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HEARTLAND INTERGROUP

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:**

10th Step Promises

Chapter 6, page 84-85

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.





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 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.

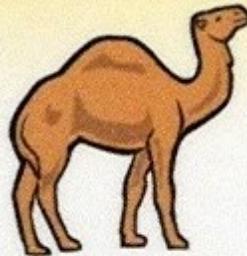
(863) 688-0211

4204 S. FLORIDA AVE STE. H
LAKELAND, FL 33813

Heartland Intergroup is in need of front desk volunteers for Monday and Wednesday mornings from 9:00am-1:00pm. One year

of continuous sobriety is
required. Please email
officemanager@heartlandint
ergroup.org

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.

The Tenth Step Prayer

GOD, PLEASE HELP ME WATCH FOR SELFISHNESS, DISHONESTY, RESENTMENT AND FEAR. WHEN THESE CROP UP IN ME, HELP ME TO IMMEDIATELY ASK YOU TO REMOVE THEM FROM ME AND HELP ME DISCUSS THESE FEELINGS WITH SOMEONE. FATHER, HELP ME TO QUICKLY MAKE AMENDS IF I HAVE HARMED ANYONE AND HELP ME TO RESOLUTELY TURN MY THOUGHTS TO SOMEONE I CAN HELP. HELP ME TO BE LOVING AND TOLERANT OF EVERYONE TODAY. AMEN

A.A. Oldtimers...on the Tenth Step...

A.A. Grapevine, August 1945 Vol. 2 No. 3

Editorial: On the 10th Step...

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

THE admission of a wrong compares in its effects to a strong cauterizing agent. When applied promptly it burns away the infection, but the treatment may be painful. How much mental pain an individual incurs by admitting a wrong depends not so much on the degree of the wrong as on how seriously he is afflicted with vanity and false pride. The more vain the person, the more reluctant he is ever to admit a mistake. The more false pride he has, the more imperative it seems to him to perpetuate the illusion of his own perfection.

Since we all know that vanity and false pride are distortions of the mind, perhaps the reason they are so common is the fact that, although we can spot them immediately in others, we have considerable difficulty in detecting them in ourselves.

Here the value of the personal inventory is self-evident. If it is honest and thorough, it will leave no vanities and false pride unrevealed. It is the means by which we can detect in ourselves the faults we note so readily in others and which we know are obstacles to the growth of an effective and happy personality.

The first inventory we take as we begin to apply the A.A. program naturally tends to be the most soul-searching and the most revealing. In most cases, it is the first self-reckoning we have undertaken in many years and most of us are likely to unearth a great accumulation of debris.

This inventory provides the guide for basic, and usually drastic, correction. Subsequent inventories serve to show whether the first efforts toward correction have been effective and what additional correction may be needed. By this method of personal checkup, we can determine for ourselves whether we are actually moving forward or have slipped backward.

Continued personal inventory is also a medium for readjustment to new objectives. As the A.A. moves upward he frequently finds that he is constantly lifting his sights. What satisfied him previously does not do so any longer. When he was learning to crawl he looked ahead to being able to walk. When he could walk he wanted to run. His expanding personality demands larger fields. If the person he wanted to be yesterday has come into being, he now wishes to be a still better person.

The inventory, obviously, is only part of the treatment. The deficiencies it reveals must be made up. Or, in the thought of the 10th Step: When wrong, promptly admit it. That is putting the inventoried knowledge into action.

Haliburton once wrote, "When a man is wrong and won't admit it, he always gets angry."

Anger, as we well know, is particularly poisonous to us. How foolish and ironical to fall prey to it through vanity!

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

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- October Heartland Intergroup Representative Meeting, Monday, October 9th, at 6:00PM.

Heartland Intergroup is inviting you to a scheduled Zoom meeting.

Topic: October Heartland Intergroup Representative Meeting

Time: Oct 9, 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/j/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 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 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!

The journey
is inevitable.
Baggage-
optional.

-Rev. Alvin

*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.

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

HEARTLAND INTERGROUP MERCHANDISE OF THE MONTH!!!

For the month of OCTOBER, *ALL GRAPEVINE BOOKS*, will be 20% off!!!! Take advantage of this merchandise while it's at this great price!

