NOON	Sunday		Monday (cont)	
NOON				
	Sunday Morning Leftovers, Presbyterian Church in the Highlands, 1010 Lake Miriam Dr., Lakeland, FL, 33813 (O, D, WC, NS)	8:00 PM	Clean And Serene, Winter Haven Hospital, Meets in private dining room in basement cafeteria., 200 Avenue "F" N/W, Winter Haven,	
5:30 PM	Walnut Street, Lakeland , FL (O, D, WC, NS) 1st	0.00 PM	FL (O, WC, LIT, NS) No Smoking on the hospital property	
7:00 PM	Sun Lit, 3rd Sun Lit Recovery In The Hills, Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL (O, D, WC, NS)	8:00 PM	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)	
	Step It Up, Step It Up Ministries, 4532 Clubhouse Rd, Lakeland, Florida, 33812 (O, CW, W, LIT)	8:00 PM	Why Are We Here, Unitarian Universalist Congregation, 3140 Troy Ave, Lakeland, FL (O, D, WC, NS, SD) First Monday of the month - Literature Study	
7:30 PM	Get A Grip , Saint Albans Episcopal Church, Off Main Street, 202 Pontotoc Street, Auburndale , FL (O, CAN, WC, NS)	Neek	Tuesday	
8:00 PM	Stonewall Recovery, Christ's Promise Church, 1145 US Hwy 92, West, Auburndale, FL, 33823	NOON	Clean Break At Noon, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (C, D, WC, NS, CS)	
	(O, D, VAR, WC, LIT, NS) LGBT, 2nd Sun. Ask It Basket, 4th Sun. literature study, 5th Sun. Speaker	NOON	Downtown Recovery At Noon , Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd,	
8:00 PM	Weekend Wind Down, Hope Community Chruch, Meets in church office, 5129 US HWY 98		Winter Haven, FL (C, D, WC, NS) **No Smoking On Campus**	
	N., Lakeland , FL, 33809 (O, CW, D, WC, NS) Monday		Serenity Seekers, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (O, D, WC, NS)	
NOON	Clean Break At Noon, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL (C, D, WC, NS, CS)	7:00 PM	Break the Chains , Lock Even's House (Across the Street from the Park), 14234 11th Street,	
NOON	Downtown Recovery At Noon , Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd,	7:30 PM	No Name Meeting, 103 W Park St, Auburndale, FL (C, CAN, D, WC, NS)	
Winter Haven, FL (C, D, WC, NS) **No Smoking On Campus**		7:30 PM	Work the Steps or Die, St. Elizabeth Episcopal Church, 5855 16th St., Zephyrhills , FL, 33542	
	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)	8:00 PM	(BT, LIT, SD) 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	
6:30 PM	Classrooms, 1820 E County Road 540a, Lakeland , FL (O, D, WC, LIT, NS)	8:00 PM	Keep It Simple , First Presbyterian Church, Room C, 175 Lake Hollingsworth Dr, Lakeland ,	
7:00 PM	Lost And Found Group , First Methodist Church, 207 North 7th Avenue, Wauchula , FL (O, D, WC, NS)	8:00 PM	FL (O, D, WC, NS) Show Me Don't Tell Me - Women's Meeting, Good Shepherd Episcopal Church, 200 S. 4th St.	
7:00 PM			Apt #7, Lake Wales , FL, 33853 (O, BT, TRD, NS)	
7:15 PM	Carry The Message , First Baptist Church Of Lake Placid, Parking And Entrance On Hibiscus St, 119 East Royal Palm Street, Lake Placid , FL	8:00 PM	Take It Easy , 1st Presbyterian Church, 319 Poinsettia Ave., Sebring , FL (LIT, CS) <i>Last Tues. is pot luck dinner at 7PM</i>	

