



# HEARTLAND INTERGROUPER

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

[www.heartlandintergroup.org](http://www.heartlandintergroup.org)

MONDAY- 9AM-5PM

TUESDAY-9AM-5PM

WEDNESDAY-9AM- 5PM, every other we close at 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—

**WE NEED YOU!**

**Front Desk Volunteer Openings:**

Every other Wednesday- 1:00pm- 5:00pm

Every other Friday- 1:00pm- 5:00pm

If you have a year or more of sobriety this is your  
opportunity to give back what was so freely given  
to us!

Questions or interested call the office manager at  
863-688-0211 or email at  
[officemanager@heartlandintergroup.org](mailto:officemanager@heartlandintergroup.org)



### Tenth Step Prayer

I pray I may continue: To grow in understanding & effectiveness;

To take daily spot check inventories of myself;

To correct mistakes when I make them; To take responsibility for my actions;

To be ever aware of my negative & Self-defeating attitudes & behaviors;

To keep my willfulness in check;

To always remember I need Your help;

To keep love & tolerance of others as my code;

& To continue in daily prayer how I can best serve You,

My Higher Power.

**IT'S THAT TIME AGAIN!**



**HEARTLAND**  
—INTERGROUP—

## **Chair and Vice Chair Position Voting**

**THESE BOTH ARE TWO YEAR POSITIONS. IN ORDER TO STAND FOR EITHER POSITION, YOU MUST HAVE TWO YEARS OF CONTINUOUS SOBRIETY.**

**If willing to please email a letter of intent to  
[officemanager@heartlandintergroup.org](mailto:officemanager@heartlandintergroup.org), or be present at our  
October 10th, 2022, Heartland Intergroup Representative Meeting.**

### **The duties and service obligations of the Chairperson include:**

- A. Chair Intergroup Meetings
  - i. Prepare, after consultation with officers and the office manager, agenda for the next Representatives meeting.
  - ii. Preserve order at meetings.
  - iii. Encourage each representative to participate promoting the necessity of a well-informed group conscience.
  - iv. Close meetings in a timely manner.
  - v. Oversee annual physical inventory of the Intergroup Office in January.
  - vi. Approve office manager overtime when special circumstances arise.
  - vii. Must be familiar with these By-Laws and 36 principles.
- B. Service Obligations
  - i. Attend and open all Intergroup-sponsored functions.
  - ii. Oversee and coordinate all Intergroup business and activates.
- C. Appoint a special committee to hire a new Intergroup Office Manager, subject to approval of the Representatives.
- D. Chairperson votes on all issues only in the event of a tie vote.

### **The duties and service obligations of the Vice-Chairperson include:**

- A. Chair Intergroup meetings in Chairperson's absence.
- B. Act as Chairperson of a Group Relations Committee. This committee might operate in the following manner:
  - i. Visit AA Groups on a regular basis, explaining the functions of the Intergroup office.
- C. Attend all Intergroup-sponsored events.
- D. Perform any other duties that the Chairperson may request.
- E. Must be familiar with the By-Laws and 36 principles.





LOOKING FOR A PLACE TO CALL HOME?



## WE WELCOME YOUR GROUP!

*What does that include?*

1ST MONTH'S RENT FREE

INSURANCE IS COVERED

COFFEE AND WATER INCLUDED

HYBRID MEETING POSSIBILITIES

BIG BOOKS TO USE WHILE IN MEETING SPACE

LOTS OF TIME SLOTS AVAILABLE

CONTACT OFFICE MANAGER AT:  
OFFICEMANAGER@HEARTLANDINTERGROUP.ORG

**HYBRID MEETING-** October Heartland Intergroup Representative Meeting, Monday, October 10th, 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  
+16469313860,,2323580422# US  
+19292056099,,2323580422# US (New York)

Dial by your location  
+1 646 931 3860 US  
+1 929 205 6099 US (New York)  
+1 301 715 8592 US (Washington DC)  
+1 309 205 3325 US  
+1 312 626 6799 US (Chicago)  
+1 669 900 6833 US (San Jose)  
+1 719 359 4580 US  
+1 253 215 8782 US (Tacoma)  
+1 346 248 7799 US (Houston)  
+1 386 347 5053 US  
+1 564 217 2000 US  
+1 669 444 9171 US

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 a part 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

If sponsoring yourself was a picture! 🙄🤔



[We Would Love To Update Your Group Contacts:](#)



If it has been a while since you have updated the contacts for your group and if things have changed, please let us know.

