



Heartland Intergrouper Newsletter

August 2026 Edition

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.

Something New!!

Here at the Intergroup office, we are going to try a new page on our website. It's called Speaker Meetings. The page will list the upcoming speakers in the area. In discussing this with other members, the consensus was that many wanted to know who was speaking and that they may drive farther to see someone if they knew who. Our goal is to have all the speakers listed. Some groups have only one speaker a week while others have one once a month. We will list the day and date, the meeting, the city, the location and the speaker. Of course, we will need help. We will need the groups that have regular speakers to go to the website and fill in the information. Our webmaster, Joe, has made this pretty easy.

If your group has a speaker meeting and you want to be a part of this, please reach out to the office.

We would like to get a name and email so we could keep those groups updated as the trial period proceeds. Also, tell us what you think.

You can reach us at

officemanager@heartlandintergroup.org.

The History of Our Where and When

and How It Went International

(or The Meeting Guide App)

Years ago, Heartland Intergroup started printing a meeting schedule. We all know it as the Where and When. At one point, we were printing and giving away over \$1,000 worth of meeting lists locally every year. The biggest challenge we faced was that we never knew when a meeting might change. Some months, numerous meetings started, closed, moved or changed their date or time. Other months none did. Every time a meeting changed the list got more out of date. We occasionally got a complaint when someone used our list, and the meeting was not "where and when" our list said it was. The problem was simply that the list is expensive to print, and we could not afford to throw away a bunch of mostly correct meeting lists and print new ones for just one or two meeting changes.

About 15 years ago, we found a member with some computer skills that helped create our website. We got the standard version of the meeting list on the site. Later, we created a list online where each meeting could be individually updated. That worked well until we learned about the Meeting Guide App.

The Meeting Guide app was created to make it easier to find a meeting wherever you are in the country. As many of you old-timers know, finding a meeting while traveling was not always easy. This app sounded great, but we learned we needed to redo our list so it could work with the app. We found another "computer geek" that was able to get our list to work with the app. Many of the other intergroup offices and districts did the same thing.

This is why our small Where and When is now international. We have lots of visitors to our area.

A person can be sitting anywhere in the world, planning a trip to central Florida, and they will now have our current meeting information available. A member can show up in Polk County, find they need a meeting, and the Guide app is right there on their cell phone with times and directions.

With the help of many, we now have a great website for Heartland Intergroup. Our site is

www.heartlandintergroup.org. We encourage you to check it out regularly. With your help, the local meetings and local events are as up to date as we can make them, which in turn will keep the

"Guide" app current. We will continue to produce a printed version every few months, (you can't put your name and phone on the website or the app) but it will almost never be as up to date as the ones on your phone or computer.

Tell your friends about our website and the app.

Show both to newcomers. The meeting app can easily be downloaded from an app store. Type in meeting guide and find the one attached to AA World Services. Many call it the chair app as it is blue with a folding chair.

Remember: The information on the app and our website including our upcoming speaker meeting page is only as good as what your group gives us.

Make sure your group's info is always up to date.

The Good Old Days!

I am old enough to remember gas for less than \$1.00 per gallon, when an apartment rented for under \$500 and you could get a fast-food lunch for less than \$5.00. How times have changed. Prices are up everywhere. Unfortunately, that includes the cost to rent space for an AA meeting and the Intergroup office.

We understand the economy is not great and many struggle. We also know that most of us are saving money simply by not drinking. Think back on your drinking days and remember how much you spent buying your favorite drink and maybe drugs. Was it \$5-10 per day? Was it \$100 per week? \$100 per week is over \$5,000 per year.

What about those of us that spent much, much more?

If you are still dropping a dollar in the basket, think about dropping two or even three. Even if you go to many meetings, that amount would still be a fraction of what you used to spend. And, it will help ensure the meeting is still there when you need it. It helps keep AA World Services running and supports our local Area and District.

