

Auburndale

Sun 7:00PM **Serenity on Sunday**, St. Alban's Episcopal Church, 202 Pontotoc St, Auburndale, FL, 33823 (O,D,WC,NS)

Mon 7:30PM **No Name Meeting**, St. Alban's Episcopal Church, 202 Pontotoc St, Auburndale, FL, 33823 (C,CAN,D,WC,NS)

Bartow

Thu 7:00PM **The Last Chance Group**, Bartow Detox, Access to this facility is for persons 18 years of age and above only., 2725 State Road 60, Bartow, FL, 33830 (C,WC,NS,RA,NC)

Dade City

Sat 7:30PM **Stepping Out of the Problem**, Tanno Hall, St. Mary's Episcopal Church, 14318 12th St., Dade City, FL, 33523 (O,RF) *Tanno Hall is the standalone building behind the main sanctuary, directly off the rear parking lot on 12th Street. Enter through the parking-lot side doors.*

Davenport

Thu 7:00PM **Grateful Recovery Group**, Gate Church, 508 U.S. Highway 17-92, Davenport, FL, 33837 (D)

Lake Alfred

Wed 8:30PM **The Chosen Few**, First United Methodist Church, Parish Hall, 130 S Pennsylvania Ave, Lake Alfred, FL, 33850 (O,D,WC,NS,SPK)

Lakeland

Sun 5:30PM **Living Free**, 2001 N Crystal Lake Dr, Lakeland, FL, 33801 (O,D,WC,NS,SPK) *1st Sun. - Lit, Smoke Free Campus*

Sun 8:00PM **Weekend Wind Down - Hybird**, WhiteSands Alcohol & Drug Rehab, Outpatient Building, 5135 US Hwy 98 N, Lakeland, FL, 33809 (O,CW,D,WC,NS,HY,SPK) *Hybrid.*

Mon NOON **Clean Break At Noon**, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (O,D,WC,LIT,NS,CS)

Mon 6:30PM **Never Alone**, St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland, FL, 33813 (O,D,WC,LIT,NS,SPK)

Mon 8:00PM **The Dopeless Hope Spot**, 3140 Troy Ave, Lakeland, FL, 33803 (O,WC)

Tue NOON **Clean Break At Noon**, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)

Tue 6:30PM **Clean Break at Night (Serenity Seekers)**, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)

Lakeland (cont)

Tue 8:00PM **Keep It Simple**, First Presbyterian Church, Boy Scout Building/Classroom at the rear of the parking lot, 175 Lake Hollingsworth Dr, Lakeland, FL, 33801 (O,D,WC,NS,SPK)

Wed NOON **Clean Break At Noon**, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)

Wed 6:30PM **First Things First**, WhiteSands Outpatient Facility, 5135 Us Hwy 98 N, Lakeland, FL, 33809 (C,D,STP,TRD,WC,NS)

Wed 6:30PM **Never Alone**, St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland, FL, 33813 (O,D,WC,NS,SPK)

Wed 8:00PM **Top Of The Bottom**, First Presbyterian Church, Boy Scout Building/Classroom at the rear of the parking lot, 175 Lake Hollingsworth Dr, Lakeland, FL, 33801 (O,D,WC,LIT,NS,SPK) *LIT 1st Wed, SPK Last Wed*

Thu NOON **Clean Break At Noon**, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (C,D,WC,NS,CS)

Thu 6:30PM **Asking For Recovery**, College Heights United Methodist Church, 942 South Blvd, Lakeland, FL, 33803 (O,D,WC,NS,CS,ME) *1st Thurs of each month is a meditation mtg. Enter at wrought iron gate, through the seating area, around the courtyard to Room #7 (Rath Senior Center) Please do not walk on the grass.*

Thu 8:00PM **Grow or Go**, Peak Worship Church, 315 Granada St., Lakeland, FL, 33805 (O,CAN,CW,D,WC,LIT,NS) *Rotating format: 1st & 3rd Thurs-Open Discussion, 2nd Thurs-Literature Discussion, 4th Thurs-God Shot, 5th Thurs-Candlelight*

Thu 8:00PM **We Do Recover**, Grace Lutheran Church, 745 S Ingraham Ave, Lakeland, FL, 33801 (O,D,WC,NS,SPK)

