



H.O.W.

indianriverhow@gmail.com



Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five

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

Concept Five

Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

**FOR MORE INFO
ABOUT
INDIAN RIVER COUNTY
ALCOHOLICS
ANONYMOUS**

**CALL
772-562-1114**

**OR VISIT
indianriveraa.com**



Integrity

the quality of being honest and having strong moral principles; moral uprightness.

Synonyms: honor, morality, sincerity, truthfulness, trustworthiness,

12 Rewards of Sobriety

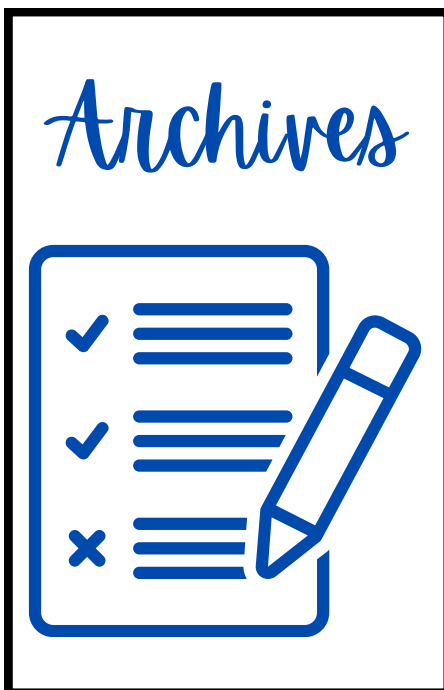
1. Hope instead of desperation.
2. Faith instead of despair.
3. Courage instead of fear.
4. Peace of mind instead of confusion.
5. Self-respect instead of self-contempt.
6. Self-confidence instead of helplessness.
7. The respect of others instead of their pity and contempt.
8. A clean conscience instead of a sense of guilt.
9. Real friendships instead of loneliness.
10. A clean pattern of life instead of a purposeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a happy life instead of the bondage of an alcoholic obsession.

Originally by Ann C. (sober April 1, 1948) of Niles, Ohio and presented at the 1985 International Convention in Montreal, Canada

You might
be an
alcoholic...



COMMITTEE SPOTLIGHT



**Come to the
Central Office
business meeting
every second
Monday @ 7PM
Newport Club in
Vero to get
involved!!**

WHAT'S THE JOB?

Description: To maintain and keep a current record of the business and social events, as they relate to AA in Indian River County.

Requirements to Chair: 1 year sobriety. Attend monthly Central Office Business Meetings during the four months prior to the event and the month following the event.

**Join the committee as a
volunteer if interested!**

Anniversaries

MAY

I Am

Responsible

Ashlei 1
Kuntry 1
Kara L 6
Danny D 29
Al V 34

Early Risers

Bob 31
Leru 2
Tommy 31

Meat & Potatoes

Andrew P 14
Sylvie W 5
Scott M 5

ODAAT

Kathleen L 1
Kimberly M-D 2
John R 9
Marlene F 14
Patti R 19
Carl C 20
Bev M 24
Monica G 30
Peter G 30
Diana M 35
Helen JM 40

Sundowners

Clyde 33
John K 38

Lunch Bunch

Linda H 2
Don P 24 hrs
Tami S. 3

VB Men

Paul D - In
Memory Of
Mike C - In
Memory Of
Tim G 10
Kendall M 8
Antonio F 2
Scott H 2
Leru F 2
Ryan S 1
Dan W 1

