



# H.O.W.

[indianriverhow@gmail.com](mailto: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. Our leaders are but trusted servants; they do not govern.

## *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.”

## *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.

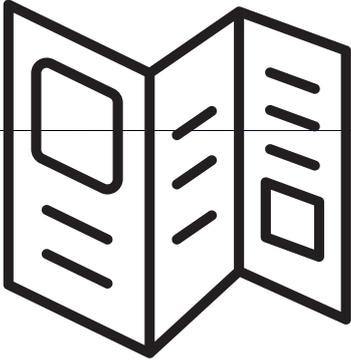
**FOR MORE INFO ABOUT INDIAN RIVER COUNTY  
ALCOHOLICS ANONYMOUS  
CALL 772-562-1114 OR VISIT [www.indianriveraa.com](http://www.indianriveraa.com)**

# 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.



email [indianriverhow@gmail.com](mailto:indianriverhow@gmail.com) for more info

# More Service Opportunities

## District 6 Liason

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 act as a liaison between District 6 and Indian River County Central Office.

**Describe or list of responsibilities and services of this Committee:** Attend District 6 meetings, events, and conferences and report information as it relates to Indian River County at the monthly Central Office business meetings.

## Birthday Dinner Volunteers

Contact Tony D. for more information 772-882-5181

**Describe or list of responsibilities and services:** Assist Birthday Dinner Chair; Help set up/decorate for event; secure speaker, volunteers and participants; print and sell tickets for event; promote event ticket sales at meetings, in publications, and with printed flyers; arrange caterer; schedule Archives from both Central Office and District, schedule Grapevine display; provide raffle tickets and closeline bookmarks to collect donations from attending members; clean the hall after event

### 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***

## *A Message from the Editor*

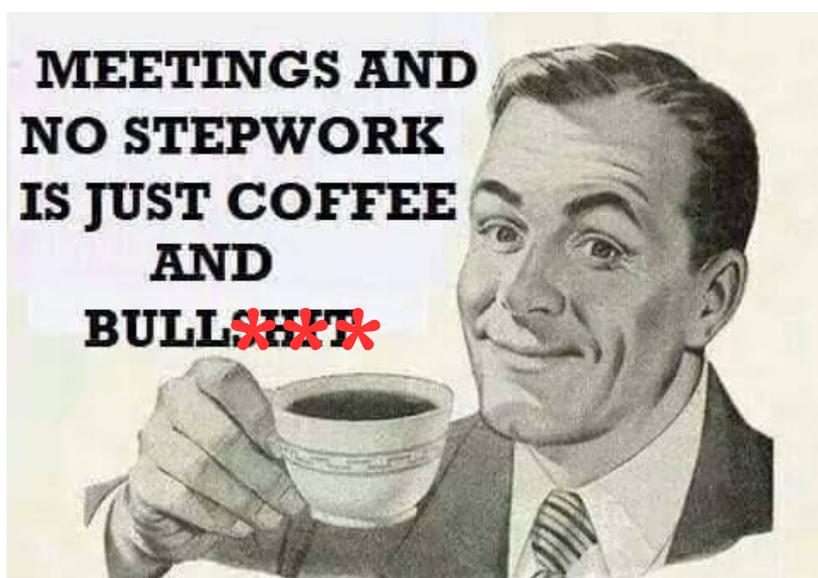
Hello A.A. Family... Happy New Year! What a blessing it is to start 2026 in recovery. Wishing you all a peaceful and prosperous new year! Thank you again for your patience during this transition and for letting me be of service. - Kate V.



**Me:** My name is Laura,  
and I'm an alcoholic.

**AAA:** This is AAA, not AA.

**Me:** Yeah, I was just  
explaining how my car  
got in the lake.



**Want to Contribute to the IRC AA HOW?**

**Email comics, pictures, shorts, announcements to  
[indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)**

# Anniversaries FEBRUARY

## **Sundowners Group**

Dennis P. 52 yrs  
Pete C. 49 yrs  
Joe D. 39 yrs  
Pat F. 37 yrs

## **Lunch Bunch Group**

Dennis P. 52 yrs  
Pete C. 49 yrs  
Joe D. 39 yrs  
Pat F. 37 yrs

## **417 Group**

Mike 39 yrs  
Kevin W. 10 yrs  
John J. 4 yrs

## **Noontime Recovery Group**

Mike P. 39 yrs  
Michelle W. 24 yrs  
Kelly 9 yrs

## **Early Risers Group**

Ena 34yrs  
Randy 15 yrs  
Gordon 13 yrs  
Patty 12 yrs  
Tom 3 yrs

## **IR Women's Group**

Sue C. 9 yrs  
Mollie M. 1 yr

## **Royal Palm Group**

Barb P. 48 yrs

## **IR Thursday Night Group**

Larry K. 20 yrs

## **O.D.A.A.T. Group**

Michael C. 56 yrs  
Terry K. 45 yrs  
Sharon N. 12 yrs  
Mike V. 1 yr

## **Vero Beach 12 & 12 Group**

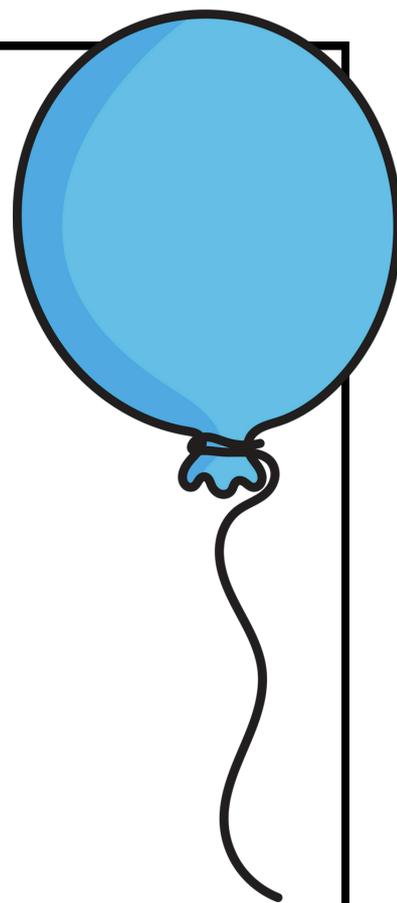
Brett H. 33 yrs  
Jen T. 4 yrs  
Ian H. 2 yrs

