



H.O.W.

indianriverhow@gmail.com



Step One

We admitted we were powerless over alcohol and our lives had become unmanageable

Tradition One

Our common welfare should come first; personal recovery depends on A.A. unity

Concept One

The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

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.

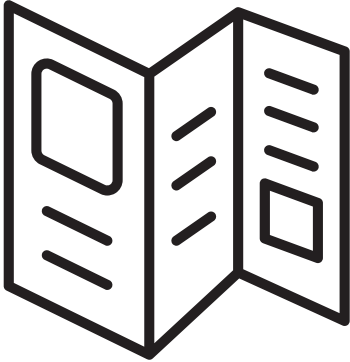


**FOR MORE INFO ABOUT INDIAN RIVER COUNTY
ALCOHOLICS ANONYMOUS
CALL 772-562-1114 OR VISIT www.indianriveraa.com**

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 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 Chair

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 host a speaker dinner meeting as the only fundraiser during the year to support the expenses incurred through the Central Office location and provide the funds necessary to maintain the organization of AA in Indian River County.

Describe or list of responsibilities and services of this Committee: arrange for dining hall facilities and 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; collect funds from ticket sales and closeline and submit all funds and receipts to the Central Office Steering Committee Treasurer.

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

January 2026- June 2026

1st Mon - Indian River Mens

2nd Mon - Vero Beach Men's Group

3rd Mon - New Day

4th Mon - Steve & friends

5th Mon - Indian River Mens

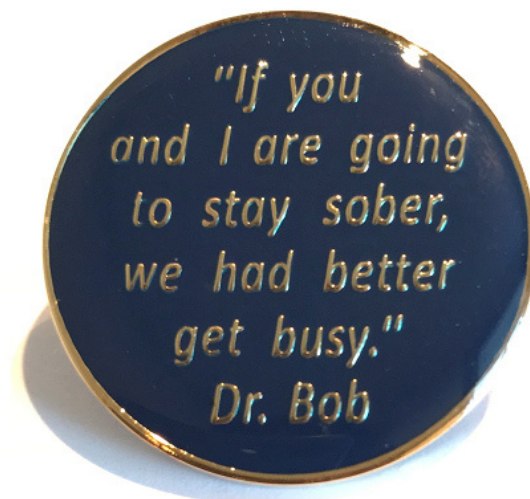
***Contact Debbie D for updates*

Please no books or literature to be taken to the clients

From the Editor

Hello A.A. Family! I look forward to serving as the new H.O.W. editor.

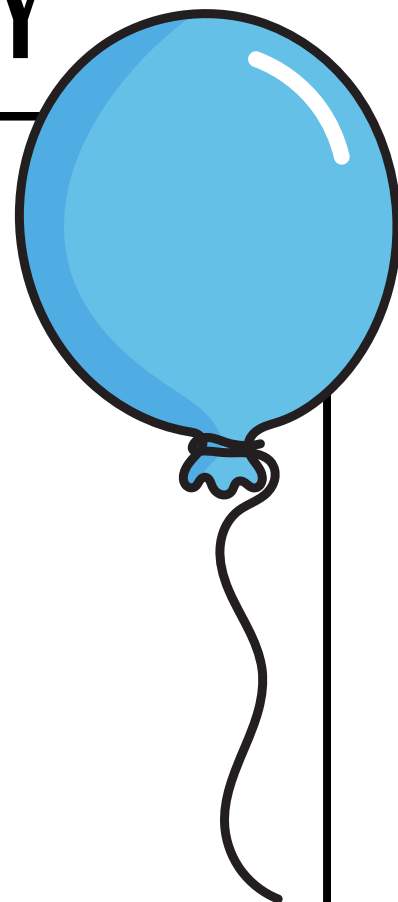
Thank you to the previous member who has supported me in this transition. Also, thank you for your patience during this transition. Most importantly, thank you for letting me be of service! – Kate V.



Want to Contribute to the IRC AA HOW?

**Email comics, pictures, shorts, announcements to
indianriverhow@gmail.com**

Anniversaries JANUARY



O.D.A.A.T.

