

[View this email in your browser](#)



HEARTLAND INTERGROUPER

4204 S. Florida Ave, Suite H.
Lakeland, FL 33813
863-688-0211 or 863-687-9275

www.heartlandintergroup.org

MONDAY- 9AM-5PM

TUESDAY-9AM-5PM

WEDNESDAY- 9AM- 1PM

THURSDAY- 9AM- 5PM

FRIDAY- 9AM- 5PM, every other we close at 1PM

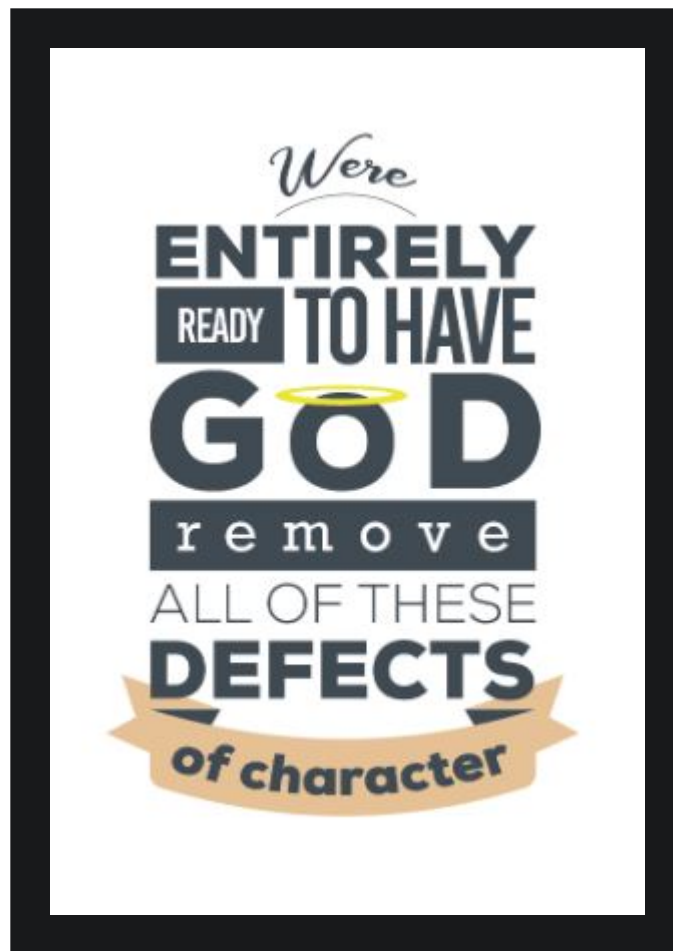
WE TOO LIVE LIFE ON LIFE'S TERMS! IT MAY BE BEST TO CALL BEFORE YOU COME!

**ANY MEETING CHANGES PLEASE SUBMIT CHANGES TO
WEBSITE:**

[Submit Meeting Changes | Heartland AA \(heartlandintergroup.org\)](#)



Heartland Intergroup is in need of front desk volunteers for every Wednesday from 12-5PM, if you are able to do every other week that is great too! Also, every other Friday from 1-5PM. All you need to do is contact the Office Manager to apply officemanager@heartlandintergroup.org



HYBRID MEETING- June Heartland Intergroup Representative Meeting, Monday, June 13th, at 6:00PM.

Heartland Intergroup is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/2323580422>

Meeting ID: 232 358 0422

One tap mobile

+19292056099,,2323580422# US (New York)

+13017158592,,2323580422# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
Meeting ID: 232 358 0422

Find your local number: <https://us02web.zoom.us/j/kWFhYUFGP>

What does HYBRID mean you ask? HYBRID means, in person AND online! Thats right!!! We will be meeting at the Heartland Intergroup Office AND on Zoom! We want you to be apart of our Intergroup however you can!!

ACCEPTANCE
IS THE ANSWER
TO ALL OF MY
PROBLEMS TODAY.
WHEN I AM DISTURBED,
IT IS BECAUSE I FIND SOME
PERSON, PLACE, THING OR SITUATION
- SOME FACT OF MY LIFE -
UNACCEPTABLE TO ME,
AND I CAN FIND NO SERENITY
UNTIL I ACCEPT THAT
PERSON, PLACE, THING OR SITUATION
AS BEING EXACTLY THE WAY IT IS
SUPPOSED TO BE
AT THIS MOMENT.
NOTHING, ABSOLUTELY NOTHING,
HAPPENS IN GOD'S WORLD BY MISTAKE.

p.417

A.A.'s Step 6 How To Practice Step 6 in Daily Life

Step 6 says "We became willing to ask God to help us remove our defects of character."

