

### Lakeland

**Mon** 8:00PM **Why Are We Here**, Unitarian Universalist Congregation, 3140 Troy Ave, **Lakeland, FL** (O, D, WC, NS, SD) *First Monday of the month - Literature Study*

### Auburndale

**Sun** 7:30PM **Get A Grip**, Saint Albans Episcopal Church, Off Main Street, 202 Pontotoc Street, Auburndale, FL (O, CAN, WC, NS)

**Sun** 8:00PM **Stonewall Recovery**, Christ's Promise Church, 1145 US Hwy 92, West, Auburndale, FL, 33823 (O, D, VAR, WC, LIT, NS) *LGBT, 2nd Sun. Ask It Basket, 4th Sun. literature study, 5th Sun. Speaker*

**Tue** 7:30PM **No Name Meeting**, 103 W Park St, Auburndale, FL (C, CAN, D, WC, NS)

**Thu** 7:30PM **Finding Hope**, Storehouse Ministries, 103 W. Park St., Auburndale, FL, 33823 (O, CW, D, WC, NS)

**Fri** 7:30PM **Surrender to Win**, 103 W Park St, Auburndale, FL (O, CW, D, WC, NS)

**Sat** 7:30PM **Circle Of Hope**, 103 W Park St, Auburndale, FL (O, D, WC, NS)

### Avon Park

**Wed** 7:00PM **Basic Group: We Never Had It So Good**, Union Church, 106 N Butler Ave., Avon Park, FL, 33625 (O)

### Bartow

**Thu** 8:00PM **Last Chance Group**, Tri-County Human Services, Mary Lyons Center, 2725 State Road 60 E, Bartow, FL (C, D, WC, NS) *No Smoking on the property. Access Restricted To Age 18 And Over.*

**Sat** 6:30PM **A New Way Of Life**, Tri-County Human Services, Mary Lyons Center, 2725 State Road 60 E, Bartow, FL (C, D, WC, NS) *No Smoking on the property. Access Restricted To Age 18 And Over.*

### Dade City

**Tue** 7:00PM **Break the Chains**, Lock Even's House (Across the Street from the Park), 14234 11th Street, Dade City, Florida (O, VAR) *Rotating Format*

### Lake Alfred

**Wed** 8:30PM **The Chosen Few**, First United Methodist Church, Parish Hall, 130 S Pennsylvania Ave, Lake Alfred, FL (O, D, WC, NS)

### Lake Placid

**Mon** 7:15PM **Carry The Message**, First Baptist Church Of Lake Placid, Parking And Entrance On Hibiscus St, 119 East Royal Palm Street, Lake Placid, FL (O, D, WC, NS)

### Lake Wales

**Mon** 8:00PM **Show Me Don't Tell Me**, Good Shepherd Episcopal Church, Across Street From Church, 200 S 4th St Apt #7, Lake Wales, FL (O, SWG, WC, LIT, NS, CS, LC)

**Tue** 8:00PM **Show Me Don't Tell Me - Women's Meeting**, Good Shepherd Episcopal Church, 200 S. 4th St. Apt #7, Lake Wales, FL, 33853 (O, BT, TRD, NS)

**Wed** 8:00PM **Show Me Don't Tell Me**, Good Shepherd Episcopal Church, Across Street From Church, 200 S 4th St Apt #7, Lake Wales, FL (O, BT, D, TRD, WC, NS, CS)

**Sat** 8:00PM **Show Me Don't Tell Me**, Good Shepherd Episcopal Church, Across Street From Church, 200 S 4th St Apt #7, Lake Wales, FL (O, CAN, D, WC, NS, CS)

### Lakeland

**Sun** NOON **Sunday Morning Leftovers**, Presbyterian Church in the Highlands, 1010 Lake Miriam Dr., Lakeland, FL, 33813 (O, D, WC, NS)

**Sun** 5:30PM **Living Free**, Alders Gate House, 722 East Walnut Street, Lakeland, FL (O, D, WC, NS) *1st Sun. - Lit, 3rd Sun. - Lit*

