



# H.O.W.

indianriverhow@gmail.com



## *Step Two*

Came to believe that a Power greater than ourselves could restore us to sanity.

## *Tradition Two*

For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience.

## *Concept Two*

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

## *Spiritual Principle- Hope*

Each day, somewhere in the world, **recovery** begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope.

-Big Book, Forward to the 3rd edition, p.xxii

"Lord, make me a channel of thy peace -- that where there is hatred, I may bring love -- that where there is wrong, I may bring the spirit of forgiveness -- that where there is discord, I may bring harmony -- that where there is error, I may bring truth -- that where there is doubt, I may bring faith -- that where there is despair, I may bring hope -- that where there are shadows, I may bring light -- that where there is sadness, I may bring joy.

-12&12, Step 11, pg 99

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

*in  
loving  
memory*

**Debby  
Murphy  
1933-2025**

Our beloved Debby Murphy died January 21, 2025 at home in Sonata House. Debby would have celebrated her 63rd Anniversary this coming March 8. All of us who were fortunate to know her loved and admired her grace, good cheer and unfailing gratitude to the AA program and all its members.

Debby enjoyed great success as a professional singer, first as the “girl singer” fronting mid-century Big Bands, then as a soloist at the Pierre Hotel in New York, and in numerous local venues when she moved to Vero Beach. She and her husband Walter worked closely in New York with Bill Wilson and others as the AA program emerged from smoky church basement status into nation prominence.

Private ceremonies will be held in New York City and Rye, New York. A full obituary can be found online.

We hope to organize an evening in Vero Beach to celebrate Debby’s amazing life.

# What's Happening?



*Don't miss these upcoming events*

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

When you finally call your sponsor



*Want to  
contribute to the  
IRC How??*

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

Treasurer's Report for 2024		
Revenues:		
Group Contributions		15,216
Books, Literature, Medallions		18,360
Birthday Dinner Income		1,665
Birthday Contributions		1,107
	Total	36,348
Expenses:		
Books, Literature, Medallions		18,087
Office Rent		7,950
All other		11,647
	Total	37,684
Operating Loss		1,336

Our cash, including \$10,000 in the Prudent Reserve, declined from \$6,248 on January 1, 2024 to \$4,995 at December 31, 2024.

**Our biggest financial concern is a 17% decrease in Group Contributions from \$18,375 to \$15,216 in 2024.**

Year-end and monthly financial information is available in a blue binder at the Central Office.

Respectfully submitted,  
Bill Bright



# Anniversaries

## FEBRUARY

### I Am Responsible

Charlie C 5yrs  
Danielle F 1yr  
Stephanie B 13yrs

### Lunch Bunch

Dennis P 51yrs  
Pete C 48yrs  
Pat F 36yrs

### Sebastian 5:32

Denise D 37yrs  
Liz R 34yrs  
Tim P 21yrs  
Mark P 16yrs

### Early Risers

Steve H 2yrs  
Ena 33yrs

### ODDAT

George M 50yrs  
Terry K 44yrs  
Sharon N 11yrs  
Michael C 55yrs

### IR Thursday

### Sundowners

Kim M 1yr  
Vic 6yrs  
Joe D 38 yr

### 417

John J 3yrs  
Mike 38yrs  
Kevin W 9 yrs  
Mark B 5yrs

### IR Thursday

### New Day

Denise B 42yrs  
Geno B 30yrs  
Doug D 12yrs  
John B 10yrs  
Sue H 3yrs  
Kim Y 3yrs

### Vero Beach Men's

Mike P 38yrs  
Gary Z 38yrs  
Jeff L 34yrs  
Richie K 32yrs  
Michael D 21yrs  
Michael N 18yrs  
Boz 17yrs  
Jonathan P 15yrs  
Chris S 8yrs  
Joe S 7yrs  
Charlie C 5yrs  
Mark B 4yrs  
Shane P 4yrs  
Daniel K 3yrs  
Mark S 2yrs

### Royal Palm

Barb P 47yrs  
Zach S 1yr

### IR Women

Janetzi S 4yrs

## JANUARY

### Royal Palm

Tony M 15yrs  
Cindy J 5yrs

### New Day

### Early Risers

Carrie 13  
Alba 1yr  
Seth 37yrs  
Connie 3 yrs  
Jackie 23 yrs  
Betsy 11 yrs  
Myra 36yrs  
Sheila 6yrs  
Terri 12yrs

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

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



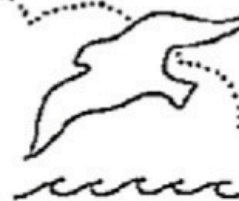


## Indian River Central Office of Alcoholics Anonymous

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 32960

**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  
P.O. Box 590835  
Ft. Lauderdale, FL  
33359-0835

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



## AREA "VIRTUAL" MEETINGS

<b>12:00 PM</b>	<b>Sunday - The Gratitude Group - (Open) - Zoom: 720-843-2825 PC 3807897</b>
<b>5:00 PM</b>	<b>Sunday - Sober Connections - (Closed) - Zoom: 325-870-3587 PC:762375</b>
<b>4:00 PM</b>	<b>Monday - Men's Discussion Group - (Closed, Men, D) - Zoom: 829 3988 4023 PC333791</b>
<b>5:00 PM</b>	<b>Monday - Sober Connections - (Closed) - Zoom: 325-870-3587 PC:762375</b>
<b>5:30 PM</b>	<b>Tuesday - Lowell's Tuesday Night Zoom Meeting - (Open, D) - Zoom ID 250 4350 0249</b>
<b>6:00 PM</b>	<b>Tuesday - Pass it On (Book Study) - (Closed, LIT, XT) - Zoom ID 452-100-1634 PC: 31236</b>
<b>5:00 PM</b>	<b>Wednesday - Sober Connections - (Closed) - Zoom: 325-870-3587 PC:762375</b>
<b>5:30 PM</b>	<b>Wednesday - Speaker/Big Book - (SP, B, LIT) - Zoom: 319-619-2864</b>
<b>4:00 PM</b>	<b>Thursday - Keep It Simple Meeting - (Open, ABSI, LIT) - Zoom ID 998 7512 9964 - PC 63228</b>
<b>4:00 PM</b>	<b>Thursday - Men's Discussion Group - (Closed, Men, D) - Zoom: 829 3988 4023 PC333791</b>
<b>5:00 PM</b>	<b>Friday - Sober Connections - (Open) - Zoom: 325-870-3587 PC:762375</b>



## Serenity Prayer

**God, grant me the serenity to accept the things I cannot change, 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 the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life, and supremely happy with Him forever in the next.**

**Amen**

**Reinhold Niebuhr (1926)**



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