This is a particularly challenging step to take. To understand why, let's first review how far we've come in steps 1 through 5.

The first 3 steps are about accepting powerlessness, and about finding the willingness to get sober.

Steps 4 and 5 are about looking at the consequences.

Such a hard look in the mirror is scary and sometimes embarrassing — identifying character traits and patterns of behaviors that lead you to where you are today.

Which brings us now to step 6. After all the difficult work you've done, why is step 6 especially difficult?

Steps 1 through 5 are all about self-reflection — you've admitted you have an alcohol problem.

Step 6 is about finding the willingness to take some action, to turn over powerlessness, as well as any negative aspects of our character to a higher power, as the individual has defined it.

And you thought things were tough before? Just wait! But you can do it. First, keep in mind step 6 doesn't ask us to take some action right away, it only asks us to find the *willingness to take some action* – difficult enough to do, but anything that's difficult to do can be made easier when broken down into smaller chunks, like the following:

Beware of perfectionism

You don't have to do everything perfectly to recover.

In addition, you don't have to be willing to turn over everything all at once. Instead, identify a few of the most serious issues you're willing to address, and tackle the rest at a later time.

Check Yourself

Another way of saying that step 6 doesn't ask us to take some action right away, it only asks us to find the willingness to take some action is to say step 6 is about attitude rather than behavior.

How can you change your attitude? Try this:

- Every morning, take a look in the mirror. Ask yourself: am I willing to turn my negative qualities over to a higher power, however I have defined it.
- Before answering, consider first whether your response is positive or negative.

Another way of thinking about this could be, do you feel confident that your higher power can sort out these issues, or is your self-will telling you that your negative traits and behaviors will persist no matter what you do?

Get an outside perspective

Turn to your sponsor to check on the progress of your attitude adjustment. Evaluating this can be difficult from the inside.

We are, after all, just too close to the situation.

A sponsor can also help you evaluate and prioritize any perceived weaknesses of character, and let you know whether or not your attitude is helpful in achieving real change.

For this to be successful, however, you must be willing to hear their feedback. It can also be helpful to simply talk with others who have successfully complete step 6. Who did they change their attitudes in preparation for making some real change? It wasn't easy for them, no doubt. But they did it, and so can you. It is possible to find

a willingness to change, and June is a great time to start.

*On this day you surrendered you
mustered up some courage and asked
for help. You began a new way of life.
Slowly, you became honest. You sought
to help others. You became a giver.
You took less. You began to feel...
pleasure, pain, sadness and joy.
On this day... you got sober*





We are forming a Heartland Intergroup
Outreach Committee.

Our goal is to bring the tri-county AA
community closer together. We are looking
for volunteers who are willing to travel to
meetings throughout the tri-county area to
spread the word that Intergroup is here to
support and help them. If you are interested
in attending new meetings, meeting new
people and being of service, please call or
text Mark C. at 863-307-6545 or send an
email to LakelandWW@gmail.com.

SIXTH STEP PRAYER

GOD!

