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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

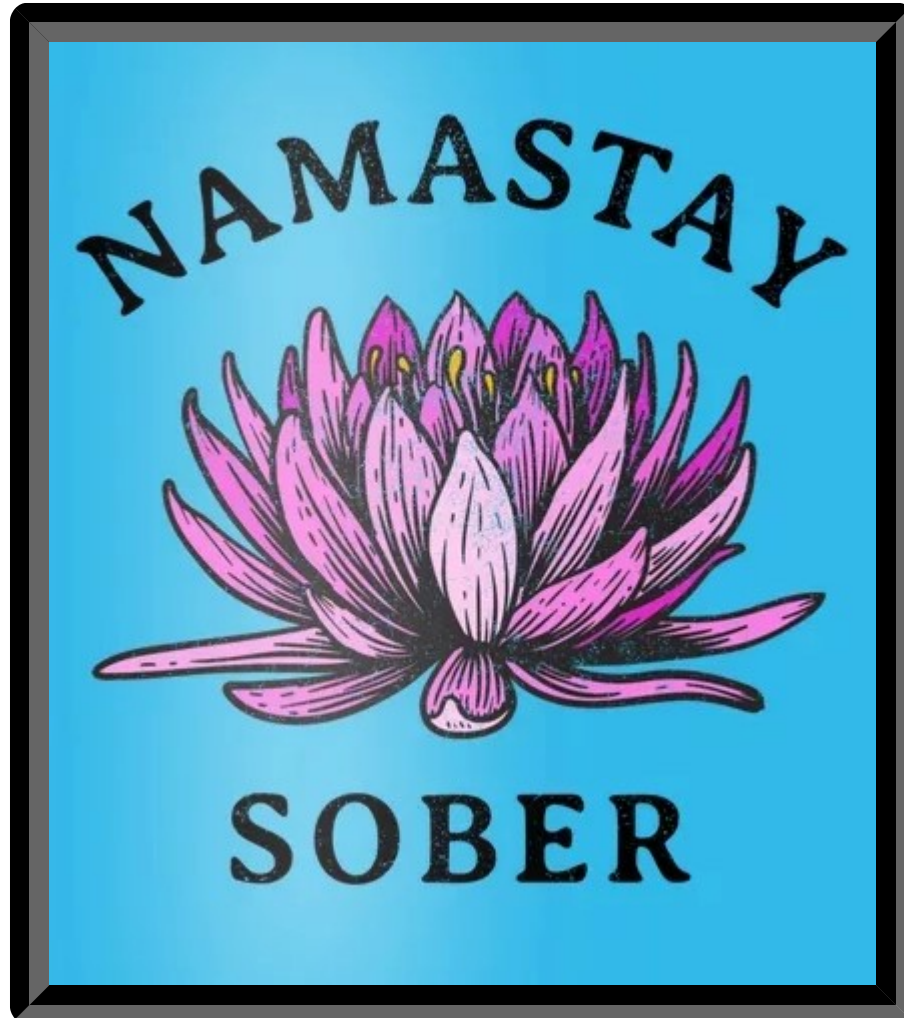
MONDAY- 9AM-5PM
TUESDAY-9AM-5PM
WEDNESDAY-9AM- 5PM
THURSDAY- 9AM- 5PM
FRIDAY- 9AM- 5PM

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

**HEARTLAND INTERGROUP OFFICE WILL
BE CLOSED DECEMBER 25th AND 26th,
2023.**

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

[Submit Meeting Changes](#) | [Heartland AA](#) (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. 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 a front desk
volunteer every other
Friday morning from
9:00am-1:00pm. One year

of continuous sobriety is
required. Please email
[officemanager@heartlandint
ergroup.org](mailto:officemanager@heartlandint
ergroup.org)



"Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, especially alcoholics and to practice these principles in all our affairs."



A.A. Oldtimers...On the Twelfth Step...

A.A. Grapevine, October 1945, Vol. 2 No. 5

Editorial: On the 12th Step . . .

“Having had a spiritual experience as the result of those steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

Very few of us know the exact hour and date we had our spiritual experience, and some of us are not conscious of ever having had one at all. However, our changed personalities and perspectives are definite proof that “something” happened to us somewhere along the line as those who knew us “when” will attest.

