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# HEARTLAND INTERGROUPER

[www.heartlandintergroup.org](http://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!**



## Happy Upcoming 4<sup>th</sup> of July

Our office will be closed  
on Friday July 4<sup>th</sup> 2025



Life may not ever be perfect,  
but today is as good a day as any  
to be profoundly grateful for what we do have.

# First Presbyterian Church

**At 175 Lake Hollingsworth Dr.**

**Lakeland, FL 33801**

**Will be closed for**

**Friday July 4<sup>th</sup>**

**Meetings at this location  
will not be held on this day.**



**Is your meeting making a change?  
Are you part of a new meeting?**

**Heartland Intergroup encourages you to use our website to ensure that we have an up-to-date contact person from your meeting, in case we have any follow-up questions.**

[Click here to add/update a meeting](#)



## **What Is Freedom in AA? – Grapevine Article May 1960 by Bill W**

Looking back, we see that our freedom to choose badly was not, after all, a very real freedom. When we chose because we “must,” this was not a free choice, either. But it got us started in the right direction. When we chose because we “ought to,” we were really doing better. This time, we were earning some freedom, making ourselves ready for more. But when, now and then, we could gladly make right choices without rebellion, holdout, or conflict, then we had our first view of what perfect freedom under God’s will could be like. Few indeed can long remain on that lofty plateau; for



most of us, its permanent attainment has to be a lifetime and, more probably, an eternal job. But we know that this highest plateau is really there—a goal someday to be reached.

**Heartland Intergroup  
has a private hidden Facebook Group.**

**In the event of a hurricane, the office will be closed, and meetings will need to make decisions whether they will be open or not.**



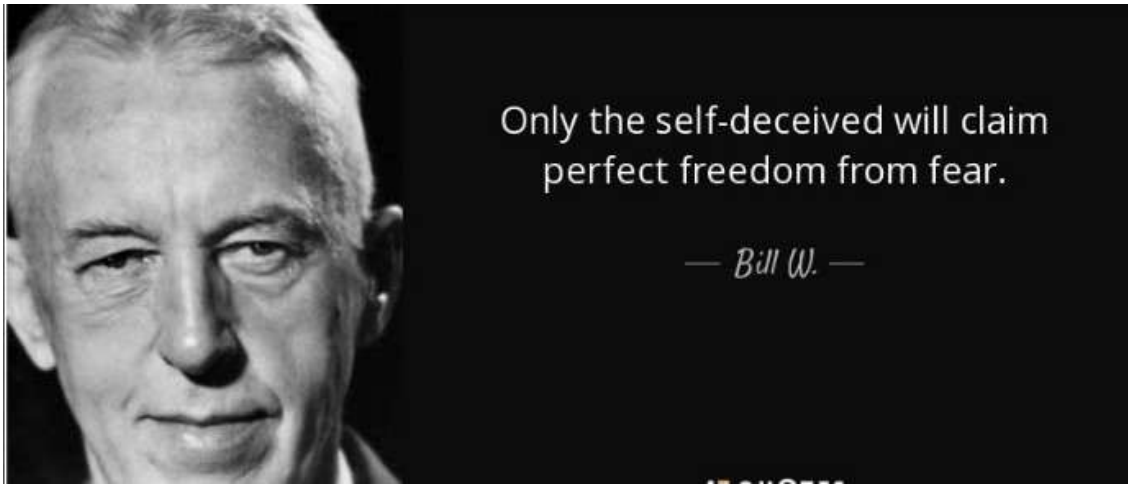
**This Facebook Page is private and hidden. That means no one can see this page unless invited by a current member and posts cannot be shared. However, members can post closed meetings to keep our A.A. Community informed.**

**If you would like to join.**

**Please message Michelle HM.**

**There is only one on Facebook, so she is easy to find.**

**Of course, Heartland Intergroup respects the fact that not everyone will be comfortable with this method and we will try to share information as best we can outside of this group, however it may be the only way to get information out on short notice.**



## July Anniversaries

Dagmar J. 7/28/1991

John C. 7/7/1999

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

Help us show the newcomer it does work!

Email: [Office\\_manager@heartlandintergroup.org](mailto:Office_manager@heartlandintergroup.org) to add your date

## FOREWORD TO SECOND EDITION

xxi

total problem of several million actual and potential alcoholics in the world, we have made only a scratch. In all probability, we shall never be able to touch more than a fair fraction of the alcohol problem in all its ramifications. Upon therapy for the alcoholic himself, we surely have no monopoly. Yet it is our great hope that all those who have as yet found no answer may begin to find one in the pages of this book and will presently join us on the high road to a new freedom.