We would love to stay in touch when we need to! No worries, we don't share this information with the public! The only people that see it are the Heartland Intergroup Board, web servants, and the District 3 Registrar.

Anytime you need to make a change or add a contact, just go to our website: [Heartlandintergroup.org](http://Heartlandintergroup.org)  
Click on MEETINGS in the upper right side on the screen, scroll down to SUBMIT MEETING CHANGES, and answer the questions! It's that easy!

If you would rather, you are always welcome to email [officemanager@heartlandintergroup.org](mailto:officemanager@heartlandintergroup.org) and send us your info that way!

Thank you everyone for your continued support!



*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](mailto:LakelandWW@gmail.com).



R. H. SMITH, M. D.  
2ND NATIONAL BLDG. AKRON, OHIO  
TELEPHONE: HE-8523 REG. NO. \_\_\_\_\_

R<sub>x</sub> FOR alcoholics  
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](mailto:officemanager@heartlandintergroup.org).

**THANK YOU EVERYONE FOR YOUR CONTINUED SUPPORT!**

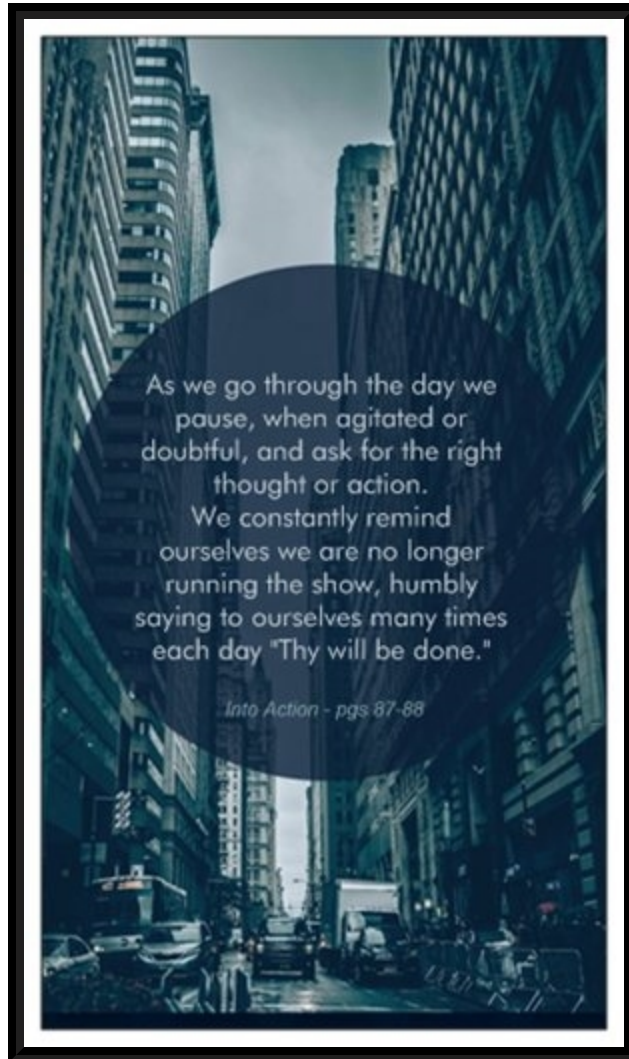
## **OCTOBER ANNIVERSARIES**

Ed P.- 10/1/1978, 44 years

Denise E.- 10/1/1990, 32 years

Dan L.- 10/29/1012, 10 years

Rigorously Honest Group- 10/5/2015, 7 years

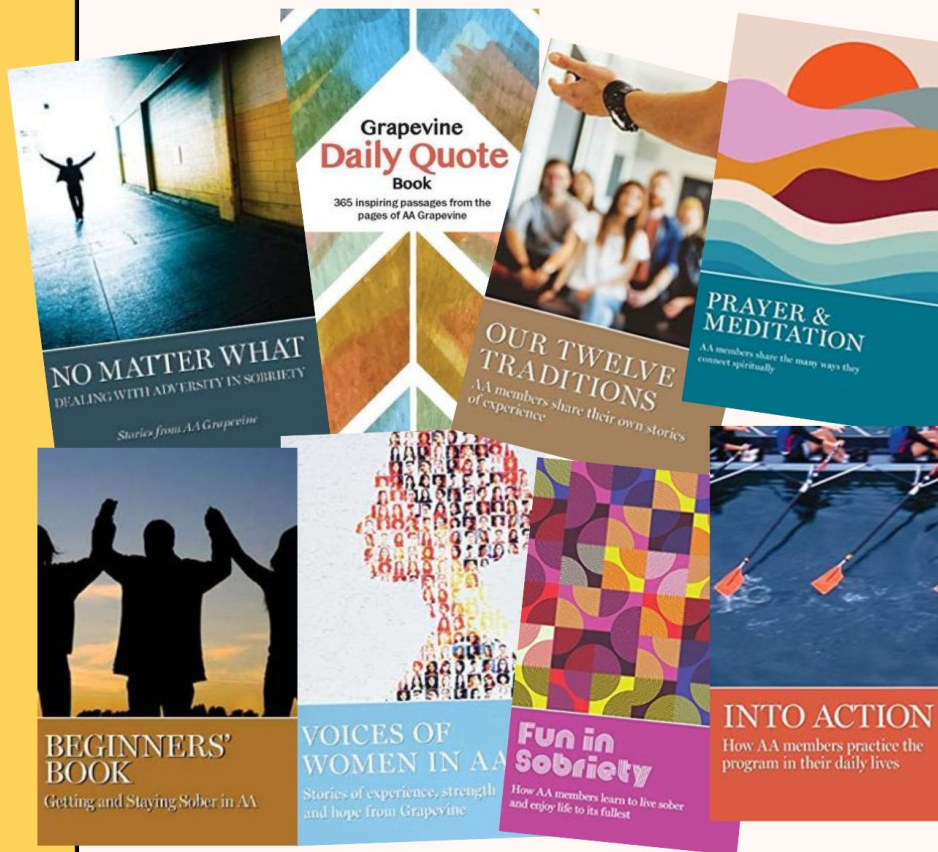


