Sunday

12:30 PM Sunday Morning Leftovers, Presbyterian Church in the Highlands, 1010 Lake Miriam Dr., Lakeland, FL, 33813 (D,WC,NS,SPK) Masks Required

5:30 PM Living Free, 1211 New Jersey Rd, Lakeland, FL, 33801 (D,WC,NS,SPK) 1st Sun. - Lit 3rd Sun. - Lit

7:00 PM NA Recovery Zoom Meeting, FL (VM)

7:00 PM Recovery In The Hills, Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (D,WC,NS,VM,SPK) Hybrid. Masks Required.

7:00 PM Stonewall Recovery, Auburndale, FL, 33823 (D,VAR,WL,LT,NS,VM,SPK) LGBT. Literature Study

7:30 PM Get A Grip, 103 W Park St., Auburndale, FL, 33823 (CAN,WC,NS,SPK)

8:00 PM Weekend Wind Down, Hope Community Church, Meets in Church office, 1129 US HWY 50 N., Lakeland, FL, 33801 (CW,D,WC,NS,VM,SPK) Hybrid. Masks Required.

Monday

NOON Clean Break At Noon, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (D,WC,NS,CS,LY,HY) Split

NOON Downtown Recovery At Noon, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL, 33884 (D,WC,NS,TC,VM) **No Smoking On Campus**

7:00 PM No Name Meeting, 103 W Park St, Auburndale, FL, 33823 (C,CAN,WC,NS)

8:00 PM Clean And Serene, Winter Haven Hospital, Meets in the auditorium in the basement of the hospital, 200 Avenue F NW, Winter Haven, FL, 33881 (WLT,LT,NS,TC,VM) No Smoking on the hospital property

8:00 PM Keep It Simple, First Presbyterian Church, Room C, 175 Lake Hollingsworth Dr, Lakeland, FL, 33801 (D,WC,NS,SPK)

8:00 PM Take It Easy, 1st Presbyterian Church, 319 Poinsettia Ave., Sebring, FL, 33870 (LT,CS) 1st Tuesday lit study, other weeks candlelight open disc.

Tuesday

NOON Clean Break At Noon, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (D,WC,NS,CS,HC,Hy) Split

NOON Downtown Recovery At Noon, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL, 33884 (D,WC,NS,TC,VM) **No Smoking On Campus**

6:30 PM Serenity Seekers, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (D,WC,NS,SPK)

7:00 PM NA Recovery Zoom meeting, FL (VM)

7:00 PM Shattering The Illusion, St. Elizabeth Episcopal Church, 5855 16th St., Zephyrhills, FL, 33542 (VAR) Last Tues. of month speaker meeting

7:30 PM No Name Meeting, 103 W Park St, Auburndale, FL, 33823 (C,CAN,WC,NS)

8:00 PM Clean And Serene, Winter Haven Hospital, Meets in the auditorium in the basement of the hospital, 200 Avenue F NW, Winter Haven, FL, 33881 (WLT,LT,NS,TC,VM) No Smoking on the hospital property

8:00 PM Keep It Simple, First Presbyterian Church, Room C, 175 Lake Hollingsworth Dr, Lakeland, FL, 33801 (D,WC,NS,SPK)

8:00 PM Take It Easy, 1st Presbyterian Church, 319 Poinsettia Ave., Sebring, FL, 33870 (LT,CS) 1st Tuesday lit study, other weeks candlelight open disc.

Wednesday

NOON Clean Break At Noon, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (D,WC,NS,CS,HC,Hy) Split

NOON Downtown Recovery At Noon, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL, 33884 (D,WC,NS,TC,VM) **No Smoking On Campus**

6:30 PM Serenity Seekers, Christ Memorial Baptist, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (D,WC,NS,SPK)

7:00 PM No Name Meeting, 103 W Park St, Auburndale, FL, 33823 (C,CAN,WC,NS)

8:00 PM Clean And Serene, Winter Haven Hospital, Meets in the auditorium in the basement of the hospital, 200 Avenue F NW, Winter Haven, FL, 33881 (WLT,LT,NS,TC,VM) No Smoking on the hospital property

8:00 PM Keep It Simple, First Presbyterian Church, Room C, 175 Lake Hollingsworth Dr, Lakeland, FL, 33801 (D,WC,NS,SPK)

8:00 PM Take It Easy, 1st Presbyterian Church, 319 Poinsettia Ave., Sebring, FL, 33870 (LT,CS) 1st Tuesday lit study, other weeks candlelight open disc.

Thursday

NOON Clean Break At Noon, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (D,WC,NS,CS,HC,Hy) Split

NOON Downtown Recovery At Noon, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL, 33884 (D,WC,NS,TC,VM) **No Smoking On Campus**

6:30 PM Asking For Recovery, College Heights United Methodist Church, Success House, 492 South St, Lakeland, FL, 33803 (D,WC,NS,CS,VM) Hybrid. Masks Required.

7:00 PM Just For Thursday, St. John's United Methodist Church, 1800 Cypress Gardens Blvd, Winter Haven, FL, 33884 (C,STP,WC,NS,CT,VM) Hybrid. Masks Required.

7:00 PM Lost And Found Group, First Methodist Church, 207 North 7th Avenue, Wauchula, FL, 33873 (D,WC,NS,SPK)

7:00 PM Recovery In The Hills, Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, Zephyrhills, FL, 33540 (D,WC,NS,VM,SPK) Hybrid. Masks Required.

