



# H.O.W.

indianriverhow@gmail.com



## Step Six

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

## Principle Six

Willingness

## Tradition Six

Each group has but one primary purpose- to carry its message to the alcoholic who still suffers

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

# THE BEST OF OUR LITERATURE FOR JUNE

## ENTIRELY READY?

June 05

"This is the Step that separates the men from the boys." . . . the difference between "the boys and the men" is the difference between striving for a self-determined objective and for the perfect objective which is of God. . . . It is suggested that we ought to become entirely willing to aim toward perfection. . . . The moment we say, "No, never!" our minds close against the grace of God. . . . This is the exact point at which we abandon limited objectives, and move toward God's will for us. TWELVE STEPS AND TWELVE TRADITIONS, pp. 63, 68, 69

Am I entirely ready to have God remove these defects of character? Do I know at long last that I cannot save myself? I have come to believe that I cannot. If I am unable, if my best intentions go wrong, if my desires are selfishly motivated and if my knowledge and will are limited — then I am ready to embrace God's will for my life.

## A TWO-WAY STREET

June 25

If we ask, God will certainly forgive our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation.

TWELVE STEPS AND TWELVE TRADITIONS, p. 65

When I prayed, I used to omit a lot of things for which I needed to be forgiven. I thought that if I didn't mention these things to God, He would never know about them. I did not know that if I had just forgiven myself for some of my past deeds, God would forgive me also. I was always taught to prepare for the journey through life, never realizing until I came to A.A. — when I honestly became willing to be taught forgiveness and forgiving — that life itself is the journey. The journey of life is a very happy one, as long as I am willing to accept change and responsibility.

## Principal Six is Willingness

If "Willingness" is defined as the 'state of mentally being prepared to do some thing', then it's the first thing I needed to grasp in order to take the steps that were necessary to change my life. I had to become willing to surrender what my life was like, in order to discover what my life could become.

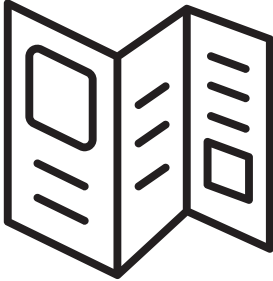
## "Willingness" in Alcoholics Anonymous

"Willingness" is mentioned 11 times in the first 164 pages (the main, original text) of the Alcoholics Anonymous Big Book. When including the "Twelve Steps and Twelve Traditions" (I2&I2) book, the word appears a total of 33 times.

# 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.



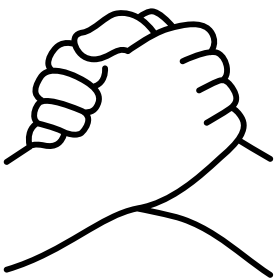
### Public Information

Position Open IMMEDIATELY

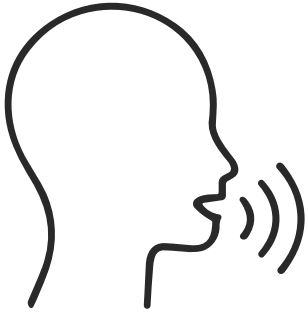
**Requirements to Chair this Committee:** One year sobriety. Attend and present reports at monthly Central Office Business Meetings.

**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

#### 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

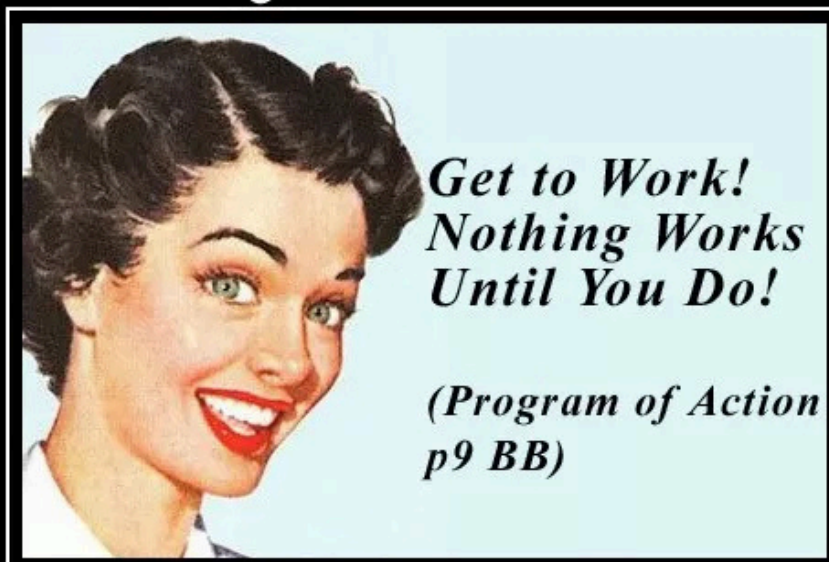
#### July-December 2026

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***

## Program of Action



# IRC Central Office Updates!



## Indian River Central Office Needs Your Support!

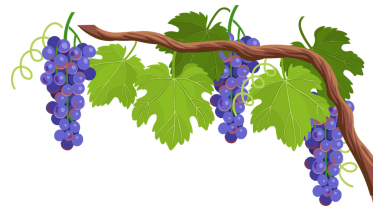
Volunteers needed for daytime shifts at the Central office.

