



H.O.W.

indianriverhow@gmail.com



Step Four

Make a searching and fearless moral inventory of ourselves"

Principle Four

Courage

Tradition Four

Each group should be autonomous except in matters affecting other groups or AA as a whole"

Concept Four

"At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge"

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 www.indianriveraa.com**

THE BEST OF OUR LITERATURE FOR APRIL

THE "NUMBER ONE OFFENDER"

April 14

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.

ALCOHOLICS ANONYMOUS, p. 64

As I look at myself practicing the Fourth Step, it is easy to gloss over the wrong that I have done, because I can easily see it as a question of "getting even" for a wrong done to me. If I continue to relive my old hurt, it is a resentment and resentment bars the sunlight from my soul. If I continue to relive hurts and hates, I will hurt and hate myself-. After years in the dark of resentments, I have found the sunlight. I must let go of resentments; I cannot afford them.

LOOKING WITHIN: April 01

Made a searching and fearless moral inventory of ourselves.

TWELVE STEPS AND TWELVE TRADITIONS, p. 42
Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to re-solve them, they become fewer and fewer.

What does the literature say about courage?

All men of faith have courage.

-BB How It Works, p.68

Good judgment, a careful sense of timing, courage, and prudence --

these are the qualities we shall need when we take Step Nine.

-12&12 Step Nine, p.83

The verdict of the ages is that faith means courage. -BB How It Works, p.68

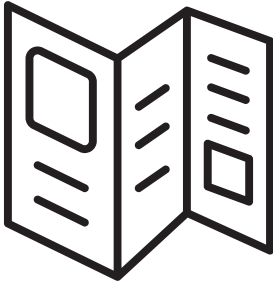
By now, though, the chances are that he has become convinced that he has more problems than alcohol, and that some of these refuse to be solved by all the sheer personal determination and courage he can muster. -12&12 Step Three, p.39

"Courage" in Alcoholics Anonymous

"Courage" is mentioned 8 times in the first 164 pages (the main, original text) of the Alcoholics Anonymous Big Book
When including the "Twelve Steps and Twelve Traditions" (12&12) book, the word appears a total of 18 times

We need you!

Get Involved in Service



Where & When

Position Open IMMEDIATELY

Requirements to Chair this Committee: One year sobriety. Attend and present reports at monthly Central Office Business Meetings.

Description of the Committee's purpose: To provide a current quarterly published list of meetings held at various locations within Indian River County.

Describe or list of responsibilities and services of this Committee: As a service to all members in those interested in attending the open or closed meetings held in Indian River County, this committee gathers submissions and corrections about the new existing or change location of meetings, list the meeting location address, the type of meeting scheduled for that date and time, and the name of the group which sponsors the meeting.

Archives

Position Open Immediately

Requirements to Chair this Committee: One year sobriety.

Describe or list of responsibilities and services of this

Committee: maintain and keep a current record of the business and social events as they relate to AA in Indian River County.



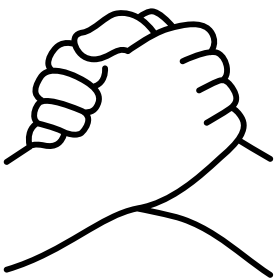
Public Information

Position Open IMMEDIATELY

Requirements to Chair this Committee: One year sobriety. Attend and present reports at monthly Central Office Business Meetings.

Description of the Committee's purpose: To distribute literature and information to the public. Stock Where & When in listed facilities, such as libraries, professional offices, hospitals or medical facilities...

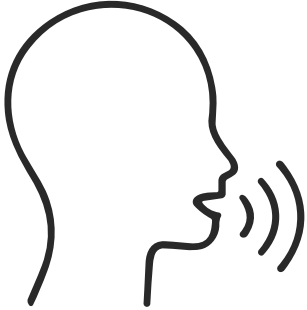
Describe or list of responsibilities and services of this Committee: To expand the public knowledge and awareness of the program in forums at schools, churches, etc. To organize guest speakers for certain events in order to inform the general public of how Alcoholic Anonymous works and what it is about..



More Service Opportunities

Speaker Exchange

Position Open IMMEDIATELY



Requirements to Chair this Committee: One year sobriety. Attend and present reports at monthly Central Office Business Meetings.

Description of the Committee's purpose: To provide contacts to individuals who are available to speak at meetings.

MORE INFORMATION PENDING

Treatment Committee- B.H.C. Vero Beach Mondays @7

January - June 2026

1st Mon - Indian River Mens
2nd Mon - VB Men's Group
3rd Mon - New Day
4th Mon - Steve & friends
5th Mon - Indian River Mens

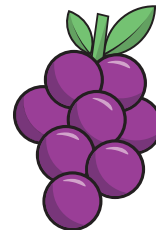
July-December 2026

1st Mon - South Vero
2nd Mon - VB Men's Group
3rd Mon - John & Friends
4th Mon - Dave & friends
5th Mon - South Vero

***Contact Debbie D for updates*

Please no books or literature to be taken to the clients

Central Office Grapevine Raffle!



Do you or someone you know want a chance to win a one year subscription to the AA Grapevine Magazine?

Visit the Central Office Mon-Fri 9-4:30 or Sat 9-12 to purchase your \$1 raffle ticket.

Congratulations to last months winner Beth R!



