

Heartland



INTERGROUPER

Serving Polk, Hardee, and Highlands County



Heartland Intergroup would like to extend their heartfelt thanks to all who helped put the Pasta Fest together! Thanks to Dan Y. for organizing and cooking, Rick C. for ticket sales, thanks to all those who sold tickets, to the Happy Hour group for decorations, Linda G. for center pieces, the New Hope Study Group for supplying the paper products; PLUS a hearty thank you to the guys at Wilson House and the gals at Agape for their help serving, cleaning and doing the cake auction and everyone who participated! We raised over \$2,000 to help keep the doors open for the next suffering alcoholic!
Thanks to everyone!

AA's Twelve Steps are principles for personal recovery. The **Twelve Traditions** ensure the unity of the Fellowship. The **Twelve Concepts** for World Service provide a group of related principles to help ensure that various elements of AA's service structure remain responsive and responsible to those they serve. **Step Three:** "Made a decision to turn our will and our lives over to the care of God *as we understood Him.*" p.59 BB **Tradition Three:** "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A. A. Membership every depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A. A. Group, provided that, as a group, they have no other affiliation." p.563 BB. **Concept Three:** "To insure effective leadership, we should endow each element of A. A.-the Conference, the General Service Board and its service corporations, staffs, committees and executives-with a traditional "Right of Decision." p.574 BB.

HEARTLAND INTERGROUP



4204 S. Florida Avenue

Lakeland, FL 33813

863-688-0211

www.heartlandintergroup.org

Monday-Friday 9:00 A.M. to 5:00 P.M.

Saturday 9:00 A.M. to Noon

Look Who's Celebrating Years of Sobriety

Ladies of the Lake

CATHY S.	28
MARGARET K.	2
JUDI R.	43
EILEEN T.	2

Mulberry Group

HAROLD M.	31
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New Hope Group

ANNA M.	30
RAD S.	36
MIKE McD.	49

Acceptance Group

FAYE B.	44
SUSAN L.	37
KAYLEEN S.	23
JEANNIE J.	16
BUCK S.	5
MARK W.	5
TIFFANY R.	3
SHANNON S.	2
TOM O.	2

Scenic Sobriety Group

MIKE H.	24
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Happy Birthday

Congratulations! We celebrate your sobriety!

The Birthday Plan

Contributions to the General Service Office support G.S.O.'s services to members and groups throughout Canada and the U.S. and help ensure that the A. A. message is carried around the world. The services that the G.S.O. provides the A. A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety.

Contributor _____ Address _____

City _____ State _____ Zip Code _____

Do you want contribution credited to your group? Yes No

Group Name _____ Group Service No. _____

Email Address _____

Required Credit Card Information

First Name _____ Last Name _____

Card Type Master Card Visa Card Number _____

Expiration Date _____ Security # _____ *(three digit number printed on back of card)*

Billing Address _____ City _____

State _____ Zip Code _____ Phone # _____

Mail a check or credit card information to: THE GENERAL SERVICE OFFICE

Post Office Box 459, Grand Central Station, New York, NY 10163-0459 or

Visit A/A. Member contributions ONLINE at www.aa.org

BIG BOOK SALES		OFFICE ACTIVITY/CALLS/VISITS/etc.	DEC.	JAN.
Last Month	This Month	General Information	31	50
35	23	AA Meeting Information	42	74
Average month is 2015 was 28		Visits	15	21
		Purchases	44	63
		Rides to Meeting	6	1
		Rides to Detox	0	0
		Other, miscellaneous	27	24
		Service Calls	60	60