**Sun** 7:00PM **Step It Up**, Step It Up Ministries, 4532 Clubhouse Rd, Lakeland, Florida, 33812 (O, CW, W, LIT)

**Sun** 8:00PM **Weekend Wind Down**, Hope Community Chrch, Meets in church office, 5129 US HWY 98 N., Lakeland, FL, 33809 (O, CW, D, WC, NS)

**Mon** NOON **Clean Break At Noon**, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (C, D, WC, NS, CS)

**Mon** 6:30PM **Never Alone**, St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland, FL (O, D, WC, LIT, NS)

**Tue** NOON **Clean Break At Noon**, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (C, D, WC, NS, CS)

**Tue** 6:30PM **Serenity Seekers**, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (O, D, WC, NS)

**Tue** 8:00PM **Keep It Simple**, First Presbyterian Church, Room C, 175 Lake Hollingsworth Dr, Lakeland, FL (O, D, WC, NS)

**Wed** NOON **Clean Break At Noon**, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (C, D, WC, NS, CS)

### Lakeland (cont)

**Wed** 6:30PM **Never Alone**, St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland, FL (O, D, WC, NS)

**Wed** 7:00PM **Freedom Of Choice**, Providence Fire Department Station # 1, Annex Building, 8936 Us Highway 98 N, Lakeland, FL (O, D, WC, NS, CS) *\*\*Must Not Block Driveway With Vehicles\*\**

**Wed** 8:00PM **Top Of The Bottom**, First Presbyterian Church, Classroom At The Back End Of Parking Lot, 175 Lake Hollingsworth Dr, Lakeland, FL (O, D, SPK, WC, LIT, NS) *LIT 1rst Wed, SPK Last Wed*

**Thu** NOON **Clean Break At Noon**, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (O, D, WC, NS, CS) *Open Meeting Only On Thursdays*

**Thu** 6:30PM **Asking For Recovery**, College Heights United Methodist Church, Success House, 942 South Blvd, Lakeland, FL (O, D, WC, NS, CS)

**Thu** 8:00PM **We Do Recover**, Grace Lutheran Church, 745 S Ingraham Ave, Lakeland, FL (O, D, WC, NS)

**Fri** NOON **Clean Break At Noon**, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (C, WC, NS, AB, CS)

**Fri** 6:00PM **Solution I**, St. Stephen's Episcopal Chursh, 1820 County Road 540 A, Lakeland, FL, 33813 (O, D, WC, LIT, NS)

**Fri** 8:00PM **The War Is Over**, St. Stephens Episcopal Church, Classroom Building, 1820 E County Road 540a, Lakeland, FL (O, D, WC, NS)

**Fri** 9:00PM **Friday Night Candlelight**, Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland, FL, 33803 (O, CAN, D, SPK, WC, NS)

**Sat** 9:00AM **Solution II**, St. Stephen's Episcopal Church, 1820 County Road 540 A, Lakeland, FL, 33813 (O, D, WC, NS)

**Sat** NOON **Let's Get Honest**, Zion Hope Baptist Church, 505 Plateau Ave., Lakeland, FL, 33815 (O, D, WC, NS) *Meets only 1st, 2nd, 4th, and 5th Saturdays*

**Sat** 8:00PM **Saturday Night Live**, Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland, FL, 33803 (O, CW, D, WC, NS, CS)

**Sat** 10:30PM **Flicker Of Hope**, Grace Lutheran Church, 745 S Ingraham Ave, Lakeland, FL (O, CAN, D, WC, NS)

### Sebring

**Tue** 8:00PM **Take It Easy**, 1st Presbyterian Church, 319 Poinsettia Ave., Sebring, FL (LIT, CS) *Last Tues. is pot luck dinner at 7PM*

### Sebring (cont)

**Fri** 8:00PM **Firday Night Fire**, 300 Medical Center Way, Sebring, Florida, 33870 (O, D, SMK, WC) *Seasonal Bonfire - Go through "Do Not Enter" sign on entering grove.*

