



H.O.W.

indianriverhow@gmail.com



Step Ten

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept Ten

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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**

We need you!

Get Involved in service

Birthday Dinner

Position Open IMMEDIATELY

Requirements to Chair this Committee: One year sobriety. Attend and present reports at monthly Central Office business meetings during the four months prior to the event and the month following the event.

Description of the Committee's purpose: To host a speaker dinner meeting as the only fundraiser during the year to support the expenses incurred through Central Office location and provide the funds necessary to maintain the organization of AA in Indian River County.

Describe or list of responsibilities and services of this Committee: Check district calendars when scheduling events; arrange for dining hall facilities and set up/decorate for event; secure speaker, volunteers and participants; print and sell tickets for event; promote event ticket sales at meetings, in publications, and with printed flyers; arrange caterer; schedule Archives from both Central Office and District, schedule Grapevine display; provide raffle tickets and close line bookmarks to collect donations from attending members; clean the hall after event; collect funds from ticket sales and close line and submit all funds and receipts to the Central Office Steering Committee Treasurer.

HOW Edition

Position Open 1/2026

Requirements to Chair this Committee: One year sobriety. Attend and present reports at monthly Central Office Business Meetings. Computer skills related to page layout and printing.

Description of the Committee's purpose: To provide a monthly publication based on the Twelve Steps and Twelve Traditions of AA, as it pertains to the members of Indian River County.

Describe or list of responsibilities and services of this Committee: Gather current information on the monthly featured Step and Tradition, which may include submissions by group members; publish current events, treatment schedules, group birthdays, and financial reports; coordinate the writing, proofing, printing and collating of the monthly publication to be distributed to groups through their representatives at monthly Central Office business meetings.

email indianriverhow@gmail.com for more info

Perseverance

Definition of Discipline

continued effort to do or achieve something despite difficulties, failure, or opposition : the action or condition or an instance of persevering : STEADFASTNESS

Synonyms

- persistence
- determinations
- fortitude
- resolution
- resoluteness

From Dr. Bob's brief remarks on Sunday, July 30, 1950, at the First International A.A. Convention in Cleveland, Ohio.

My good friends in A.A. and of A.A.,

... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

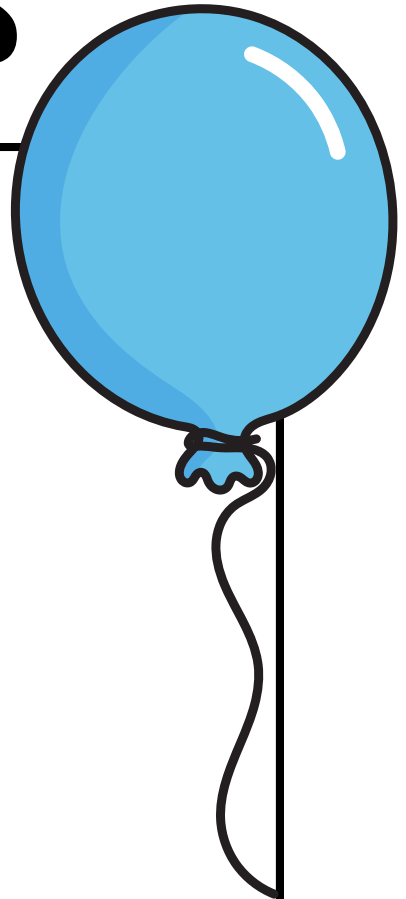
There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

Thank you very much.

Anniversaries



OCTOBER

I Am Responsible

Todd T 14 yrs
Liz R 17yrs
Lynn P 20yrs
John H 53 yrs

Lunch Bunch

Sam G 43 yrs
Bruce S 32 yrs
Claire H 20 yrs.

Free & Easy

Joe W 1 yr
Carolyn H 1 yr
Tommy H 1 yr

Meat & Potatoes

Frank B 36 yrs

Vero Beach Men's

Jay M. - In Memory
Of
Pete E 17 yrs
Matt P 9 yrs
Brian C 6 yrs
Alan K 4 yrs
Cole R 3 yrs
Paul C 2 yrs
Terry K 1 yr
Anthony S 1 yr

ODAAT

Joe W 1 yr
Don W 51 yrs
Robert B 1yr
Bob B 37 yrs
Kevin M 1 yr

Sebastian 5:32

Carol T. 21 yrs
Bob T. 21 yrs

Women of Sebastian

Andrea 6 yrs
Angie 16 yrs
Susan 4 yrs

Sundowners

Amy 2 yrs
John 7 yrs
Chris 7 yrs
Trudy 11 yrs
Frank 17 yrs
Christina 19 yrs
Debbie 34 yrs
Sonja 4 yrs

SORRY WE MISSED YOU- SEPT

Noontime

Erin 1yr
Megan 7yrs
Julie 9yrs
Anne 40 yrs
Eddie M 43 yrs

ODAAT

Jonathan 40 yrs
Tony L 4 yrs
Liz T 46 yrs

I Am Responsible

Shannon R 3 yrs

**Submit group
anniversaries by the
15th of the month to
indianriverhow@gmail.com**

What's Happening?

Don't miss these upcoming events

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

INDIAN RIVER COUNTY CENTRAL OFFICE



<https://indianriveraa.com/events>

Format Change

Indian River Thursday is moving from a Speaker meeting to a Literature meeting using the Living Sober book with the exception of Anniversaries on the last Thursday of the month.

Treatment Committee-
BHC, Vero Beach, Monday
@7

1st Mon - Sundowners
2nd Mon - Vero Beach
Men's Group
3rd Mon - Steve and
friends
4th Mon - John M and
friends



AL-ANON
for families & friends of alcoholics

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

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

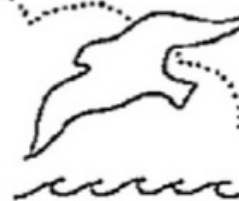


Indian River Central Office of Alcoholics Anonymous

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 26th 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 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 #1907

Fort Lauderdale, FL 33309

General Service Board

P.O. Box 2407

James A. Farley Station

New York, NY 10116