



HEARTLAND INTERGROUPE

www.heartlandintergroup.org

863-688-0211 or 863-687-9275

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

Mondays - Friday 9 am to 5 pm

**The Volunteers work hard to ensure we are open these hours,
but we to live on life's terms.**

Please feel free to call ahead to ensure we are open.



New Website Coming Soon!

We're excited to let you know that a brand-new **Heartland Intergroup** website is on the way to serve our AA Community. Our updated site will be mobile-friendly and will provide easier access to resources, event information, and ways to get involved and support our mission.

Stay tuned – and check back soon for the launch of our refreshed look! Like to look now? [Help us fine tune the new website before we go live!](#)

Heartland Intergroup – Connecting the Fellowship,
One Day at a Time.

[Click here if you would like to help with testing the new site!](#)



**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](#)



We are in need of Front Desk Volunteers

Front desk volunteers are often the first voice of A.A.
to a newcomer looking for their first meeting.

Requirements:

- 1 Year Sobriety
- Working with a Sponsor
- Working the 12 steps in your life

Mondays

9 am - 1 pm

1 pm - 5 pm

Tuesdays

1 pm - 5 pm

Fridays

9 am - 1 pm

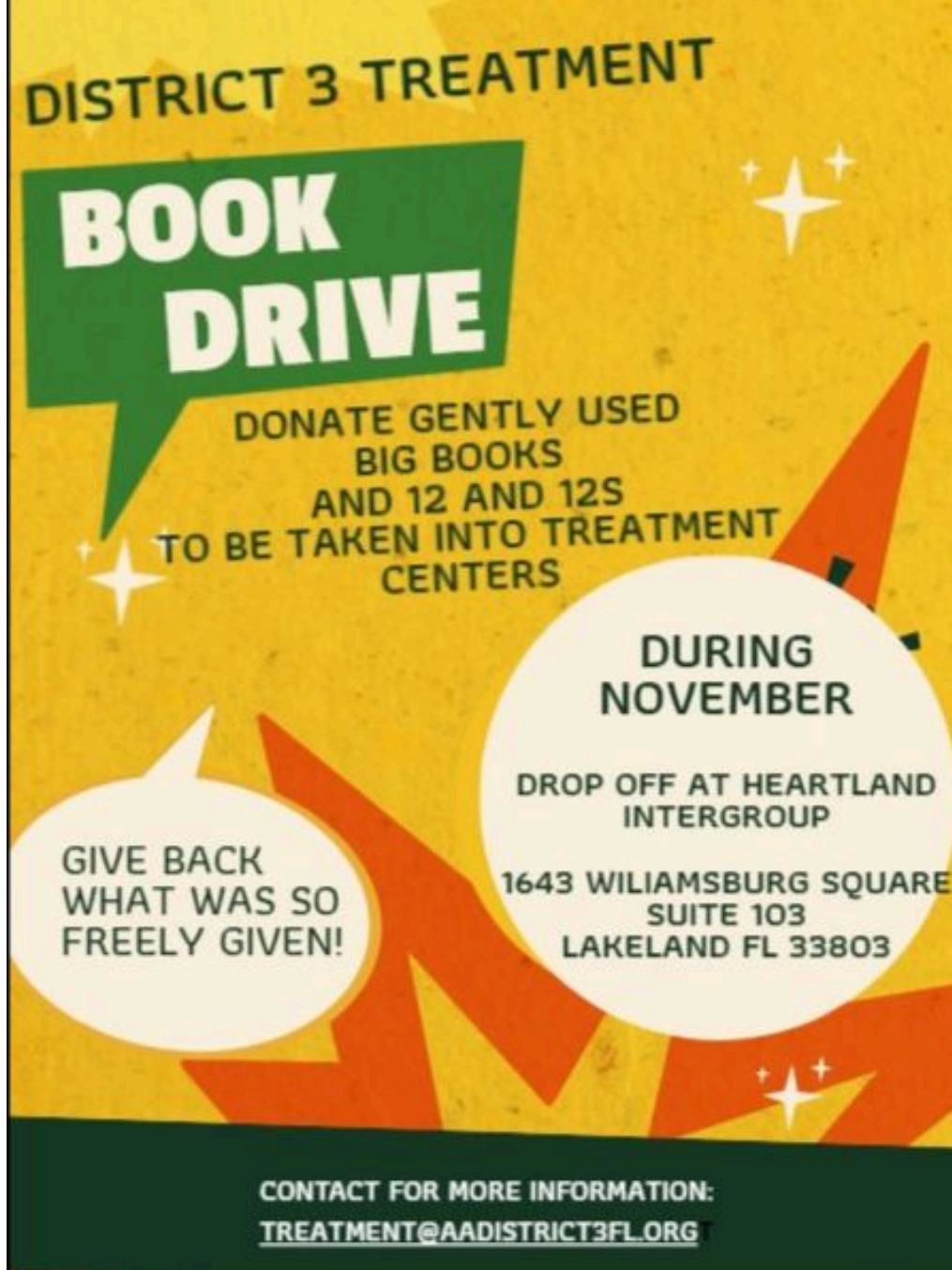
Please feel free to email officemanager@heartland.org if you
would like to visit and see if this area of service is right for you!

