

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

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

HEARTLAND INTERGROUP WILL BE CLOSED SEPTEMBER 4th IN OBSERVANCE OF LABOR DAY

ANY MEETING CHANGES PLEASE SUBMIT CHANGES TO WEBSITE:



Made a list of all persons we had harmed, and became willing to make amends to them all.









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. 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 convivence 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.



We Need Help!!!

My name is Jack W. I am the Corrections Chairman for District 3 which includes Polk, Hardee and Highlands Counties. We are looking for volunteers to go into the jails and state prisons in this district. We especially need help at the men's jail in Polk County which is in Frostproof and the Hardee men's jail in Hardee County, and the state prison in Avon Park.

We know that this kind of service work is not for everyone, but we believe of all the service work, this is one of the most rewarding.

The requirements are; 1 year of sobriety, has worked the 12 steps, can follow the rules set by the institution that you serve and a willingness to serve for at least 2 years. If you have been incarcerated before does not mean you cannot serve in a jail of prison. It depends on your situation. Also, having not been arrested at all does not mean you cannot take a meeting into a jail or prison. I myself have never been arrested. But I bring a meeting into a prison every week.

We are also looking for people to serve on a Corrections Committee. We need a secretary, treasure, and other members to help serve on this important committee.

If you would like to be involved in this important 12th step work please contact me at: corrections@aadistrict3fl.org or call 618-407-9879.

A.A. Oldtimers...On the Eighth Step

A.A. Grapevine, June 1945, Vol. 2 No. 1

Editorial: On the 8th Step . . .

"Made a list of all persons we had harmed, and became willing to make amends to them all.

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style.

And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

Webster's New International Dictionary defines it thus –"To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . ."

There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.

The definition continues:

". . . to change or modify in any way for the better; to recover from illness."

It was written for us!

We have often heard that our sobriety should be founded on "unselfish selfishness", that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us.

When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the specifications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to "handle" alcohol and it seemed then that the step we were taking was at least in part —a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that "unselfish selfishness" was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength.

The principle of "unselfish selfishness" is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that –recalling the definition of the word –we may "change . . . for the better" and "recover from illness."

The alternative is retrogression. If we fail to "repair", we can only impair.

L. J.

LOOKING FOR A PLACE TO CALL HOMES



WE WELCOME YOUR GROUP!

What does that include?

1ST MONTH'S RENT FREE
INSURANCE IS COVERED
COFFEE AND WATER INCLUDED
HYBRID MEETING POSSIBILITES
BIG BOOKS TO USE WHILE IN MEETING SPACE

LOTS OF TIME SLOTS AVAILABLE

CONTACT OFFICE MANAGER AT:
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- AUGUST Heartland Intergroup Representative Meeting, Monday, August 14th, at 6:00PM.

Heartland Intergroup is inviting you to a scheduled Zoom meeting.

Topic: August 14th Heartland Intergroup Rep Meeting
Time: August 14th, 2023 06:00 PM Eastern Time (US and Canada)

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/u/kWFhYUFKP

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 ANSWE 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, AS BEING EXACTLY THE WAY IT IS NOTHING, ABSOLUTELY NOTHING, HAPPENS IN GOD'S WORLD BY MISTAKE.

p.417



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
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 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 <u>LakelandWW@gmail.com</u>.

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TELEPHONE: HE-852	3			REG. NO.
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HEARTLAND INTERGROUP MERCHANDISE OF THE MONTH!!!

For the month of AUGUST, *Hazelden Step Workbooks*, will be 20% off!!!!! Take advantage of this merchandise while it's at this great price!

HEARTLAND INTERGROUP

STEPS 1-3

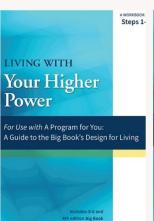
This resource takes you through the foundation Steps as described in the Big Book, Alcoholics to a personal understanding of the powerlessness of addiction and the necessity of a Higher Power to your recovery.