Stop by the office or call for more information.

1600 26<sup>th</sup> 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.

## 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



# Anniversaries JUNE



## **Sundowners Group**

Dan 40 yrs  
Robert 19 yrs  
Bob 3 yrs  
Mark 3 yrs  
Jacob 1 yr  
Brian 1 yr

## **Lunch Bunch Group**

Ruthie T. 58 yrs  
Tom H. 43 yrs  
Jeannine D. 26 yrs  
Jeff S. 25 yrs  
Cindy R. 11 yrs

## **Meat & Potatoes Group**

Mindy S. 36 yrs  
Tom W. 36yrs

## **417 Group**

Andrew B. 23 yrs  
Mike D. 9 yrs  
Amy L. 3 yrs  
Sarah H. 1 yr

## **IR Women's Group**

Genevieve I. 16 yrs

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

Tim W. 49 yrs  
Hope C. 49 yrs  
Danny A. 41 yrs  
Tom M. 8 yrs

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

Brian G. 37 yrs  
Dave O. 26 yrs  
Nick 22 yrs  
Brett B. 20 yrs  
Bobby W. 15 yrs  
Mike D. (Diggy) 9 yrs  
Matt T. 6 yrs  
Eric T. 5 yrs  
Gio S. 1 yr  
Jacob 1 yr

## **Monday Safe Harbor Women's Group**

Gwen 43 yrs  
Lori K. 36 yrs  
Peggy F. 30 yrs  
Cindy C. 15 yrs

## **Children of Chaos Group**

Ethan 12 yrs

## **Sorry We Missed You!**

### **Freedom from Alcohol Group**

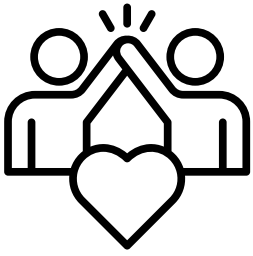
May  
Gwen R. 43 yrs  
Lee k. 22 yrs  
Julie S. 9 yrs  
Steve T. 4 yrs

March  
Diane K. 32 yrs

### **IR Women's Group**

Alyssa F. 8 yrs  
Nancy O. 7 yrs

Please submit group  
anniversaries by the 15th of  
the month to  
[indianriverhow@gmail.com](mailto:indianriverhow@gmail.com)



# What's Happening... Upcoming Group Events!

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)



## THE AA HOMEGROUP

WITH GUEST SPEAKER  
BILLY N.

PRIMARY PURPOSE GROUP, PALM BEACH GARDENS, FL

JUNE 27<sup>TH</sup>, 2026

1:30-3:30

INDIAN RIVER COUNTY MAIN LIBRARY



## 68<sup>th</sup> FLORIDA STATE CONVENTION ORLANDO, FL August 6<sup>TH</sup>-9<sup>TH</sup>, 2026



Scholarships  
Available!

### A NEW FREEDOM



#### 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  
 ANDRE P., CLEVELAND, OH  
 KARE M., CORVIA, CA  
 TERENCE 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  
9741 International Dr.  
Orlando, FL 32819  
1-407-270-4720



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

## Save the Date

-Future Event Dates-

#### Founders Day Luncheon

Saturday, June 13, 2026  
Langford Park Rec Center  
Jensen Beach

#### Okeechobee Fish Fry

Sunday, October 4, 2026  
C. Scott Driver Park  
Okeechobee



Celebrating 6 years of Chaos!



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


#### POTLUCK AND SPEAKER MEETING

Wednesday, July 29<sup>th</sup> at 7pm

Unity Spiritual Center (43<sup>rd</sup> Ave.)



# More Opportunities for Fellowship & Service!



## 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**

## LOOKING TO GET INVOLVED?



**68TH FLORIDA STATE CONVENTION**  
**A NEW FREEDOM**  
**ORLANDO 2026**

**AUGUST 6-9, 2026**      **ROSEN PLAZA HOTEL ORLANDO, FL**

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

<p><b>LAUREN R.</b> (VOLUNTEER CHAIR) 267-596-8480 A14VOLUNTEER68FSC@GMAIL.COM</p>	<p><b>JENNIFER B.</b> (VOLUNTEER CHAIR) 727-514-0508 A15VOLUNTEER68FSC@GMAIL.COM</p>
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**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**

## AA Founders Day Ice Cream Social

**Tickets: \$10 Per Person**

### Chili Cook-off!

Ticket price includes coffee, hamburgers, hot dogs, & 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 13th, 2026**  
**12:00pm to 4:00 p.m.**



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



Want to learn how you can help Carry the Message?  
Want to get more involved?

**CARRY the MESSAGE**

**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 Airoso 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!!**

The Sundowners Group is now holding a  
beginners meeting on Mondays!

Time: 5:00 PM

Location: 1st Presbyterian Church  
1405 Louisiana Ave. Sebastian



**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 12249  
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. Goups 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