A.A.s refer to the 12th Step as “working with others,” and this means we try to help the other person work out his or her problem. From our vast fund of knowledge on the subject, gained from our own actual experiences and often under similar conditions, we are peculiarly qualified to exercise that sympathetic understanding that only another alcoholic can have and which is so important in talking to a person who, like ourselves, is allergic to alcohol. This is the crux of the success obtained by groups throughout the country. This A.A. program, which is responsible for our own sobriety, and for giving us a new lease on life, was handed to us on a silver platter and without monetary cost. It is our bounden duty, therefore, to pass it on in the same manner to those who want it. It was not intended for us to keep to ourselves.

We are admonished to, “Go ye and spread the gospel,” and Webster defines gospel as: “Any doctrine concerning human welfare that is agitated as of great importance.” Surely, to us alcoholics it is of the utmost importance. We carry out the 12th Step when we share our gift by telling others of the help we have found, by lending encouragement to those who find the way difficult, by making calls when requested to, and by attending meetings to show to the sensitive newcomer that he or she is not alone.

Sobriety, however, is not enough and length of sobriety is not so important as quality of sobriety. The A.A. program is a design for living normal, happy lives, and it is necessary that we practice the principles of tolerance, patience, unselfishness, humility, and that we curb our all too human desire to criticize and bear resentment.

It is sometimes discouraging to talk to a person who does not immediately respond to our “pearls of wisdom,” but right there is where we exercise patience and realize that once the seed has been sown, John Barleycorn is our best salesman. Two years ago O.L. was called upon in New York City and after three or four meetings considered himself “cured,” and in no further need of association with the A.A. group. Last week I was called to a hospital here in

Atlanta, to interview a patient who turned out to be my old friend O.L. who had sense enough to scream for A.A. and was now “ready” for the entire program. None of us can let our defenses down, for unless we keep everlastingly at it we are doomed.

Persons thank us for showing them the way, and relatives are inclined to credit one or another of us with the recovery of their loved one. It is then that we realize that “Of myself I am nothing” –and we thank the Power greater than ourselves for making us an instrument of His ways.

T. B., Atlanta, Georgia

LOOKING FOR A PLACE TO CALL HOME?



HEARTLAND
—INTERGROUP—

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



A *Sponsor* is one that
knows you as you are
understands where
you have been accepts
what you have become
and still gently allows
you to grow.

HYBRID MEETING-
December Heartland Intergroup
Representative Meeting, Monday, December
11th, at 6:00PM.

Heartland Intergroup is inviting you to a scheduled Zoom meeting.

Topic: December Heartland Intergroup Rep Meeting
Time: Dec 11, 2023 06:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/2323580422?omn=88926799333>

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

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 LakelandWW@gmail.com.

R. H. SMITH, M. D.				
2ND NATIONAL BLDG.			AKRON, OHIO	
TELEPHONE: HE-8523			REG. NO.	
R _x	FOR <u>alcoholics</u>			
	ADDRESS _____ DATE <u>Feb 1937</u>			
<i>always remember it</i>				
<ol style="list-style-type: none">1. Trust God2. Clean house3. Help others				
NR	1	2	3	INF.
				<i>[Signature]</i> M. D.



Winter Closeout Sale

UP TO 60% OFF

WE ARE CLEANING HOUSE!

**In store only
While supplies last*

**4204 S. FLORIDA AVE.
SUITE H
LAKELAND, FL 33813
863-688-0211**

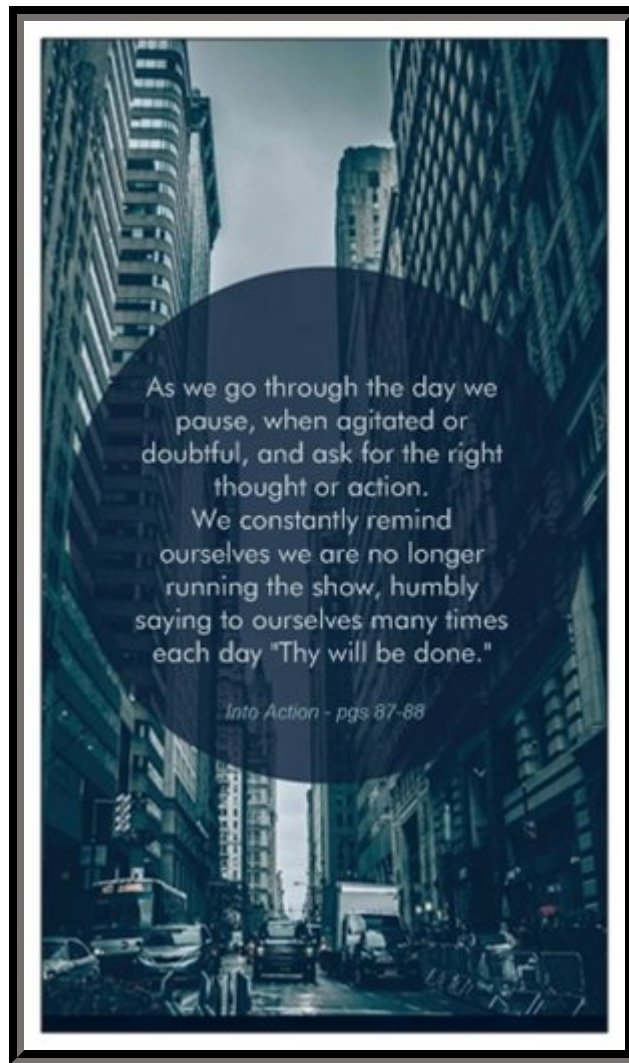
We want to know your Sobriety Birthdays AND Group Anniversaries!

