



# H.O.W.

indianriverhow@gmail.com



## *Step Seven*

Humbly asked Him to remove our shortcomings.

## *Tradition Seven*

Every A.A. group ought to be fully self-supporting, declining outside contributions.

## *Concept Seven*

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

## *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)**

# *Humility*

*Spiritual principle behind Step 1*

## *Definition of Humble*

- not proud or haughty
- not arrogant or assertive
- reflecting, expressing, or offered in a spirit of deference or submission
- teachable, right-sized

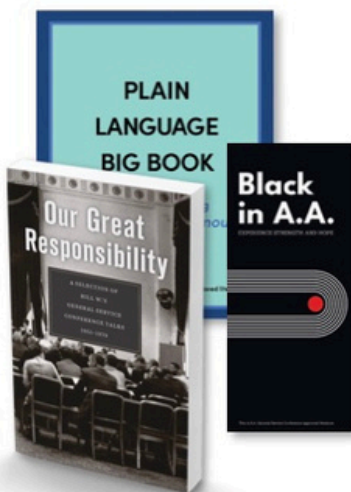
## *Synonyms of Humble*

- unpretentious
- meek
- down-to-earth
- modest
- unassuming

## **Your Seventh Tradition Contributions Help Carry the Message**

Contributions made by you and your home group to the General Service Board support the work of your General Service Office (GSO) to help the alcoholic around the corner — and around the world.

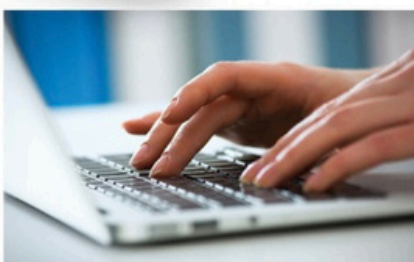
*Your contributions make possible essential member services and support for those seeking help.*



**7** The Publishing Department is always hard at work. They manage literature revisions and keep A.A. books and pamphlets available so the message of recovery can be carried to the sick and suffering alcoholic.

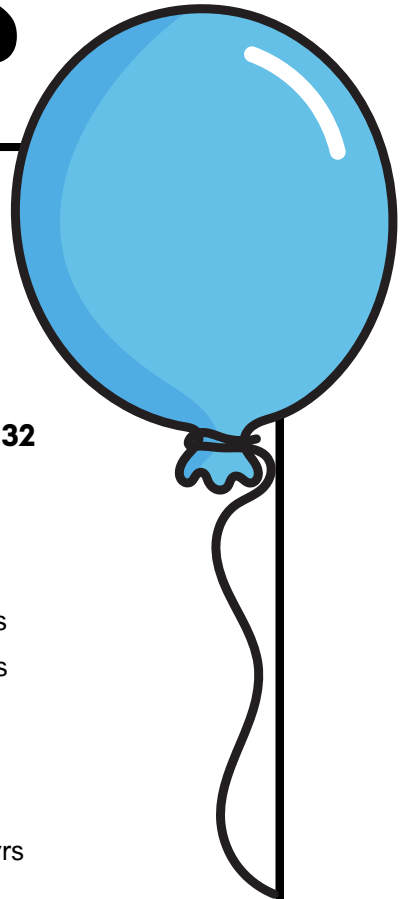
**8** With a half-million monthly users throughout the U.S., Canada, and the world, the A.A. Meeting Guide app has transformed how people find meetings. The app is managed by the Communication Services department, which continues to enhance the app's functionality to optimize the user experience.

(<https://www.aa.org/meeting-guide-app>)



**9** In 2024 the Staff Services Department received approximately 161,885 emails and 2,633 phone calls from A.A. members, professionals, the media, and alcoholics needing help. The Member Services Department received 24,428 emails, 16,838 phone calls, processed 28,982 literature orders and handled 22,884 phone calls at the front desk.

# Anniversaries



## JULY

### **I Am Responsible**

Kelly 1yr  
Lorelei 20yrs

### **Lunch Bunch**

Bill VB 44 yrs  
Judy D 42 yrs  
Sharon S 27 yrs  
Missy D 22 yrs  
Gus R 16 yrs

### **Free & Easy**

Donna S 23yrs  
Mark O 18yrs  
Deb M 7yrs  
Andi B 5yrs  
Ava P 4yrs  
April G 3yrs

### **Vero Beach**

#### **Men's**

Tom H- In Memory  
Of  
Rich P 36yrs  
Bob W 34yrs  
Ray P 22yrs  
Joe A 11yrs  
Chris R 9yrs  
Clayton B 3yrs  
Willie T 1yrs

### **417**

Aiden D 49yrs  
Nichole L 13yrs  
Patrick C 1yr  
Ron P 13yrs

### **Sundowners**

Jean 37 yrs  
Aiden 49yrs

### **Sebastian 5:32**

John B 10yrs

### **ODDAT**

Dutch V 40yrs  
Susan S 44yrs  
Deloris H 7yrs  
Eric F 18yrs  
Dan N 34yrs  
Patricia B 36yrs  
Kay D 52yrs

### **IR Thursday**

AJ C 1yr  
Kate R 1yr

### **Royal Palm**

Andy M 18 yrs

### **Meat & Potatoes**

Lizzy H 6yrs

## JUNE

## SORRY WE MISSED YOU!

### **Meat & Potatoes**

Mindy s. 35  
Tom w. 35

### **Lunch Bunch**

Judy L 1yr

### **Sundowners**

Sam B 2yrs  
Vincent R 29yrs  
Clyde 34yrs  
John K 39yrs

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

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

# 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)**

You will pronounce anomininity...  
amoninimity... ANONYMITY correctly in the  
AA meeting



**Rule 62:**

**"Don't take  
yourself too  
damn  
seriously"**



LAKESWOOD PARK GROUP ANNUAL  
ANNIVERSARY PARTY/PICNIC



Come join us for great food, fun and fellowship

Sunday 7/27/25 11:00 am – 3:00 pm

Kayaking trip starts at 9:00 am at Round Island Riverside

Round Island Oceanside 2201 South A1A, Vero Beach

PLEASE BRING A SIDE DISH OR DESSERT  
WE WILL HAVE BURGERS, HOT DOGS, BBQ CHICKEN



SAT. AUGUST 23, 2025 @ 6 P.M.

IAR 48<sup>th</sup> Anniversary Pot Luck Celebration  
Doors open at 6, Dinner at 6:30 p.m. – Speaker at 8  
Feel Free to Bring a Dish or Dessert!

I Am Responsible  
First Christian Church  
1927 27<sup>th</sup> Avenue



## Treatment Committee- BHC, Vero Beach, Monday @7

All commitments are full through 2025

- 1st Mon - Sundowners
- 2nd Mon - Vero Beach Men's Group
- 3rd Mon - Dave and friends
- 4th Mon - John M and friends

The door needs to stay open when you have your meeting and a staff member will be sitting near the door. If you want a Mon in Jan 2026 get hold of me. Two Mondays already taken.

Thank you for allowing me to be of service.

Debbie D.

**Want to Contribute to the IRC AA HOW?**  
**Email comics, pictures, shorts, announcements to**  
**[indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)**

## 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



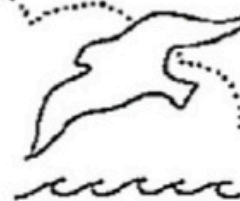


## Indian River Central Office of Alcoholics Anonymous

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 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**

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