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HEARTLAND INTERGROUPER

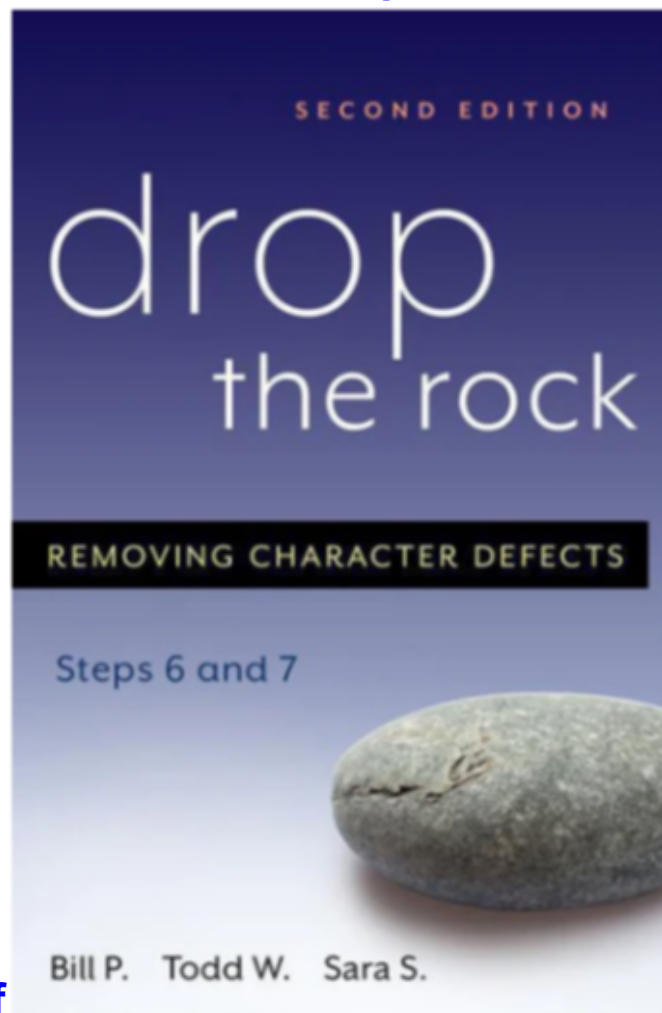
4204 S. Florida Ave, Suite H.
Lakeland, FL 33813
863-688-0211 or 863-687-9275

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!

Book of the Month Drop The Rock



10% off

ANY MEETING CHANGES PLEASE SUBMIT CHANGES TO WEBSITE:

[Submit Meeting Changes | Heartland AA \(heartlandintergroup.org\)](http://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 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

Celebrate the 89th Founder's Day with



Join us for Our Founder's Day Celebration with an indoor/outdoor picnic, fellowship and a speaker on Saturday, June 8th, 2024 ~ at Fam Church, 1400 E. Canal Street in Mulberry.



Doors will open at 4:00 PM, dinner will be served at 5:00 PM, and the speaker *Brad F* will share his road to recovery at 6 PM. Our extensive menu will include the following items: hamburgers, hotdogs, turkey burgers, baked beans, pasta and fruit salad, chips, and watermelon.

Dessert will be the traditional sheet cake, commemorating our founders.

Coffee, sweet tea, unsweet tea, and water will be provided. We will have a dessert raffle, a 50/50 raffle and door prizes. Tickets are **\$20.00** each, can be purchased at the Intergroup Office and also will be distributed for sale at some meetings. For more information, contact the I.G. Office at (863) 688-0211. Please bring a dessert to for the dessert auction.