CONTRIBUTIONS

12 on 2 Group	50.00
Acceptance Group	150.00
Cypress Gardens Noontime Group	200.00
Easy Does It Group	100.00
Fri. Night Beginners Mtg.	111.00
Good Orderly Direction	115.00
Happy Hour Group	72.37
High Noon Group/Winter Haven	381.00
Higher Powered Group (Feb)	25.00
Higher Powered Group	20.00
Intense Big Book Workshop	40.00
Just Show Up Group	52.00
Lakeland Highlands Big Book Study	14.26
Mulberry Group	56.04
Northside Group	55.85
Phoenix Group	281.50
Sober Lunch Bunch	158.10
We Care Group	50.00
Winter Haven Men's Group	80.00
Women's Beach Meeting	50.00
TOTAL	<u>2,042.12</u>

Faithful Fivers	555.00
Individual Contributions	368.85
Group Meeting Contribution	235.00

TOTAL ALL CONTRIBUTIONS

3190.97

Short Form Heartland Intergroup Balances

Checking	3,557.34
Sweep	516.70
Prudent reserve	6006.74
PayPal	92.24

o YTD Net income 2016 \$597.49
2015 \$1233.72
Change -\$636.23



DISTRICT 3 NOTES

District III/GSR Meeting
2:00 PM, 3rd Sunday of each month
Holy Trinity Episcopal Church
500 W. Stuart St., Bartow
GSR training study begins at 1 PM (for those interested)

MARY LYONS CENTER

DETOX

District 3 needs a volunteer group to sponsor the Detox meetings in January 2017. If your group is willing please contact by email to district3chair@gmail.com or district3altchair@gmail.com

“District III Breakfast”

District III voiced their gratitude of the support it receives from the many groups in the Heartland Intergroup area by having District Breakfasts using those monies collected to support our district.

A WELL DONE goes out to Julie D. And Cindy H. for their putting together a great breakfast sponsored by the Ladies of the Lake group, Lakeland. What a great breakfast was had by all donated by all the members of the group and the line for the Belgian Waffles was by far the longest.

Speaker Kim H. gave a great talk of What it was like, What happened and What it is like now.

Job well done Ladies of the Lakes, thanks again.

Does your Group want to do service as a group? District 3 needs volunteer groups for the following months in 2016 for District III Breakfast: June, November and December and January 2017

If your group is interested contact by email to district3chair@gmail.com or district3altchair@gmail.com

Looking for something to do? District 3 needs the following:

[Sign Up Now](#)

Chair for Events Committee

Several DCMs and ACMs

For more information contact district3altchair@gmail.com



It's about 12 steps from here, we can make it!

CORRECTION

The new "Beginners Step Meeting" on Sunday's at 2:30 is at the Unity Church in Sebring rather than Lake Placid

ART OF RECOVERY

Upcoming Class

Sunday, April 3rd, Creative Watercolor with Margo H.

Go wild with color and free-form watercolor applications. Learn brush techniques, washes, glazing, wet-on-wet, dry brush and lifting. Your creative spirit will be awakened with this experimental class.

Please contact Margo at 619-634-9855 to sign up. Space is limited. Suggested donation: \$15.

Have something for either the monthly Heartland Intergrouper or the Events/Announcements bulletin? Send your submission to heartlandintergrouper@gmail.com or officemanager@heartlandintergroup.org

If it is a flyer, please send it PDF

INTERGROUP WISH LIST

Computer for the front desk

Refrigerator

If you have any of these items not being used give the office a call at 863-688-0211

Grupo Camino A la Libertad

now meets at:

Haines City Fellowship

122 11th Street N.

Spanish Speaking meeting

On **Mondays, Thursdays, Fridays at PM** There is *no meeting on Wednesday.*

COMMENTS-SUGGESTIONS

For the Heartland Intergrouper or Intergrouper Events/Announcements

Send them to either

heartlandintergrouper@gmail.com or

officemanager@heartlandintergroup.org

Heart of Florida Meeting

Haines City

Has been changed to an Open Discussion meeting format.

Opinions expressed herein are not necessarily those of Heartland Intergroup A. A. as a whole.