## Did you know?

**It costs the General Service Office \$6.13 to process every contribution sent to them by mail.**

That means if 1000 Groups from all the U.S. and Canada send in a mailed contribution a month, it costs GSO \$6,130 a month or \$73,560 a year!

The real number is probably more.

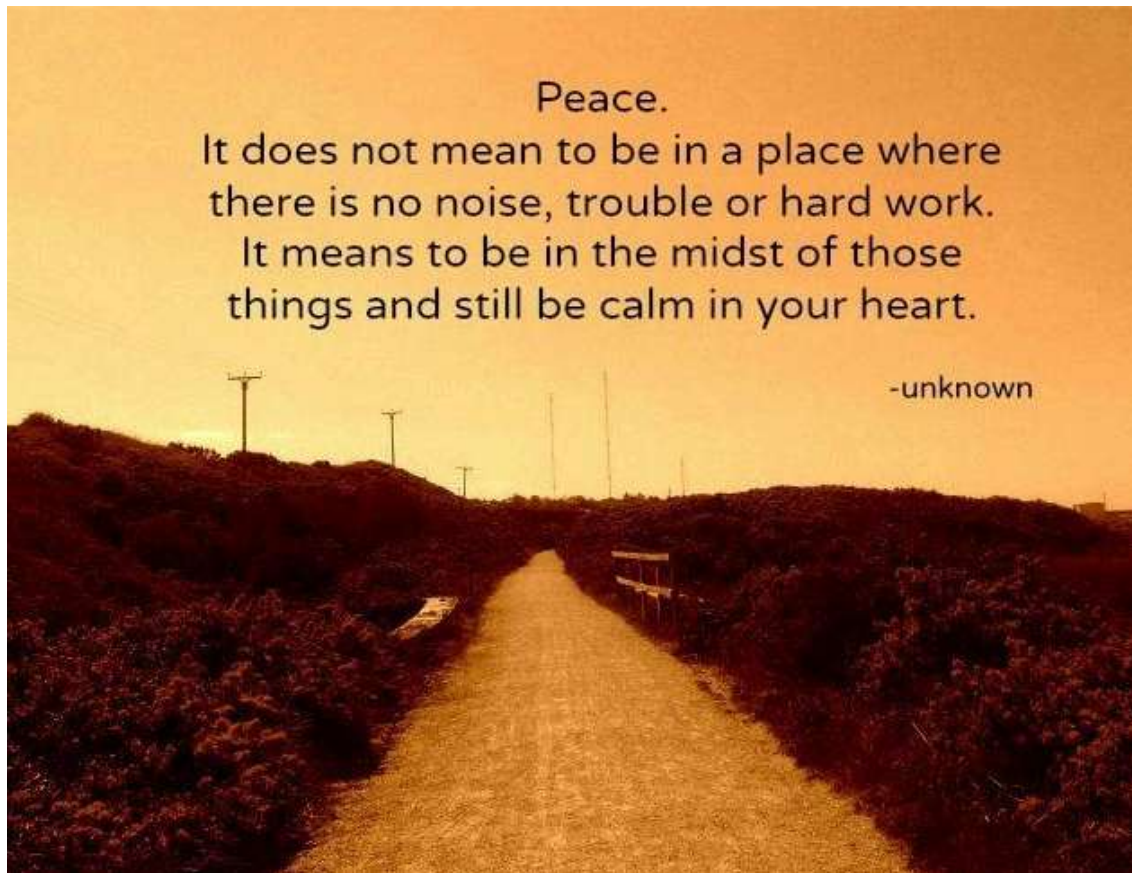
Consider seeing if making online contributions might be a method that works for your group.

Below is a link to their page where you can set up an account to send it via card or PayPal. After setting up the account, you can choose your group and have a receipt of the contribution emailed to you for your group's records!

[Click here to be taken to the GSO Contribution page](#)

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## Curious how Heartland Intergroup works?

**Heartland Intergroup invites  
you to attend our monthly Zoom meeting.**

**Topic: Representative Meeting  
Time: July 14th, 2025 06:00 PM  
Eastern Time (US and Canada)**

**Meeting ID: 232 358 0422**

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

**Although only Group Representatives can vote,  
all A.A. members are welcome to attend.**

[Click here to join the meeting](#)

if the rest of the world would only behave; the outlaw safe cracker who thinks society has wronged him; and the alcoholic who has lost all and is locked up. Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity?

Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

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Dear Friends of Quest,

With full hearts and deep reflection, we write to share that the **Quest Retreat**, our beloved spiritual gathering for A.A.s and Al-Anons, will be coming to a close. After more than 50 years of

transformative fellowship, recovery, and grace, the Steering Committee has prayerfully decided that the time has come to conclude this sacred tradition.