	Wednesday		
NOON	Clean Break At Noon , Christ Memorial Baptist 2929 Hardin Combee Rd, Lakeland , FL (C, D, WC, NS, CS)		
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**		
NOON	More Will Be Revealed, First Christian Church 6040 8th St, Zephyrhills, FL (O, D, WC, NS)		
6:30 PM	Never Alone , St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, Lakeland , FL (O, D, WC, NS)		
7:00 PM	1 Basic Group: We Never Had It So Good, Union Church, 106 N Butler Ave., Avon Park, FL, 33625 (0)		
7:00 PM	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)**		
7:00 PM	Recovery In The Hills , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills , FL (O, D, WC, LIT, NS)		
8:00 PM	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)		
8:00 PM	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) <i>LIT 1rst Wed, SPK Last Wed</i>		
8:30 PM	The Chosen Few, First United Methodist Church, Parish Hall, 130 S Pennsylvania Ave, Lake Alfred, FL (O, D, WC, NS)		
	Thursday		
NOON	Clean Break At Noon , Christ Memorial Baptist 2929 Hardin Combee Rd, Lakeland , FL (O, D, WC, NS, CS) <i>Open Meeting Only On Thursdays</i>		
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**		
6:30 PM	Asking For Recovery , College Heights United Methodist Church, Success House, 942 South Blvd, Lakeland , FL (O, D, WC, NS, CS)		
7:00 PM	Just For Thursday , St. John's United Methodist Church, 1800 Cypress Gardens Blvd, Winter Haven , FL (C, D, STP, WC, NS, CS) <i>STP 1st Thur</i>		

	Thursday (cont)	
otist, 7:00),	PM Lost And Found Group, First Methodist Church, 207 North 7th Avenue, Wauchula, FL (O, D, WC, NS)	
dge 7:00		
vd, <i>king</i> 7:30	Zephyrhills, FL (O, D, SPK, WC, NS)	
rrch,	PM Finding Hope, Storehouse Ministries, 103 W. Park St., Auburndale, FL, 33823 (O, CW, D, WC NS)	
8:00	•	
h,	Services, Mary Lyons Center, 2725 State Road 60 E, Bartow , FL (C, D, WC, NS) <i>No Smoking on</i> the property. Access Restricted To Age 18 And	
	Over.	
k, 8:00	Ingraham Ave, Lakeland , FL (O, D, WC, NS)	
36	Friday	
NS, NOC es)**	ON Clean Break At Noon, Christ Memorial Baptist 2929 Hardin Combee Rd, Lakeland, FL (C, WC, NS, AB, CS)	
noc	Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL (C, D, WC, NS) **No Smokin On Campus**	
, D, 6:00		
.75 SPK, 7:00		
7:00		
7:30		
etist, 8:00 D, <i>ys</i> dge	PM 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.	
8:00 vd, king		
9:00 n	Fellowship, 220 W Beacon Rd., Lakeland , FL, 33803 (O, CAN, D, SPK, WC, NS)	
dist	Saturday	
9:00	AM Solution II, St. Stephen's Episcopal Church,	

	Saturday (cont)		
NOON	Let's Get Honest , Zion Hope Baptist Church, 505 Plateau Ave., Lakeland , FL, 33815 (O, D, WC, NS) <i>Meets only 1st, 2nd, 4th, and 5th Saturdays</i>		
NOON	Mid Day Miracles, Chancey Road Christian Church, 34921 Chancey Rd, Zephyrhills , FL (O, D, WC, NS)		
NOON	Unity at Noon , Community Connect Church, Tobacco free campus, 3555 US Hwy 92, Auburndale , FL, 33823 (C, D, NS)		
6:00 PM	New Beginnings, 4348 Schumacher Rd, Sebring, FL, 33872 (O, BEG, SD)		
6:30 PM	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.		
7:00 PM	Triple H (Hope, Health, and Happiness) , First Christian Church, Across from post office, 6040 8th St., Zephyrhills , 33542 (O, BEG, D)		
7:30 PM	Circle Of Hope, 103 W Park St, Auburndale, FL (O, D, WC, NS)		
8:00 PM	Saturday Night Live, Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland, FL, 33803 (O, CW, D, WC, NS, CS)		
8:00 PM	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)		
10:30 PM	Flicker Of Hope, Grace Lutheran Church, 745 S		

Ingraham Ave, Lakeland, FL (O, CAN, D, WC,

NS)

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	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 Saturday of the month @ 11:00 am - 103 Park St., Auburndale, FL 33823

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 - Beacon Hill Fellowship - 220 W Beacon Rd Lakeland, FL 33803

Meeting Format Legend						
AB	Ask-It-Basket	BEG	Beginners			
ВТ	Basic Text	С	Closed to Non- Addicts			
CAN	Candlelight	CS	Children under Supervision			
CW	Children Welcome	D	Discussion			
LC	Living Clean	LIT	Literature Study			
NS	No Smoking	0	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

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 NOVEMBER 2018

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