

Heartland



INTERGROUPER
Serving Polk, Hardee, and Highlands County

FEBRUARY 25TH, 2017

DOORS OPEN AT 5:00 PM

DINNER AT 6:00 PM

ENTERTAINMENT: 5:30PM - 8:00PM

SPEAKER: 8:00PM

50/50 Auction & Dessert Raffle

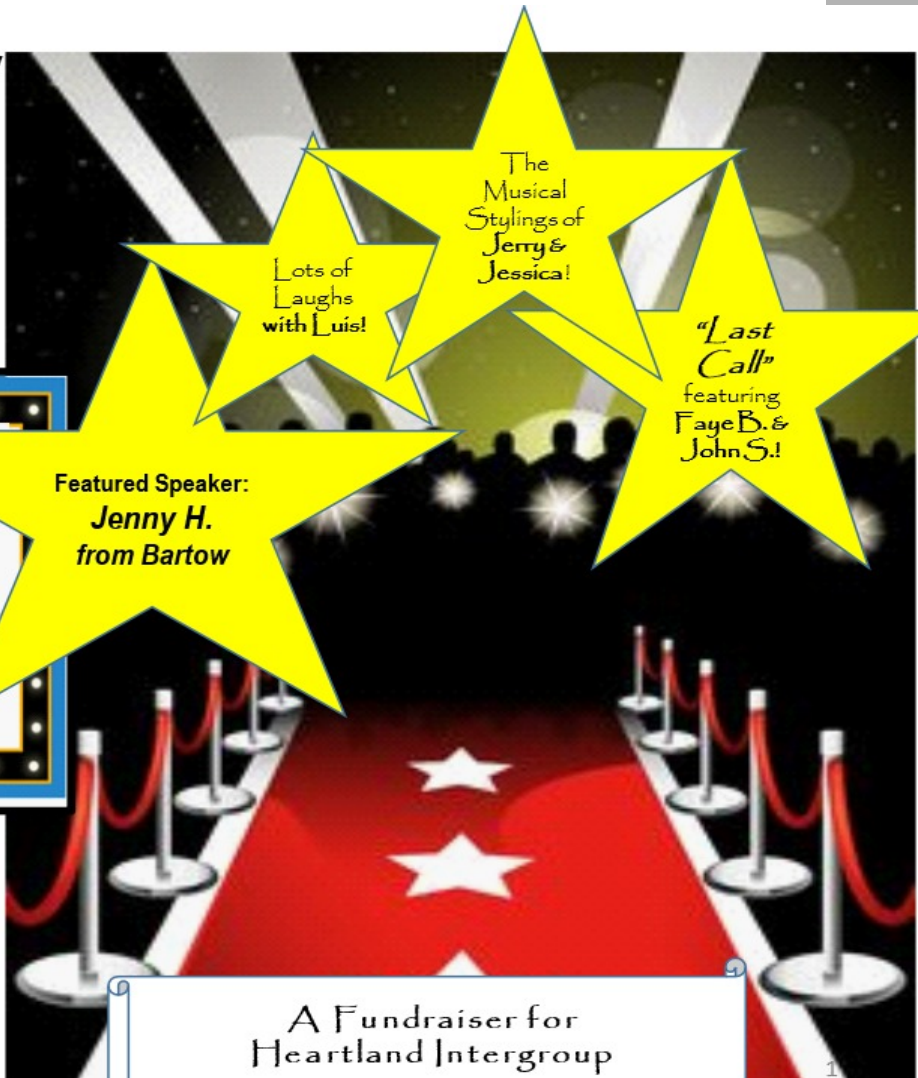
A NIGHT OF STARS

\$18 per person, advance purchase
\$20 after February 15th

Available through your local salesperson and
at Heartland Intergroup

Bartow Civic Center
2250 S Floral Ave, Bartow, FL 33830

Donations of homemade desserts and goodies needed!



A Fundraiser for
Heartland Intergroup

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



MULBERRY GROUP
Mulberry United Methodist Church
306 N. Church Avenue
Friday 8:00 P.M.
OD



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. i

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. • Ave AA sobriety is just under<10 yrs. Mul Grp Ave is 15 years. • 10 members have over 20 years of sobriety. • AA average is 35% women. Mul Grp is 31% women. • Regular rotation is maintained of all group service positions every 2 yrs. • Most importantly,42% of grp members have less than 5 years of continuous sobriety, (they're keepin' the old geezers in check!)