Fri NOON **Clean Break At Noon**, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (O,D,VAR,WC,NS,CS)

Fri 6:30PM **She DO Recover**, 220 W Beacon Rd, Lakeland, FL, 33803 (O,D,W,WC,NS)

Fri 8:00PM **Friday Night Candlelight**, Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland, FL, 33803 (O,CAN,D,WC,NS)

Fri 8:00PM **The War Is Over**, St. Stephens Episcopal Church, Classroom Building, 1820 E County Road 540a, Lakeland, FL, 33813 (O,D,WC,NS)

Fri 8:00PM **This Too Shall Pass**, WhiteSands Outpatient Facility, 5135 US Hwy 98 N, Lakeland, FL, 33809 (C,D,STP,TRD,WC,LIT,NS,HP,BK)

Sat 9:00AM **Solutions**, 1820 County Rd 540A, Lakeland, FL, 33813 (O,TOP)

Lakeland (cont)

Sat 2:00PM **Clean Break Saturday**, 220 W Beacon Rd, Lakeland, FL, 33803 (O,D,VAR,WC,NS,CS)

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

Lake Placid

Mon 7:15PM **Carry the Message**, South Oak Baptist Church, 119 E. Royal Palm Street, Lake Placid, FL, 33852 (O,D,NS,SPK)

Fri 6:00PM **Friday Night Special**, South Oak Baptist Church, 119 E. Royal Palm St., Lake Placid, FL, 33852 (O,D,NS,SPK)

Lake Wales

Mon 8:00PM **Show Me Don't Tell Me**, Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, Lake Wales, FL, 33853 (O,LIT,SD,L,HY)

Wed 8:00PM **Show Me Don't Tell Me**, Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, Lake Wales, FL, 33853 (O,D,SD,HY)

Sat 8:00PM **Show Me Don't Tell Me**, Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, Lake Wales, FL, 33853 (O,D,SD,HY)

Plant City

Sun 5:00PM **Just For Today**, Hull House, 203 N Thomas St, Plant City, FL, 33563 (O,D,RF)

Wed 6:30PM **Just For Today**, Hull House, 203 N Thomas St, Plant City, FL, 33563 (O,D,RF)

Sebring

Tue 7:00PM **Take It Easy**, Last house on the block, 300 Medical Center Way, Sebring, FL, 33870 (O,D,LIT) *1st Tuesday lit study, other weeks candlelight open disc.*

Winter Haven

Tue 7:30PM **Face 2 Face Winter Haven**, Fellowship Hall, 401 N. Lake Howard Dr, Winter Haven, FL, 33881 (O,WC)

Thu 7:00PM **Just For Thursday**, St. John's United Methodist Church, 1800 Cypress Gardens Blvd, Winter Haven, FL, 33884 (C,D,STP,WC,NS,CS) *STP 1st Thurs*

Fri 7:00PM **Another Look In The Villa**, Florence Villa Community, Most eastern room in the building., 111 Ave R NE, Winter Haven, FL, 33881 (C,D,WC,NS)

Winter Haven (cont)

Sat 6:30PM **Ties That Bind Us**, 111 Ave R NE, Winter Haven, FL, 33881 (O,D,WC,NS) *to the left upon entry*

Zephyrhills

Sun 7:00PM **Recovery In The Hills**, Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (O,D,WC,NS,SPK)

Wed 7:00PM **Recovery In The Hills**, Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (O,D,WC,LIT,NS,SPK)

Thu 7:00PM **Recovery In The Hills**, Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (O,D,WC,NS,SPK)

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 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			
CAN	Candlelight	CW	Children Welcome
D	Discussion	VAR	Format Varies
W	Women	NS	No Smoking
SD	Speaker & Discussion	CS	Children Supervised
O	Open	C	Closed to Non-Addicts
WC	Wheelchair	STP	Step
TOP	Topic	TRD	Tradition
LIT	Literature Study	α	Outdoor Meeting
RF	Rotating Format	BK	Book Study
ME	Meditation	RA	Restricted Attendance
L	Literature Study	NC	No Children
HY	Hybrid	SPK	Speaker Only
HP	Handicap Parking		

PHONE NUMBERS

Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.



HEARTLAND AREA MEETING LIST MAY 2026

24 HOUR HELPLINE 863-683-0630

<https://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**