## **HEARTLAND INTERGROUP MERCHANDISE OF THE MONTH!!!**

For the month of October, the items below will be **20% off!!!!!!** Take advantage of this merchandise while it's at this awesome price!

# OCTOBER MERCHADISE OF THE MONTH

## ALL GRAPEVINE BOOKS



***ALL THESE AND MORE!!!***

**20% OFF FOR  
THE MONTH OF  
OCTOBER**

**October Merchandise of the Month-**  
**Grapevine Books**

ALL Grapevine books!

This merchandise will be 20% off for the month of October, get them before they're gone!!!



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.

# AREA 15 DISTRICT 3

## ELECTIONS





Position	Sobriety Requirement	Suggested
Chairperson	5 years	Hold DCM position previously
Vice chair	5 years	
Registrar	2 years	
Secretary	2 years	
PICP	2 years	
Corrections	2 years	
Archives	2 years	
Treatment	2 years	
Events	2 years	
Web Chair	2 years	
DCM (Multiple areas)	2 years	

ABOVE ARE ALL OPEN POSITIONS

"I am responsible—when anyone, anywhere reaches out for help, I want the hand of AA always to be there, and for that: I am responsible."

Interested in serving? Please join us at the next District 3 Meeting held October 16th, 2022, at 2:00PM. The address is 500 W. Stuart St. Bartow, FL at the Holy Trinity Episcopal Church



Willingness without action  
is kinda like  
faith without works.