Look Who's Celebrating Years of Sobriety in February

Ladies of the Lake

Sherry K. 3

New Hope Group

Bob B. 32

Roger M. 30

Bob H. 24

Mulberry Group

Harold M. 32

Higher Powered Group

Anna M. 31

Phoenix Group

Tony H. 6

Jenny H. 2

Acceptance Group

Jim M. 38

Joe B. 24

Dave V. 19

Megan R. 15

Larry B. 11

Michael W. 7

Jeanne P. 6

Carrie T. 5

Chris D. 3

Dave B. 3

Scenic Sobriety Group

Tony L. 4

Mike H. 25

Winners Circle

Anita G. : 23

Chris D. 3

Timmie L. 2

Cindy M. 1

Alicia S. 2

YOUR NEW INTERGROUP OFFICERS



Mark W.-Chair

Russell C.-Alt. Chair

Jerry K.-Secretary

Mike O.-Treasurer

SOME WAYS OF CARRYING THE MESSAGE

- Our own example of contented sobriety
- Making calls with other members who are sponsoring a newcomer
- Regular AA meeting attendance-visiting outside AA meetings when away from home
- Making hospital calls upon members
- Talks with people after meetings-particularly with newcomers or those having trouble living the program
- Telephone calls to new members
- ‘Own’ the “Big Book” and encourage others to buy and study it
- Assume duties and obligations that helps the AA fellowship
- Talking to relatives or associates of drinking alcoholics if requested (explain the disease)
- Tell the AA story to clergymen, doctors, judges, employers and police officials if known well enough to further the AA cause, or to help a fellow member
- Lead your group meeting and speak before other groups
- Help start new groups or work with weaker ones
- MAKE AA OUR WAY OF LIFE

make a commitment



Heartland Intergroup says, "thank you" to Joe B. and Lauren for their devoted service as Past Chair and Alt. Chair and the time they devoted to service to AA in the Heartland area. Thanks again.

There is a bridge between desire and accomplishment. This bridge represents our willingness to put one foot in front of the other over and over again. To get up when we fall, and welcome companions when we get discouraged. To stay the course when side roads beckon.

This bridge is commitment. If anchored firmly in your mind at the beginning of your journey, commitment will carry you through periods of doubt. Today is the day to begin building this bridge.

Quote . . . Unquote

“For the first nondrinking months, it’s probably a healthy idea to stay away from our old drinking buddies and haunts, and to find reasonable excuses for skipping parties where drinking will be a major entertainment...”

“But, sooner or later, there comes the time when a family or business obligation or a friendship makes us feel compelled to go—or perhaps we just want to go...”

“It is also beneficial, before you go, to talk with another recovered alcoholic or with someone else on your side, who is rooting for your health and fully understands the pressure you’ll be under. Arrange to call back later and tell how it went.”

From: “Living Sober”

The well dressed drunk leaving the nightclub one night slipped and fell down a flight of stairs, rolled into the gutter and landed in the street.

Someone from the gathering crowd helped the poor man to his feet and asked, “What happened?”

“I don’t know,” the drunk said, “I just got here.”



The Candlelight Group

was started October 13, 2000, by Tom H., Pat W. and John Mc with the help from John J., Jim G. and Tom G. Members wanted a different format for meetings such as speaker meetings and other activities so began the meeting at Broken Glass in Sebring. Since its first meeting place, the Candlelight Group has moved to the Ag Center, St. Francis and the Desoto Center and just recently at the Unity Life Enrichment Center. Since the group was formed we have grown to 20 members and have had many holiday celebration events, dances, bowling get-togethers and parties.

CANDLELIGHT GROUP

Unity Life Enrichment Center, 10417 Orange Blossom BLVD S, Sebring

4:00 P.M. Sunday OD

6:00 P.M. Wednesday OS

GROUP SPOTLIGHT

CONTRIBUTIONS

INDIVIDUAL

Anonymous
Bob H.
Donald
Margo+
TOTAL 1222.32

FAITHFUL FIVERS

Anonymous	Alice B.
Frank M.	John C.
Julie D.	Karen K.
Kate CP	Margo
Mark W.	Trish F.
TOTAL	265.00

WE GOOFED

“The Sunday Nighters Group donated in the month of October which was inadvertently left off the previous report. Our apologies!”

BIRTH DAY and DIME A DAY

Anonymous
TOTAL 103.00

GROUPS

Anonymous Group
Auburndale Group
Candlelight Group
Early Bird Special Group
Good Orderly Direction Group
Happy Hour Group
Hardee Welcome Group
Monday Night Mens Group-2720 Club
Sober Lunch Bunch Group
Tuesday Noon Literature Meeting Group
Winter Haven Mens Group
TOTAL 1155.80

To All our Groups

We appreciate your financial support. Please remember to include the ***name of your group*** with your check so that we can accurately record your donation.

Many thanks!