**Sat** 6:00PM **New Beginnings**, 4348 Schumacher Rd, Sebring, FL, 33872 (O, BEG, SD)

### Wauchula

**Mon** 7:00PM **Lost And Found Group**, First Methodist Church, 207 North 7th Avenue, Wauchula, FL (O, D, WC, NS)

**Thu** 7:00PM **Lost And Found Group**, First Methodist Church, 207 North 7th Avenue, Wauchula, FL (O, D, WC, NS)

### Winter Haven

**Mon** NOON **Downtown Recovery At Noon**, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL (C, D, WC, NS) *\*\*No Smoking On Campus\*\**

**Mon** 6:00PM **The Men's Meeting**, Cypress Ridge Presbyterian Church, Park on West side, enter through the southern most side door, 6230 Cypress Gardens Boulevard, Winter Haven, Florida, 33884-3177 (C, D, WC, NS)

**Mon** 8:00PM **Clean And Serene**, Winter Haven Hospital, Meets in private dining room in basement cafeteria., 200 Avenue "F" N/W, Winter Haven, FL (O, WC, LIT, NS) *No Smoking on the hospital property*

**Tue** NOON **Downtown Recovery At Noon**, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL (C, D, WC, NS) *\*\*No Smoking On Campus\*\**

**Tue** 8:00PM **Clean And Serene**, Winter Haven Hospital, Meets in private dining room in basement cafeteria., 200 Avenue "F" N/W, Winter Haven, FL (O, WC, LIT, NS) *No Smoking on the hospital property*

**Wed** NOON **Downtown Recovery At Noon**, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL (C, D, WC, NS) *\*\*No Smoking On Campus\*\**

**Thu** NOON **Downtown Recovery At Noon**, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL (C, D, WC, NS) *\*\*No Smoking On Campus\*\**

And the wisdom to know the difference.

### Winter Haven (cont)

<b>Thu</b> 7:00PM	<b>Just For Thursday</b> , St. John's United Methodist Church, 1800 Cypress Gardens Blvd, Winter Haven, FL (C, D, STP, WC, NS, CS) <i>STP 1st Thurs</i>
<b>Fri</b> NOON	<b>Downtown Recovery At Noon</b> , Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL (C, D, WC, NS) <i>**No Smoking On Campus**</i>
<b>Fri</b> 7:00PM	<b>Another Look In The Villa</b> , Florence Villa Community, Most eastern room in the building., 111 Ave R NE, Winter Haven, FL (C, D, WC, NS)

### Zephyrhills

<b>Sun</b> 7:00PM	<b>Recovery In The Hills</b> , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL (O, D, WC, NS)
<b>Mon</b> 7:00PM	<b>More Will Be Revealed</b> , Little People's Christian Day Care, 38303 North Avenue, Zephyrhills, FL, 33542 (O, D, WC, NS)
<b>Tue</b> 7:30PM	<b>Candlelight in Z'Hills</b> , St. Elizabeth Episcopal Church, 5855 16th St., Zephyrhills, FL, 33542 (BT, LIT, SD)
<b>Wed</b> NOON	<b>More Will Be Revealed</b> , Little People's Christian Day Care, 38303 North Avenue, Zephyrhills, FL, 33542 (O, D, WC, NS)
<b>Wed</b> 7:00PM	<b>Recovery In The Hills</b> , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL (O, D, WC, LIT, NS)
<b>Thu</b> 7:00PM	<b>Recovery In The Hills</b> , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL (O, D, SPK, WC, NS)
<b>Fri</b> 7:00PM	<b>Fresh Start</b> , 5409 11th Street, Zephyrhills, Florida (O, BT, LIT, NS) <i>Basic Text Study</i>
<b>Sat</b> NOON	<b>Mid Day Miracles</b> , Chancey Road Christian Church, 34921 Chancey Rd, Zephyrhills, FL (O, D, WC, NS)
<b>Sat</b> 7:00PM	<b>Triple H (Hope, Health, and Happiness)</b> , First Christian Church, Across from post office, 6040 8th St., Zephyrhills, 33542 (O, BEG, D)