Letting Go & Holding Tight



# *Friends In Fellowship*

**Starting in August, every  
Tuesday and Thursday at  
10:00am Heartland Intergroup  
is hosting fellowship among  
friends!**

**Come join us,  
drink coffee, and  
listen to Grapevine  
podcasts if group  
wants but most of  
all, enjoy the gift  
of fellowship!**

4204 S. Florida Ave. Suite H  
Lakeland, FL 33813



Please direct all  
communications to:  
P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

**STORY SOLICITATION FOR  
A.A. MEMBERS WHO GOT SOBER LATER IN LIFE  
DEADLINE FOR SUBMISSION: September 23, 2022**

---

In response to a committee consideration from the Cooperation with the Professional Community-Treatment/Accessibilities Committee of the 72<sup>nd</sup> General Service Conference that the pamphlet "A.A. for the Older Alcoholic" include sharing from a broader and more diverse representation of A.A. experiences, the trustees' committee on Treatment/Accessibilities has reopened a call for recovery stories to add to the pamphlet.

A.A. member experience being requested includes the following:

- Finding recovery at the age of 60 and over
- Mental health and diverse abilities
- Attending online meetings
- Diverse ethnicities, cultures and languages (including immigrant experiences)
- LGBTQ+ communities
- Diverse spiritual pathways

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all submitters will be observed whether your story is selected for publication or not.

Instructions for submitting your story:

**Deadline:** Please submit on or before September 23, 2022.

**Email:** [access@aa.org](mailto:access@aa.org)

**Subject Line:** A.A. for the Older Alcoholic.

**Postal Mail:** Attn: Access Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163.



# **RIGOROUSLY HONEST 7TH ANNIVERSARY DINNER CELEBRATION**

**Doors open at 6:00 PM**

**Dinner at 6:30 PM**

Group will provide main dish, drinks, and  
celebration cake!

Please bring side dish to share!

**Speaker at 7:00 PM**

ASHLEY D.

**Door Prizes AND 50/50 Raffle**

*Please come celebrate with us!!*

MONDAY | OCTOBER 3RD

FAM CHURCH

1400 E. CANAL ST.

MULBERRY, FL 33860

# Halloween Bash



Begins - Saturday October 29, 2022 @ Noon

Speaker Meeting with two guest speakers

Sobriety Countdown to follow

Ends - Saturday October 29, @ 6:00 PM

Fire Pit Meeting to follow @ 8:00 PM

- 2720 East Main St Lakeland, Fl.
- Plenty of Food and Coffee
- (Side dishes welcomed)
- 50/50 Drawing, Costume Contest, Live Music and DJ

Not for Profit or a Fundraiser



## 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](http://www.questretreat.com), call Rick @ 787-639-8035, or email us at [kathiequestretreat@gmail.com](mailto:kathiequestretreat@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  
accommodate late arrivals.

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

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
<b>\$165.00 for it ALL!</b> <b>**special gift for first 30 paid registration**</b> For more information's, please text or call Patrick Glennon (315) 525-6118 Robert Martin (772) 634-7443 <b>Glennonp32@gmail.com</b>	<ul style="list-style-type: none"> <li>• Registration</li> <li>• Lodging (8 men to each bunkhouse)</li> <li>• Free use of camp kayaks and equipment</li> <li>• Required Insurance</li> <li>• 5 buffet meals</li> <li>• Free parking</li> <li>• Plus more</li> </ul>

Small Groups wishing to share a  
bunkhouse MUST note the group  
name with payment  
(8 to a bunkhouse)

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

## Volunteers Needed to Carry the Message of A.A. into Jails and Prisons.

We need men for Correctional Institutions:

Polk City  
Bowling Green  
Hardee County

Call Sara R. 916 289-8172

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](mailto: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

**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



---

*Copyright © \*|2019|\* \*|Heartland Intergroup|\*, All rights reserved.*

**Any questions can be emailed to the office manager at:**

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

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

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

---

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)



