View this email in your browser

Heartland Intergrouper Newsletter

March 2026 Edition

"Gossip barbed with our anger, a polite form of murder by character assassination, has its satisfactions for us, too. Here we are not trying to help those we criticize; we are trying to proclaim our own righteousness."
- Step Six, Twelve Steps & Twelve Traditions

Heartland Intergroup

Welcome! Heartland Intergroup Inc. is a non-profit organization providing resources for District 3, Polk, Highlands and Hardee counties. We are funded entirely by group contributions, individual contributions and a bit of our store sales.

The mission of Intergroup is to assist Alcoholics Anonymous (AA) Groups and individuals in the tri-county area of Polk, Highlands and Hardee County, through centralization efforts that advance the shared primary purpose of staying sober and helping other alcoholics achieve sobriety. Centralization efforts include, but are not limited to, the formation, procedures and empowerment of an Intergroup office, a Representative Body, Board of Officers and the employment of an Office Manager and Volunteers necessary for Intergroup to operate.

Contact Information

www.heartlandintergroup.org

Our new address:
1643 Williamsburg Square, Suite 103
Lakeland, Florida 33803

Call us:
863.688.0211
Visit us:
Monday through Friday
9:00 a.m.– 5:00 p.m.
We Love Hearing From You!

Heartland Intergroup is here to serve our sobriety community. Emails and phone messages are returned as promptly as possible; however, response times may vary due to limited staff and office hours.

If your need is urgent, calling the office, 863.688.0211, may provide the quickest assistance, especially when a volunteer is available.

We also recommend calling ahead before visiting to ensure coverage is available when you arrive. Please contact us at 863.688.0211.

Thank you for your patience, your support, and for allowing us to be of service.

Service Opportunities

Front Desk Volunteers - Opening Friday's 9:00a.m. - 1:00p.m.

Intergroup E-Newsletter Editor

Night-Watch, 12-Step Phone List

Link: Service – Heartland Intergroup, Inc.

Meeting Changes?

Has your meeting made a change?
Is your meeting New?
To ensure we have up to date meeting information, visit www.heartlandintergroup.org click "Find A Meeting" located at the top menu bar and choose the appropriate item from the drop-down list to fill out the online form.
Please contact us with any questions you may have.
The Downtown Group has moved to 934 South Blvd, Lakeland – College Heights United Methodist Church. Meets: Sunday 6:30pm and Wednesday 6:30pm
New Hope Group – Thursday night meeting time change to 7:00pm (formerly 8:00pm)
Meeting that needs support: Into Action Beginner's Meeting, Wednesday night 7:00pm – 690 Berkely Road, Auburndale

Submit Your Story

Heartland Intergrouper would like to extend space in our newsletter to AA members to provide, "in a general way, what it was like, what happened and what it's like now" in 500 words or less and which upholds A.A.'s singleness of purpose. The newsletter section is titled "A Daily Reprieve". Please email your story to officemanager@heartlandintergroup.orgor "snail-mail" or visit our office. Please contact the office with any questions 863.688,0211.

A Daily Reprieve

A story from one of our own members who asked to remain anonymous.

One Day at a Time in Heartland

When I first walked into an A.A. meeting in the Heartland area, I didn't come because I wanted to stop drinking. I came because I had run out of answers. My drinking had stopped being "social" a long time before that, but I still believed my real problem was stress, other people, or bad luck. Alcohol, I thought, was my solution.

By the time I arrived at my first meeting, alcohol had stopped working the way it once did. What began as ease and comfort had become isolation and fear. I made promises in the morning and broke them by evening. I told myself I would have just one, and I meant it — until I didn't. I lived in that exhausting cycle for years.

That first meeting, I didn't understand much of what was said. But I remember clearly hearing someone describe drinking the way I drank — the obsession before the first drink and the inability to stop after I started. They spoke about hiding bottles, about guilt and shame, about swearing off and then picking up again. For the first time, I felt less alone. No one tried to fix me. No one lectured me. They simply shared their experience, strength, and hope.

I kept coming back, not because I was convinced, but because something in me wanted what they had — a quiet steadiness I hadn't felt in years. I heard about the Steps and the suggestion to get a sponsor. I didn't like the idea of surrender, but I liked even less the idea of continuing the way I was living.

Working the Twelve Steps showed me that alcohol was not just a habit; it was the symptom of a deeper spiritual illness. I learned that my willpower alone was never going to be enough. Through inventory and amends, I began to see my part in the chaos of my life. Through prayer and meditation, I began to develop a relationship with a Higher Power of my own understanding. None of it happened overnight. It happened one day at a time.

