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4204 S. Florida Ave, Suite H.

Lakeland, FL 33813

863-688-0211

or 863-687-9275

www.heartlandintergroup.org

Office Hours

Monday - Friday 9 am - 5 pm

As always, please feel free to call ahead as we too live life on life's terms.

ANY MEETING CHANGES PLEASE SUBMIT CHANGES TO WEBSITE:



Volunteer Positions

Front Desk – 1 year requirement

Mondays 1 pm to 5 pm

Fridays 1 pm to 5 pm

Cleaning Crew – Any amount of sobriety

Scheduling very flexible within office hours

A few hours a week

**If you would like to be of service to our A.A.
community through one of these opportunities,**

Email: Officemanager@heartlandintergroup.org

or click the link below

CLICK FOR MORE INFO ON VOLUNTEERING!

Tis' the Season to enjoy time with our loved ones!



In that spirit, Heartland Intergroup will be closed
Dec. 24th, Dec 25th, and January 1st.
We will be open Dec. 31st.

A decorative border of yellow sunflowers with green leaves and stems surrounds the text. The sunflowers are scattered around the perimeter, with some larger and more prominent than others.

HEARTLAND INTERGROUP FUNDRAISER

The Joy of Living Dinner

SATURDAY, MARCH 1, 2025

Doors Open: 4:00pm

Dinner: 5:00pm

Speaker: Mary Jo Q.

Tickets are \$25

Available at the Heartland Intergroup Office

Tickets will not be sold at the door.

DOOR PRIZES! 50/50 RAFFLE! DESSERT AUCTION!

Donald Bronson Community Center

124 Bronson Trail

Polk City, FL 33868

Happy Holidays!

**Here are a few meetings which have reached out
to let us know they will not be open.**

December 24th

Friends in Recovery 6:30 pm

Mulberry, FL

December 25th

Into Action Beginner's Meeting 7 pm

Auburndale Fellowship Hall

it may seem, and even though I didn't give my permission—really, really am an alcoholic of sorts. And it's all right with me. Now, what am I going to do about it?" When I stopped living in the problem and began living in the answer, the problem went away. From that moment on, I have not had a single compulsion to drink.

And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Shakespeare said, "All the world's a stage, and all the men and women merely players." He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. A.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork. I am saying that I know better than God.

For years I was sure the worst thing that could



January Anniversary

Jackie M. 1/1/1983 42 yrs.
Denise E. 1/22/2014 11 yrs.

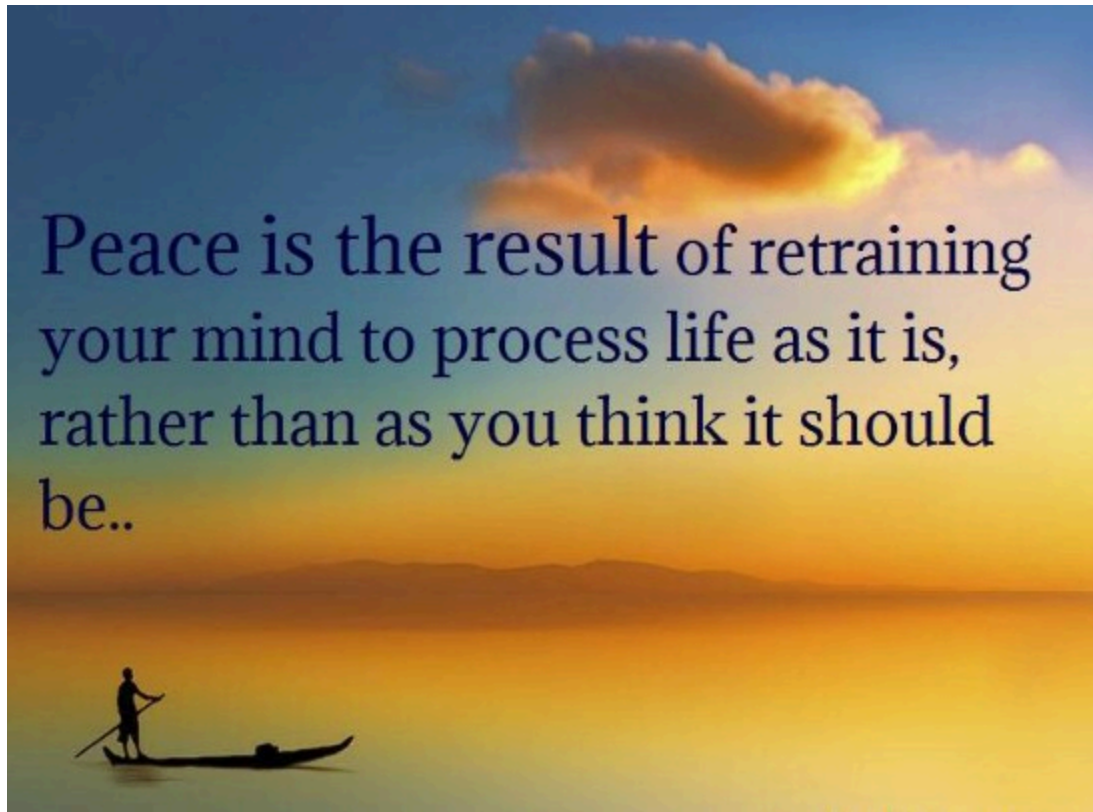
**If your group or you would like to use your anniversary date
to illustrate through this newsletter
that A.A. really works if you work it....**