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

Mike P. 39 yrs  
Jeff L. 35a yrs  
Richie K. 33 yrs  
Michael D. 22 yrs  
Michael N. 19 yrs  
Mike (BOZ) 18 yrs  
Jonathan P. 16 yrs  
Chris S. 9 yrs  
Joe S. 8 yrs  
Charlie C. 6 yrs  
Shane P. 5 yrs  
Zach 2 yrs  
Brennan 1 yr  
Dean 1 yr  
Ernie 1 yr

## **Free & Easy Group**

Brendon T. 1 yr  
Robert D. 1 yr



## **Anniversaries from December & January- Sorry we missed you!**

### **The West Vero Group**

Mary A. 37 yrs

### **Royal Palm Group**

Tony M. 15 yrs

### **IR Thursday Night Group**

Debbie F. 41 yrs  
Tom W. 39 yrs  
Mark P. 28 yrs  
Marie K. 20 yrs

**Submit group anniversaries**

**by the 15th of the month to**

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

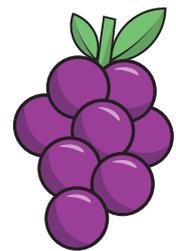
## Acknowledgment of the Sebastian 25/26 Alchothons Record Year!

7th Tradition, 50/50, and Food donations- \$1644.00  
Total expenses- \$824.00  
Prudent reserve- \$500.00

Contributions:  
Indian River Central Office \$822.00  
General Service Board (New York) \$411.00  
District 6 \$205.50  
Area 15 \$205.50  
Total Contributions \$1644.00

THANK YOU FOR YOUR SUPPORT!

## Central Office Grapevine Raffle!

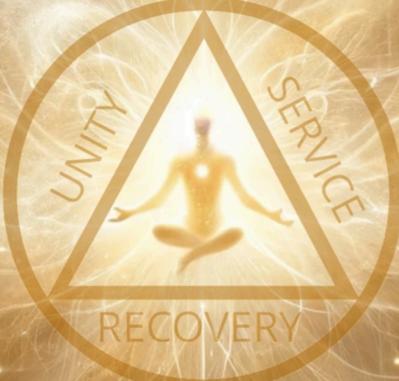


Do you or someone you know want a chance to win a one year subscription to the AA Grapevine Magazine?  
Visit the Central Office Mon-Fri 9-4:30 or Sat 9-12  
to purchase your \$1 raffle ticket.

Congratulations to Roxanne R who won this months  
drawing!

# Don't Miss These Upcoming Events!

**Spiritual Awakening**  
 JOIN US AT THE INDIAN RIVER CENTRAL OFFICE  
**47TH ANNUAL BIRTHDAY DINNER**  
**SATURDAY, MARCH 28TH**



**DOORS OPEN 5PM, DINNER 6PM**  
**SPEAKER 7PM**

Tkts. \$25 - Please Bring a dessert to share

**Unity of Vero Beach 950 43rd Ave.**  
**Vero Beach, FL 32960**

**68<sup>th</sup> FLORIDA STATE CONVENTION**  
**ORLANDO, FL**  
 August 6<sup>th</sup>-9<sup>th</sup>, 2026  
**A NEW FREEDOM**



**Scholarships Available!**



**SCAN HERE TO REGISTER**

<p><b>Fun Activities</b></p> <ul style="list-style-type: none"> <li>✓ Indoor Go-Karts</li> <li>✓ Games &amp; Trivia</li> <li>✓ World Class Golf</li> <li>✓ Dance Parties</li> <li>✓ Scenic 5K Run</li> </ul>	<p><b>Experience Freedom</b></p> <ul style="list-style-type: none"> <li>✓ Workshops</li> <li>✓ Great Speakers</li> <li>✓ Meet New Friends</li> <li>✓ Marathon Meetings</li> <li>✓ Panels</li> </ul>	<p><b>Speakers</b></p> <p><small>TOMMY H., LARGO, FL                  ANGIE P., CLEVELAND, OH                  KARL M., COVINA, CA                  TERRENCE H., PINELLAS PARK, FL                  KATHY H., CINCINNATI, OH                  STEVE L., NASHVILLE, TN                  SCOTT T., LOS ANGELES, CA                  JENNIFER H., PLANO, TX                  DEB H., AKRON, OH</small></p>
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**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

 <p><b>Overflow Hotel 1 - \$159</b>  <small>200 guest rooms</small>                  Hyatt Place                  8741 International Dr.</p>	 <p><b>Overflow Hotel 2 - \$159</b>                  Rosen Centre                  9840 International Dr.</p>	<p><b>Host Hotel Sold Out!</b></p> <p>Call 1-407-996-9700 to be put on a waiting list if available. - \$159</p>
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**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 Plaza Ste. #6)Vero Beach, FL 32962**



**WELCOME TO SOUTH VERO**

## 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

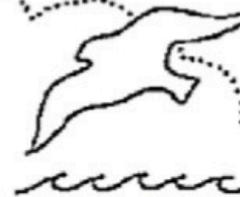


## Indian River Central Office of Alcoholics Anonymous

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 26<sup>th</sup> 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 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 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