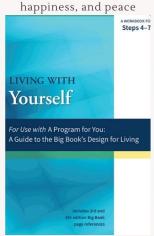
ΓEPS 4-7

Through easy-tounderstand text and seventeen exercises, including four personal Anonymous. Guides you inventories, this workbook will help you use Steps Four through Seven to turn recovery roadblocks into open doorways through which you can walk toward a life of freedom,

STEPS 8-12

Exercises in this workbook will help you deepen your experience of recovery in daily living as you share your life with others and discover what the Big Book calls the "Fourth Dimension of the spirit."







20% OFF FOR THE MONTH OF AUGUST

863-688-0211 officemanager@heartlandintergroup.org www.heartlandintergroup.org

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!

AUGUST ANNIVERSARIES

Elena G.- 8/24/2008- 15 years! Walter J.- 8/1/2010- 13 years! Jackie M.- 8/22/2011- 12 years! Brennen C.- 8/1/2018- 5 years!



LITERATURE SPOTLIGHT

Area 15 District 3 Literature Committee

Beginner pamphlets to have or to share with those new to AA. Use QR code to view or download the PDF file of the pamphlet!





SPREAD THE







How to use QR codes:

- Open the camera app on your phone.
- Hold the phone so the QR code appears in view
- · Tap the notification to open link associated with QR code
- This will take you to the AA.ORG website where you can download a copy of the pamphlet for your personal use.

How to get copies of these pamphlets:

- Many groups have display racks of pamphlets for those who want them.
- A.A. At A Glance is a free brochure. The others are 15-35 cents plus tax and shipping if applicable.
- Heartland Intergroup (4204 S. Florida Ave, Suite H, Lakeland) has a store where they sell all the AA pamphlets (or give away the free ones). They also sell books, medallions, and many other items to support the members and groups of AA in our area.
 www.heartlandintergroup.org/store/ or call (863)688-0211.
- AA.ORG sells pamphlets and other literature. Use the QR code and you can follow options to order copies. AA World Services permits printing a single copy of pamphlets for personal use.

How to use the Pamphlets

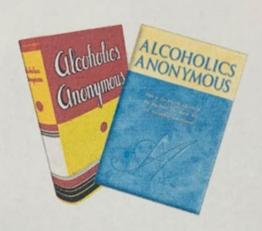
- Individuals can keep these pamphlets on hand to carry this message to alcoholics in need. (12th step)
- Groups can give these pamphlets to newcomers, put them in a display rack, or scatter them on tables to carry this message to the alcoholic who still suffers (5th tradition).

July 2023, www.aadistrict3fl.org/literature

DISTRICT III BUSINESS MEETING- Meets at 2:00PM on the 3rd Sunday of every month at Holy Trinity Episcopal Church, 500 West Stuart St. Bartow, FL 33830.

Intensive Big Book Workgroup Monday Nights 7PM

Special Summer session of different speaker tapes. July 24, 2023 – September 4, 2023



Speakers:

Surrender	July 24th
Steps 1-2-3	July 31st
Steps 4 – 5	August 7 th
Steps 6 – 7	August 14 th
What the Book Says	August 21st
Spirituality	August 28 th
To be Determined	Sept 4 th
	Steps 1-2-3 Steps 4 – 5 Steps 6 – 7 What the Book Says Spirituality



66TH FLORIDA STATE CONVENTION 2023

THURSDAY AUGUST 10 - SUNDAY AUGUST 13 WWW.FLORIDASTATECONVENTION.COM SADDLEBROOK RESORT - WESLEY CHAPEL, FL 33543 WWW.SADDLEBROOK.COM

Name to be printed on nametag			
Phone number			
State Zipcode			
Special needs: OHearing OVision OWheelchair Other:			

I am a(n): O AA O AlAnon O Alateen O Visitor O Delegate O Past Delegate O Trustee O Past Trustee

(Check all that apply)