Please email officemanager@heartlandintergroup.org

happen to a nice guy like me would be that I would turn out to be an alcoholic. Today I find it's the best thing that has ever happened to me. This proves I don't know what's good for me. And if I don't know what's good for me, then I don't know what's good or bad for you or for anyone. So I'm better off if I don't give advice, don't figure I know what's best, and just accept life on life's terms, as it is today—especially my own life, as it actually is. Before A.A. I judged myself by my intentions, while the world was judging me by my actions.

Acceptance has been the answer to my marital problems. It's as though A.A. had given me a new pair of glasses. Max and I have been married now for thirty-five years. Prior to our marriage, when she was a shy, scrawny adolescent, I was able to see things in her that others couldn't necessarily see—things like beauty, charm, gaiety, a gift for being easy to talk to, a sense of humor, and many other fine qualities. It was as if I had, rather than a Midas touch which turned everything to gold, a magnifying mind that magnified whatever it focused on. Over the years as I thought about Max, her good qualities grew and grew, and we married, and all these qualities became more and more apparent to me, and we were happier and happier.

But then as I drank more and more, the alcohol seemed to affect my vision: Instead of continuing to see what was good about my wife, I began to see her defects. And the more I focused my mind on her defects, the more they grew and multiplied. Every defect I pointed out to her became greater and greater. Each time I told her she was a nothing, she receded a little



more into nowhere. The more I drank, the more she wilted.

Then, one day in A.A., I was told that I had the lenses in my glasses backwards; “the courage to change” in the Serenity Prayer meant not that I should change my marriage, but rather that I should change myself and learn to accept my spouse as she was. A.A. has given me a new pair of glasses. I can again focus on my wife’s good qualities and watch them grow and grow and grow.

I can do the same thing with an A.A. meeting. The more I focus my mind on its defects—late start, long drunkalogs, cigarette smoke—the worse the meeting becomes. But when I try to see what I can add to the meeting, rather than what I can get out of it, and when I focus my mind on what’s good about it, rather than what’s wrong with it, the meeting keeps getting better and better. When I focus on what’s good today, I have a good day, and when I focus on what’s bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases.

Today Max and I try to communicate what we feel rather than what we think. We used to argue about our differing ideas, but we can’t argue about our feelings. I can tell her she ought not to think a certain way, but I certainly can’t take away her right to feel however she does feel. When we deal in feelings, we tend to come to know ourselves and each other much better.

It hasn’t been easy to work out this relationship with Max. On the contrary, the hardest place to work this program has been in my own home, with my own children and, finally, with Max. It seems I should have learned to love my wife and family first; the newcomer



Don't wait for things to get
easier, simpler, better.
Life will always be complicated.
Learn to be happy right now.
Otherwise, you'll run out of time.

to A.A., last. But it was the other way around. Eventually I had to redo each of the Twelve Steps specifically with Max in mind, from the First, saying, "I am powerless over alcohol, and my homelife is unmanageable by me," to the Twelfth, in which I tried to think of her as a sick Al-Anon and treat her with the love I would give a sick A.A. newcomer. When I do this, we get along fine.

Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations of Max and other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my "rights" try to move in, and they too can force my serenity level down. I have to discard my "rights," as well as my expectations, by asking myself, How important is it, really? How important is it compared to my serenity, my emotional sobriety? And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level—at least for the time being.

Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that's God's will for me.

I must keep my magic magnifying mind *on* my acceptance and *off* my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I can see I've never had it so good. Thank God for A.A.!

Life on Life's Terms

“For years, I was sure the worst thing that could happen to a nice guy like me would be that I would turn out to be an alcoholic. Today, I find it’s the best thing that has ever happened to me. This proves I don’t know what’s good for me. And if I don’t know what’s good for me, then I don’t know what’s good or bad for you or for anyone. So I’m better off if I don’t give advice, don’t figure I know what’s best, and just accept life on life’s terms, as it is today – especially my own life, as it actually is. Before A.A., I judged myself by my intentions, while the world was judging me by my actions.”

Alcoholics Anonymous, pp. 449 – 450

Heartland Intergroup is inviting you to a scheduled Zoom meeting.

Time: Jan 13, 2025 06:00 PM Eastern Time (US and Canada)

Topic: January Rep Meeting

- +1 253 215 8782 US (Tacoma)
 - +1 253 205 0468 US
 - +1 719 359 4580 US
 - +1 689 278 1000 US
- +1 669 900 6833 US (San Jose)
 - +1 669 444 9171 US
 - +1 564 217 2000 US
 - +1 507 473 4847 US
 - +1 386 347 5053 US
 - +1 360 209 5623 US
- +1 346 248 7799 US (Houston)

- +1 312 626 6799 US (Chicago)
 - +1 309 205 3325 US
 - +1 301 715 8592 US (Washington DC)
 - +1 929 205 6099 US (New York)
 - +1 646 931 3860 US
 - +1 305 224 1968 US
- Dial by your location*

+16469313860,,2323580422# US

+13052241968,,2323580422# US

One tap mobile

Meeting ID: 232 358 0422

<https://us02web.zoom.us/j/2323580422?omn=85871047105>

Join Zoom Meeting

Did you know Lake Wales has Daytime Meetings?

Gratitude Group

Church of Good Shepherd

200 S 4th St

Lake Wales, FL 33853

Apartment 7, across the street from the church

Wednesdays at Noon

- **Big Book**
- **Literature**

Thursdays at 10:30 am

- **Discussion**
- **Speaker**

**Topic discussion each Thursday except for last Thursday which is
Speaker meeting**

Friday Family Fun Night At 2720 Club

Join Us Every Friday Night
From 8pm - 11pm

Food

Friends

Fun!

**2720 E Main St
Lakeland, FL**

Don't Forget



We aren't a glum lot...Pg 132 AA Big Book

District 3 breakfast

Hosted by

the Broken Glass Group of sebring

Saturday January 25

Doors open at 9:30 am

Breakfast at 10:00

Speaker at 11:00



Resurrection Lutheran church

324 East Main street

Avon park

Tickets \$10.00

50/50 raffle



JOIN IWC ONLINE!



Can't make it to the in-person 61st IWC in San Diego?
Register today for the online program!
Cost: \$15

[Click for information and registration](#)

One Day Women's Conference
"Your Recovery: A Checkup From The Neck Up
February 22, 2025
9am – 3 pm



This will be an interactive conference focusing on steps three thru five plus meditation. We will have speakers and activities designed to get you into action.

Tickets are \$20.00 and includes a box lunch. Tickets on sale until February 15th.
Tickets available at Wednesday nights Ladies or the Lake, Women's The
Acceptance meeting or any of the contacts below.

For More information, please contact any of the following:
Luanne S: 863-393-4703, Cindy A: 863-397-0953,
Donna W: 813-841-7745, Joanann B: 863-660-6341

Hosted by Women in AA
Cost \$20.00 which includes a box lunch
Location: Boy scout building - 1st Presbyterian Church
175 Lake Hollingsworth Drive, Lakeland FL 33801

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*New

District 3
PO Box 333
Bartow FL 33830
Payable to: District 3 Treasurer

Heartland Intergroup

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Lakeland, FL 33803
Payable to: Heartland Intergroup



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Any questions can be emailed to the office manager at:

*officemanager@heartlandintergroup.org

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