating Committee.....**VACANT**  
 After Hours Phone.....Mindy S.  
 HOW Editor .....**VACANT**-(Temp Dutch V).  
 Inventory Control..... **VACANT**  
 Literature.....Dutch V.  
 Treatment.....Bobby Z/Clyde K.  
 Website.....Dutch V.  
 Where-n-When.....Dutch V.  
 12 Step List Coordinator.....Trent L.  
 District 6 Liaison.....Jo Anne H.

## 7th TRADITION CONTRIBUTION ADDRESSES FOR 2021/2022

**General Service Office**  
**Box 459**  
**Grand Central Station**  
**New York, NY 10163**

**Area 15**  
**PO Box 311**  
**Safety Harbor, FL 34695**

**District 6 Treasurer**  
**P.O. Box 12248**  
**Ft. Pierce, FL 34979-2248**

**IR Central Office**  
**1600 26th St, Ste 6**  
**Vero Beach, FL 32971**

## 12 STEP VOLUNTEER SIGN UP

NAME" \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

AREA IN WHICH YOU WILLING TO PARTICIPATE

NOIRTH COUNTY Y\_\_ N\_\_ SOUTH COUNTY Y\_\_ N\_\_

AVAILABILITY; MON-FRI \_\_\_\_ WEEKENDS \_\_\_\_ DAYS \_\_\_\_ EVENINGS \_\_\_\_

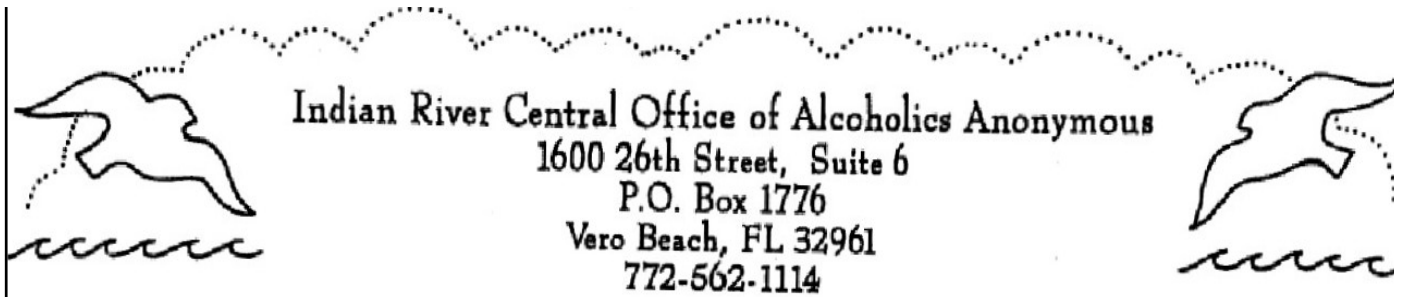
I AM WILLING TO (CHECK ALL THAT APPLY)

TALK TO Some ONE OVER THE PHONE \_\_\_\_ TAKE SOMEONE TO DETOX\* \_\_\_\_

TALK TO SOMEONE AT THEIR HOME\* \_\_\_\_ GIVE RIDES TO A.A. MEETINGS \_\_\_\_

MEET SOMEONE AT A MEETING \_\_\_\_ OTHER: \_\_\_\_\_

*\* It is suggested that a person NOT go on a Twelve Step call by themselves to help an alcoholic who is still suffering. Also you should NOT drive a wet frunk to a treatment facility or detox without having another AA member with you. I you checked any of these items, please be sure that you have another*



<http://www.indianriveraa.org>

**Indian River Central Office Birthday Plan**

This contribution on my #\_\_\_\_\_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 (a) your group\* or (b) anonymously: \_\_\_\_\_

Make check out to **Indian River Central Office of AA**. Drop off at the Central Office or mail to the address listed below.

**1600 26<sup>th</sup> Street, Suite 6**  
**Vero Beach, FL 32960**                      **Phone: 772-562-1114**

**Indian River Central Office**

**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.



A service piece of the Indian River Central Office

4/27/2021

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

**FOR INSIDE MEETINGS**

**PLEASE CONSULT THE NEWLY DESIGNED "WHERE-N-WHEN"**

There are just too many groups meeting inside to have here on a one page insert. Please consult the newly designed "Where and When". It contains ALL known meetings on the schedule for all of Indian River county including, the Barefoot Bay groups (Area 14) as well as the Lakewood Park group, (Crossings Community Church, Indrio Rd., Ft. Pierce) In addition it also lists any outside or virtual meetings sponsored by those groups.

The "WHERE-n-WHEN" is available on-line for reading and/or download at "<https://www.indianriveraa.org>" or may be

**VERIFIED OUTSIDE MEETINGS**

**SOCIAL DISTANCING OBSERVED ALL MEETINGS**

<b>MONDAY</b>	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
<b>TUESDAY</b>	09:00 AM	The Lunch Bunch, River View Park, US 1 and CR 512
	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)
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	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
<b>FRIDAY</b>	09:00 AM	The Lunch Bunch, River View Park, US 1 and CR 512
	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
<b>SATURDAY</b>	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 )
<b>SUNDAY</b>	9:00 AM	Freedom from Alcohol (Newport Club Parkingl 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) 360-7949

INDIAN RIVER COUNTY VIRTUAL MEETINGS				4/27/2021
DAY	TIME	GROUP/MEETING	ZOOM ID	PASSWORD
MON	<b>CENTRAL OFFICE IS OPEN FROM 9:00 AM - 4:30PM</b>			
	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	<b>The 3 Leg Group - History Study</b>	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
	7:00 PM	Vero Beach Men	873 6680 9886	782444
WED	<b>CENTRAL OFFICE IS OPEN FROM 9:00 AM - 4:30PM</b>			
	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
	7:00 PM	Vero Beach A.A. - Open Discussion	717 856 963	875016
THU	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	<b>The 3 Leg Group - Pamphlet Study</b>	452 100 1634	31236
	7:00 PM	Vero Beach Men - Closed Discussion	876 1125 8301	829672
FRI	<b>CENTRAL OFFICE IS OPEN FROM 9:00 AM - 4:30PM</b>			
	12:00 PM	O.D.A.A.T. - Speaker Meeting	998 7512 9964	63228
	5:30 PM	South Vero	919 2868 4512	132567
	6:00 PM	<b>The 3 Leg Group - 1st Leg in Recovery</b>	452 100 1634	31236
	6:00 PM	Women's Big Book - -A.W.Young Park, Park	452 100 1634	31236
SAT	7:30 AM	South Vero - Spkr Meeting/Discussion	924 7373 2754	132567
	<b>CENTRAL OFFICE IS OPEN FROM 9:00 AM TIL NOON</b>			
	5:00 PM	Sundowners - Open Discussion	650 367 733	Rule 62
	5:30 PM	South Vero	919 2868 4512	132567
	6:00 PM	<b>The 3 Leg Group 2nd Leg in Unity</b>	452 100 1634	31236
	7:30 PM	12&12 Speaker/Discussion	886 0538 3611	722488
	8:00 PM	Lakewood Park Speaker Meeting	298 703 197	2030
SUN	5:00 PM	Sundowners - Chairman's Choice	650 367 733	Rule 62
	6:00 PM	<b>The 3 Leg Group - 3rd Leg in Service</b>	452 100 1634	31236

errors, changes or omissions - please text or call (772) 360-7949

or email "[wherenwhen1935@gmail.com](mailto:wherenwhen1935@gmail.com)"

**The 3 Leg Group is a local Virtual Meeting practicing "A.A. UNITY THROUGH A.A. SERVICE"**