I am ready for Your help

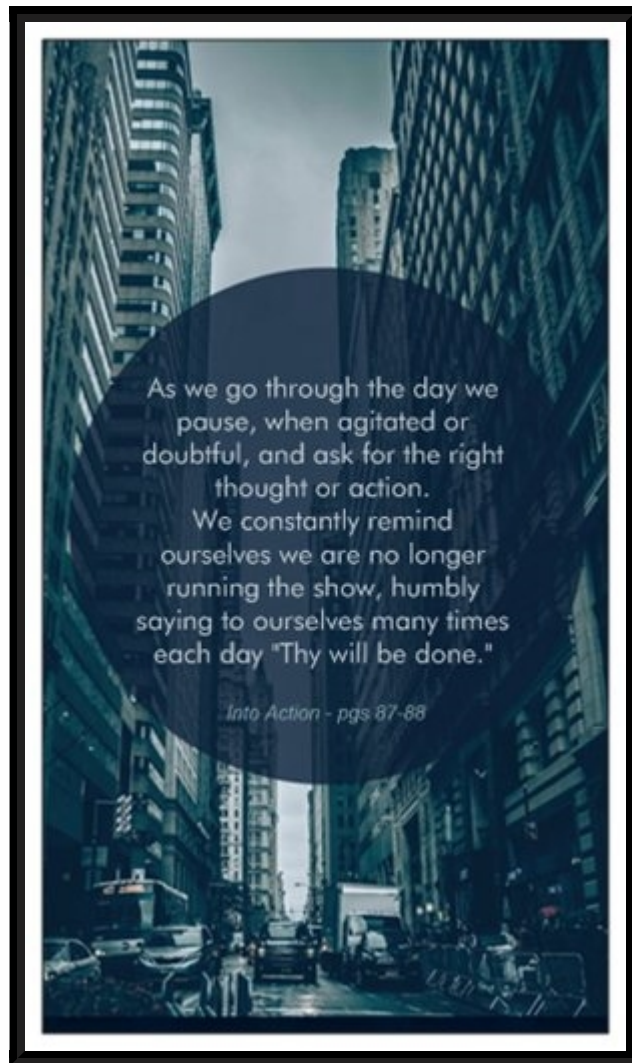
In removing from me the defects of character
Which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself &
Guide me toward spiritual & mental health.

R. H. SMITH, M. D.
2ND NATIONAL BLDG. AKRON, OHIO
TELEPHONE: HE-8523 REG. NO. _____
FOR alcoholics
R ADDRESS _____ DATE Feb 1937
always remember it
1. Trust God
2. Clean house
3. Help others
NR 1 2 3 INF. _____ M. D.

We want to know your Sobriety Birthdays AND Group Anniversaries!

Heartland Intergroup wants to recognize greatness and remind the newcomers that IT WORKS!!!! Please send in your sobriety birthday and/ or group anniversary so we can share it for that month in our newsletter!! You can send them in via email at officemanager@heartlandintergroup.org.

THANK YOU EVERYONE FOR YOUR CONTINUED SUPPORT!



HEARTLAND INTERGROUP MERCHANDISE OF THE MONTH!!!

For the month of June, the items below will be **10% off!!!!!!** Take advantage of this merchandise while it's at this awesome price!

June Merchandise of the Month

Jewelry & Keychains



10% off for the month of
JUNE

*All this and more
for sale!*

June Merchandise of the Month-
ALL Jewelry AND Keychains!

This merchandise will be 10% off for the month of June, get it before its gone!!!



WE WANT OUR OFFICE TO BE YOUR GROUP'S HOME!

What does that include?

- 1 MONTH'S FREE RENT**
- Coffee and Water!!**
- A great meeting space!**
- Big Books to use while in the meeting room**

What do we have open?

- Wednesday, Thursday, Saturday & Sunday evening's**
- AND Sunday Mornings!**

**Please contact the office manager to book
your spot or for any questions.**

officemanager@heartlandintergroup.org



THE
GREATEST
SUCCESS
we'll know
IS HELPING
OTHERS
SUCCEED
& GROW.

DISTRICT 3 BUSINESS MEETING- Meets the 3rd Sunday of every month at Holy Trinity Episcopal Church, 500 West Stuart St. Bartow, FL 33830. 1:00PM Service Workshop and 2:00PM Business Meeting. Unless otherwise announced.



Willingness without action
is kinda like
faith without works.

Letting Go & Holding Tight

Girlstock International

Thy Will Be Done

Friday, June 3 to Sunday, June 5, 2022

Overflow Hotels

La Quinta Inns & Suites (2 Minute Walk)
1200 Virginia Ave • Atlanta, GA 30344
(404) 209-1800
\$116 & Free Parking*
(*Use code "Girlstock" for rate and parking)
Free Breakfast • Free Wifi
Free Airport Shuttle (30 Minutes)

Drury Inn Atlanta Airport
(2 Minute Walk)
1270 Virginia Ave • Atlanta, GA 30344
(404) 761-4900
Free Breakfast & Dinner
Free Wifi • Free Parking
Free Airport Shuttle (30 Minutes)

Hampton Inn & Suites
Atlanta Airport North
(5 Minute Walk)
3450 Bobby Brown • Atlanta, GA 30344
(404) 767-9300
Free Breakfast • Free Wifi • Free Parking
Free Airport Shuttle (30 Minutes)

Hyatt Place Atlanta Airport-North
(5 Minute Walk)
3415 Norman Berry Dr
East Point, GA 30344
(404) 768-8484
Free Breakfast • Free Wifi • Free Parking
Free Airport Shuttle (30 Minutes)

Hilton Atlanta Airport • 1031 Virginia Ave., Atlanta, GA 30354

Located 5 minutes from Hartsfield Jackson International Airport. Free shuttle from and to the airport.

