



H.O.W.

indianriverhow@gmail.com



Step Five

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

Principle Five

Integrity

Tradition Five

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

Concept Five

Throughout our structure, a traditional "Right of Appeal" out to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

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 MAY

THE EASIER, SOFTER WAY May 13

If we skip this vital step, we may not overcome drinking.

ALCOHOLICS ANONYMOUS, p. 72

I certainly didn't leap at the opportunity to face who I was, especially when the pains of my drinking days hung over me like a dark cloud. But I soon heard at the meetings about the fellow member who just didn't want to take Step Five and kept coming back to meetings, trembling from the horrors of reliving his past. The easier, softer way is to take these Steps to freedom from our fatal disease, and to put our faith in the Fellowship and our Higher Power.

TRUE TOLERANCE May 29

The only requirement for A.A. membership is a desire to stop drinking. TWELVE STEPS AND TWELVE TRADITIONS, p. 139

I first heard the short form of the Third Tradition in the Preamble. When I came to A.A. I could not accept myself, my alcoholism, or a Higher Power. If there had been any physical, mental, moral, or religious requirements for membership, I would be dead today. Bill W. said in his tape on the Traditions that the Third Tradition is a charter for individual freedom. The most impressive thing to me was the feeling of acceptance from members who were practicing the Third Tradition by tolerating and accepting me. I feel acceptance is love and love is God's will for us.

Principal Five is Integrity. What is Integrity?

Every day we are provided with "integrity moments"- those opportunities to build a stronger recovery, and to free ourselves from the mindsets of our past life. It's really not very complicated to let your simple, everyday actions be a testament to recovery and the values that you stand for. Here are some simple ways to infuse integrity into your every day, with behaviors and actions that build a solid program of recovery:

- 1) When communicating with others, be open and honest.
- 2) Follow through on commitments and be dependable.
- 3) Own up to your shortcomings and hold yourself accountable.

"Integrity" in Alcoholics Anonymous

"Integrity" is mentioned 2 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 2 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.



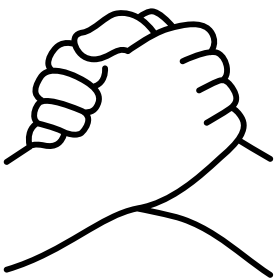
Public Information

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...

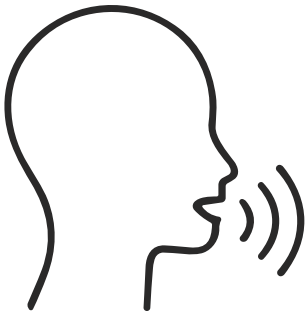
Describe or list of responsibilities and services of this Committee: To expand the public knowledge and awareness of the program in forums at schools, churches, etc. To organize guest speakers for certain events in order to inform the general public of how Alcoholic Anonymous works and what it is about..



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

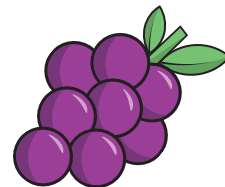
July-December 2026

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

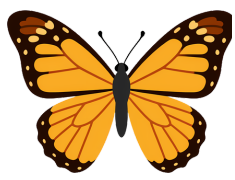
Central Office Grapevine Raffle!



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 last months winner Debra B!



Anniversaries

MAY



Sundowners Group

John 40 yrs
Clyde 35 yrs
Vincent 30 yrs
Gary 3 yrs
Sam 3 yrs

Lunch Bunch Group

Don P. 26 yrs
Tami S. 5 yrs
Judy M. 2 yrs
Jessi C. 2 yrs.

