

[View this email in your browser](#)



# HEARTLAND INTERGROUP

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!**

**HEARTLAND INTERGROUP WILL BE  
CLOSED NOVEMBER 23rd AND 24th IN  
OBSERVANCE OF THANKSGIVING.**

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

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

The most powerful  
weapon against your  
daily battles is  
finding the courage  
to be grateful  
anyway.

UNKNOWN



## 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 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



---

Heartland Intergroup is in  
need of a front desk  
volunteer Friday mornings  
from 9:00am-1:00pm. One  
year of continuous sobriety  
is required. Please email  
[officemanager@heartlandintergroup.org](mailto:officemanager@heartlandintergroup.org)



**Step 11: Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.**

## **A.A. Oldtimers...On the Eleventh Step...**

*A.A. Grapevine, September 1945, Vol. 2 No. 4*

### **Editorial: On the 11th Step. . .**

*“Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.”*

IT is often wisely said in A.A. that we should not become over-anxious, should not expect to get the whole program overnight, but should take the steps one at time when we feel that we are ready for them. This means that although we are not ready at a given time to take this step or that one and are, therefore, not then taking it, we should be disposing ourselves toward it. It never means that we should plan on avoiding any of the steps.

Practice of the 11th Step is the surest method of disposing oneself toward all the other steps. It was only through seeking contact with God through meditation and prayer that

some of us came to believe in Him and became willing to turn our wills and our lives over to Him. The wish to improve that contact, the searching for knowledge of His will for us and the power to carry it out, gives us strength to make amends, to do the things necessary to remake our lives.

Unless we improve our contact with God, we will gradually lose it. There will be a slow return to indifference, and we will suffer that let-down that so many experience after a few months in A.A. Gradually old desires return with increasingly great urgency. The alteration in conduct that we have made for a few months has not been sufficiently sustained to lead to a change in character, and the deeper habit patterns reassert themselves. Growth in spiritual understanding alone will dispose us to make the effort to recondition ourselves, to change our emotional attitudes and bring about a true character change.

For specific suggestions for practicing the 11th Step we turn to the book *Alcoholics Anonymous*, as we do on all A.A. questions, before going ahead on our own. Applying the wisdom we find there, we turn with newly awakened interest and intensity to the practices of our particular religious denomination, if we have one; we sometimes select and memorize a few set prayers; we may study the recorded thoughts of others; but in any event we make it a practice in the morning to ask God to guide us during the day, and thank Him at the day's close for His many blessings. We are careful never to pray for our own selfish ends but ask especially for freedom from self-will and knowledge of God's will for us.

Some of us have found the following verse helpful on awakening, when all our wishes and hopes for the day rush at us like wild animals; the first thing we must do is shove them all back, and listen to that other voice, letting a calmer, quieter, stronger life flow into us: "Every morning rest your arms awhile upon the window-sill of Heaven and gaze upon your Lord, and with that vision in your heart turn strong to meet your day."

All of which, of course, is calculated to keep us from taking that first drink. It works –it really does.

**R. D.**

Garden City, New York

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**



Lord

*Make me a channel of thy peace.*

*Where there is hatred, let me bring love*

*Where there is wrong, let me bring pardon*

*Where there is discord, let me bring harmony*

*Where there is error, let me bring truth*

*Where there is doubt, let me bring faith*

*Where there is despair, let me bring light*

*Where there is sadness, let me bring joy*

Lord

*Grant that I may seek*

*To comfort, rather than be comforted*

*To understand, rather than be understood*

*And to love, rather than be loved*

*For it is in giving that we receive*

*It is in forgiving that we are forgiven*

*And it is in dying that we receive eternal life*

HYBRID MEETING-  
November Heartland Intergroup

# Representative Meeting, Monday, November 13th, at 6:00PM.

Heartland Intergroup is inviting you to a scheduled Zoom meeting.