Dr. Bob's Nightmare

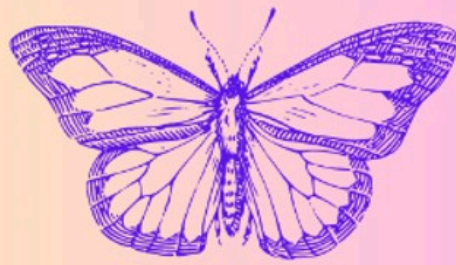
Big Book Pages 180-181

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in doing so I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do I take a little more insurance for myself against a possible slip.



**District 3 Treatment always welcomes donated books!
If you are unable to bring them to Heartland Intergroup, please
talk to your GSR or DCM about bringing them to the District
Meeting!**



**“A Daily Reprieve”,
Stories of Everyday Life in Sobriety**

There are many talented members of A.A.

Heartland Intergroup would like to offer space in our
Intergrouper to share some of their works.

- Limited to 500 words or less
- First sent –first published in the order they are sent
- Meets A.A.’s singleness of purpose

Waking Up Sober by Diane J.

WAKING UP SOBER

Walking in sobriety is the gift that keeps on giving.

I am now enjoying a life I never thought I would be living

Gone are the headaches and the blackouts

My life are now filled with gratitude

What I did the night before is no longer in doubt.

Memory lost does not plague me

Because the night before is no longer a mystery.

I awake now with a sense and clarity and purpose

Knowing that attending meetings regularly is a must.

Surrendering to my higher power has opened new doors

Doors I would have never ventured into before.

With my home group there supporting me

I look forward to living this life in victory

Thank you Bob

Thank you Bill

Thank you God.

**If you wish to submit a piece, please email it to
Officemanager@heartlandintergroup.org**

***Did you know...
are***



that there

**9 WEEKLY OPEN MEETINGS ON THE
NORTHSIDE at Christ The King Church**

- ✓ **MON. 10:30 AM** Step and Tradition Study
- ✓ **MON. NOON** "Living Sober" Study
- ✓ **TUE. NOON** Literature Study
- ✓ **TUE. 7 PM*** Literature Study
- ✓ **WED. NOON** Open Discussion
- ✓ **THU. NOON** Open Discussion
- ✓ **THU. 8 PM*** Open Discussion
- ✓ **FRI. NOON** Open Discussion
- ✓ **SUN. 6 PM*** "Big Book" & "12 & 12" Study

(* = Use South Entry Doors)

Come and Join Us. Everyone is Welcome!

**Christ The King Church
6400 N Socrum Loop Road
Lakeland, FL 33809**



GRATITUDE IN ACTION

The story of Dave B., one of the founders of A.A. in Canada in 1944.

I BELIEVE IT would be good to tell the story of my life. Doing so will give me the opportunity to remember that I must be grateful to God and to those members of Alcoholics Anonymous who knew A.A. before me. Telling my story reminds me that I could go back to where I was if I forget the wonderful things that have been given to me or forget that God is the guide who keeps me on this path.



Faithful Fivers are AA members who graciously contribute \$5.00 or more each month to support 12 step work at Heartland Intergroup.

Your contribution helps pay our telephone bill, rent, utilities, answering service and the cost of doing business.

You can sign up to be a Faithful Fiver by emailing

Officemanager@heartlandintergroup.org

Please include:

Your name

Your email

Sobriety Date

- Please indicate if it is ok for us to use your sobriety date in the Intergroup as a way to show this program really works.

Want to join the Faithful Fiver online?
Click here, donate now, and choose monthly





November Anniversaries

Charles M. 11/06/2006 19 Years

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

Help us show the newcomer it does work!