Think about becoming a Faithful Fiver at Intergroup. When you do, you help keep the phones open for you or the next person needing AA. You will help keep the meeting lists printed and support a variety of other services.

Thanks again to all of you already supporting us!

Elections

Heartland Intergroup will be holding elections for the board positions of Chair and Vice Chair during the group representative meeting that will be held at 6 p.m. on November 9th. To stand for either position, two years of continuous sobriety when placed in nomination is required. Candidates will be placed in nomination at the October group representative meeting, which will be held at 6 p.m. on October 12th. If you are interested in standing for the position of Chair or Vice Chair, you can do that one of two ways. The first is to attend the September group representative meeting, which will be held at 6 p.m. on September 14th and present your intention to stand for the desired position in writing to the office manager or any of the current board members. The other way to stand for either the Chair or Vice Chair position is to attend the October group representative meeting and state your intention to stand for the desired position verbally during the meeting. All of the above-mentioned meetings will be held both in person at the Heartland Intergroup office and on Zoom.

Due to the need to present intention to stand for the desired position in writing at the September meeting, in person attendance is required. Verbal intention to stand for either position can be made in person or remotely during the October meeting. The Chair position has the following duties:

A. Chair Intergroup Meetings

- Prepare, after consultation with officers and the office manager, agenda for the next representatives meeting.
- Preserve order at meetings.
- Encourage each representative to participate, promoting the necessity of a well informed group conscience.
- Close meetings in a timely manner.
- Oversee annual physical inventory of the Intergroup Office in January.
- Approve office manager overtime when special circumstances arise.
- Must be familiar with these By-Laws and 36 principles.

B. Service Obligations

- Attend and open all Intergroup-sponsored functions.
- Oversee and coordinate all Intergroup business and activates.

C. Appoint a special committee to hire a new Intergroup Office Manager, subject to approval of the Representatives.

D. Chairperson votes on all issues only in the event of a tie vote.

The Vice Chair position has the following duties:

A. Chair Intergroup meetings in Chairperson's absence.

B. Act as Chairperson of a Group Relations Committee. This committee might operate in the following manner: 1. Visit AA Groups on a regular basis, explaining the functions of the Intergroup office.

C. Attend all Intergroup-sponsored events.

D. Perform any other duties that the Chairperson may request.

E. Must be familiar with the By-Laws and 36 principles.

Heartland Intergroup of AA, Inc

Group Contributions

July 2026

AA Recovery Group Anniversary

Group Anonymous Broken Glass

Group Candlelight Group Cypress Gardens

Noontime Group Early Bird Special 2720

High Noon Group/Hull House Key to

Sobriety Phoenix Group

Saturday Solutions Sisters in Sobriety

Group Sunset Serenity Group

Winners Circle

TOTAL \$1,936.00

Heartland Intergroup of AA, Inc

Faithful Fivers

July-26

Betty S Cathy G Cheryl S

Chris D Cynthia A Cynthia H

James P Jenny H Joe W.

John K Leslie R. Lindsey J

Mark B Roger Steve T.

Susan B Tim C Trish F.

William B.

TOTAL \$311.00

Contact Information

www.heartlandintergroup.org.

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**.

Service Opportunities

Front Desk Volunteers - We are always looking for new volunteers. Call to learn what's open.

Intergroup E-Newsletter Editor

Night-Watch, 12-Step Phone List

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 Northside Group moved to the Reformation Lutheran Church at 460 Old Polk City Road on July 31st.

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.org or "snail-mail" or visit our office. Please contact the office with any questions 863.688,0211.

Stay Connected

Curious how Heartland Intergroup Works?

Come visit us during our Monthly Rep meeting on the second Monday of each month via Zoom (ID 846 0554 4925, Password 681818) or In-person at 6:00pm at the Heartland Intergroup Office

The next meeting will be: September 14th @ 6:00p.m.

Please send your Groups Intergroup Representatives email to officemanager@heartlandintergroup.org