FREE parking for ALL conference attendees - hotel guests AND day parking.

Call 404-767-9000 for reservations.

Room block is under "Girlstock International"

Hotel rate is \$116.00*

*Rate is also good for one day before and one day after event.

*Reserve your room by May 4, 2022 for this rate.

Pets allowed with additional deposit. Coffee in every room.

Featuring 9 Wonderful Speakers:

Amanda B., Montgomery, AL, The Voice

Sonia L., Nashville, TN, Entertainment

Friday	7:00 p.m.	Diana M., Largo, FL ~ "Steps 1 & 2"
	9:00 p.m.	Marion W., Boca Raton, FL ~ "Step 3"
Saturday	9:00 a.m.	Mari G., Toronto, Canada ~ "Steps 4 & 5"
	10:30 a.m.	Corrie L., Wetumpka, AL ~ "Alanon"
	2:00 p.m.	Amy D., Louisville, KY ~ "Steps 6 & 7"
	4:00 p.m.	Christina G., Akron OH ~ "Steps 8 & 9"
	8:00 p.m.	Debbie D., Concord, CA ~ "Are You a Member or an Attender"
Sunday	9:00 a.m.	Mildred F., Toronto, Canada ~ "Steps 10 & 11"
	10:30 a.m.	June G., Oxnard, CA ~ "Step 12"

For additional information call:

Amanda B., 334-300-2501 (Alabama) • Nita C., 901-210-1562 (Tennessee)

Suzanne S., 678-231-6510 (Delaware) • Kristi G., 501-615-5943 (Arkansas)

Amy D., 502-758-7326 (Kentucky) • Denise H., 860-798-2434 (California)

Beth H., 919-337-3451 (Florida) • Ann P., 407-371-1575 (Florida)

Mary Emma H., 843-683-0032 (South Carolina)

Event Registration \$30 Before May 4th. After May 4th and at the Door is \$35.

Register by PayPal at <http://girlstockinternational.com>

or make check or money order payable to "Special Events" and mail to:

c/o Girlstock, PO Box 6095, Sherwood, AR 72124

Girlstock International - A Journey Through The Steps 2022

Name _____	Name _____
Address _____	Address _____
City _____	City _____
State _____ Zip _____	State _____ Zip _____
Phone _____	Phone _____
Email _____	Email _____
Name on Badge _____	Name on Badge _____

Sponsorship Contribution \$_____. Lend a hand to those unable to pay the registration fee.

This flyer may be copied for distribution or downloaded from www.girlstockinternational.com • No Vendors Allowed

Celebrating Founder's Day 2022



What: Hot Diggity Dog Dinner

When: Thursday June 09, 2022

Doors Open 5:00 pm

Dinner: 5:30 pm

Meeting & Speaker: 6:30 pm Ty S

Who: Key To Sobriety

Where: 221 S 4th St, Lake Wales, FL 33853

50/50 Raffle

**** Bring a side dish or dessert to share ****

"Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom."

Alcoholics



Anonymous

Downtown Group 75th Anniversary Celebration

Come Fellowship with Polk's Oldest Group!