REGISTRATIO	N AND	S	POF	RTS		
ITEM	PRICE		Q	ſΥ	SUB	TOTAL
REGISTRATION	\$40					
ALATEEN ONLY REGISTRATION	\$15					
SCHOLARSHIP CONTRIBUTION	\$5					
ALL-INCLUSIVE PACKAGE (Includes: \$35 Registration, 2 Banquets \$55 each, 2 Ice Cream Social: \$10 each, 8 Sat 88Q \$27)	\$192					
FRIDAY BANQUET (ORCHO OPE) BEEF/CHICKEN/FISH/VEGAN	\$55					
FRIDAY ICE CREAM SOCIAL	\$10					
SATURDAY BBQ LUNCH	\$27					
SATURDAY BANQUET (COMMON!) BEEF/CHICKEN/FISH/VEGAN	\$55					
SATURDAY ICE CREAM SOCIAL	\$10					
GOLF TOURNAMENT	\$85					
5K WALK/RUN	\$20					
PICKLEBALL	\$30					
ESCORTED MOTORCYCLE RIDE	\$25					
SELECT SHIRT SIZE FOR YOUR SPORT	S M	L	XL	2001	3XL	
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Address For Mail-in Registration: 66th Florida State Convention PO BOX 422 Lutz, FL 33548

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ITEM	PRICE	QTY	SUBTOTAL
EMBROIDERED DRI FIT POLO SIZE: S M L XL 2XL 3XL COLOR: WHITE/LIGHT GREY/BLACK	\$25		
UNISEX COTTON T-SHIRT SIZE: S M L XL 2XL 3XL COLOR: BLACK/LIGHT GREY/BLUE	\$12		
WOMEN'S TANK TOP SIZE: S M L XL 2XL 3XL COLOR: BLUE/LIGHT GREY/WHITE	\$15		
UNISEX TANK TOP SIZE: S M L XL 2XL 3XL COLOR: BLACK/LIGHT GREY/BLUE	\$15		
EMBROIDERED BALL CAP COLOR: WHITE/BLACK	\$15		
ENGRAVED INSULATED METAL TUMBLER	\$15		
CANVAS TOTE BAG - COLOR: GREEN/BLUE	\$12		
CERAMIC MUS: WHITE W/FULL COLOR LOSO	\$10		
SPORTS WATER BOTTLE	\$5		
LAPEL PIN	\$5		
NECK BADGE HOLDER	\$5		
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GRAND TOTAL



66TH FLORIDA STATE CONVENTION 2023

THURSDAY AUGUST 10 - SUNDAY AUGUST 13

WWW.FLORIDASTATECONVENTION.COM

SADDLEBROOK RESORT - WESLEY CHAPEL, FL 33543

WWW.SADDLEBROOK.COM

PROGRAM AND ACTIVITIES





AA, Al-Anon, Alateen, Spanish Speaking, LGBTQIA, YPG, First Nations, Old Timer's Panel, Marathon Meetings, Workshops, and Archives Display; Friday and Saturday Banquets, Saturday BBQ lunch and Ice Cream Socials; Sports Activities include Golf, 5K Walk/Run, Pickle Ball, Morning Yoga, and Escorted Motorcycle Ride; Dances, Saturday Pool Party, and much more...

ASL interpretation at main conference's speaker meetings.

GUEST SPEAKERS

Marty J. - Vancouver, B.C., Canada

Aaron Z. - Molalla, OR

Larcine G. (Al-Anon) - Hawthorne, CA

Candice M. - Los Angeles, CA

Chris R. - Ingram, TX

Myers R. - Ingram, TX

Marion M. - Ft. Lauderdale, FL

Cathy C. - Tampa, FL

Jane D. L. - Tallahassee, FL

HOST HOTEL INFORMATION

SADDLEBROOK RESORT
A PREMIER MEETING, GOLF, AND TENNIS RESORT
5700 SADDLEBROOK WAY WESLEY CHAPEL, FL 33543
WWW.SADDLEBROOK.COM
800-729-8383

CONVENTION CODE: FSC

HOTEL RESERVATIONS START ON AUGUST 3, 2022

HOTEL RESERVATION LINK: HTTPS://BE.SYNXIS.COM/?HOTEL=392446 CHAIN=283946CONFIG=INITIALCONFIG6THEME=INITIALTHEMEGARRIVE= 2023-08-106DEPART=2023-08-116ADULT=16CHILD=06GROUP=FSC