IR Women

Nancy O 2
Christi K 4
Roberta B 22
Cynthia G 39

Free & Easy

Rachel M 9
Frank R 6

New Day

Sebastian
Zinnia C 18
Doreen M 8
Dan C 3
Susan L 2
Amy V 2

3 Leg Group

Brooke 4

Women of Sebastian

Sarah 14
Sharon 6

IR Men

Joseph J 32

Sebastian 5:32

Lee K 20

SORRY WE MISSED YOU

South Vero

Mitch 5yrs
Ed M 7
Skylar 7
Todd 14
Mirit 14
Scott T 19

IR Women

Ashlee W 1
Evelyn D 13
Kimberly P 17
Cindy D 31
Jeanine M 43
Ali A 2
Gwen F 43

3 Leg Group

Dee 11

Sebastian 5:32

Diane K 30

**Submit group
anniversaries by the
21st of the month
indianriverhow@gmail.com**

Thank you from Birthday Dinner Committee

The 45th Annual Central Office Birthday Dinner was a success! Not a sell out but close to it. Thank you to all groups who helped put this night together. All of the readers, a big thanks to you, too. But I really want to thank all who attended. I saw fellowship through out the hall. It took all of us to do this and I really appreciate everyone. Of course Bill B, the treasurer, he had to put up with all my phone calls and hundreds of text messages. I was very nervous doing this and now that it is done, I can see how easy it was as EVERYONE came together for a great and successful dinner. -Debbie D.

What's Happening?

IF YOUR GROUP HAS ANY UPCOMING EVENTS THEY WANT PUBLISHED,
EMAIL indianriverhow@gmail.com

Founders Day

Luncheon | Chili Cook-off | Ice Cream
Saturday, June 22, 12:00 to 4:00pm
Langford Park Rec Center
2369 NE Dixie Hwy, Jensen Beach
- please bring a dessert or side dish to share
- please bring AA Literature to raffle
- Ticket contribution \$15

Volunteers needed!

for: Chairperson & Co-Chair

Transportation to and from storage
Set Up | Ticket Sales | Desserts | No
Smoking.

contact the Events Committee at
Events@District6AA.org.

Founders Day Luncheon Ice Cream Social &

**** Annual Chili Cook-off****

Double Speaker Meeting – featuring 2 Speakers with over 25 years who will share their experience strength and hope



Saturday June 22, 2024
12:00pm to 4:00 p.m.

Langford Park Recreation Center
2369 NE Dixie Hwy
Jensen Beach, Florida
Tickets: \$15 per person

Ticket price includes coffee, hamburgers, hot dogs, subs, ice cream & other foods.

Please bring a dessert or side dish to share.

Bring your best batch of chili for the chili cook-off and a chance to win a prize. (Contest entries are anonymous until the winner is announced).


More Meetings & Events

LEGACIES IN LITERATURE
The Literature Committee of District 6 in Area 15 Presents...

MONDAYS ~ 6/3/24 ~ 9/30/24 ~ 8:00 PM ET

THE A.A. SERVICE MANUAL

Who's in charge?
Who do we serve?



GENERAL SERVICE STRUCTURE WORKSHOP
with Billy N., Palm Beach Gardens, FL

ID: 991~593~8471 PC: 615
District6AA.org

3RD LEGACY IN THE CONCEPTS

AL-ANON AND A.A.
Cordially invites you to our

SATURDAY Night Live

4TH SATURDAY OF EVERY MONTH
May 25, June 22, July 27, Aug 24, Sept 28, Oct 26, Nov 23, Dec 28
7pm-8pm
A.A. and Al-Anon meeting together

South Vero Beach Group
755 8th Ct (Gelndale Plaza Ste. #6) Vero Beach, FL 32962

Please bring a friend or spouse and see both programs at work.

Join us for some fun in
the sun

FELLOWSHIP PICNIC

SATURDAY, MAY 11th, 2024 - 11 am - ?
Fort Pierce Inlet State Park
905 Shorewinds Drive, Fort Pierce, FL 34949



BURGERS & DOGS – CHIPS- SALADS AND MORE
WHAT TO BRING: A GREAT ATTITUDE!
FAMILY AND FRIENDS! GRAB A NEWCOMER!
CHAIR, TOWEL, SUNSCREEN AND IF YOU CAN
FOOD TO SHARE
COST TO ENTER PARK: \$6.00 PER VEHICLE

NEW PORT CLUB
PRESENTS A
Spring Dance
7:00 P.M. - 12:00 A.M.

May 18th

Kitchen will be open
50/50 raffle
\$5.00 at the door
No one will be turned away

Support the New Port Club in their goal to save lives.

