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HEARTLAND INTERGROUPER

www.heartlandintergroup.org

863-688-0211 or 863-687-9275

Mondays - Friday 9 am to 5 pm

**1643 Williamsburg Square, Suite 103
Lakeland, FL 33803**

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



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

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

**Celebrate a Happy
Sober Birthday**



May Anniversaries

Paula P. May 1997 28 years

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

Help us show the newcomer it does work!

Email: Office_manager@heartlandintergroup.org to add your date

Where did “Live and Let Live” come from?

<https://www.aacle.org/history-of-aa-slogans>

Members have always inquired as to the origins of various slogans, and it has always been difficult to narrow down; in our research, we discovered a letter written by former GSO Archivist, Frank M., dated 1989, who responded to a similar question that was posed to him. This was Frank's response, *“Your interest in the origins of ‘One Day at a Time’ is shared by many of us. Like handholding, however, it's difficult to pin-point the exact ‘moment.’”* That is the problem we find with most of our AA slogans, unfortunately!

We do know, however, that many slogans commonly heard have been around since the early days of the Fellowship. In December of 1958 Ruth Hock (non-alcoholic), who was AA's first secretary, wrote a response to a similar question concerning different slogans. In her reply Ruth wrote:

“...Bill [W.] and I first worked together in January 1936 when he had been sober just a little over one year and at that time ‘Easy Does It,’ ‘Live and Let Live,’ and ‘First Things First,’ were part of the daily conversation. They were also used in the very first drafts of the book, but probably only Bill himself could tell you where he picked them up...”

In addition to Ruth's response, page 220 of Bill W.'s biography, *Pass It On*, also addresses this topic:

“Some ‘A.A. saws’ were also used as long ago as the late 1930s: ‘First Things First,’ ‘Easy Does It,’ ‘Live and Let Live.’ Because these appear in the first edition of the Big Book (at the end of the chapter on ‘The Family Afterward’), it's probable that the use of the slogans originated with Bill and that he brought them with him from Vermont – old saws with new teeth.”



5 'Live and Let Live' - Living Sober

When we first stopped drinking, it was a great relief to find that the people we met in AA— recovered alcoholics—seemed to be quite different. They reacted to us, not with criticism and suspicion, but with understanding and concern.

However, it is perfectly natural that we still encounter some people who get on our nerves, both within AA and outside it. We may find that our non-AA friends, co-workers, or family members still treat us as if we were drinking. (It may take them a little while to believe that we have really stopped. After all, they may have seen us stop many times in the past, only to start again.)

To begin to put the concept of “Live and Let Live” into practice, we must face this fact: There are people in A.A, and everywhere else, who sometimes say things we disagree with, or do things we don't like. Learning to live with differences is essential to our comfort. It is exactly in those cases that we have found it extremely helpful to say to ourselves, “Oh, well, ‘Live and Let Live.’”

In fact, in AA much emphasis is placed on learning how to tolerate other people's behavior. However offensive or distasteful it may seem to us, it is certainly not worth drinking about. Our own recovery is too important. Alcoholism can and does kill, we recall.

We have learned it pays to make a very special effort to try to understand other people, especially anyone who rubs us the wrong way. For our recovery, it is more important to understand than to be understood. This is not very difficult if we bear in mind that the other AA members, too, are trying to understand, just as we are.

For that matter, we'll meet some people in AA or elsewhere who won't be exactly crazy about us, either. So all of us try to respect the rights of others to act as they choose (or must). We can then expect them to give us the same courtesy. In AA, they generally do.



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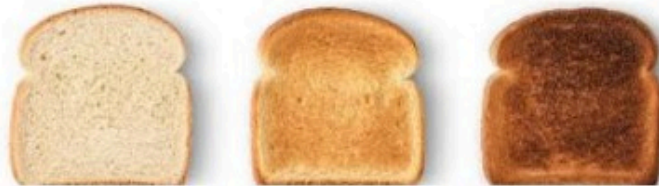
**Heartland Intergroup is inviting you to a scheduled
Zoom meeting.**

**Topic: Representative Meeting
Time: May 12, 2025 06:00 PM
Eastern Time (US and Canada)**

Meeting ID: 232 358 0422

No password is needed. The Host will let you in.

[Click here to join the meeting](#)



WINNERS CIRCLE DISTRICT 3 BREAKFAST

Saturday May 17th, 2025

Tickets \$15

(including 7th tradition)

50/50 raffle

Limited number of tickets available so get them fast!

Doors open at 8am

Breakfast at 8:30am

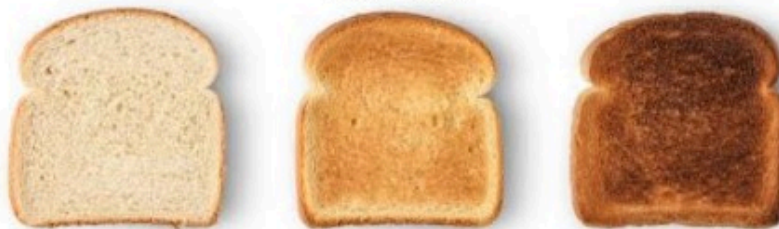
Speaker at 9:30am

First Presbyterian Church

Boy Scout Bldg

175 Lake Hollingsworth Dr

Lakeland



Friday Family Fun Night

1st Annual



May 23rd 7:30pm - 11:30pm

2720 E Main St. Lakeland, FL

Call John W to register @ 863-585-8140

Acceptance Group

34th Anniversary Dinner

Saturday, 5/31/25

Doors Open: 5:00pm
Dinner: 6:00pm
Speaker 7:00pm

Trinity United Methodist Church
715 Cornelia Ave.
Lakeland, FL 33815

Please Bring a Dish to Share

Chicken, Cake & Refreshments Provided

50/50 Raffle



Key to Sobriety Welcomes You to our Annual

“Hot Diggity Dog Founder’s Day Dinner”