Royal Palm Group

Susie K. 46 yrs
Katie H. 32 yrs

Meat & Potatoes Group

Steven S. 37 yrs
Amy C. 23 yrs
Sylvie W. 7 yrs
Kimberly M. 4 yrs

O.D.A.A.T. Group

Monica G. 32 yrs
Peter G. 32 yrs

Vero Beach 12 & 12 Group

Felicity P. 3 yrs

Vero Beach Men's Group

Paul D. In memory of
Mike C. In memory of
Tim G. 12 yrs
Kendall M. 10 yrs
Neach 8 yrs
Tony F. 4 yrs

Free & Easy Group

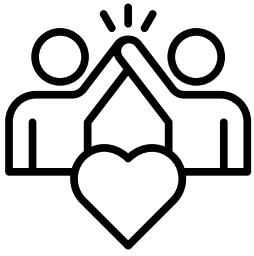
Zinnia L. 20 yrs
Rachel M. 11 yrs

Indian River Thursday Night Group

Bobbi R. 11 yrs

**Please submit group
anniversaries by the 15th of
the month to**

indianriverhow@gmail.com




What's Happening? Latest Events & Group Updates

INDIAN RIVER COUNTY CENTRAL OFFICE



<https://indianriveraa.com/events>

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



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

— Welcome to our —

"Greet-Eat and Meet" Event

Date: May 16, 2026

Start: 5:30 PM | Dinner: 6:00 PM | Speaker & Closing: 7:00-8:30 PM

Midway Road Church of Christ
3040 W Midway Rd., Fort Pierce

— Guest Speaker: —

Mr. Ed M. from Louisville

Dinner is on us - Please come hungry and let's help support Alcoholics Anonymous on the Treasure Coast of Florida.

*** FOOD OR DESSERT CONTRIBUTIONS WELCOMED**

Sponsored by the Friday Night Men's Group Real Sobriety and the generous people in Alcoholics Anonymous on the Treasure Coast

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



68th FLORIDA STATE CONVENTION

ORLANDO, FL

August 6th-9th, 2026

A NEW FREEDOM

Scholarships Available!

SCAN HERE TO REGISTER

Fun Activities	Experience Freedom	Speakers
<ul style="list-style-type: none"> ✓ Indoor Go-Karts ✓ Games & Trivia ✓ World Class Golf ✓ Dance Parties ✓ Scenic 5K Run 	<ul style="list-style-type: none"> ✓ Workshops ✓ Great Speakers ✓ Meet New Friends ✓ Marathon Meetings ✓ Panels 	<ul style="list-style-type: none"> ✓ TIMMY M. LADD, FL ✓ ANGIE F. CLEVELAND, OH ✓ KARL M. COVINA, CA ✓ TERENCE H. PINELLAS PARK, FL ✓ KERRY H. CINCINNATI, OH ✓ STEVE L. NASHVILLE, TN ✓ SCOTT T. LOS ANGELES, CA ✓ JENNIFER H. PLANO, TX ✓ DEB H. ARRON, 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 1-407-310-4720		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
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More Opportunities for Fellowship & Service!

Save the Date!!

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

NOON - 4PM

Port St Lucie Community Center

- 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 !!

MORE INFORMATION TO COME

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

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**

YOU ARE INVITED TO THE 2026 ST. LUCIE INTERGROUP BARBEQUE

Fun for the Family! Please bring a side dish, salad or dessert to share. Literature for raffle greatly appreciated.



SATURDAY, MAY 9TH, 2026

11:30 AM TO 2 PM - SPEAKER AT 12:30

LYNGATE PARK GROUP PAVILION

1301 SE LYNGATE DR, PORT ST. LUCIE

TICKETS ARE \$15 AND ARE AVAILABLE AT THE ST. LUCIE INTERGROUP OFFICE.

FOR INFORMATION OR TO VOLUNTEER, PLEASE CALL OR TEXT TERRY M. AT 203-824-3740

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

Time: 5:00 PM

Location: 1st Presbyterian Church
1405 Louisiana Ave. Sebastian



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

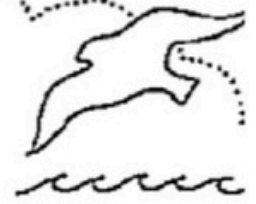


Indian River Central Office of Alcoholics Anonymous

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 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 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