(Exceptions are: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS and TWELVE TRADITIONS and other A. A. books and pamphlets are reprinted with permission of A. A. World Services, Inc.) Art and other articles are reprinted with permission of the A. A. GRAPEVINE, Inc. and are subject to the GRAPEVINE COPYRIGHT

ALCOHOLICS ON CD

Intergroup has a lending library of several hundred CD's of speakers from Conventions, Bill W. and Dr. Bob and possibly someone from one of your groups. Stop in, browse the collection and borrow those you want to hear.

GROUP HISTORIES

Needed and many need updated. Is your group one of them?

I was told I had A.D.H.D (Alcohol Drinking and Hangover Disorder) and the only cure was to become a member of A. A. (it's still working)

MEMORIES OF ALCOHOL

"I drank for happiness and became unhappy. I drank for joy and became miserable. I drank for sociability and became argumentative. I drank for sophistication and became obnoxious. I drank for friendship and made



enemies. I drank for sleep and woke up tired. I drank for strength and felt weak. I drank for relaxation and got the shakes. I drank

for courage and became afraid. I drank for confidence and became doubtful. I drank to make conversation easier and slurred my speech. I drank to feel heavenly and ended up feeling like hell."- Author Unknown

TREATMENT FACILITIES: A. A.'s LONGEST SERVICE CONNECTION

Beginning back in 1935, when Bill W. And Dr. Bob visited Bill D., AA Number Three, in Akron city Hospital, A. A. has had a long association with treatment facilities. It is a natural connection, since when AA got started, hospitals where alcoholics were brought to dry out were places A. A. gravitated to for Twelfth Step work. Dr. Bob's work with Sister Ignatia at St. Thomas Hospital reached more than 5,000 alcoholics, and Bill and Hank P. Helped sober up alcoholics at Towns Hospital in New York.

In the earlier days, some A. A.s worked out private deals with hospitals to get them to admit alcoholics they had Twelfth-stepped. An example was Chicago's Washingtonian Home, a 1950's-era treatment center where AA-sponsored alcoholics were charged half the price of patients who enters without sponsorship and were kept segregated from non-AA patients under the theory that the latter simply wanted to dry out, not get sober.

Today, alcoholics on Treatment Facilities Committees go into institutions with the Sixth Tradition in mind: "An A. A. group ought never to endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divers us from our primary purpose." Thus, an A. A. meeting in a treatment facility should never bear the name of that facility, although A.A.s may be asked to chair and run the meeting. Aas are there to explain how the program works to clients or staff; to give out literature; and to express their own experience, strength and hope.

Most importantly, A. A.s establish a presence to bridge the gap to the outside world, helping newly sober men and women make the tricky transition from the relatively sheltered environment of the treatment facility to their first A. A. meeting in the outside world.



GROUP SPOTLIGHT



MULBERRY GROUP

Mulberry United Methodist Church

306 N. Church Avenue

In 1973, a small group of recovering AA's living in the Lakeland area, wished to have a meeting place toward the south-side of town. There were only 3 or 4 meetings in the area at the time. One of the founders of Badcock Furniture, who had a relative in AA, suggested the AA's meet where he attends church; at St. Luke's Episcopal on 505 NE 1st Avenue in Mulberry. A simple name was selected, and "The Mulberry Group" was born. It held one hour open discussion meetings every Friday evening at 8 o'clock.

By December of 1974 the Mulberry group was connected to District III, Area 15, and the General Service Office in New York. The GSO Group number is: #103608. Several of the Mulberry Group members were also involved with establishing the Heartland Intergroup Office. The group had 6 members; Ed W., Bob and Rebecca R., Buck and Era C., Betty Z....They elected Ed & Bob as officers. These members were later joined by Joe J., Ray M., Sally M., Sally H, Dean C., O.C.H., Danny K., Griff, and Clark G. The Bartow Group provided much support to the Mulberry Group in those early days, as it does today.