When: Thursday June 12, 2025

Where: 221 S 4th St, Lake Wales, FL 33853 Church of the Good Shepherd

Doors Open: 5:00 pm

Dinner: 5:30 pm

Meeting w/ Speaker: 6:30 pm

Hot dogs provided by the group

Please bring a side dish or dessert to share

50/50 Raffle

Speaker to be announced

There is no suggested donation for this event.



FOUNDERS' DAY FLORIDA STYLE

Recovery- Unity- Service

June 13, 14, and 15, 2025

TALLAHASSEE AUTOMOBILE MUSEUM

6800 MAHAN DRIVE, TALLAHASSEE, FL 32317

SPEAKERS

JUNE G.- Oxnard, CA (AA)
JIM A.- Spring Lake, NJ (AA)
JEFF K.-Panama City, FL (AA)
KAREN R.- Tampa, FL (AA)
PATTY H.- Prattville, AL (AA)
BARRON R.- Atlanta, GA (AFG)
As an added bonus-

**JAMES L. will share his
presentation on Women in AA
History.**

**JANE D-L., and JAMES L. are our
MC'S FOR THE WEEKEND**

REGISTRATION

**\$30.00 per person, in
advance.**

\$35.00 at the door.

**Registration includes free
admission to the Car
Museum, and
complimentary Saturday
night dinner.**

**Doors open at 4:30 on
Friday, and the first
speaker begins at 5:30.
Please join us in our
Ballroom location!**

**SATURDAY NIGHT WILL FEATURE OUR RAFFLE BASKET
DRAWING, 50/50, AND THE SOBRIETY COUNTDOWN**

Register online at www.foundersdayflorida.org

FDFS- 1700 N. Monroe St., Suite 11221 Tallahassee, FL 32303

Florida Speaks the Language of the Heart

2025 INTERNATIONAL CONVENTION

Florida Hospitality Suite



July 3-6, 2025

Fairmont Waterfront Hotel
Princess Louisa Room
900 Canada Place
Vancouver, Canada

Hospitality Room

Thursday, Friday & Saturday
9am to 5pm



SERENITY RENAISSANCE FROM MEDIEVAL TO MIRACULOUS



Friday, August 15 - Sunday, August 17, 2025

35th Annual AFG Florida South Area 10 Convention with AA Participation

PGA National Resort, 400 Avenue of the Champions, Palm Beach Gardens, FL 33418

RESORT FEATURES AND ACCOMMODATIONS

Special AFG Resort Room Rate of just **\$189 per night for a standard room**, plus applicable taxes.

Resort fee of \$42 waived.

Standard rooms available include rooms with 2 queen beds or 1 king.

Parking is free for all guests.

Make it a vacation and extend your stay at the same rate up to 3 nights before and after.

Important: The room block is available **until July 22** or until it sells out. To guarantee your stay at the special rate, book early by calling **844-821-0028** and mentioning **code 081425ALAN**.

Keep top portion for your information and your records.

The deadline to order a meal is 07/31

I mailed registration and payment for following: Registration ____ Lunch ____ Banquet ____

Complete form below and make out check to AFG FLS Convention
Mail to 2697 SW Fair Isle Road, Port Saint Lucie, FL 34987

Registration-Aug 15, 2024 - Jul 31, 2025

<input type="radio"/> Al-Anon	<input type="radio"/> AA	\$35
<input type="radio"/> Alateen w/Pizza Party (18 and under)		\$25

Individual Meals

<input type="radio"/> Saturday Lunch - Chef's Choice	\$27
<input type="radio"/> Saturday Banquet - Chef's Choice	\$68

The registration rate increases to \$45 after 07/31

Meal Package

<input type="radio"/> Al-Anon	<input type="radio"/> AA	Saturday - Meal Package Lunch and Banquet	\$80
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☐ Vegan/Gluten Free

Total Due: _____

One Form Per Person - Please Print Legibly

Scan the QR code to register online

Name (First and Last): _____

E-mail: _____

Note: E-mail addresses will be used for FL South Convention purposes only.

Contact Phone No: _____ Badge Name: _____

District #: _____ Circle Preferred Language: English Spanish

Street Address: _____

City: _____ State: _____ Zip: _____



**"I CHOSE SOBER BECAUSE
I WANTED A BETTER LIFE.
I STAY SOBER BECAUSE
I GOT ONE."**

**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.

Addresses for Contributions:

General Service Office

Post Office Box 2407
James A Farley Station
New York, NY 10116
Payable to: General Service Board

Area 15 Treasurer

2950 W Cypress Creek Rd
Ste 333 # 1097
Fort Lauderdale, FL 33309
Payable to: Area 15 Treasurer

District III Treasurer

District 3
PO Box 333
Bartow FL 33831
Payable to: District 3 Treasurer

Heartland Intergroup* New

1643 Williamsburg Square, Suite 102
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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