Saturday June 11th 2022

★ St. Stephens Church ★

1820 County Road 540A - 33813

4 pm - 8 pm * Speaker MAURA G. @ 6 pm

Dinner @ 5 pm -

Chicken, Coffee, Water & Birthday Cake are Provided



Covered Dishes, Soda, Drinks
& Extras are Welcome



50/50 Raffle at the End

Area 15 Delegate Report

POTLUCK

Sunday, June 19th, 2022

Doors open at 1:00 PM

Meeting at 2:00 PM

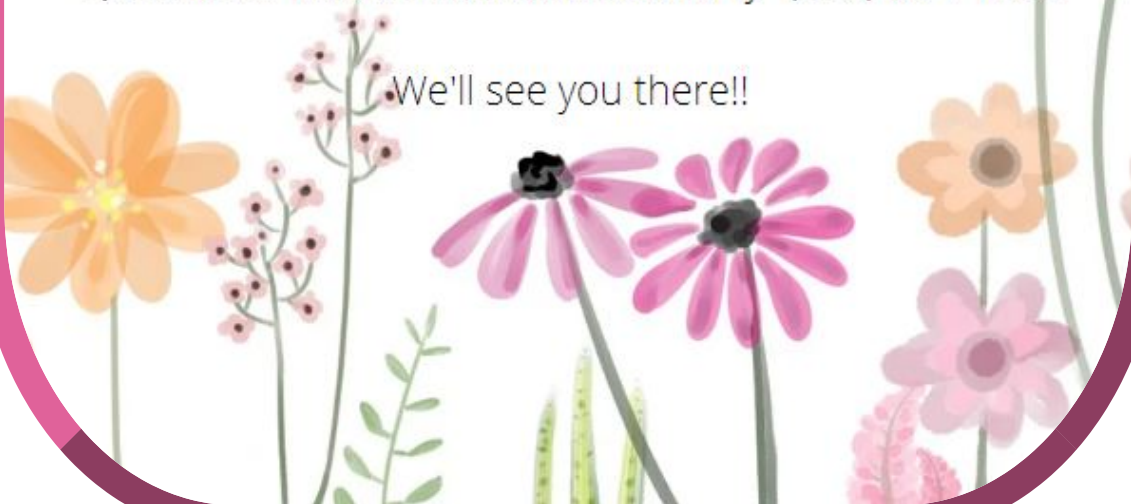
Our Area 15 Delegate is coming to let us know what is going on in our community.

What goes good with business? FOOD!!

If you are able to bring a dish, it is greatly appreciated!

Questions? Please reach out to Sherry- (863) 304-1922

We'll see you there!!





SOBER BASH

When: Sunday, July 3rd, 2022, 2PM-7PM

Where: 745 Fairway Ave, Lakeland, FL

FRIENDS, FOOD, FELLOWSHIP, and
50/50 RAFFLE

Cookout: Hotdogs & Hamburgers!

Bring a dish or dessert to share. Bring a chair.

DON'T BE ALONE FOR THE HOLIDAY!!



JULY 8 - 10, 2022

**UNITY &
SERVICE**
Conference





ARGENTINA

**SAVE
THE DATE**



CANADA

*“Beyond Language,
Culture and Geography:
Sobriety Within
Everybody’s Reach.”*

**Alcoholics Anonymous®
North/South
Virtual Special Forum
about Remote Communities**

Interpretation available in English, French and Spanish.

The event will be open to all members.

Registration and agenda information to follow.

Saturday, July 16, 2022

UNITED STATES



CHILE





65th Florida State Convention 2022

Wednesday, August 3rd — Sunday, August 7th
www.FloridaStateConvention.com

Fort Lauderdale Harbor Beach Marriott Resort and Spa
 Fort Lauderdale, Florida
www.MarriottHarborBeach.com

PROGRAM & ACTIVITIES



AA, Al-Anon, and Alateen Meetings and Workshops; LGBT, Spanish Speaking, and Young People's Meetings and Workshops; Friday and Saturday Banquets and Ice Cream Socials; Exclusive Convention Merchandise; Sports Activities including Golf, 2 Mile Beach Walk/Run, Beach Cornhole, and Beach Volleyball; Dances and Entertainment; Marathon Meetings and Old-timers' Meeting; Grapevine, Archives and Out-of-State Archives Displays; Meditation on the Beach and Yoga.

Open Captions and ASL Interpretation at all Speaker Meetings.

GUEST SPEAKERS

Paulette R. Miramar, FL	Carol "Dr. Fingers" G. ASL Interpreter
Jimmy A. Spring Lake Heights, NJ	Gail L. Akron, OH/Oxford, FL Workshops
Sandy H. Port Charlotte, FL	Cheré F. AlAnon Speaker Puyallup, WA
Rich S. St. Louis, MO	
El N. Greenville, SC	Paul McQ. Belle Harbor, NY
Jerome S. Corona, CA	Victor V. Springdale, AR
Charlene C. Mt. Pleasant, SC	Ryan K. Bowling Green, KY



HOST HOTEL INFORMATION

FORT LAUDERDALE HARBOR BEACH MARRIOTT RESORT & SPA

AAA Rated 4 Diamond Resort
 3030 Holiday Drive, Fort Lauderdale, FL 33316

www.MarriottHarborBeach.com
 800-222-6543 * 954-525-4000

Convention Code: 65th Florida State Convention
 HOTEL RESERVATIONS START ON AUGUST 5, 2021

Hotel Reservation Link:
<https://book.passkey.com/go/65florida>

RATES:

Standard King/Double
 \$159.00
 Oceanview
 \$184.00
 Sunrise/Florida Suite
 \$335.00

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.