<h3>THE PROMISES</h3> <p>If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.</p>	<h3>St. Francis Prayer</h3> <p>Lord, make me a channel of thy peace; that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. Amen</p>	<h3>A VISION FOR YOU</h3> <p>Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you - until then.</p>	<h3>Acceptance</h3> <p>And acceptance is the answer to all 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. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I could not be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.</p> <p>Alcoholics Anonymous 417</p>	<h3>3rd Step Prayer</h3> <p>God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy Way of life. May I do Thy will always!</p> <hr/> <h3>7th Step Prayer</h3> <p>My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen</p>												
<p>God grant me the Serenity to accept the things I cannot change.. the Courage to change the things I can... and the Wisdom to know the difference.</p>	<table border="1"> <tr> <td>KEEP IT SIMPLE</td> <td>KEEP COMING BACK</td> </tr> <tr> <td>LIVE AND LET LIVE</td> <td>ONE DAY AT A TIME</td> </tr> <tr> <td colspan="2">EASY DOES IT</td> </tr> <tr> <td>GOD GRANT ME THE SERENITY</td> <td>H A L T</td> </tr> <tr> <td colspan="2">FIRST THINGS FIRST</td> </tr> <tr> <td>LET GO AND LET GOD</td> <td>BUT FOR THE GRACE OF GOD</td> </tr> </table>	KEEP IT SIMPLE	KEEP COMING BACK	LIVE AND LET LIVE	ONE DAY AT A TIME	EASY DOES IT		GOD GRANT ME THE SERENITY	H A L T	FIRST THINGS FIRST		LET GO AND LET GOD	BUT FOR THE GRACE OF GOD	<h3>12 PRINCIPLES</h3> <p>HONESTY HOPE ACTION COURAGE INTEGRITY WILLINGNESS HUMILITY BROTHERLY LOVE DISCIPLINE PERSEVERANCE SPIRITUAL AWARENESS SERVICE</p>	<h3>Big Book Index</h3> <p>3rd Step Prayer— 63 7th Step Prayer—76 Acceptance - 417 Amends - 77, 82-83 Anger - 60, 61, 64, 66, 67, 111 Complacency - 82 Disease—21,23 Easy Does It - 135 Faith - 14, 15, 48, 49, 52, 55 Family - 68, 83, 97, 99, 100, 135 Fear - 67-68, 115, 116 Freedom - 83, 84, 93, 133, 151, Forgiveness - 70, 80 Gratitude - 132 Honesty - 58, 64, 67, 70, 72-73, 82-83, 115 Humility - 12, 13, 25, 63, 72-73, 93, 100, 218 Inventory - 25, 64-65, 69, 72-73, 86, 99-100, 126 Insanity - 30, 37, 38, 57, 124 Meditation— 59, 69, 86-88 Prayer—59, 85, 87 Promises— 5, 38, 84,148 Resentments—62, 64-66, 70, 117 Self-Will—60, 62, 71, 76 Self-knowledge—7, 36-39, 40, 42 Selfishness—62, 84, 116 Spiritual Experience— 25, 27, 44, 47, 128, 130, 157</p>	<h3>ONE DAY AT A TIME</h3>  <p>Help me believe in what I could be and all that I am. Show me the stairway I have to climb. Lord, for my sake; teach me to take One day at a time</p>
KEEP IT SIMPLE	KEEP COMING BACK															
LIVE AND LET LIVE	ONE DAY AT A TIME															
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FIRST THINGS FIRST																
LET GO AND LET GOD	BUT FOR THE GRACE OF GOD															

Here are a few things that took place in the Month of April. The Heartland Intergroup Office Manager and Volunteers had an appreciation Pizza Party Saturday April 20th. It was awesome! We got better acquainted and discussed ways to make the volunteer experience a more user-friendly environment. I also established a Founder's Day Committee to head up our Founders Day Picnic Saturday June 8th. We are still asking for

**volunteers if you are interested, please contact the
Heartland Intergroup office at 863-688-0211. Flyers and tickets
will be available starting May 2, 2023**

Fourth Step Inventory

One of the **requirements** for sobriety is the need for confession of personality defects, a moral inventory, and step four is designed to be just this. There is a lot of hype and fear surrounding this step (mostly created by those who are yet to do it), and these worksheets are designed to make this task as easy and simple as possible. Everything contained in these sheets is directly from the Big Book '[Alcoholics Anonymous](#)', there is no opinion, just fact. To be able to start on this step, the previous three steps must of course have been completed, so **before** starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready.