IRC MEETING CHANGE:

Sundowners has changed the format of their Saturday night meeting from an open discussion to an open speaker discussion. We still meet at 5 PM at the first Presbyterian Church in Sebastian.



PROGRAM & ACTIVITIES

Workshops ■ Young People Meetings ■ Golf Tournament
 LGBTQ Meetnngs ■ Shark Tooth Hunt ■ ASL Interpreter ■ River Run/Walk
 Ice Cream Socials ■ Entertainment ■ Marathon Meetings ■ Cornhole
 Spanish Speaking Meetings ■ Grapevine ■ Archives Room ■ Kayak Event
 Old-Timer's Meeting ■ Banquets ■ Meditation ■ Al-Anon/Alateen
 Convention Merchandise ■ Photo Ops With Co-Founders Bill and Dr. Bob ■ Yoga

World-Renowned Hospitality Room!

Guest Speakers:

Ed M. - Louisville, KY
 Heather G. - Knoxville, TN
 Ali H. - Toronto, ON
 Brenda J. - Mckinny, TX
 Angie B. - Destin, FL
 Chip B. - Destin, FL
 Tim T. - Westlake, OH
 Kathryn A. - Jacksonville, FL



SCAN HERE
 BE AMAZED

Host Hotel Information

Hyatt Regency Jacksonville Riverfront
 225 East Coastline Dr. ■ Jacksonville, Florida 32202
 1-877-803-7534
<https://www.hyatt.com/en-US/group-booking/JAXRJ/G-FS24>

Rates:
 Queen \$131
 King \$141
 Suites \$166 - \$506

Discount Rate Code: FS-24
 Rates will be honored 3 days before and 3 days after the convention dates, based on availability. All rooms are subject to state and local taxes.

This hotel is non-smoking. Designated smoking areas will be provided. Advance Deposit of first night's room and tax are due at time of reservation.

Check-in 3 P.M. — Check-out 12 P.M.
 Parking Rates: \$15/day Self Parking
 \$39/day Valet Parking

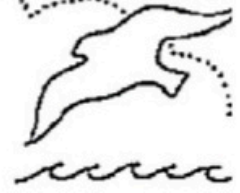


Indian River Central Office of Alcoholics Anonymous

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 32970

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 12248
Ft. Pierce, FL 34979

Area 15 Treasurer

P.O. Box 590835
Ft. Lauderdale, FL
33359-0835

General Service Board

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

INDIAN RIVER COUNTY VIRTUAL MEETINGS	
12:00 PM	Sunday - The Gratitude Group - (Open) - Virtual Vero Beach - Zoom: 720-843-2825 PC 3807897
5:00 PM	Sunday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375
5:00 PM	Monday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375
4:00 PM	Monday - Men's Discussion Group - (Closed, Men, D) - Virtual Vero Beach - Zoom: 829 3988 4023 PC333791
4:00 PM	Tuesday - Keep It Simple Meeting - (Open, ABSI, LIT) - Virtual Vero Beach - ZOOM ID 998 7512 9964 - Code 63228
5:00 PM	Wednesday - Sober Connections - (Closed) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375
5:30 PM	Wednesday - Speaker/Big Book - (SP, B, LIT) - Virtual Vero Beach - Zoom: 319-619-2864
6:30 PM	Wednesday - The 3 Leg Group - (Closed, LIT, XT) - Virtual Vero Beach - Zoom: 452-100-1634 PC:31236 - Phone: 1-305 224-1968
4:00 PM	Thursday - Men's Discussion Group - (Closed, Men, D) - Virtual Vero Beach - Zoom: 829 3988 4023 PC333791
5:00 PM	Friday - Sober Connections - (Open) - Virtual Vero Beach - Zoom: 325-870-3587 PC:762375

IRC TREATMENT CENTER

Behavioral Health Center
1190 37th St Vero Beach
Mondays @ 7pm

Week 1
South Vero

Week 2
Vero Beach Men's

Week 3
New Day

Week 4
Sundowners

Week 5
South Vero



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