

[View this email in your browser](#)



HEARTLAND INTERGROUPER

www.heartlandintergroup.org

863-688-0211 or 863-687-9275

Mondays - Friday 9 am to 5 pm

**1643 Williamsburg Square, Suite 102
Lakeland, FL 33803**

WE TOO LIVE LIFE ON LIFE'S TERMS! IT MAY BE BEST TO CALL BEFORE YOU

COME!



**ANY MEETING CHANGES PLEASE SUBMIT CHANGES TO
WEBSITE:**

[Submit Meeting Changes](#) | [Heartland AA \(heartlandintergroup.org\)](#)



April Anniversaries

Auburndale group 4/7/1972 53 Yrs.

Karen Z. 4/9/2009 16 Yrs.

Michelle H.M. 4/10/2021 4 yrs.

We want to know your Sobriety Birthdays AND Group Anniversaries!

Help us show the newcomer it does work!

Email: Office.manager@heartlandintergroup.org to add your date



18 'Easy Does It'

Have you just this minute finished reading the previous section, and are you now rushing right into this one? Why? It may be that you need to put into practice the slogan "Easy Does It."

As alcoholics, we often tended to gulp drinks faster than other people did. And we were seldom likely to overlook the last few drops in the cocktail glass, or the last few slugs in the bottle.

Many of us have been amused at our seeming inability, even after many years of sobriety, to walk away from a half-finished cup of coffee or glass of soda. We sometimes find ourselves gulping the last swallow of a nonalcoholic drink, as if . . .

Perhaps most readers already get the point: It is not always easy for us to put down an unfinished page, chapter, or book we are reading. There seems to be almost a compulsion to go on to the end, instead of taking only a page or a chapter or two a day and leaving the rest for another session. Not that this tendency is altogether bad. In getting over a destructive obsession such as drinking, it's sensible to replace it with a benign one, such as a compulsion to seek more and more knowledge and help for a drinking problem.

So read on, if you like. It's a whole lot healthier than boozing.

But when you reach the end of this section, you might want to try something. Put this book aside and review your day. See how many times you could have slowed down a bit or taken things a little easier if you had thought of it.

The slogan "Easy Does It" is one way we A.A.'s remind each other that many of us have tendencies at times to overdo things, to rush

heedlessly along, impatient with anything that slows us down. We find it hard to relax and savor life.

When one of us is in a dither to get something done or get somewhere in a hurry, a friend may gently remonstrate, “‘Easy Does It,’ remember?” Then there’s often a flash of annoyance at the adviser. And that indicates the advice must have hit home, wouldn’t you say?

Yes, we know that impatience today is by no means limited to alcoholics. As the rate of change in our civilization accelerates, more and more people feel pressed for time and harried to hurry up and catch up with... With what? With whom?

Such pressure does not push most drinkers into alcoholism, as anyone can see. Only a small percentage of drinkers develop our problem. But those of us who did often find we share a need to learn how to relax, how to pace ourselves in a healthy way, how to enjoy small gains and even the simple pleasures along the way—in short, how to enjoy the journey, instead of just fretting until we reach our destination. The horizon stays there. Sometimes, it pays to stand still and gaze at it, for the refreshment of the long look.

Some of us repeatedly find, too, that we have bitten off more than even a hippo could chew. We keep taking on more commitments than any one person could handle.

[Click here to here the audio of the complete Easy Does It section in Living Sober on AA.org](#)



Friday Family Fun Night Presents

Guess What?!

It's Our 2nd Birthday!



April 4th 7:30pm - 11:30pm

2020 E Main St. Lakeland, FL

"2720"

Don't Forget The 50/50 Drawing!



invites you to a picnic
with food, fellowship, and fun!!!

April 16th at 11 am

50901 Hwy 27
Davenport, Florida 33897
In the park by the playground

This is potluck style so bring
goodies to share!

For more information call: Lawrence C. (883) 221-3857



Florida Speaks the Language of the Heart

2025 INTERNATIONAL CONVENTION

Florida Hospitality Suite



July 3-6, 2025

Fairmont Waterfront Hotel
Princess Louisa Room
900 Canada Place
Vancouver, Canada

Hospitality Room

Thursday, Friday & Saturday
9am to 5pm



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* New

1643 Williamsburg Square, Suite 102
Lakeland, FL 33803
Payable to: Heartland Intergroup



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](#).

*|Heartland Intergroup of AA, 4204 N. Florida Ave Suite H, Lakeland, FL 33813|*USA

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Heartland Intergroup of AA · 4204 S. Florida Avenue #H · Lakeland, FL 33813 · USA

