



H.O.W.

indianriverhow@gmail.com



Step Seven

"Humbly ask him to remove our shortcomings"

Principle Seven

Humility

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**

THE BEST OF OUR LITERATURE FOR JULY

IDENTIFYING FEAR . . .

July 06

The chief activator of our defects has been self-centered fear. . . .

TWELVE STEPS AND TWELVE TRADITIONS, p. 76

When I feel uncomfortable, irritated, or depressed, I look for fear. This "evil and corroding thread" is the root of my distress: Fear of failure; fear of others' opinions; fear of harm, and many other fears. I have found a Higher Power who does not want me to live in fear and, as a result, the experience of A.A. in my life is freedom and joy. I am no longer willing to live with the multitude of character defects that characterized my life while I was drinking. Step Seven is my vehicle to freedom from these defects. I pray for help in identifying the fear underneath the defect, and then I ask God to relieve me of that fear. This method works for me without fail and is one of the great miracles of my life in Alcoholics Anonymous.

HELPING OTHERS

July 24

Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.

ALCOHOLICS ANONYMOUS, p. 20
Self-centeredness was my problem. All my life people had been doing things for me and I not only expected it, but I was ungrateful and resentful they didn't do more. Why should I help others, when they were supposed to help me? If others had troubles, didn't they deserve them? I was filled with self-pity, anger and resentment. Then I learned that by helping others, with no thought of return, I could overcome this obsession with selfishness, and if I understood humility, I would know peace and serenity. No longer do I need to drink.

Principal Seven is Humility

The spiritual principle linked to Step 7 is humility. Humility is defined as a freedom from pride or arrogance: the quality or state of being humble. By definition, humility is the very thing many alcoholics have been missing throughout the entirety of their addiction. We practice humility throughout the steps. First, by admitting our powerlessness over the drink, handing our will over to a Power greater than ourselves. All of these are important to our biggest test in humility – asking our Higher Power to remove these defects of character!

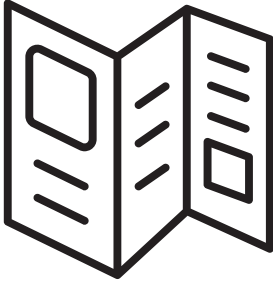
"Humility" in Alcoholics Anonymous

"Humility" is mentioned 4 times in the first 164 pages (the main, original text) of the Alcoholics Anonymous Big Book and 53 times "Twelve Steps and Twelve Traditions" (12&12) book

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.



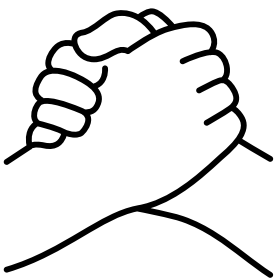
Public Information

Position Open IMMEDIATELY

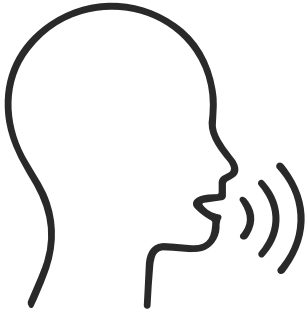
Requirements to Chair this Committee: One year sobriety. Attend and present reports at monthly Central Office Business Meetings.

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: Two years sobriety. Attend and present reports at monthly Central Office Business Meetings.

Description of the Committee's purpose: Create a network of individuals willing to speak at local meetings.

Describe or list of responsibilities and services of this Committee: Create and maintain list of individuals who are willing to volunteer to speak at meetings. Provide sign up list to group reps to take back to their home groups. Attend meetings to inform other groups that the speak exchange is available.

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

July-December 2026

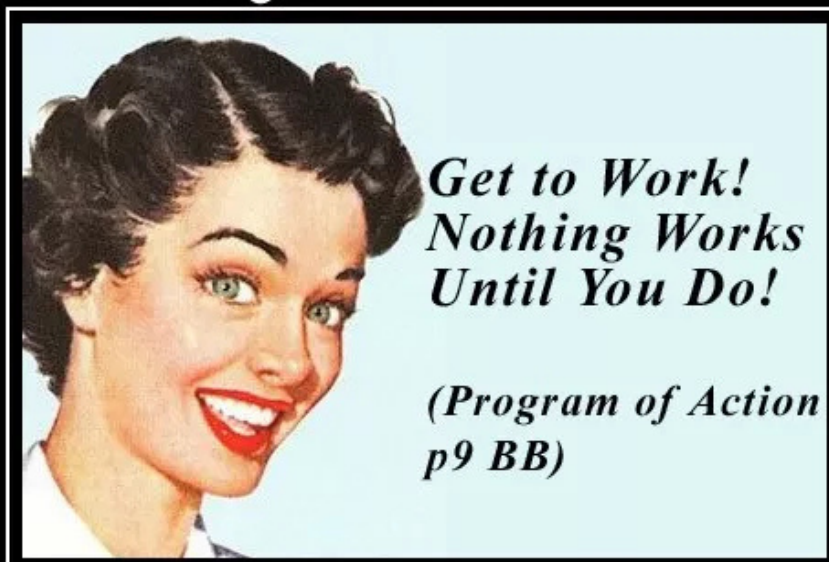
1st Mon - South Vero
2nd Mon - VB Men's Group
3rd Mon - John & Friends
4th Mon - Dave & friends
5th Mon - South Vero

Thank you to those
who served Jan-June!