### Helplines

Bahamas	242-426-5245
Bay Area/Pinellas (Pinellas County)	727-547-0444
Boca Raton/Delray Beach	561-393-0303
Bradenton	941-957-7910
Daytona Beach (Volusia County)	800-206-0731
First Coast Area (Duval County)	904-723-5683
Forest/Ocala (Marion City)	352-368-6061
Gainesville (Uncoast Area)	352-376-8008
Greater Orlando Area	407-425-5157
Jacksonville	800-576-4357
Heartland Area (Lakeland/Polk County)	863-683-0630
Melbourne/Titusville	321-631-4357
Nature Coast	352-508-1604
New Port Richey/Zephrhills	800-691-5551
North-West Florida	800-467-7314
Palm Coast Area	561-848-6262
Recover Coast Area (Pasco County)	727-842-2433
River Coast Area (Hernando County)	352-754-7200
Suncoast Area (Sarasota)	941-257-5055
South Florida Region	866-288-6262
Space Coast Area (Brevard County)	321-631-4357
St- Petersburg/Clearwater/Pinellas County	727-547-0444
Tallahassee/Big Bend	850-224-2321
Tampa (Hillsborough County)	813-879-4357
Treasure Coast (St- Lucie County)	888-624-6822
Unity Springs (West Volusia County)	888-385-3121

### Area Service Meetings

- Area Service Committee** - 2nd Sunday of the month @ 1:30 pm - Bartow Civic Center - 2250 S Floral Ave Bartow 33830
- Activities** - 3rd Tuesday of the month @ 7:00 pm - Church in the Meadows - 2825 Winter Lake Road Lakeland 33813
- HACNA** - 1st Monday of the month @ 7:00 pm - Abiding Savior Lutheran Church - 1910 Havendale Blvd Winter Haven 33881
- Helpline** - 4th Monday of the month @ 6:30 pm - Grace Lutheran Church - 745 S Ingraham Ave Lakeland 33801
- Hospitals & Institutions** - 2nd Sunday of the month @ 12:15 pm - Bartow Civic Center - 2250 S Floral Ave Bartow 33830
- Policy** - 1st Monday of the month @ 5:30 pm - The Glass Onion - 120 W Main St Lakeland 33815
- Public Relations** - 4th Tuesday of the month @ 6:30 pm - Church in the Meadows - 2825 Winter Lake Road, Lakeland, FL 33813

Meeting Format Legend			
AB	Ask-It-Basket	BEG	Beginners
BT	Basic Text	C	Closed to Non-Addicts
CAN	Candlelight	CS	Children under Supervision
CW	Children Welcome	D	Discussion
LC	Living Clean	LIT	Literature Study
NS	No Smoking	O	Open to Everyone
SD	Speaker & Discussion	SMK	Smoking Permitted
SPK	Speaker Only	STP	Step
SWG	Step Working Guide Study	TRD	Tradition
VAR	Format Varies	W	Women
WC	Wheelchair		

### PHONE NUMBERS

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**Serenity Prayer**

God, grant me the serenity to accept the things I cannot change,  
The courage to change the things I can,



**HEARTLAND AREA**

**MEETING LIST**

**DECEMBER 2018**

**24 HOUR HELPLINE**

**863-683-0630**

<http://naflheartland.org>

**Heartland Area Service Committee  
PO Box 2183  
Eaton Park, FL 33840**

**Florida Regional Service Office  
2222 South Combee Road, Bay #6  
Lakeland, FL 33801**

**1-866-NAFLRSO (866-623-5776)**

**SUGGESTIONS FOR THE NEWCOMER**

**Don't use no matter what**

**Ask your Higher Power to keep you clean today**

**Come early and stay late**

**Get a home group**

**Go to 90 meetings in 90 days**

**Read NA literature daily**

**Get and use a sponsor**

**Use the phone**

**Keep coming back**