



# H.O.W.

indianriverhow@gmail.com



## *Step Six*

Were entirely ready to have God remove all these defects of character.

## *Tradition Six*

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

## *Concept Six*

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

## *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 VIST [indianriveraa.com](http://indianriveraa.com)**

# Willingness

*Spiritual principle behind Step 6*

## Definition of willing

- inclined or favorably disposed in mind
- prompt to act or respond
- done, borne, or accepted by choice or without reluctance
- of or relating to the will or power of choosing

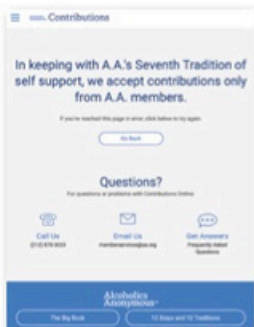
## Synonyms of willing

- voluntary
- deliberate
- intentional
- ready
- inclined
- compliant
- agreeable

## 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.***



**4** The Accessibilities assignment helps update service material to address barriers faced by some A.A. members to receive and/or carry the A.A. message. Some recent projects include the new Accessibility Resources Flyer and the update to the service piece "Making the A.A. Message Accessible" with sharing from neurodivergent members. This desk also helped produce ASL versions of the Big Book and "Twelve and Twelve," now available on our YouTube page and on aa.org. For members with vision loss, audio versions of the entire Big Book and "Twelve and Twelve" are available on [aa.org](http://aa.org). [aa.org/accessibilities-workbook](http://aa.org/accessibilities-workbook).

**5** The Technology Services Department is always looking for ways to improve our ability to support the Fellowship, including: enhancing the contribution site to make it easier for groups and individual members to contribute online; implementing new software to support meetings of the three Boards, the General Service Conference and the 2024 World Service Meeting; cybersecurity to protect member information; and, all the underlying technical architecture used across the office.

**6** The A.A. Service Manual combined with the Twelve Concepts for World Service is Conference approved service material published by AAWS, it provides an overview of the service structure of the U.S. and Canada, for those who are new to service and old timers alike. It is updated every two years to better reflect the current landscape of local and general service.



# Anniversaries

## JUNE

### **I Am Responsible**

Kelly B 1yr  
Lorelei G 20yrs  
Paul S 27yrs

### **Lunch Bunch**

Ruthie T. 57 yrs  
Tom H. 42 yrs  
Jeannine D. 25 yrs  
Jeff S 24 yrs

### **IR Thursday**

Kim G 37yrs

### **Royal Palm**

Jeffrey P 16 yrs  
Skip P 45 yrs

### **Sundowners**

Adam 1 yr  
Bob H 2 yrs  
Mark H 2 yrs  
Robert 18 yrs  
Dan P 39 yrs

### **Vero Beach**

#### **Men's**

Brian G 36  
Dave O 25  
Brett B 19  
Bobby W 14  
Michael D 8

### **Sebastian 5:32**

Susie P 32 yrs

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Susie P 32 yrs

### **ODDAT**

Danny A 40yrs  
Hope C 48yrs  
Glen B 43yrs  
Tim W



## MAY

## **SORRY WE MISSED YOU!**

### **IR Thursday**

Bobbi Jo 10yrs

### **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**

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

Roommate came home drunk at 2 am.  
Before he fell asleep he mentioned that  
the stove was broken...  
This is what I woke up to 😂



**Rule 62:**

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



# O.D.A.A.T. Women

Tuesday, 10:30 AM to 11:30 AM

Ryanwood Baptist Church  
2196 54th Avenue  
Vero Beach, FL  
32966

4.60 mi from Current Location  
(navigation distance is longer)

- ✓ Big Book
- ✓ Child-Friendly
- ✓ English
- ✓ Open
- ✓ Step Meeting
- ✓ Tradition Study
- ✓ In-Person Meeting

# New Meeting!

Monday & Thursday at 7pm

## Not a Glum Lot

*"We absolutely insist on enjoying life."*

First Meeting  
Thursday.  
April 3rd

Mondays  
Big Book  
Thursdays  
12 & 12

*Join us as we share  
experience, strength, and hope*

Westminster Presbyterian Church  
2555 58th Ave Vero Beach

# SAFE HARBOR



**NEW WOMEN'S STICK  
DISCUSSION MEETING**

**THURSDAYS AT NOON**  
**12PM**

Our Savior Lutheran Church  
1850 6<sup>TH</sup> Ave  
Vero Beach, FL 32960



### THE LAKEWOOD PARK GROUP IS MOVING !

Starting JUNE 30<sup>th</sup> 2025 (MONDAY) the Lakewood Park Group will be meeting at the LWP VILLAGE HALL, 7508 Jennings Way, Fort Pierce (behind the library by Fire Station) The meeting schedule will also be changing, please see below for the new meeting schedule.

### NEW MEETING SCHEDULE

MONDAY 7:00 PM – 8:00 PM Living Sober / As Bill Sees It

TUESDAY 5:30 PM – 6:30 PM The Big Book / 12 & 12

THURSDAY 7:00 PM – 8:00 PM Speaker Meeting / Last Thursday of month is Anniversary night

\*We will be meeting (3) nights a week, previously (5) -- --



**2025 schedule**  
**SATURDAY NIGHT LIVE**  
**ALANON AND AA MEETING TOGETHER**

**01/25, 02/22, 03/22, 04/26, 05/24, 6/28**  
**4th Saturday of the month**  
**7pm to 8pm**  
**07/26, 08/23, 09/27, 10/25, 11/22, 12/27**  
**please bring a friend or spouse to see both programs at work**  
**South Vero Beach Group 755 8th Ct (Gelndale)**

**WELCOME TO SOUTH VERO**  
**Plaza Ste. #6 Vero Beach, FL 32962**

**AA 90<sup>th</sup> Anniversary Founders Day**  
**Ice Cream Social**  
**Tickets: \$15 Per Person**  
**Chili Cook-off!**  
 Ticket price includes coffee, hamburgers, hot dogs, subs & other foods. Please bring a dessert or side dish to share.  
**Double Speaker Meeting - featuring 2 Speakers with over 25 years who will share their experience strength and hope.**

**Saturday, June 7th, 2025**  
**12:00pm to 4:00 p.m.**

**Langford Park Recreation Center**  
 2369 NE Dixie Hwy  
 Jensen Beach, Florida



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

All commitments are full through Dec

- 1st Mon - Sundowners
- 2nd Mon - Vero Beach Men's Group
- 3rd Mon - New Day through June  
Dave and friends July- Dec
- 4th Mon - 417 Group only through June  
Steve and friends July - Dec

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**



## 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

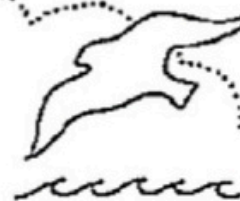


## Indian River Central Office of Alcoholics Anonymous

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