With St Luke's parish being very small, the group was able to hold meetings in the church sanctuary while AI-Anon held their meetings in a separate room. Twenty years later (1993), the Mulberry group had moved out of Saint Luke's to the current location; The United Methodist Church, 306 N. Church Ave., Mulberry. Ala-Teen began meetings in a separate room. At that time the group also felt the need for a noon meeting in town. Ron J., Frank M., and J.R., were the first to attend the Wednesday noon meeting of the Mulberry group, which has since closed (2012).

The Mulberry Group is active within District III and continues to support the Heartland Intergroup, the District, Area and GSO in NY. It recognizes 7/3/73 as its birthday. The Group regularly hosts District III Breakfasts, and periodically chairs Detox meetings in Bartow. The group is "not a glum lot"... as it holds a group anniversary party every July, a picnic every October at the Christina Park pavilion, as well as a festive Christmas Party / Eating-Meeting in December.

One side-note...there is also another group calling itself The Mulberry Group'... They also meet at the United Methodist Church of Mulberry from 8pm until 9pm, and it is also an open discussion meeting ... but it's on Tuesdays, and they are located in Mulberry, Indiana... 80 miles SW of Akron, and 1066 miles North of Mulberry, Florida. Roger L. says hello.

Group statistics as of July 2015:

- As of July, 2015 we have 26 Group members with 389 total Years of sobriety.
- Average AA sobriety is just under 10 yrs. Mulberry Group[Average is 15 years.
- 10 members have over 20 years of sobriety.
- AA average is 35% women. Mulberry Group is 31% women.
- Regular rotation is maintained of all group service positions every 2 yrs.
- Most importantly,42% of group members have less than 5 years of continuous sobriety, (they're keepin' the old geezers in check!)

May I always remember that any praise or encouragement given to me by another, rightly belongs to my Higher Power, the A. A. Program, and those surrounding me who offer examples of living.

(Anonymous)

GROUP HISTORY QUESTIONNAIRE

“We are trying to build up extensive records which will be of value to a future historian...”— Bill W., 1957

CURRENT DISTRICT NUMBER _____ DATE FORM COMPLETED: _____

NAME OF GROUP _____ GROUP NR. _____

DATE FIRST MEETING HELD _____

DATE GROUP REGISTERED WITH GENERAL SERVICE OFFICE _____

A. CURRENT MEETING INFORMATION:

1. MEETING LOCATION _____

2. DAYS GROUP MEETS S M T W TH F S

3. MEETING TIMES _____

4. PRESENT NUMBER OF MEMBERS _____

B. FOUNDING MEMBERS INFORMATION

1. FULL NAMES OF FOUNDERS WITH LENGTH OF SOBRIETY IF KNOWN

2. FULL NAMES OF EARLY MEMBERS WITH LENGTH OF SOBRIETY IF KNOWN.

3. FULL NAMES OF FOUNDERS OR EARLY MEMBERS THAT MAY BE CONTACTED FOR INTERVIEWS (TAPED OR WRITTEN). MEMBERS MAY BE IN AREA OR NOT. PLEASE LIST ANY PHONE NUMBERS AND ADDRESSES IF KNOWN.

4. NARRATIVE OF GROUPS EARLY HISTORY, FOCUS ON GROUPS EARLY HISTORY:
HOW, WHEN, WHERE, AND WHY GROUP STARTED.

C. EARLY MEETING INFORMATION

1. MEETING LOCATION _____

2. DAYS GROUP MEETS S M T W TH F S

3. MEETING TIMES _____

4. NUMBER OF MEMBERS _____

5. IF GROUP HAS MOVED SINCE THE FIRST MEETING, PLEASE LIST LOCATIONS
AND LENGTH OF TIME FOR EACH PLACE.

D. NARRATIVE OF HOW GROUP HAS PROGRESSED SINCE THE EARLY DAYS TO THE
PRESENT (SPECIAL EVENTS, SERVICE PROJECTS, ANNIVERSARIES,
CELEBRATIONS, CHANGES IN MEETINGS/FORMAT, ETC).