RATES:

BASED ON AVAILABILITY

STANDARD ROOM - \$135

ONE BEDROOM SUITE - \$155

TWO BEDROOM SUITE - \$265

RATES WILL BE HOWORED 3 DAYS BEFORE
AND 3 DAYS AFTER THE CONVENTION DATES



ALL ROOMS ARE SUBJECT TO STATE AND LOCAL TAXES
THIS HOTEL IS NON-SMOKING
CHECK-IN 4 PM - CHECK-DUT 11 AM





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





South East Region Service Assembly

Meet your peers around the South East Region Hosted by Area 14, North Florida

- ✓ Panel Discussions
- ✓ Service Workshops
- ✓ Share Your Service Experience
- Learn and Discover
- ✓ Volunteer
 Opportunities

Southern States
A. A.
Service Assembly
Orlando Florida
Sheraton Orlando North

November 17-19, 2023



Questions? Chair.ssaasa7@gmail.com

SSAASA7.ORG



Service Workshops * Panel Discussions * Service Experience

YOU Are Invited!

Inquiring minds and trusted servants from all over the South East Region will come together to discuss all things service. Come to Discover, Learn and Share. See old friends, and make new ones.

Volunteer to help in so many	Discuss and Share:			
ways:	 General Service Positions 			
 Greeter 	Grapevine			
 Registration 	Intergroup			
 Hospitality 	 Traditions (Have fun) 			
 Presenter 	Concepts (Learn)			
	 Just checking out the 3rd 			
	Legacy?			

Register and reserve your room at ssaasa7.org, or download paper registration form and FAQ

Questions? Email chair.ssaasa7@gmail.com

Need A Scholarship? We are able to offer a scholarship for <u>Registration</u>

<u>Only</u>. Email chair.ssaasa7@gmail.com for an application. Be sure to allow time to reserve your hotel room if one will be needed.

Prodigal Sons V Central Florida AA Men's 12-Step Retreat, Fall 2023

The Fall Retreat is once again around the corner!

<u>WHAT</u>: This is a 3-day, 12-Step Men's Retreat welcome to all members of Alcoholics Anonymous. This retreat is based on the 12 steps of Alcoholics Anonymous, put on by recovered alcoholics for other alcoholics in recovery. It is not a religious retreat and the presenters utilize only AA conference approved literature. The events include speakers for each step, buzz group sessions to work the steps, (5) meals, AA speaker meeting, snacks, fellowship, bonfire, lakeside morning meditation. Camp style lodging included with registration fee.

WHEN: Friday November 17 thru Sunday November 19, 2023

WHERE: Lake Yale Baptist Convention Center

39034 County Rd 452, Leesburg, FL 34788

WELCOME: Registration begins 2:00 pm Friday, November 17th

Retreat begins at 4:00pm Dinner served at 5:30pm

COST: \$155: Camp lodging and bring your own bedding, towels, pillow

\$170: Camp lodging with supplied bedding

\$120: All retreat events with no lodging

*Limited hotel room space for additional fee is available. Call for details.

Payment (check money order, PayPal) Due on September 1, 2023

WHO TO CONTACT: For the application form send an email to: prodigalsonsv@gmail.com

or call/text Daniel at 941-730-4274

6TH FLORIDA AA ARCHIVES WORKSHOP



Hosted by Areas 1,14, 15 and FCYPAA 9AM to 4PM on Saturday February 17, 2024 Redeemer Lutheran Church 3377 Aloma Ave, Winter Park FL 32792 \$20/person, registration fee includes lunch



Presentations include Florida's AA history, What to collect, How to organize/digitize, How to Interview Old Timers, How to prepare Group Histories, Area/District/Intergroup Archives Displays, and Ethics

Please make checks payable to Florida Archives Workshop and Send Registration check to JoAnn B. 7202 Morningsgate Way, Riverview, Fl 33578 by February 1, 2024. If you have any questions feel free to contact JoAnn B, Registrar/Treasurer, at jballvikingfan@gmail.com

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

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.

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

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