***Contact Debbie D for updates*

***Please no books or literature to be taken to the
clients***

Program of Action



IRC Central Office Updates!



Indian River Central Office Needs Your Support!

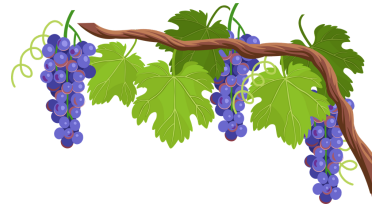
Volunteers needed for daytime shifts at the Central office.

Stop by the office or call for more information.

1600 26th Street, Suite 6, VB 32960
(772) 562-1114

Office Hours: Monday thru Friday 09:00 am – 04:30 pm, Sat. 09:00 am – 12:00 pm
Closed Sunday

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 the June winner Rae B!

Central Office Activity

Month	Phone Calls	BB Sold	12&12 Sold	Visits & Purchases	Donations
Jan	14	52	11	98	\$11.25
Feb	12	32	4	105	\$6.25
Mar	19	36	10	19	\$3.50
Apr	14	37	24	88	\$3.50
May	10	15	5	203	\$7.25



Anniversaries JULY



Sundowners Group

Aiden 50 yrs
Jean 38 yrs
Steve 6 yrs
Karyn 2 yrs
Michele 2 yrs

Lunch Bunch Group

Bill 45 yrs Sharon S. 29 yrs
Judy D. 43 yrs Missy D. 23 yrs
Tom M. 40 yrs Gus R. 17 yrs

IR Women's Group

Heather Z. 21 yrs
Marla B. 17 yrs
Kathryn C. 5 yrs

Early Risers

Donald 38 yrs April 4 yrs
Tim 15 yrs Cassie 3 yrs
Lizzy 7 yrs Chris 1 yr

Emotional Sobriety Group

Danielle 12 yrs

New Day Group

Patty A. 20 yrs Doug O. 29 yrs
Diane F. 5 yrs Tom M. 32 yrs
Scarlett C. 4 yrs Marc A. 1 yr
Peter C. 3 yrs

Free and Easy Group

Heather Z. 21 yrs Andi B. 6 yrs
Mark O. 19 yrs April G. 4 yrs
Deb M. 8 yrs Gino C. 1 yr

West Vero Group

Peggy R. 32 yrs
Frank C. 17 yrs
Peter K. 3 yrs

O.D.A.A.T. Group

Bill M. 58 yrs
Suzie S. 45 yrs
Dutch V.N. 41 yrs
Dan N. 35 yrs
Mary O. 1 yr

Vero Beach Men's Group

Tom H. In Memory Of 
Rich P. 37 yrs Clayton B. 4 yrs
Bob W. 35 yrs Willie T. 3 yrs
Ray P. 23 yrs Matt 2 yrs
Glen D. 22 yrs Chris 1 yr
Joe A. 12 yrs Joshua S. 1 yrs
Chris R. 9 yrs

Monday Safe Harbor Women's Group

Maggie M. 22 yrs
Roxanne R. 19 yrs
Susan S. 18 yrs
Susana D. 1 yr

Vero Beach 12&12 Group

Suzan S. 25 yrs

Freedom from Alcohol Group

Dennis L. 52 yrs
Patricia 39 yrs
Donna S. 24 yrs

417 Group

Ron P. 14 yrs
Krystal T. 14 yrs
Alessia P. 1 yr

New Day Group - June

Chuck S. 16 yrs Jason D. 7 yrs
Johnny S. 8 yrs Judy M. 5 yrs
Jack W. 21 yrs John M. 5 yrs
Conrad 6 yrs John W. 16 yrs
Judy D. 5 yrs Roger P. 1 yr

Lunch Bunch Group- June

Susie P. 33 yrs

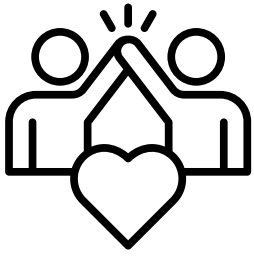
West Vero Group- June

Aaron F. 8 yrs
Tom M. 8 yrs

Royal Palm Group- June

Jeff P. 17 yrs

Please submit group
anniversaries by the 15th of
the month to
indianriverhow@gmail.com



What's Happening... Upcoming Group Events!