Topic: November Heartland Intergroup Rep Meeting  
Time: Nov 13, 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)

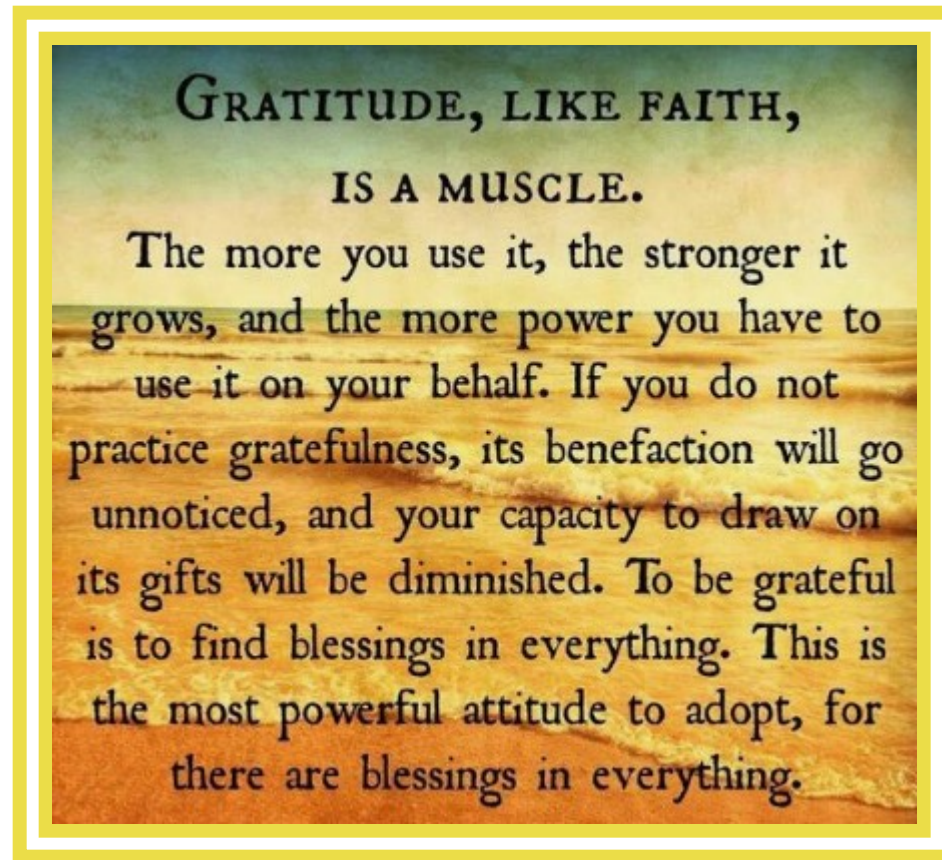
Meeting ID: 232 358 0422

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

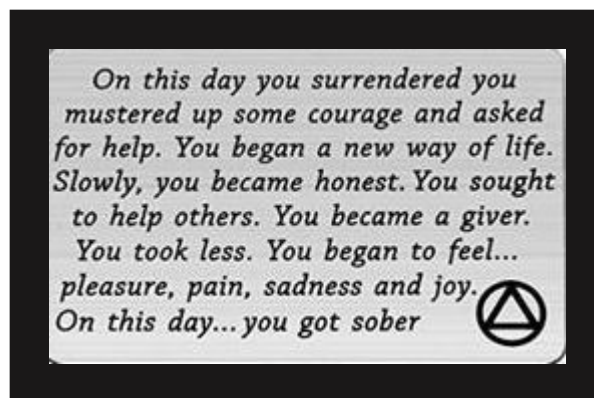
We would love to stay in touch when we need to! No worries, we don't share this information with the public! The only people that see it are the Heartland Intergroup Board, web servants, and the District 3 Registrar.

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. \_\_\_\_\_

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. *[Signature]* M. D.

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

For the month of NOVEMBER, *in honor of Gratitude month, A Visual History of Alcoholics Anonymous*, will

be 20% off!!!!!! Take advantage of this merchandise while  
it's at this great price!