October

MERCHANDISE
OF THE MONTH

**ALL
GRAPEVINE
BOOKS!**

20% OFF
FOR THE MONTH OF OCTOBER



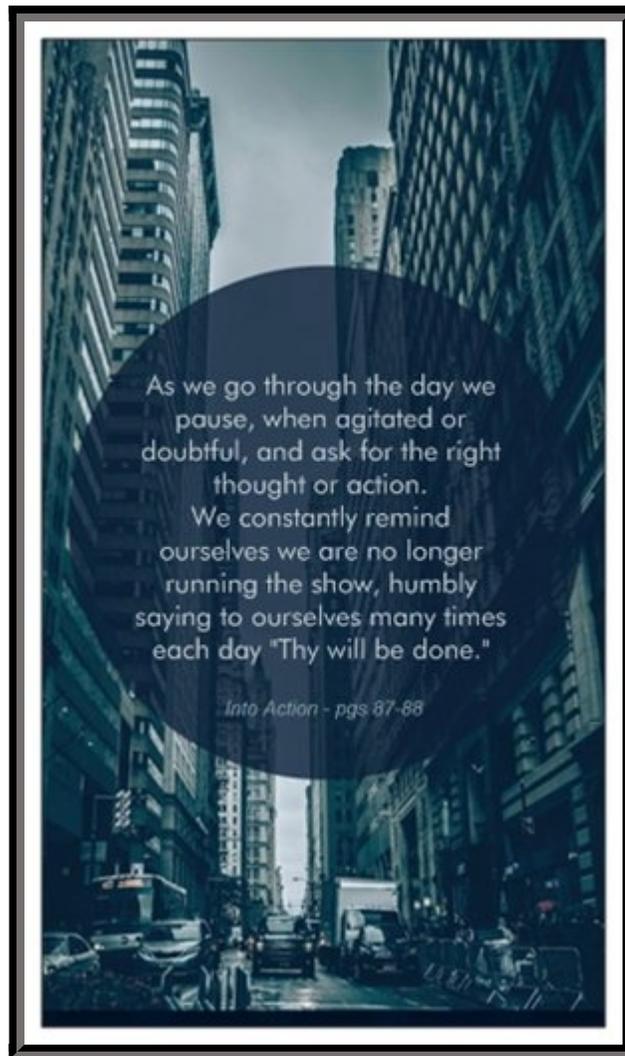
We want to know your Sobriety Birthdays AND Group Anniversaries!

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!

OCTOBER ANNIVERSARIES

ED P.- 10/1/1978, 45 years!
Denise E.- 10/1/1990, 33 years
Dan L.- 10/29/2012, 11 years!



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.

RIGOROUSLY HONEST GROUP

8TH ANNIVERSARY DINNER

**Bring your favorite dish to
share and we will provide
the chicken, drinks, and
dessert!!**



FAM Church
1400 E. Canal St.
Mulberry, FL 33860



Monday, October 9th,
2023
6:00PM- Doors Open
6:30PM- Dinner
7:00PM- Speaker, John M.
sharing on 27 years!

**Come celebrate
with us!**

Primary Purpose



Food ♦ Fellowship ♦ Fun

 **Live Music ♦ Bounce House**

 **Cornhole & Horseshoes**
Boat Ramp Access



Come join us on the shores of Lake Idylwild on

Saturday, October 21, 2023

10 am to 3 pm

Tickets \$10 (kids free)

All proceeds to benefit

Heartland Intergroup



Burgers, Dogs & Drinks Provided
Lunch Will Be Served From 12:00 – 1:30

♦ 2305 Havendale Blvd NW ♦

- ♦ Picnic pavilion located behind Winter Haven Moose Lodge ♦
- ♦ Hosted by the Auburndale and Weekend Serenity Groups ♦

Inspire and Attract! SSAASA7

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



SSAASA7.ORG

Questions? Chair.ssaasa7@gmail.com

Scan to go to website



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 ways:

- Greeter
- Registration
- Hospitality
- Presenter

Discuss and Share:

- General Service Positions
- Grapevine
- Intergroup
- Traditions (Have fun)
- 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 Registration Only. 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!

WHAT: 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

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