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!

DECEMBER ANNIVERSARIES

SHUT UP AND GET IN THE CAR - 12/4/2018, 5 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.

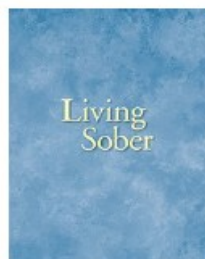
* District will be meeting December 3rd, same time and
place, for a combined November/December business
meeting.



Resources To Help Stay Sober Over The Holidays

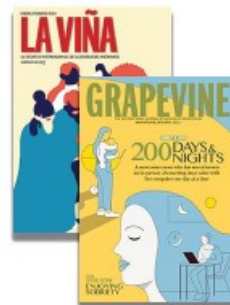


Heartland Intergroup is here for you! We have a 24/7 hotline where you can reach out for help, (863)687-9275. Our office is open and staffed by volunteers that are here to talk with you. We always have things at the office you can do to keep your mind occupied. We have literature available that you can read in our quiet reading room. We keep an up to date online meeting schedule to help you find your next meeting and the Meeting Guide App. A free online newsletter, The Intergrouper, posts events going on in our area. We realize the holidays can be tough, especially at the beginning of sobriety, but you don't have to do them alone!



This practical booklet demonstrates through simple examples how A.A. members throughout the world live and stay away from that "first drink" one day at a time. Covers topics such as attending events where alcohol is served, relationships in sobriety and much more.

Purchase at the Heartland Intergroup office, on AA.org or it is also available on some phone Apps like "Everything AA" which has the Big Book, 12 and 12, and an online meeting finder.



AA Grapevine offers more than just their magazine. If you go to aagrapevine.org and search "holidays", a whole bunch of previous grapevine articles are free to read about how to stay sober during the holidays. AA Grapevine also has a free app where you can listen to their podcast, build your own spiritual maintenance daily checklist, and much more. For a subscription fee you can have access to the monthly magazine and their archives right on your phone.



Produced by Area 15 District 3 Literature Committee with cooperation from the Grapevine Committee and Heartland Intergroup. 2023

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 than you are.*



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.*



December District Breakfast Fundraiser

Hosted By: Monday Night Ladies &
Monday Night Men's Gp.
@ 2720 Club|

Where: 2720 Club East Main
Lakeland FL.

When: Saturday December
9th

Suggested Donation: \$10.00

Doors Open 8:30

**Breakfast Buffet with Double Speaker Meeting to
follow (9:30-10:30)**

50/50 Raffle and Recovery Basket Giveaway



Christmas Alcothon 2023



Begins - Sunday, December 24, 2023 @ 7:00PM
Speaker Meeting

Ends - Monday, Christmas Day @ 8:00PM After
7:00PM Womans and Mens Meeting

- 2720 East Main St Lakeland, Fl.
- Dinner From 1:00PM - 3:00PM Meats provided
(all side Dishes appreciated) Alcothon Ends
8:00 PM
- 50/50 will be drawn at end of Alcothon Do
not have to be present to win.
- Sign-up sheet for holding a meeting is on
bulletin board @ the 2720 Club

Show up and have a Fantastic Sober Xmas

Sponsored by Woman's and Men's Meetings



*Come celebrate
with us!*



HEARTLAND
—INTERGROUP—

40th Anniversary

Saturday, February 17th, 2024

Doors open: 5:00 PM

Dinner: 6:00 PM

Speaker: Jade D.

Tickets are \$20.00

Available at Heartland Intergroup office

DOOR PRIZES!

50/50 RAFFLE!

DESSERT AUCTION!

FAM Church

1400 E. Canal St.

Mulberry, FL 33860

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

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

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.

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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