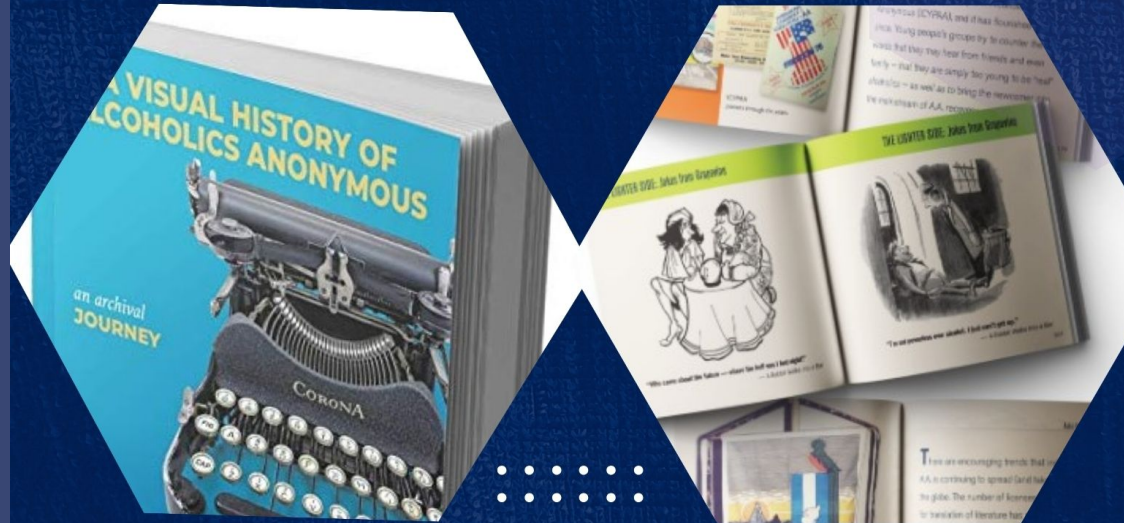


HEARTLAND  
—INTERGROUP—

**NOVEMBER**

Merchandise of the Month

**20% OFF**



## A Visual History of Alcoholics Anonymous

This highly illustrated tour through A.A.'s history is told in hundreds of iconic images never before published in one volume. Illuminating descriptions walk us through powerful moments in A.A.'s history – from the people, places and things integral to A.A.'s early growth, and forward to today's vibrant, international Fellowship. Includes a special focus on Detroit in A.A.'s history and updated coverage of recent innovations in A.A. group life.



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

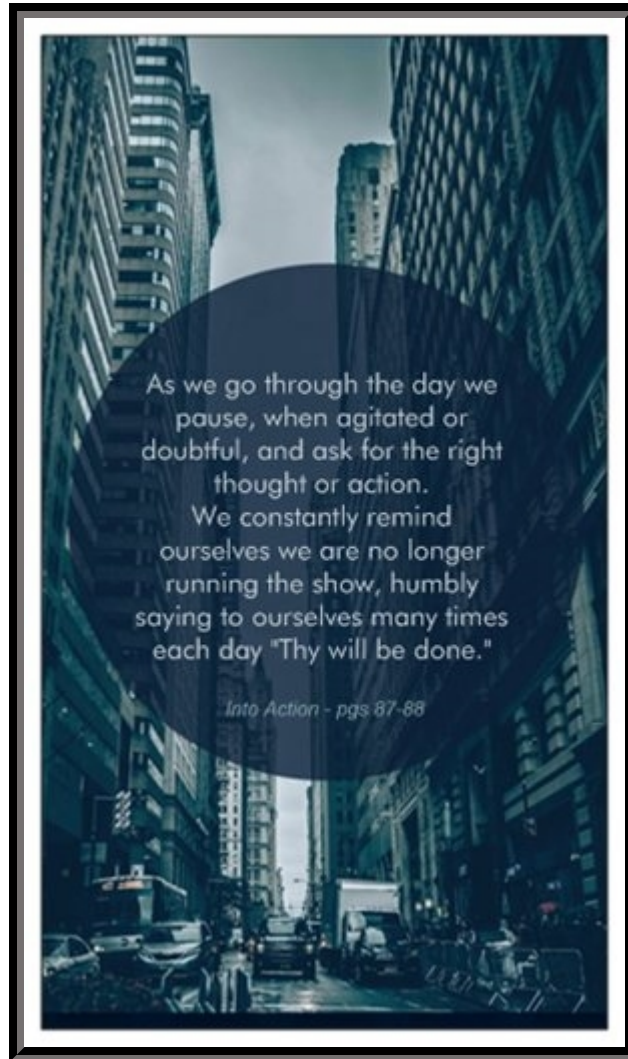
Heartland Intergroup wants to recognize greatness and remind the newcomers that IT WORKS!!!! Please send in your sobriety birthday and/ or group anniversary so we can share it for that month in our newsletter!! You can send them in via email at [officemanager@heartlandintergroup.org](mailto:officemanager@heartlandintergroup.org).