Service became a turning point for me. Making coffee, greeting at the door, and eventually volunteering beyond my home group helped shift my focus from myself to others. When I answer a phone call or welcome a newcomer, I remember the desperation I felt walking into my first meeting. Carrying the message keeps me sober.

Today, my life is not perfect — but it is sober. I no longer wake up with dread about what I said or did the night before. I have relationships built on honesty instead of excuses. Most importantly, I have hope.

Alcoholics Anonymous gave me a simple program with a clear purpose: to stay sober and help other alcoholics achieve sobriety. For that, I am deeply grateful.

If you're new, or struggling, know this: you are not alone. Keep coming back. It works — if we work it.

Events

March 7th, 2026
AA Through The Ages - Heartland Intergroup has committed to providing 36 fundraiser tickets to outside treatment centers, with 11 still needed. If you feel called to help carry the message of hope and recovery, your generosity can make a difference.
March 9th, 2026
Monthly Representative Meeting
March 13th,2026
Soberstock
March 14th,2026
District III Breakfast
March 29th, 2026
Going to Any Length In Alturas
9 year Anniversary
Doors open 4:00pm, Dinner at 5:00pm, Speakers at 6:00pm

Please visit Events – Heartland Intergroup, Inc. for more information.

Faithful Fiver — Small Gift, Big Impact

Donate to be a Faithful Fiver

Faithful Fivers are A.A. members who graciously pledge to contribute at least five dollars each month to support Heartland Intergroup in its efforts to carry the A.A. message of hope and sobriety to those alcoholics who still suffer. As a Faithful Fiver, your personal contribution can and will make our vital services possible.

The Faithful Fiver idea came about when we remembered that we wasted much more than five dollars each month during our drinking days. Today, many of us are blessed with the opportunity to give back a small portion in gratitude for the sobriety we have been freely given. It is a simple way to practice responsibility, unity, and service — principles that strengthen both our personal sobriety and our Fellowship as a whole.

Your contribution helps Central Office provide essential services such as answering calls from newcomers and families seeking help, maintaining meeting lists, supporting A.A. events, coordinating Twelfth Step opportunities, and keeping A.A. accessible in our community. These services often happen quietly behind the scenes, yet they are lifelines for someone reaching out in desperation for the first time.

No amount is too small, and participation is entirely voluntary and anonymous in keeping with our Traditions. Whether you can give five dollars or a different amount, your willingness to contribute helps ensure that the hand of A.A. will always be there when someone reaches out for help.

If you are already a Faithful Fiver, thank you for being part of this vital service effort. If you have been considering it, we warmly invite you to join us. Together, we help carry the message — one day, one person, and one small act of service at a time. Link: Faithful Fiver Donation – Heartland Intergroup, Inc.

Stay Connected

Curious how Heartland Intergroup Works?
Come visit us during our Monthly Rep meeting on the second Monday of each month via Zoom or In-person at 6:00pm
The next meeting will be:
Monthly Intergroup Rep Meetings - March 9th @ 6:00p.m.