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



<https://indianriveraa.com/events>

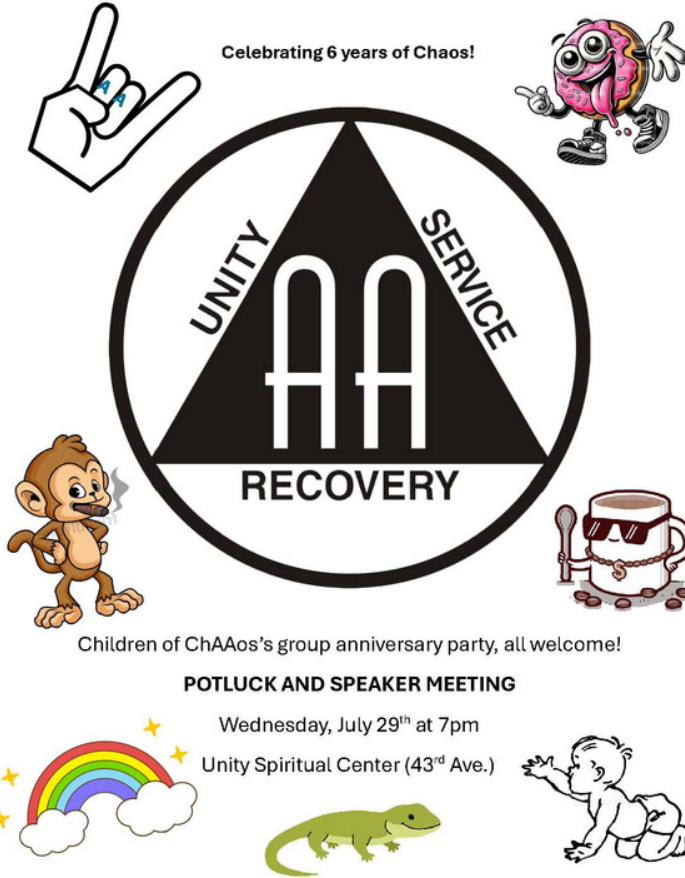
Celebrating 6 years of Chaos!



Children of ChAAOs's group anniversary party, all welcome!

POTLUCK AND SPEAKER MEETING

Wednesday, July 29th at 7pm
Unity Spiritual Center (43rd Ave.)



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

Join us for Food, Fun and Fellowship

**DISTRICT 6
OKEECHOBEE
Fish Fry**

**Sunday
August 30th 2026
11am - 3pm**

**Ticket contribution
\$20**

**C. Scott Driver Park
10100 SR-78
Okeechobee, FL 34974**

**We are seeking AA approved
literature for the Raffle**

Please Bring a Covered Dish or Dessert



More Opportunities for Fellowship & Service!

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 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
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



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

Host Hotel
Sold Out

Want to learn how you can
help Carry the Message?

Want to get more involved?

YOU ARE INVITED TO THE

DISTRICT 6

Carry the Message Day

Sunday, August 2, 2026



DOORS OPEN AT 11 AM
FINISHED AT 4 PM



Port St. Lucie Community Center
2195 SE Airosa Blvd
Port Saint Lucie, FL 34984
United States



Lunch and
snacks
provided



Workshops
and
Speakers



Intergroup and
Central Office
participation



Service
Committee
Displays

WE NEED
YOU:

- ✓ Help with planning
- ✓ Sign up for a Committee commitment
- ✓ Bring your sponsees... sponsors... friends in recovery

THERE IS NO COST FOR THIS AWESOME EVENT!!

LOOKING TO GET INVOLVED?

AUGUST 6-9,
2026



ROSEN PLAZA
HOTEL
ORLANDO, FL

LET US KNOW WHICH COMMITTEE YOU'D
LIKE TO VOLUNTEER WITH

LAUREN R.
(VOLUNTEER CHAIR)

267-596-8480

A14VOLUNTEER68FSC@GMAIL.COM

JENNIFER B.
(VOLUNTEER CHAIR)

727-514-0508

A15VOLUNTEER68FSC@GMAIL.COM

COMMITTEES: ACTIVITIES, ACCESSIBILITIES, ARCHIVES, AL-ANON,
BANQUET, DECORATIONS, ENTERTAINMENT, GREETERS, GRAPEVINE,
COFFEE & HOSPITALITY, LGBTQ, MERCHANDISE, OUTREACH,
REGISTRATION, SECURITY, YOUNG PEOPLE



REGISTRATION SIGN UP



VOLUNTEER SIGN UP

NEW MEETING



The Emotional Sobriety group now hosting a

BIG BOOK STUDY!

Fridays at 5:30pm

at Unity Spiritual Center

950 43rd Ave.



Meeting Makers Make It



**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

Addresses for Financial 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 #1097
Fort Lauderdale, FL 33309

General Service Board

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



Indian River Central Office

1600 26th St, Suite #6, Vero Beach, FL 32960
Ph: 772 562-1114 Email: ircaainfo@gmail.com

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

1600 26th St, Suite #6, Vero Beach, FL 32960
Ph: 772 562-1114 Email: ircaainfo@gmail.com

"For it is in giving that we receive"

Indian River Central Office of AA 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

1600 26th St, Suite #6, Vero Beach, FL 32960

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

1600 26th St, Suite #6, Vero Beach, FL 32960