Many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in **resisting** the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths. The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable.

Here are some tips to help you with this moral inventory:

Try and list resentments in groups, i.e.; Family, school, relationships, work, etc.

If you are not sure in any area, call somebody and ask them for their **experience**.

Get into the habit of writing every day, even if it's only for ten minutes.

In the resentment inventory, **don't** write across, do it in columns, i.e; ALL names first, ALL causes second, etc.

Be honest! The only person to truly benefit from this exercise is you, don't cheat yourself out of this incredible experience.

LOOKING FOR A PLACE TO CALL HOME?



WE WELCOME YOUR GROUP!

What does that include?

1ST MONTH'S RENT FREE

INSURANCE IS COVERED

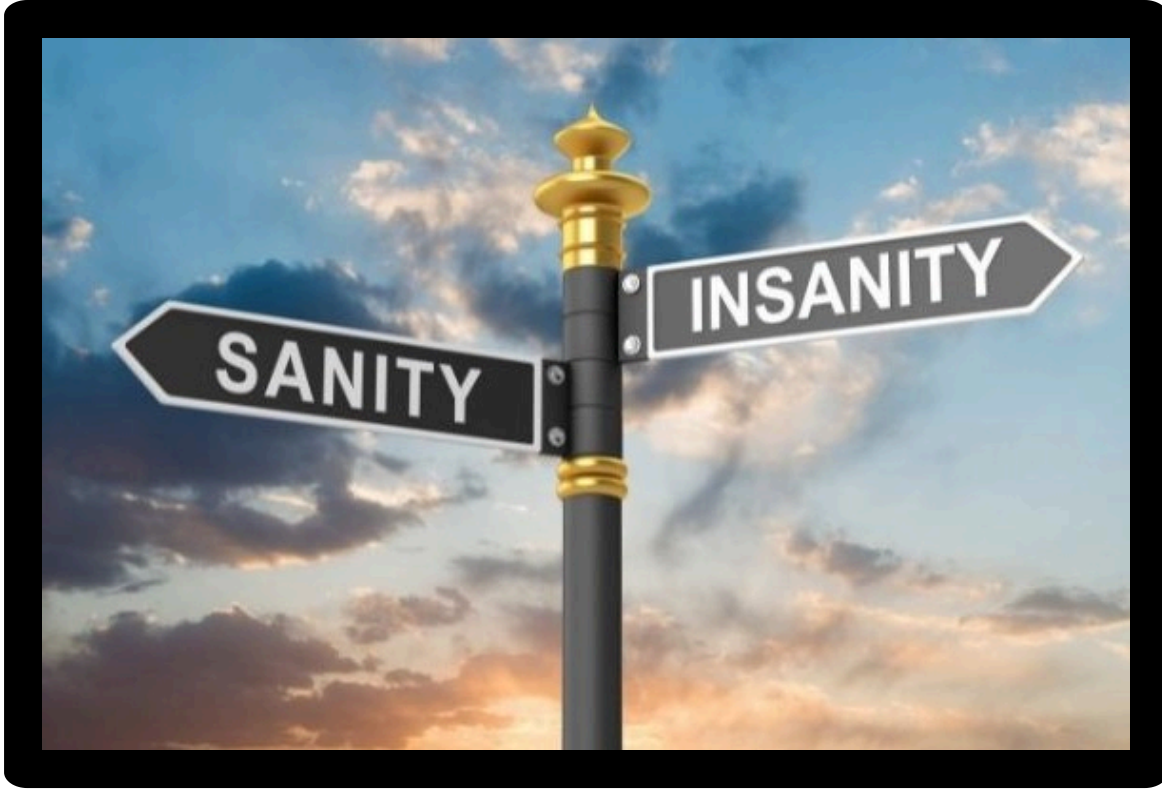
COFFEE AND WATER INCLUDED

HYBRID MEETING POSSIBILITIES

BIG BOOKS TO USE WHILE IN MEETING SPACE

LOTS OF TIME SLOTS AVAILABLE

**CONTACT OFFICE MANAGER AT:
OFFICEMANAGER@HEARTLANDINTERGROUP.ORG**



HYBRID MEETING- February Heartland Intergroup Representative Meeting, Monday, May 13th, at 6:00PM.