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

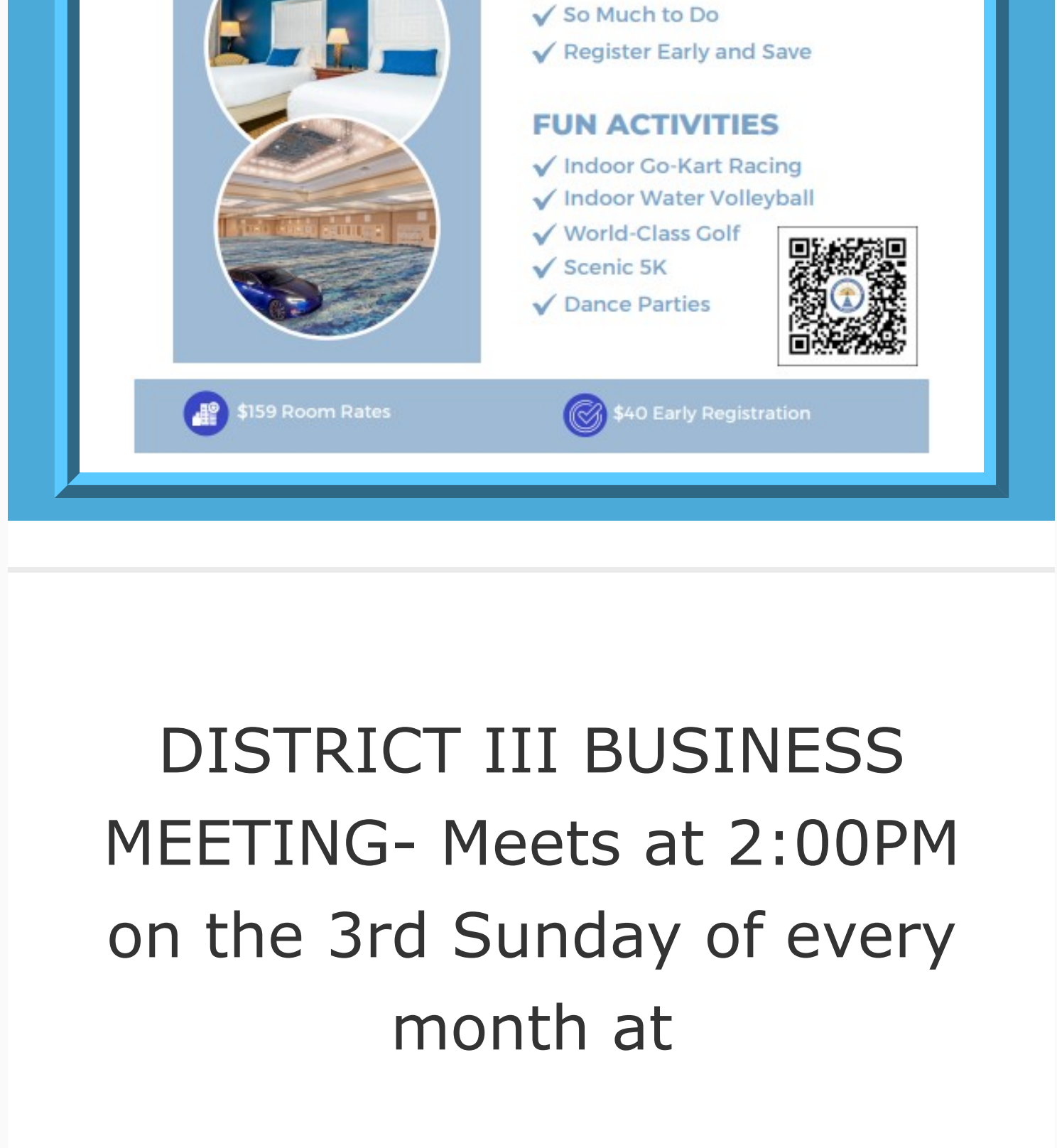
March 9th

1643 Williamsburg Square
Suite 103
Lakeland, FL 33803

The entry code for the front door after 5pm is 19844

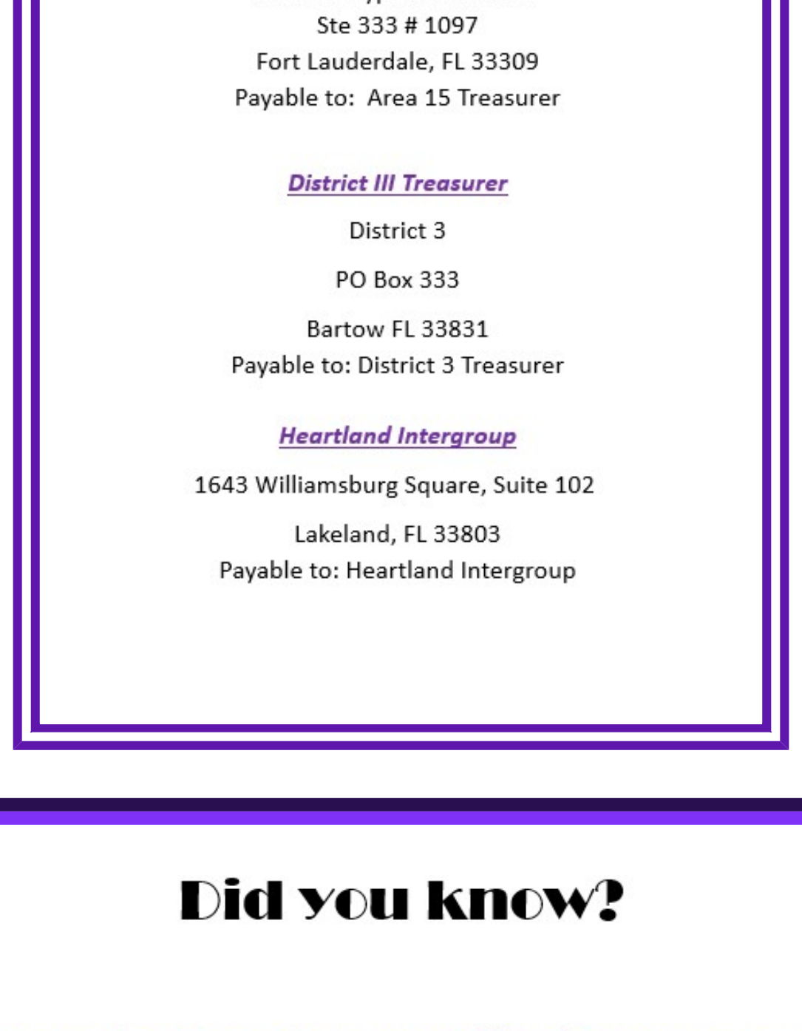
Zoom Meeting ID: 846 0554 4925

Password 681818 and The Host will let you in.