Curious how Heartland Intergroup works?

**Come and visit us during our Monthly Rep
meeting on the second Monday of each month
via Zoom or In-person at 6 pm.**

**The next one will be
Nov. 10th**

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

**The entry code for the front door
after 5pm is 19355**

Zoom Meeting ID: 232 358 0422

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

[**Click here to join the meeting via Zoom**](#)



DISTRICT 3 REPRESENTS

The Gift of Sobriety

GRATITUDE DINNER
SATURDAY, NOVEMBER 1, 2025

DOORS OPEN: 4:30PM
DINNER 5:00PM
MEETING: 6:00PM

SPEAKER: TOM S. - HIGHLANDS CO.
TICKETS: \$25

JAMES P. AUSTIN COMMUNITY CENTER
315 MARTIN LUTHER KING, JR. BLVD
LAKE WALES, FL 33853

****PLEASE BRING A DESSERT TO RAFFLE OFF****

ALL PROCEEDS WILL BENEFIT G.S.O.

Event: November District 3 Breakfast

"Gratitude is the best attitude."



Date: Saturday, November 8th

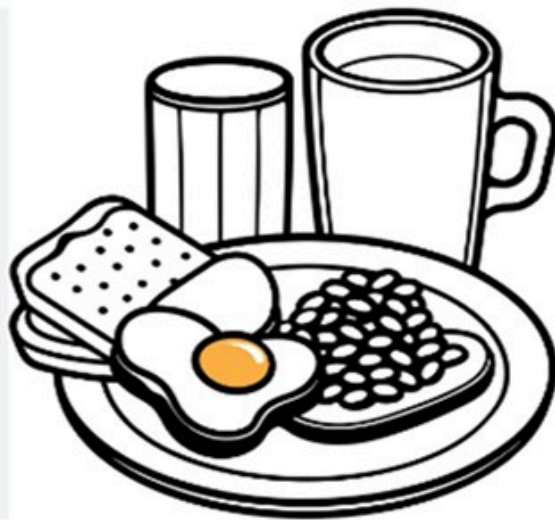
Suggested Donation \$10.00

Hosted By Several AA Groups

@ 2720 Club (2720 East Main, Lakeland)

Time: Doors open 8:30

Eat @ 9:00 Speaker @ 10:00



Speaker:

Mark B. 36yrs

50/50 Raffle

**Displays from:
District Reps.**

Please come Enjoy the Food, Fellowship and Recovery!



GIFT BASKET

RAFFLE

COME VISIT OUR NEW BOOKSTORE!

**DURING THE MONTH OF
DECEMBER**

**PURCHASE A TICKET FOR A
AWESOME GIFT BASKET IN THE
BOOKSTORE**

1643 Williamsburg Square
Suite 103
Lakeland FL 33803

The winner will be called the first week of January!
If your group would like to donate a gift basket,
please email officemanager@heartlandintergroup.org



Scan for more info!

Southern States Alcoholics Anonymous Service Assembly

13 Areas are included in the Southern States!! Come and represent yours!

What: SSAASA 8, hosted by Area 71

When: December 5-7, 2025

Where: Hyatt Regency Dulles 2300 Dulles Corner Blvd., Herndon, VA 20171

Go to: www.SSAASA.com to register, reserve your room, and then plan to have FUN!!

Who is SSAASA for? SSAASA is for anyone interested in or involved in A.A. service (GSRs, DCMs, District & Area Committee Members, Intergroup/Central Office representatives). All A.A. members are welcome to attend to learn more about our Third Legacy – Service!

What happens at an SSAASA event? A program is set up by the host committee where there are general sharing sessions, panels on specific topics, and workshops or roundtables where A.A. members holding the same jobs can share their experience with each other and learn more about each service opportunity.

Is there a cost? Yes, and it's only \$35.00! The SSAASA event is self-supporting through your registration fee. Home groups, districts, and areas can honor the 7th tradition by supporting your trusted servants so that they may attend.

Come experience Virginia hospitality and get to know some of your neighboring AA members - we'll be happy to have you!

Still have questions? Please email Chair@ssaasa.com.

Click here to register online for SSAASA!

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

Click here to register, buy merch,
and/or reserve a banquet ticket!

**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.

“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

1643 Williamsburg Square, Suite 102
Lakeland, FL 33803
Payable to: Heartland Intergroup

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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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](#).

