



# H.O.W.

indianriverhow@gmail.com



## *Step four*

Made a searching and fearless moral inventory of ourselves.

## *Tradition four*

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

## *Concept four*

"At all responsible levels of the A.A. structure, there should be a traditional "Right of Participation," allowing each classification or group of world servants a voting representation in proportion to their responsibility."

## *Declaration of Unity*

This we owe to A.A.'s future: To place our common welfare first; To keep our fellowship united. For on A.A. unity depend our lives, And the lives of those to come"



## *I Am Responsible*

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that I am responsible.

**FOR MORE INFO ABOUT INDIAN RIVER COUNTY  
ALCOHOLICS ANONYMOUS  
CALL 772-562-1114 OR VISIT [indianriveraa.com](http://indianriveraa.com)**

# Be COURAGEOUS

*Spiritual principle behind Step 4*

## *Definition*

- mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty
- the ability to control your fear in a dangerous or difficult situation

## *Synonyms*

- bravery
- valor
- virtue
- determination
- grit
- resolute

## *"Courage" in Alcoholics Anonymous*

Courage is printed 8 times in the Big Book and 10 times in the 12&12

God grant us the serenity to accept the things we cannot change, Courage to change the things we can, And wisdom to know the difference.  
*12&12 Step Twelve, p.125*

Can we accept poverty, sickness, loneliness, and bereavement with courage and serenity?  
*12&12 Step Twelve, p.112*

All **men** of faith have courage.  
*BB How It Works, p.68*

Your new courage, good nature and lack of self-consciousness will do wonders for you socially.  
*BB To Wives, p.115*

# Anniversaries



## APRIL

### **I Am Responsible**

Jason S 6 yrs  
Mark N 1 yr  
Ricky S 2 yrs  
Steven V 1 yr

### **Women of Sebastian**

Sharon A. 7 years  
Sarah L. 15 years  
Linda W. 22 years

### **IR Mens**

Dave D 30yrs  
Tom 39 yrs  
Jeff 31yrs  
Bobby Z 16yrs  
Myron 16yrs

### **ODDAT**

Ladonna P 5 yrs  
Kandi 28 yrs  
Patricia S 12 yrs

### **Sundowners**

Lori F 6 yrs  
Richard W 9 yrs  
Martha 11 yrs  
Jon Z 16 yrs  
Paul H 32 yrs

### **Vero Beach Men's**

Tino J 17  
Steve G 9  
Steve D 1  
Sheldon M 1  
Kyle M 1  
David S 1

## SORRY WE MISSED YOU!

### **IR Mens**

#### **February**

DJ 24yrs

### **IR Thurs**

#### **February**

Larry K 19 yrs

### **Lunch Bunch**

#### **March**

Rex P. 42 yrs

**Submit group  
anniversaries by  
the 15th of the  
month to**

**[indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)**

# What's Happening?

INDIAN RIVER COUNTY CENTRAL OFFICE

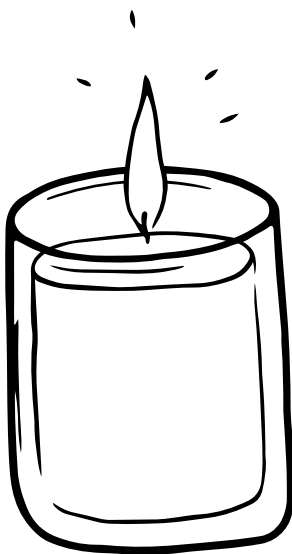


<https://indianriveraa.com/events>

*Don't miss these upcoming events*

**IF YOUR GROUP HAS ANY UPCOMING EVENTS  
FOR PUBLISHING,  
EMAIL [indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)**

*We are not a glum lot...*



Two women are in the department store smelling candles. One woman says to the other, "This smells like Fireball!". Her friend replies, "Non-alcoholics call that cinnamon."

*Want to  
contribute to the  
IRC HOW??*

Group Histories  
AA Workshops  
Artwork  
Jokes/memes  
New meetings  
Group events  
Personal stories  
Excerpts from AA  
literature

# SERENITY PRAYER

God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.

Living one day at a time,  
enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did,  
this sinful world as it is,  
not as I would have it;  
trusting that You will make all things right  
if I surrender to Your will;  
so that I may be reasonably happy in this  
life  
and supremely happy with You forever in  
the next.  
Amen.



## 2025 schedule SATURDAY NIGHT LIVE

ALANON  
AND AA  
MEETING  
TOGETHER

01/25, 02/22, 03/22, 04/26, 05/24, 6/28  
**4th Saturday of the month**

**7pm to 8pm**

07/26, 08/23, 09/27, 10/25, 11/22, 12/27

**please bring a friend or spouse to  
see both programs at work  
South Vero Beach Group 755 8th Ct (Gelndale**

**WELCOME  
TO  
SOUTH VERO  
Plaza Ste. #6)Vero Beach, FL 32962**

THE TREATMENT AND CORRECTIONS COMMITTEES

PRESENTS

# BOWLING For Big Books

GET INVOLVED

CORRECTIONS  
VS  
TREATMENT  
GAME

\$25  
PER PERSON  
SODA AND  
PIZZA

**SUNDAY - MAY 4TH - 2025**

EVENT STARTS AT 1:30 PM ..... BOWLING 2:00 - 4:00

**Stuart Lanes**

1638 SE FEDERAL HWY, STUART, FL 34994

TICKET INCLUDES 2 HR OF BOWLING, SHOES, PIZZA AND SODA

**DISTRICT6AA.ORG**

App St

Treasure Coast Host of F.C.Y.P.A.A presents

# High Stakes KARAOKE

\$10 ENTRY

SATURDAY MARCH 29  
7PM - 11PM

SPEAKER MEETING AT 7:15PM  
KARAOKE BEGINS AFTER

FOOD AND DRINKS FOR SALE  
50/50 RAFFLE (cash only)

Langford Park 2369 NE Dixie Hwy,  
Jensen Beach, FL 34957

CO-HOSTED BY PALMYPAA & GAINESVILLE'S 352 BID for F.C.Y.P.A.A

## BHC Treatment Commitment

1 <sup>st</sup> Monday	April 2025 – December 2025	Sundowners
2 <sup>nd</sup> Monday	April 2025 – December 2025	Vero Beach Men's Group
3 <sup>rd</sup> Monday	April 2025 – June 2025 July 2025 – December 2025	New Day Group Dave F. and Friends
4 <sup>th</sup> Monday	April 2025 – June 2025 July 2025 – December 2025	417 Group Steve & Mindy
5 <sup>th</sup> Monday	April 2025 – December 2025	Sundowners



## ONLINE INTERGROUP ALCOHOLICS ANONYMOUS

<https://aa-intergroup.org/meetings/>



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



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 43070

**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 43960

**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**

2950 W Cypress Creek Rd.  
Ste 333 #1907  
Fort Lauderdale, FL 33309

**General Service Board**

P.O. Box 2407  
James A. Farley Station  
New York, NY 10116