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:

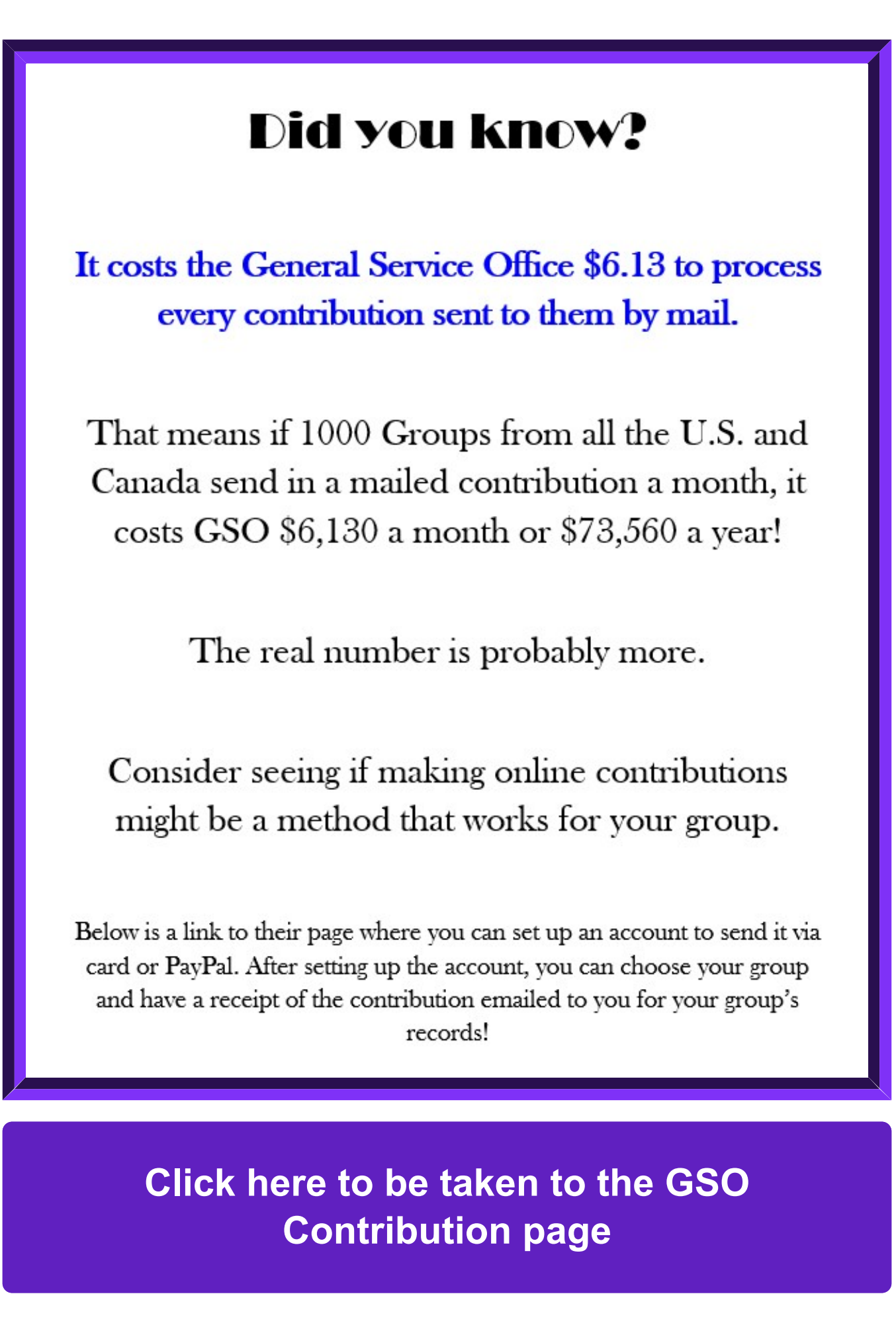
General Service Office

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

*Copyright © *|2019|* *|Heartland Intergroup|*, All rights reserved.*

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.