E. LIST ANY MEETINGS OR GROUPS THAT YOUR MEMBERS MAY HAVE BEEN
INSTRUMENTAL IN STARTING.

**Thank you for preserving our AA history. Please scan and return this form to
heartlandintergrouper@gmail.com or send to Heartland Intergroup, 4204 S. Florida Ave., Suite H.,
Lakeland, FL 33813. Consider keeping a copy for your group's records.**

Become a Heartland Intergroup Faithful Fiver

Faithful Fivers are AA members or groups who graciously contribute \$5.00 or more each month to support 12th Step Work at Heartland Intergroup.

Heartland Intergroup serves all of Polk, Hardee and Highlands counties known as District 3.

We:

- Answer phones
- Provide AA meeting locations
- Provide general A.A. information
- Arrange 12th Step calls
- Sell books, literature, pamphlets, medallions
- Publish the Intergrouper Newsletter
- Maintain a website
- Host Intergroup Committee meetings

Bill W. said: "Though not costly, these agencies are absolutely essential to our continued expansion – to our survival as a fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to recognition on our part that A.A. must everywhere function in full strength and that, under our tradition of self-support; we are all going to foot the bill". (Self-Support: Where money and spirituality mix").

Sign Me Up! (You may remain anonymous)

Name: _____ Phone Number _____

Address: _____

City & State: _____ Zip Code: _____

Yes, I would like to be reminded quarterly

I pledge to give \$ _____ Monthly/Quarterly/Annually (circle one)

Make checks payable to Heartland Intergroup, 4204 S. Florida Avenue #H, Lakeland, FL 33813

Your contribution is tax deductible/Internal Revenue Service/Code 501 © 3

*If your **home group has been unable to support** Heartland Intergroup with a regular monthly percentage of your basket, **your group can make a commitment** to become a Faithful Fiver Group and contribute a small amount each month.*

HEARTLAND INTERGROUP of AA, INC.
4204 S. Florida Avenue #H
Lakeland, FL 33813
(863) 688-0211
Email: officemanager@heartlandintergroup.org
www.heartlandintergroup.org

We need Twelve Step call volunteers in some of our communities. If you are willing to have us add you to our list of 12 Step Volunteers, please call our office or email the following information to: officemanager@heartlandintergroup.org.

Areas we need volunteers:

- Babson Park
- Bartow/Highland City
- Frostproof
- Haines City (Need women)
- Lake Placid
- Mulberry
- Polk City
- Sebring
- Wauchula
- Zolfo Springs

TWELVE STEP INFORMATION FORM

Today's Date: _____

First & Last Name: _____ Male _____ Female _____

Address: _____

Address: _____ State _____ Zip Code _____

Email Address: _____

Which areas/counties/communities are you willing to travel to?

I am willing to do 12 Step Calls _____ (yes/no)

I am willing to give people rides to meetings: _____ (yes/no)

Hours/Days Available _____

Telephone: _____

Home Group _____ Sobriety Date _____

(1 year of continuous sobriety is required for 12-step work)

All of the above information is confidential and is for the exclusive use of Heartland Intergroup.

“HEARTLAND INTERGROUP” and “DISTRICT III”

Needs your help

Both are looking for sites that can be used for events such as Pasta Fest, Gratitude Dinner, Founders Day Celebration, etc. Must be able to have 300+ capacity and a commercial kitchen. If you have suggestions please send a note to heartlandintergrouper@gmail.com or call Heartland Intergroup at 863-688-0211.

HEARTLAND INTERGROUP BOOK STORE



Purchase A. A. items that are available from Heartland Intergroup's Book Store.



HEARTLAND INTERGROUP

Monthly meetings are every 2nd Monday at 6:00 p.m.

Heartland Intergroup office
4204 S. Florida Avenue, Ste. H, Lakeland

MEETINGS AT INTERGROUP OFFICE

Just Show Up Group
Anniversary Group
Art of Recovery Group
Big Deal Group
Sponsor/Sponsee Group
Downtown Group