Heartland Intergroup is inviting you to a scheduled Zoom meeting.

Topic: Intergroup Rep Meeting May 13th, 2024

Time: May 13, 2024 06:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82448241567?pwd=S1ZUYi9ZbmJTV2pjT3lwRURoZzUyQT09>

Meeting ID: 824 4824 1567

Passcode: 633080

One tap mobile

+13052241968,,82448241567#,,,,*633080# US

+16469313860,,82448241567#,,,,*633080# 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)
- +1 253 215 8782 US (Tacoma)
- +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

Meeting ID: 824 4824 1567

Passcode: 633080

Find your local number: <https://us02web.zoom.us/j/82448241567>

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.**

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*



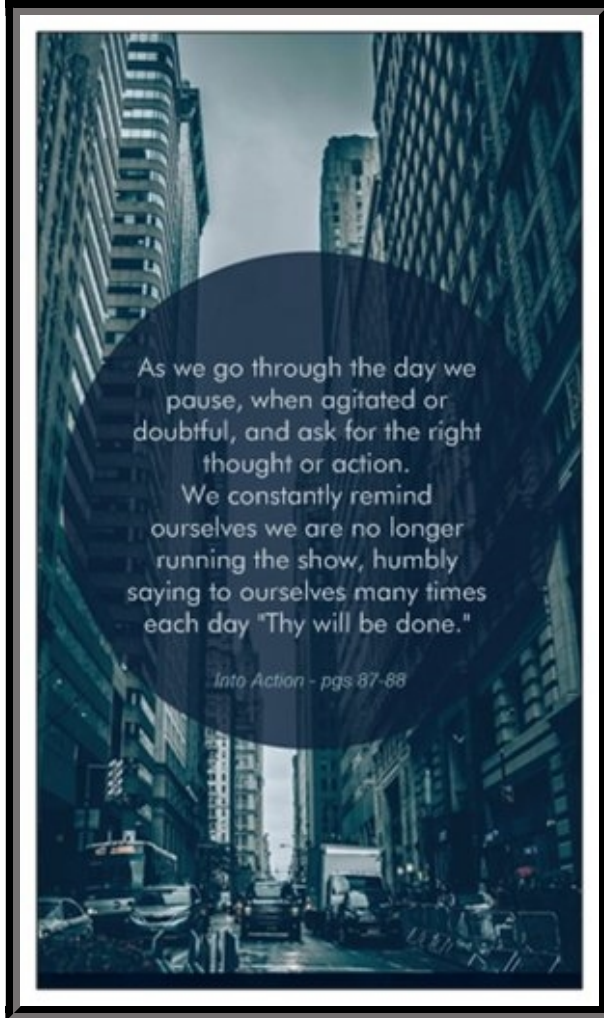
We are forming a Heartland Intergroup
Outreach Committee.

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 LakelandWW@gmail.com.

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!



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.

Prodigal Sons V Central Florida AA Men's 12-Step Retreat, Spring 2024

The Spring Retreat is once again around the corner!

WHAT: 3-day, 12-Step Men's Retreat welcome to all members of Alcoholics Anonymous. Based on the 12 steps of Alcoholics Anonymous, put on by recovered alcoholics for other alcoholics in recovery. 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 May 17 thru Sunday May 19, 2024

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: **\$162:** Camp lodging and bring your own bedding, towels, pillow
 \$177: 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 March 29, 2024**

WHO TO CONTACT: For the application form send an email to:
prodigalsonsv@gmail.com
or call/text Daniel at 941-730-4274

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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