Check-in 4 P.M. – Check-out 11 A.M.

Onsite Parking Rates: \$9/day Self Parking \$19/day Valet Parking



**RESERVATIONS MUST
 BE RECEIVED BY THE
 HOTEL BEFORE JULY 8, 2022**



65th Florida State Convention 2022

Wednesday, August 3rd — Sunday, August 7th

www.FloridaStateConvention.com

Fort Lauderdale Harbor Beach Marriott Resort and Spa

Fort Lauderdale, Florida

www.MarriottHarborBeach.com

Name _____ Name to be printed on nametag _____

Home Group _____

Address _____

City _____ State _____ Zip _____ ☐ I would like to Volunteer

Phone _____ The committee I'd like to serve on is _____

Someone from the Volunteer Committee will contact you!

Email Address _____

Sobriety Date _____

Special Needs: ☐ Hearing ☐ Vision ☐ Wheelchair

Other _____

I am a(n): ☐ AA ☐ AI/Anon ☐ Alateen ☐ Visitor

☐ Delegate ☐ Past Delegate ☐ Trustee ☐ Past Trustee

(Check all that apply)

REGISTRATION AND SPORTS			
Item	Price	Qty	Sub Total
Registration	\$40.00		
All-Inclusive Package	\$159.00		
Scholarship Contribution	\$5.00		
Alateen Only Registration	\$15.00		
Friday Ice Cream Social	\$15.00		
Saturday Ice Cream Social	\$15.00		
Friday Pasta Banquet Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/>	\$45.00		
Saturday Chicken Banquet Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/>	\$49.00		
Golf Tournament	\$85.00		
2 Mile Walk/Run	\$15.00		
Beach Cornhole	\$20.00		
Beach Volleyball	\$20.00		
Select shirt size for your sport S M L XL 2XL 3XL			
SUBTOTAL \$			

MAKE CHECKS PAYABLE TO:
65th Florida State Convention
 5201 SW 9th Street
 Fort Lauderdale, FL 33317

MERCHANDISE			
Item	Price	Qty	Sub Total
Tee: S M L XL XXL XXXL	\$11.00		
Tee Color (circle one):			
Women's Tank: S M L XL XXL	\$18.00		
Tank Color (circle one):			
Unisex Tank: S M L XL XXL XXXL	\$11.00		
Tank Color (circle one):			
Zippered Hoodie: S M L XL	\$28.00		
Zippered Hoodie: XXL XXXL			
Baseball Cap (circle one):	\$10.00		
Flat Bill Cap	\$10.00		
Unisex Sun Hat	\$21.00		
Canvas Drawstring Backpack	\$15.00		
Ceramic Mug (circle one):	\$7.00		
20oz Water Tumbler (circle one):	\$18.00		
Convention Lapel Pin	\$5.00		
Beach Towel (presale only)	\$25.00		
SUBTOTAL \$			

METHOD OF PAYMENT
 Check/Money Order _____ AMEX _____ Visa _____ MasterCard _____
 Credit card payments taken in person or online only.
 Please do not send your credit card number through the mail.

GRAND TOTAL \$



A Spiritual Retreat given by & for A.A.s and Al-Anons

October 15, 16, & 17, 2021

March 18, 19, & 20, 2022

October 14, 15, & 16, 2022

Meals and accommodations provided by:

The Benedictine Monks

St. Leo Abbey Retreat Center

88701 State Road 52

St. Leo, FL 33574

\$186/person * (double occupancy) \$226/person * (private room)

*The cost of the retreat includes a semi-private room with bed linens and towels, 5 meals, snacks, beverages, and retreat activities.

The retreat includes meditation instruction and three meditations.

Payment is required with your registration. Registration confirmations are sent to the email address provided. Fees are not refundable but, are transferable to a substitute attendee for the same retreat. No monies are handled at the retreat center.

Please make checks payable to "QUEST" and mail with registration form to:

Quest Retreat

PO Box 665

Largo, FL 33770

For more information, visit www.questretreat.com, call Rick @ 787-639-8035, or email us at katiequestretreat@gmail.com

Register early. There are only 50 spaces available.