WE ARE GRATEFUL FOR YOU

Faithful Fivers! Thank you so much for your Faithful Fiver donation!

If you would like to become a Faithful Fiver, contact Heartland Intergroup office at (863) 688-0211, stop by our office or go to www.heartlandintergroup.org/faithfulfiver.html. Your \$5 monthly helps.

Thank You Individual Contributors and those who add to the Dime a Day can Contributors and AA Birthday celebrants for their contributions.



BIG BOOK SALES		OFFICE ACTIVITY/CALLS/VISITS/etc.	DECEMBER 2016
Last Month	This Month	General Information	33
19	26	AA Meeting Information	35
12 & 12 SALES		Answering Service Calls	64
21	19	Purchases	44
		Other, miscellaneous	29
		Visits	23



Deadlines for your news items of interest for the Intergrouper will be the 15th of each month.

NOTICE

I AM RESPONSIBLE

When anyone, anywhere, reaches out for help, I want the hand of A. A. always to be there. And for that I am responsible

*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

Religion and Alcoholics Anonymous

I would like to offer for the consideration of members of A.A. to recognize that A.A. is a worldwide movement with Buddhists, Moslems, Hindus, Sikhs, and even atheistic and agnostics who may and probable do not identify with Christianity.

It is estimated that there are 2.4 billion adherents to Christianity out of a population of approximately 7.2 billion and Christianity Today estimates 33,830 sects. There seems to be many people in the world that might not appreciate a mention of your deity or even accept your particular version of Christianity to be mentioned at a meeting, even if they do profess to be Christian. Page 46 of the Big Book has the following sentence "To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek."

Recently I noticed two Christian crosses on the walls of two Alcoholics Anonymous locations in Lakeland. There was also an incident where the long version of the Serenity Prayer was read at a meeting. I would offer up as a suggestion that religion has not place in AA, as our preamble states, "AA is not allied with any sect, denomination...Our primary purpose is to stay sober and help other alcoholics to achieve sobriety".

I heard a speaker mention if you have not accepted Jesus Christ as your savior you will not stay sober. What a terrible statement to make, please keep your religion in your church and in your home but not in meetings. I really could care less whom your savior is, I just care about you keeping sober.

As my sponsor said decades ago at a meeting "AA is a save my ass program, if I want to save my soul there is a church down on the corner".

From my own personal perspective, if persons would have been discussing or mentioning any religion or saw religious items displayed at a meeting by members of AA when I was young in the program I probable would not have stayed in AA and enjoyed my years of sobriety. I like the Broad Highway. Please be considerate of those who are not of your faith and leave your religion outside the meetings.

Frank M.

DISTRICT III

District III Meeting/GSR Workshop
2:00 PM, 3rd Sunday of each month
Holy Trinity Episcopal Church
500 W. Stuart St., Bartow
GSR Service Workshop begins at 1 PM

Thoughts to Ponder

“Putting principles before personalities, both inside and out side the Fellowship, does not always endear me to everyone, but I would rather be disliked for what I am than be liked for what I am not.”

“Just how and when we tell the truth - or keep silent - can often reveal the difference between genuine integrity or none at all.”

AVAILABLE DISTRICT BREAKFASTS

April - May - June - July - September - December

If your Group would be willing to host a District Breakfast for any of the above months, please submit your bids at the February District 3 meeting.

AVAILABLE DETOX CHAIR

August - November

If your group is willing to chair Detox meetings for any of the above months, please submit your bids at the February District 3 meeting.

Looking for something to do? District 3 needs the following in 2017:

Intergroup Liaison

Several ACMs

Corrections Committee needs a Secretary, Treasurer and Literature Coordinator along with volunteers for corrections facilities in Polk, Hardee and Highlands county.

P.I.C.P.C Committee is seeking for a few volunteers interested in service work planning fund raisers and activities to reach out to the sick and suffering alcoholics.

To volunteer or for more information on any of the above needs, contact
district3.altchair@gmail.com

12-STEP VOLUNTEERS NEEDED

Just recently, there were several situations where no was available to help a caller in need. We are desperately in need of volunteers in all of Polk, Highland and Hardee Counties. Are you willing to volunteer or do you have a suggestion on how to better recruit for the 12 step call list? If so, don't hesitate to make them either calling Margo at the Intergroup office or sending us an email at heartlandintergrouper@gmail.com



The Heartland Intergrouper needs you...

As Tradition One states, "...personal recovery depends upon AA unity." In Alcoholics Anonymous, perhaps more so than in any other group, our stories unite us. Your experience strengthens me; my strength gives another hope.