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

### **NOVEMBER ANNIVERSARIES**

MARILYN L.- 11/12/2013, 10 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.

\* District will be meeting December 3rd, same time and place, for a combined November/December business meeting.

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous



Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** *Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.*



**2** *Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.*



**3** *Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.*



**4** *Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer*



**5** *Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.*



**6** *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



**7** *Don't think you have to stay late. Plan in advance an "important date" you have to keep.*



**8** *Worship in your own way.*



**9** *Don't sit around brooding. Catch up on those books, museums, walks, and letters.*



**10** *Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."*



**11** *Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.*



**12** *"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.*

than you are.

# 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**



Questions? Chair.ssaasa7@gmail.com

**SSAASA7.ORG**

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.

<b>Volunteer to help in so many ways:</b> <ul style="list-style-type: none"> <li>• Greeter</li> <li>• Registration</li> <li>• Hospitality</li> <li>• Presenter</li> </ul>	<b>Discuss and Share:</b> <ul style="list-style-type: none"> <li>• General Service Positions</li> <li>• Grapevine</li> <li>• Intergroup</li> <li>• Traditions (Have fun)</li> <li>• Concepts (Learn)</li> <li>• Just checking out the 3<sup>rd</sup> Legacy?</li> </ul>
<p>Register and reserve your room at <a href="http://ssaasa7.org">ssaasa7.org</a>, or download paper registration form and FAQ</p> <p><b>Questions?</b> Email <a href="mailto:chair.ssaasa7@gmail.com">chair.ssaasa7@gmail.com</a></p>	
<p><b>Need A Scholarship?</b> We are able to offer a scholarship for <i>Registration Only</i>. Email <a href="mailto:chair.ssaasa7@gmail.com">chair.ssaasa7@gmail.com</a> for an application. Be sure to allow time to reserve your hotel room if one will be needed.</p>	





# 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





## Thanksgiving Alcothon 2023



- Begins - Wednesday November 22, 2023 @ 5:30PM
- Ends - Thursday, Thanksgiving Day @ 4:00PM
- 2720 East Main St Lakeland, Fl.
- 50/50 drawing at the end of the Alcothon
- **Thanksgiving Dinner** from 1:00PM until 4:00PM Thanksgiving Day
- **Meats will be supplied - will need side dishes. Please be giving.**
- Meeting times available to fill. **Check bulletin board @ 2720 Club to sign up.**

Sponsored by Monday Night Men's and Woman's Meetings



Key To Sobriety

99<sup>th</sup> Annual

# Thanksgiving Dinner

Dinner, Desserts & Speaker

November 23, 2023

Church of the Good Shepherd 221 4<sup>th</sup> St Lake Wales, FL

Doors Open 3:30pm\*\*Dinner 5pm\*\*Speaker 6pm

**SPEAKER: FREDDIE H.**

**\*\*Feel free to bring and share a favorite Dessert or side dish to share\*\***

**\*\*Turkey, Ham and sides will be supplied\*\***

---

# Old Time A.A.

*Presents: A benefit for Dr. Bob's Home*



**January 20, 2024  
9:30 AM to 4:30 PM  
Tickets \$30**

**Breakfast & Lunch Served  
St. Thomas Episcopal Church  
1200 Snell Isle Blvd NE,  
St. Petersburg, FL 33704  
[oldtimeaa.com](http://oldtimeaa.com)**

Gail L. - The Villages, FL  
The history of Dr. Bob's Home and updates

Deb H. - Akron, OH  
Getting sober in Akron

Stephen R. - Tampa, FL  
How "Florida and Akron" are so closely related

Sheryl R. - Tampa, FL  
Ambassador's Program for Dr. Bob's Home



*if preferred, make check payable to Old Time AA and mail to: 21632 State Rd 54, Lutz, FL 33549  
For more information call (352) 556-7711 or email [oldtimeaa@gmail.com](mailto:oldtimeaa@gmail.com)*

**Name** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Email** \_\_\_\_\_

Like to make a contribution to Dr. Bob's Home? Zelle @ 352-556-7711; Venmo @ Stephen-Ryan-56

☐ I wish to volunteer at Old Time A.A.



# 6<sup>TH</sup> 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](mailto: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



---

*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](#)

Heartland Intergroup of AA · 4204 S. Florida Avenue #H · Lakeland, FL 33813 · USA