Name: _____ ☐ Male ☐ Female ☐ Smoker

Address: _____ ☐ AA ☐ Al-Anon

City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Retreat Date: _____ Donation \$ _____ Amount Enclosed \$ _____

☐ Private Room ☐ Double Occupancy - Preferred Roommate: _____

Only One Person Per Form. Please Print Clearly.

The Abbey Retreat Center is located at 33601 Florida 52, St. Leo, FL 33574

- Enter the main campus entrance.
- Follow the roundabout.
- Exit the roundabout on Edward Court.
- Proceed to Bowman Drive.
- Turn right on Grove Street.
- Park along Grove Street.
- Follow the posted signs to the entrance.





INITIAL

BULL in the CHINA

SHOP CORRAL

MEN'S 12 STEP/SURRENDER GATHERING

October 28-30, 2022 @ Camp Cloverleaf 4-H Center

126 Cloverleaf Rd., Lake Placid, FL 33852

Tired of picking up the pieces as you roar through life? Take a breath - come out to the country. Lodging, good fellowship, food, and fun at a great price. A structured weekend with special speakers, small group discussion. Opportunity for quiet time or step work with sponsor, or recreational time on Lake Frances.

Arrival Time: Friday Oct. 28 after 4pm

Friday Night Dinner at 6:00 pm to

Bunk house setting-8 bunks per house/ MUST bring bedding

accommodate late arrivals.

Full RV hookups for 24 units (\$15/night + registration)

Extensive & Intensive 12 step weekend with 3 OUTSTANDING speakers from throughout Florida (Jerry E, Naples; Pat R, Corral Springs; and Josh F, Miami)

Registration Cost	Price Includes
\$165.00 for it ALL! **special gift for first 30 paid registration** For more information's, please text or call Patrick Glennon (315) 525-6118 Robert Martin (772) 634-7443 Glennonp32@gmail.com	<ul style="list-style-type: none"> • Registration • Lodging (8 men to each bunkhouse) • Free use of camp kayaks and equipment • Required Insurance • 5 buffet meals • Free parking • Plus more <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Small Groups wishing to share a bunkhouse MUST note the group name with payment (8 to a bunkhouse) </div>

Limited Capacity- NO Walk Ins- Register Now!

****Day Trippers \$65 includes all meal****

Sorry no refunds- Cancellations can be used for scholarships.

Bring toiletries/bedding

Registration Form- Registration Ends 10/1/22

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Sober date _____
 Email _____ Amount sent _____

Send Check or Money Order Made out to Patrick Glennon to 105 Eventide Ave. Lake Placid FL, 33852

Patrick Glennon
@Patrick-Glennon-20



venmo

Please include your Name, Phone number, and Email address

Welcome!

We are an AA online group focused on sharing experience, strength, and hope. Thank God for the traditions that bind us. We believe that Bill and Bob would be proud of technology enabling us to reach alcoholics in their respective environments. "We shall be with you in the fellowship of the spirit, and you will surely meet some of us as you trudge the road of Happy Destiny".

AA UNITY IN RECOVERY ZOOM GROUP

Meetings are starting October 11, 2020. In an effort to keep our meetings safe, we ask that you email for the password.

aa.unityinrecovery@gmail.com



MEETING ID:
720 314 8528

MON: 7 PM CST
CLOSED DISCUSSION
(AA LITERATURE)

WED: 7 PM CST
CLOSED DISCUSSION
(AA LITERATURE)

FRI: 7 PM CST OPEN
SPEAKER MEETING

SUN: 10 AM CST
CLOSED SPIRITUAL
MEETING

Addresses for Contributions:

General Service Office

Box 459 Grand Central Station
New York, NY 10163
Payable to: AA General Service Office

Area 15 Treasurer

Area 15
P.O. Box 311
Safety Harbor, FL 34695
Payable to: Area 15 Treasurer

District III Treasurer

Beverly Ennis
District III
200 El Camino Dr #305
Winter Haven, FL 33884

Heartland Intergroup

4204 S. Florida Ave, Suite H
Lakeland, FL 33803
Payable to: Heartland Intergroup



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Any questions can be emailed to the office manager at:

****officemanager@heartlandintergroup.org***

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*|Heartland Intergroup of AA, 4204 N. Florida Ave Suite H, Lakeland, FL 33813|*USA

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