



# 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  
THURSDAY- 9AM- 5PM  
FRIDAY- 9AM- 5PM

**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 \(heartlandintergroup.org\)](#)



# **Memorial Day.**

**MAY 29TH**

**HEARTLAND INTERGROUP OFFICE WILL BE CLOSED.**

**HELPLINE WILL BE OPEN**

**(863) 687-9275**



### Fifth Step Prayer

God,

I thank you from the bottom of my heart that I  
know you better.

Help me become aware of anything I have omitted  
discussing with another person.

Help me to do what is necessary to walk a free man  
at last.

Amen

# LET'S COME TOGETHER



## HOW CAN WE HELP?

### ZOOM MEETING

THURSDAY, MAY 4TH, 2023 AT  
7:00PM

Meeting ID: 232 358 0422

NO PASSWORD

Come share your thoughts, ideas, and all of your feed back! We may not know if you don't tell us. Heartland Intergroup wants to hear it all, so we can better serve and work more closely with District III. Our fellowship is living proof there is strength in numbers!

863-688-0211

[officemanager@heartlandintergroup.org](mailto:officemanager@heartlandintergroup.org)



## ABOUT FAITHFUL FIVERS

Faithful Fivers are A.A. Members who pledge to contribute at least \$5.00 a month to support our local Intergroup office in its efforts to carry the A.A. message of hope and recovery to alcoholics in Polk, Highlands, and Hardee counties.

## HOW TO BECOME A FAITHFUL FIVER

- Call the office manager at (863) 688-0211
- Visit our website at [Heartlandintergroup.org](http://Heartlandintergroup.org). Go to the **donate** tab at the top right of the screen.

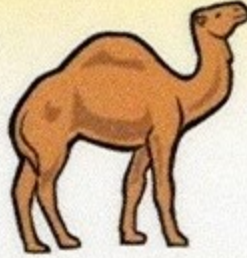
## What does our Intergroup do?

- Provides a 24-hour A.A. Hotline
- Has available space for AA meetings
- Sells A.A. literature and merchandise
- Publishes a monthly Newsletter called the Intergrouper, free to sign up for.
- Offers an informative up-to-date website with current meeting lists, and events.
- Has an online bookstore for convenience to those that may not be able to visit in person.
- Has an extensive Lending Library of speaker CD's and tapes.
- Provides a 12-Step room for sponsor/sponsee to meet.

(863) 688-0211  
4204 S. FLORIDA AVE STE. H  
LAKELAND, FL 33813



The camel each day goes  
twice to his knees.  
He picks up his load with  
the greatest of ease.  
He walks through the day  
with his head held high.  
And stays for that day,  
completely dry.



### CAMEL PRAYER

The tasks of the day  
can pass with ease  
when a camel or I start  
on our knees.  
One Master we serve,  
the camel and I,  
and stay for that day  
completely dry.

## A.A. Oldtimers...On the Fifth Step

*A.A. Grapevine, March 1945. Vol. 1 No. 10*

### Editorial: On the Fifth Step

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

This is a tough step and takes courage to do. It is, however, a step that can be done if you make sufficient effort.

It is not new. The Catholic church uses it in their confessional and the psychiatrist uses it.

Drinking is caused by inner conflicts and the only way to get rid of these conflicts is to bring them out in the open and destroy them. Wrongs cause conflicts, hence the necessity of this step.

Take the first phrase, "Admitted to God." How do you do this? First learn humility so that you can ask help in a humble manner. If you have difficulty in admitting the actuality of a

supreme power, work on the premise that there might be one. Once you get your mind in tune with the infinite it is not difficult to realize that you have no secrets from God.

“Admitted to ourselves.” This can only be done when we are honest with ourselves. In this program it is folly to try to kid yourself. Be ruthless in your soul searching and come clean.

Great care should be taken in choosing “another human being.” It must be someone you can trust. Your lawyer, your doctor, your priest or minister, another A.A., or a friend; someone who will act as a sounding board and keep your confidence.

Once you take this step you will be astounded at the relief you feel. The burden of despair will be lifted from your back and you will be free.

It is essential for every A.A. to realize the importance of taking this 5th step. By so doing, all enmities, resentments and wrong thinking may be cast out and we can continue to the next step with a clear conscience.

It is advisable to repeat this step from time to time because it is human to err and even A.A.s are human.

**Bert T.**

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](mailto:OFFICEMANAGER@HEARTLANDINTERGROUP.ORG)



When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

We were now at Step Three. Many of us said to our Maker, *as we understood Him*: "God, I offer myself to

## HYBRID MEETING- May Heartland Intergroup Representative Meeting, Monday, May 8th, 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

+13052241968,,2323580422# US

+16469313860,,2323580422# US

Dial by your location

+1 305 224 1968 US

+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)

+1 346 248 7799 US (Houston)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US  
+1 564 217 2000 US  
+1 669 444 9171 US  
+1 669 900 6833 US (San Jose)  
+1 689 278 1000 US  
+1 719 359 4580 US  
+1 253 205 0468 US  
+1 253 215 8782 US (Tacoma)  
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.**

"We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story."  
(A.A. Big Book, p. 72-73)



### **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.

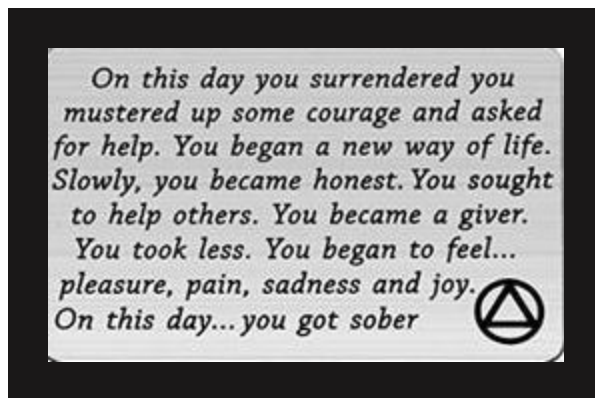
Anytime you need to make a change or add a contact, just go to our website: [Heartlandintergroup.org](http://Heartlandintergroup.org)



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!