Anniversaries APRIL



Sundowners Group

Paul 33 yrs Martha 12 yrs
 Michael 18 yrs Richard 10 yrs
 Jon 17 yrs Lori 7 yrs

Lunch Bunch Group

Lisa O 2 yrs

417 Group

Sarah S. 1 yr
 Johnathan P. 1 yr

Noontime Recovery Group

Paul H. 14 yrs
 Elena M. 12 yrs

Early Risers Group

Bobbie 24 yrs
 Ed M. 9 yrs

Royal Palm Group

Clell B. 44 yrs
 Bob K. 40 yrs
 Russel P. 5 yrs

Indian River Women's Group

Kimberley P. 19 yrs

O.D.A.A.T. Group

Candy B. 42 yrs
 Kandi L. 29 yrs
 Diane S. 7 yrs
 Joani M. 4 yrs

Vero Beach 12 & 12 Group

Dennis H. 31 yrs
 Marco 11 yrs

Vero Beach Men's Group

Joe H. 24 yrs
 Tino J. 18 yrs
 Steve G. 10 yrs
 Larry D. 3 yrs
 Steve D. 2 yrs
 Sheldon M. 2 yrs
 Kyle M. 2 yrs
 David S. 2 yrs
 Darryl H. 2 yrs
 Brandon T. 1 yr

Free & Easy Group

Devin F. 1 yr

Meat & Potatoes Group

Linda W. 23 yrs
 Rawson 11 yrs

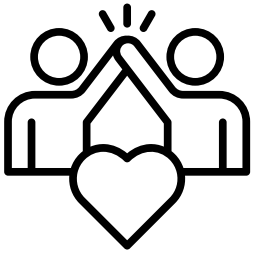
Anniversaries from March

Sorry we missed you!

Indian River Women's

Gwen F. - 45 years
 Christina - 6 years

**Submit group anniversaries
 by the 15th of the month to
indianriverhow@gmail.com**



What's Happening? Latest Events & Group Updates

INDIAN RIVER COUNTY CENTRAL OFFICE



<https://indianriveraa.com/events>

IF YOUR GROUP HAS ANY UPCOMING EVENTS FOR
PUBLISHING,
EMAIL indianriverhow@gmail.com



2026 SCHEDULE

SATURDAY NIGHT LIVE

AL-Anon & AA
speakers,
meeting together

01/24, 02/28, 03/28, 04/25, 05/23, 06/27
07/25, 08/22, 09/26, 10/24, 11/28, 12/26

4th Saturday of the month
7pm to 8pm

**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

— Welcome to our —
"Greet-Eat and
Meet" Event

Date: May 16, 2026

Start: 5:30 PM | Dinner: 6:00 PM | Speaker & Closing: 7:00-8:30
PM

Midway Road Church of Christ
3040 W Midway Rd., Fort Pierce

— Guest Speaker: —

Mr. Ed M. from Louisville

*Dinner is on us - Please come hungry and
let's help support Alcoholics Anonymous on the
Treasure Coast of Florida.*

* FOOD OR DESSERT CONTRIBUTIONS WELCOMED

*Sponsored by the Friday Night Men's Group Real Sobriety and the
generous people in Alcoholics Anonymous on the Treasure Coast*

Save the Date

-Future Event Dates-

Founders Day Luncheon

Saturday, June 13, 2026
Langford Park Rec Center
Jensen Beach



MORE DETAIL AND TIME TBA

68th FLORIDA STATE CONVENTION ORLANDO, FL August 6th-9th, 2026 A NEW FREEDOM



Scholarships
Available!



SCAN HERE TO REGISTER

Fun Activities

- ✓ Indoor Go-Karts
- ✓ Games & Trivia
- ✓ World Class Golf
- ✓ Dance Parties
- ✓ Scenic 5K Run

Experience Freedom

- ✓ Workshops
- ✓ Great Speakers
- ✓ Meet New Friends
- ✓ Marathon Meetings
- ✓ Panels

Speakers

TOMMY M. LARGO, FL
ANGIE P. CLEVELAND, OH
KARL H. COVINA, CA
TERENCE H. PHILLIPS PARK, FL
KATHY H. CINCINNATI, OH
STEVE L. NASHVILLE, TN
SCOTT L. LOS ANGELES, CA
JENNIFER H. PLANO, TX
DEB H. AKRON, OH

Register Today While Rooms Are Available!!!

Register Online at <https://68.FloridaStateConvention.com>

Scan the QR Code with your camera. For assistance call 727-530-0415



Overflow
Hotel 1 - \$159
Hyatt Place
3741 International Dr.
Orlando, FL 32819
1-407-370-1720



Overflow
Hotel 2 - \$159
Rosen Centre
9840 International Dr
Orlando, FL 32819
1-407-996-9700



Call 1-407-996-9700
to be put on a
waiting list if
available. - \$159
9700 International Drive
Orlando, FL 32819

The Sundowners Group is now holding a
beginners meeting on Mondays!

Time: 5:00 PM

Location: 1st Presbyterian Church
1405 Louisiana Ave. Sebastian



AREA "VIRTUAL" MEETINGS

6:00 PM	Tuesday - Pass it On (Book Study) - (Closed, LIT, XT) - Zoom ID 452-100-1634 PC: 31236
5:30 PM	Wednesday - Speaker/Big Book - (SP, B, LIT) - Zoom: 319-619-2864
4:00 PM	Thursday - Keep It Simple Meeting - (Open, ABSI, LIT) - Zoom ID 835 2645 7983 - Code 967440



**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 26th Street, Suite 6

Vero Beach, FL 32970

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 26th 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 12249
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