You can share your experience, strength and hope with alcoholics throughout Heartland Florida. You can help a suffering alcoholic, trying to surrender, identify herself as an alcoholic. You can help a newcomer, poised for a slip, think through the drink. You can help a long-timer, facing a seemingly hopeless situation, remember there is always hope. You can help...without leaving your chair...by contributing your story to the Heartland Intergrouper!

Let others know what it was like, what happened, and what it's like now. Your story can be short, or long. It can be a masterpiece of prose, or not so much. It can even be a poem. All it has to do is tell of your experience, strength and hope!

Help another alcoholic find hope. Email your story to heartlandintergrouper@gmail.com, today!

...To share your experience, strength and hope!

An Oldie But A Goodie

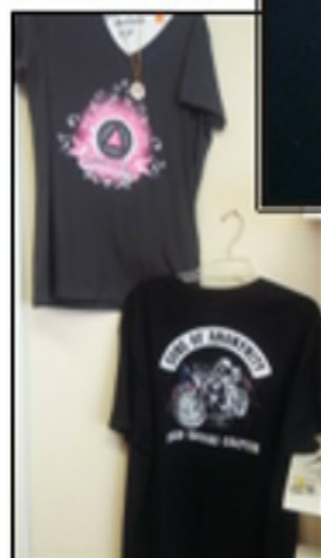
An old-timer AA says the trouble with "Two-Stepping" is that you usually combine the wrong parts of the First and Twelfth Steps, i.e., "My life is unmanageable, and I'd like to share it with you."

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 Two**: "Came to believe that a Power greater than ourselves could restore us to sanity." p.59 BB **Tradition Two**: "For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." p.562 BB. **Concept Two**: "The General Service Conference of A.A. Has become, for nearly every practical purpose, the active voice and the effective conscience of our sole Society in its world affairs.." P. 574 BB.

CHECK OUT OUR LATEST BOOKS & GIFTS!



Recovery Jewelry... Books in Spanish... All sorts of Medallions... Daily Meditations..... Coffee Mugs... Hats.... T-Shirts.... Gift Cards



Grateful
I'm Not
Dead!



Used
Books!



**SAVE YOUR HOME GROUP MONEY!
BUY PRE-OWNED BOOKS!**

**30% to 60% off
the price of new books!!**



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.*

GOT KIDS? NEED A MEETING?

**THE ACCEPTANCE GROUP HAS
CHILDCARE AT 5 MEETINGS EVERY
WEEK!**

WEDNESDAY, 7:00 PM – LADIES MEETING

THURSDAY, 6:00 PM – SPEAKER MEETING

THURSDAY, 7:30 PM – DISCUSSION MEETING

FRIDAY, 7:00 PM – SPEAKER MEETING

SATURDAY, 6:00 PM – DISCUSSION MEETING

TRINITY UNITED METHODIST CHURCH,
715 CORNELIA AVENUE, LAKELAND, FL

NIGHT OF STAARS

Show off your culinary prowess!

Bring your favorite homemade cake, pie, cookies,
goodies or other desserts.

Make yours its own Star at the dessert auction.

WINTER HAVEN FELLOWSHIP HALL PRESENTS

THE DELICIOUS **CHILI COOK OFF** IS BACK IN TOWN!! SAMPLE SOME OF THIS REGION'S BEST CHILI AND CAST YOUR VOTE FOR THE WINNING TASTE!

ALL OF THIS FOR ONLY \$5.00 PER ADMISSION AND EACH ADMISSION GIVES YOU THE OPPORTUNITY TO CAST ONE VOTE FOR YOUR FAVORITE DISH!

IF YOU HAVE WHAT IT TAKES TO ENTER YOUR OWN RECIPE FOR CHILI IN THE CONTEST, PLEASE SUBMIT YOUR NAME AND \$10.00 ENTRY FEE TO ANY OF THE BOARD MEMBERS, OR SIMPLY PLACE THE INFORMATION, WITH FEE, IN A SEALED ENVELOPE AND DROP IT IN THE SAFE LOCATED IN THE FRONT AREA OF THE WINTER HAVEN FELLOWSHIP HALL.

MEDALS WILL BE AWARDED FOR 1ST, 2ND AND 3RD PLACE WINNERS!

THIS EVENT WILL TAKE PLACE FROM 2PM – 4PM ON FELLOWSHIP 19TH, 2017



“Ft. Meade Friends of Bill”

Tuesday evening, 6:00 P.M.
Open Discussion

First Church of God
215 S. Perry Avenue,
Ft. Meade, Florida

**New meeting started January 31,
2017.**

Rule 62 AA group

Fri 7 P.M. ----- Sat 9:30 A.M. -----

Cornerstone Baptist church-----
at Island Club west
3100 Sand Mine Road,
Davenport, FL

The Saturday meeting is
restarting-----needs support