From its beginning, Quest has been more than a retreat—it has been a spiritual home. Through shared silence and spirited laughter, honest storytelling and deep healing, we found a path to grow closer to God and to one another. It has been an honor to walk this journey together.

We wish to pay special tribute to **Cliff**, whose loving leadership and tireless devotion guided this retreat for so many years. Cliff's spirit, humility, and service left an indelible mark on all of us. Though he has passed, his legacy lives on in every life touched by Quest.

We also extend deep reverence and gratitude to **St. Leo Abbey**, which has generously housed and blessed this retreat for decades. The Benedictine Monks provided us not only a physical space but a spiritual sanctuary—quiet grounds where we found solace, stillness, and the presence of something greater than ourselves. It is no exaggeration to say St. Leo's became holy ground for us all.

With heartfelt thanks, we recognize the recent stewards of Quest: **Rick, Brenda, Kelly, Gerry, Nancy, Kenny, Alison, and Kathie**. Your selfless service and unwavering dedication allowed the spirit of Quest to flourish in its final seasons.

Though this chapter is closing, the gifts of Quest live on in us—in the ways we serve others, seek God, and walk this path of recovery. Sometimes the most faithful act is to let go, trusting that God is making space for something new to unfold.

May the love, peace, and spiritual awakening we found at Quest continue to guide us all.

With deep gratitude and grace,

**The Quest Retreat Steering Committee**

# **LORDY LORDY , KATE IS 40!**



**Shepherd Road Meeting  
is holding a celebration for Kate at  
6885 Chelsea Oaks Drive  
Lakeland, FL**

**Saturday June 28<sup>th</sup> at 7:00  
Bring a dessert to share if you can**

**Come help Kate celebrate 40 years of  
continuous sobriety**







**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**





## District 3 Breakfast

**Sponsored by The 12 on 2 Group**

The Last House on the Block

300 Medical Center Ave.

Sebring, FL 33870

**July 19, 2025**

Breakfast 10:00 am / Speaker 11:00am

**\$10** Ticket required (All proceeds go to District 3)

Just a FYI, The event below does not change the normal monthly meeting every 2nd Monday of the month. Our Reps thought it a nice idea to get more space to meet on a quarterly basis in-person and they wanted to make sure any who wished to attend would know in advance.

Anyone not able to physically attend is still welcome to attend via Zoom. 😊

# 1<sup>st</sup> Quarterly Intergroup Rep Meeting

## August 11<sup>th</sup>

Doors open at 5 pm.

### A Declaration of Unity

This we owe to A.A.'s future:  
To place our common welfare first;  
To keep our Fellowship united.  
For on A.A. unity depend our lives,  
And the lives of those to come.



Meeting starts at 6 pm.

1643 Williamsburg Square Suite 103

Lakeland FL 33803

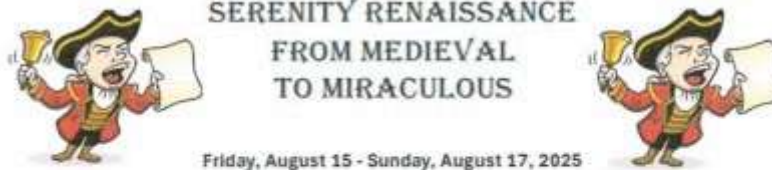
Meeting ID: 232 358 0422

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

**Accountability is Key; Join us in making a difference!**

**This is your chance to have your questions answered and your voices heard.**





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"/> All Areas	<input type="radio"/> AA	\$15
<input type="radio"/> All Areas 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	\$66

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

#### Meal Package

<input type="radio"/> All Areas	<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:



**ORLANDO**  
**2026**  
68th Florida  
State Convention

**REGISTER TODAY**

**August 6-9, 2026**

**EXPERIENCE A NEW FREEDOM**

- ✓ Affordable
- ✓ Central Location
- ✓ So Much to Do
- ✓ Register Early and Save

**FUN ACTIVITIES**

- ✓ Indoor Go-Kart Racing
- ✓ Indoor Water Volleyball
- ✓ World-Class Golf
- ✓ Scenic 5K
- ✓ Dance Parties

**\$159 Room Rates**

**\$40 Early Registration**

**68TH FLORIDA STATE CONVENTION**  
**A NEW FREEDOM**  
**ORLANDO 2026**

**PLAZA**

**QR Code**

**Click to register**

“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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\*|Heartland Intergroup of AA, 4204 N. Florida Ave Suite H, Lakeland, FL 33813|\*USA

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