Mike L. 15 yrs
Frank C. 17 yrs
Mark K. 20 yrs
Scot G. 20 yrs
Jane C. 27 yrs
Judy S. 28 yrs
Kevin M. 32 yrs
Karen H. 36 yrs
Barbara R. 37 yrs
Jill A. 40 yrs
John H. 43 yrs

Sundowners

Debby 17 yrs
Mike 13 yr
Bonnie 3 yrs
Dave 2 yrs

Women of Sebastian

Denise S. 14 yrs

Free and Easy

Ron F. 27 yrs

Vero 12&12

Will M. 4 yrs
John D. 7 yrs
Rich L. 10 yrs

Lunch Bunch

Bill W. 32 yrs
Ava W. 23 yrs
Melissa B. 4 yrs

I Am Responsible

Karen J. 8 yrs
Paul H. 3 yrs
Cheryl M. 2 yrs
Stephanie H. 2 yrs
Jenn H. 1 yr
Conrad 1 yr

Vero Beach Men's Group

Marty P - In Memory Of
Tony S. - In Memory Of
Rob S. - In Memory Of
Victor V. 39 yrs
Mike P. 35 yrs
Bob L. 32 yrs
Bill K. 24 yrs
Justin B. 19 yrs
Dave R. 11 yrs
Brandon C. 6 yrs
Shane W. 1 yr
Arthur W. 1 yr
Jason R. 1 yr
Chris H. 1 yr

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

What's Happening?

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

INDIAN RIVER COUNTY CENTRAL OFFICE



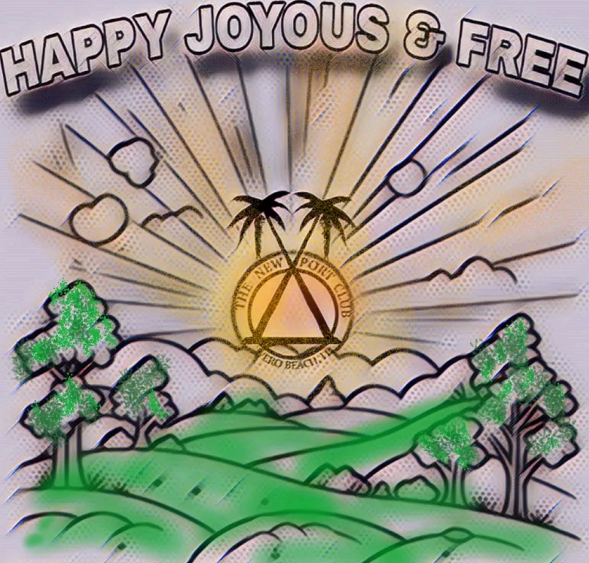
<https://indianriveraa.com/events>

Don't miss these upcoming events!

**EARLY RISERS GROUP
ANNIVERSARY MEETING**

Saturday January 24th @ 7:30 am

HAPPY JOYOUS & FREE



@ The New Port Club 2536 16th Ave. Vero Beach
Enhanced Continental Breakfast

**SPACE COAST
ROUND-UP
2026**

ROCKET INTO RECOVERY AS WE CELEBRATE THE
25th Anniversary
OF SPACE COAST ROUND-UP

JANUARY 29-FEBRUARY 1, 2026

SPEAKERS

JANIS M CARLSBAD, CA	LES B NEWPORT, FL
MARY BETH A SPRING LAKE, NJ	JIMMY A SPRING LAKE, NJ
CLIFF C OKLAHOMA CITY, OK	LORI C OKLAHOMA CITY, OK (AL-ANON)

WHAT TO LOOK FORWARD TO!

- WORKSHOPS
- MARATHON MEETINGS
- FUN EVENTS AND GAMES
- HOSPITALITY ROOM
- AL-ANON ROOM
- SOBRIETY COUNTDOWN
- BASKET RAFFLES
- GRAPEVINE RAFFLE
- 50/50 RAFFLE

HOTEL RESERVATIONS
HILTON MELBOURNE RIALTO
200 RIALTO PLACE, MELBOURNE, FL 32901
ROOM RATE: \$151 + TAX
ROOM CODE: 90B (FOR PHONE RESERVATIONS)

SCAN HERE TO MAKE YOUR HOTEL RESERVATION → 

321-768-0200 or 1-800-445-8667
www.hiltonmelbourne.com

**MEET THE SPEAKERS
LUNCHEON!**
SATURDAY, JANUARY 31
\$40

SCAN THE QR CODE TO REGISTER TODAY!


EARLY BIRD SPECIAL
EARLY BIRD REGISTRATION ONLY \$35!
AFTER DECEMBER 31ST REGISTRATION IS \$40

WWW.SPACECOASTROUNDUP.COM

What's Happening Continued...

68th FLORIDA STATE



CONVENTION

ORLANDO, FL

August 6TH-9TH, 2026

A NEW FREEDOM

**Scholarships
Available!**



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 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

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
\$20 add. person
Hyatt Place

8741 International Dr.
Orlando, FL 32819
1-407-370-4720



Overflow
Hotel 2 – \$159
Rosen Centre

9840 International Dr.
Orlando, FL 32819
1-407-996-9700



*Host Hotel
Sold Out*

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

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

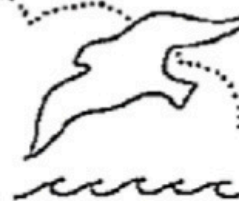


Indian River Central Office of Alcoholics Anonymous

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 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 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