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. \_\_\_\_\_  
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.

**HEARTLAND INTERGROUP  
MERCHANDISE OF THE**

# MONTH!!!

For the month of May, *As Bill Sees It*, (Hard Cover) will be 20% off!!!! Take advantage of this merchandise while it's at this awesome price!

**As  
Bill Sees It**

**HEARTLAND  
INTERGROUP**

**THE A.A. WAY OF LIFE**  
(selected writings of A.A.'s co-founder)

**AS BILL SEES IT  
(HARD COVER ONLY)**

**20% OFF**

**MAY MERCHANDISE  
OF THE MONTH**

A SOURCE OF COMFORT AND INSPIRATION, THIS COLLECTION OF BILL W.'S WRITINGS ADDRESSES THEMES SUCH AS ACCEPTANCE, GRATITUDE AND SPIRITUALITY. EXCERPTED FROM THE BIG BOOK, THE "TWELVE AND TWELVE," GRAPEVINE AND OTHER A.A. LITERATURE. WITH A TOPICAL INDEX TO HELP GUIDE READING AND DISCUSSION.

GENERAL SERVICE CONFERENCE-APPROVED.

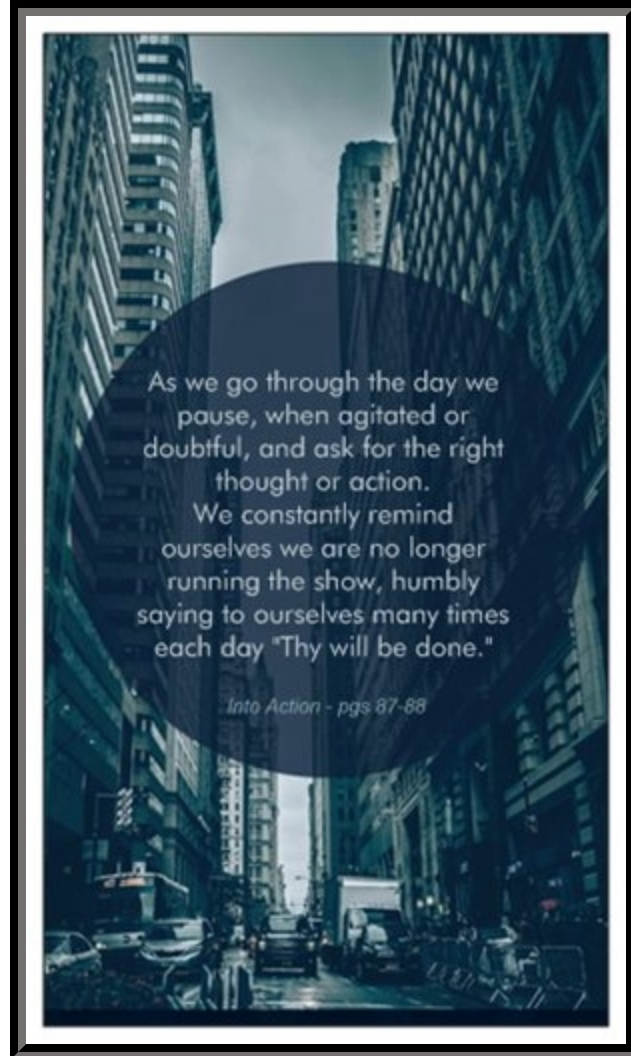
## **We want to know your Sobriety Birthdays AND Group Anniversaries!**

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!**

### **MAY ANNIVERSARIES**

Paula P- May, 1997- 26 years



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

DISTRICT III 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.





# DISTRICT 3

## *Breakfast*



**SAT, MAY 20, 2023**

DOOR OPENS  
AT 8 AM

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Tickets: \$10 at the Door  
Door Prizes 50/50 Raffle

JACKIE H. IS OUR SPEAKER  
WINNERS CIRCLE

1ST PRESBYTERIAN CHURCH  
175 LK HOLLINGSWORTH DRIVE  
LAKELAND, FL

# AGE OF MIRACLES



## SWACYPAA 9

SOUTHWESTERN AREA CONFERENCE FOR YOUNG PEOPLE IN AA

## AUGUST 17 - 20 ALBUQUERQUE, NM

### Double Tree Hilton & Convention Center

Room Rate: \$135 Per Night - Room Rate Cutoff Date: July 25th

### Join Us for an Experience You Must Not Miss!

Pre-Register Now for \$25 Before Price Increases!!!



@SWACYPAA-CORP



SWACYPAA9@GMAIL.COM



Book Room Online Now!  
<< Scan the QR Code  
Or Call 800.584.7058 and  
Use Reference Code: SWA

Pre-Register Now!  
Scan the QR Code >>  
Or Register Online at  
[www.swacypaa9.org](http://www.swacypaa9.org)



### Addresses for Contributions:

#### General Service Office

Post Office Box 2407  
James A Farley Station New York, NY 10116  
Payable to: AA General Service Office

#### Area 15 Treasurer

PO Box 590835  
Fort Lauderdale, FL 33359-0835  
Payable to: Area 15 Treasurer

**District III Treasurer**

District III  
5441 Chandler Drive  
Winter Haven, FL 33884  
Payable to: District III Treasurer

**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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