7:30 PM Finding Hope, Storehouse Ministries, 103 W Park St, Auburndale, FL, 33823 (CW,WC,NS,SPK)

7:30 PM Narcotics Anonimos en Espanol, New Hope Community Church, 1211 New Jersey Rd, Lakeland, FL, 33801 (D,ESP,WC,NS,ES,ES)

8:00 PM Grow or Go, Peak Worship Church, 315 Granada St., Lakeland, FL, 33805 (C,W,D,WC,NS) Hybrid. Masks Required. Second Thursday speaker meeting.

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

Friday

NOON Clean Break At Noon, 2929 Hardin Combee Rd, Lakeland, FL, 33801 (D,WC,NS,CS,LY,VM) Split

NOON Downtown Recovery At Noon, Cypress Ridge Presbyterian Church, Park on W side, enter through side door, 6230 Cypress Gardens Blvd, Winter Haven, FL, 33884 (D,WC,NS,TC,VM) **No Smoking On Campus**

6:00 PM Friday Night Special, First Baptist Church of Lake Placid, 119 E. Palm St., Lake Placid, FL, 33852 (C,WC,NS,LY)

6:00 PM Solution I, St. Stephen's Episcopal Church, 1820 County Road 540 A, Lakeland, FL, 33813 (D,WC,LY,NS,SPK)

7:00 PM Another Lords In The Villa, Florence Villa Community, Most of room in the building, 111 Ave RE, Winter Haven, FL, 33881 (C,WC,NS,VM)

7:00 PM More Will Be Revealed, St. Elizabeth Episcopal Church, 5855 16th St., Zephyrhills, FL, 33542 (D,WC,NS,SPK)

7:00 PM 1st Sunday In Win, 103 W Park St, Auburndale, FL, 33823 (CW,D,WC,NS,SPK,VM)

8:00 PM Friday Night Fire, 300 Medical Center Way, Sebring, FL, 33870 (D,SMK,WC,SPK) Seasonal Bonfire - Go through “Do Not Enter” sign on entering grove.

8:00 PM The War Is Over, St. Stephens Episcopal Church, 1820 County Road 540 A, Lakeland, FL, 33813 (D,SMK,WC,SPK)

9:00 PM Friday Night Candlelight, Beacon Hill Fellowship, 220 W Beacon Rd., Lakeland, FL, 33803 (CAN,D,WC,NS,SPK) Currently meeting in parking lot.

Saturday

9:00 AM Solution II, St. Stephen's Episcopal Church, 1820 County Road 540 A, Lakeland, FL, 33813 (D,WC,NS,SPK)
### Area Service Meetings

<table>
<thead>
<tr>
<th>Area Service Meetings</th>
<th>Activities</th>
<th>Temporarily meeting only</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- 2nd Sunday of the month @ 1:30 pm</td>
<td>Bartow Civic Center - 2250 S Floral Ave Bartow 33820</td>
</tr>
<tr>
<td></td>
<td>- 2nd Sunday of the month @ 1:30 pm</td>
<td>Eaton Park, FL 33840</td>
</tr>
<tr>
<td></td>
<td>- 1st Monday of the month @ 7:30 pm</td>
<td>Abiding Savior Lutheran Church - 1910 Haven Ave Winter Haven 33881</td>
</tr>
<tr>
<td></td>
<td>- 4th Monday of the month @ 6:30 pm</td>
<td>Grace Lutheran Church - 245 S Ingraham Ave Lakeland 33801</td>
</tr>
<tr>
<td></td>
<td>- 2nd Sunday of the month @ 12:15 pm</td>
<td>Bartow Civic Center - 2250 S Floral Ave Bartow 33820</td>
</tr>
<tr>
<td></td>
<td>- 1st Monday of the month @ 8:00 pm</td>
<td>- 4th Tuesday of the month @ 6:30 pm</td>
</tr>
</tbody>
</table>

### Meeting Format Legend

<table>
<thead>
<tr>
<th>Format</th>
<th>Legend</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAN</td>
<td>Candledight</td>
</tr>
<tr>
<td>CS</td>
<td>Children under Supervision</td>
</tr>
<tr>
<td>D</td>
<td>Discussion</td>
</tr>
<tr>
<td>ES</td>
<td>Español</td>
</tr>
<tr>
<td>ESP</td>
<td>Espanol</td>
</tr>
<tr>
<td>HY</td>
<td>Hybrid</td>
</tr>
<tr>
<td>LIT</td>
<td>Literature Study</td>
</tr>
<tr>
<td>O</td>
<td>Open</td>
</tr>
<tr>
<td>SPK</td>
<td>Speaker Only</td>
</tr>
<tr>
<td>STM</td>
<td>Smoker Permitted</td>
</tr>
<tr>
<td>VM</td>
<td>Virtual Meeting</td>
</tr>
<tr>
<td>WC</td>
<td>Wheelchair</td>
</tr>
</tbody>
</table>

### Serenity Prayer

God, grants 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.

### PHONE NUMBERS

**24 HOUR HELPLINE**

https://naflheartland.org

Follow us on Facebook: @NAFLHeartland

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
- Get a home group
- Go to 90 meetings in 90 days
- Read NA literature daily
- Use the phone
- Keep coming back

*Hope without Dope, Holy Trinity Episcopal Church, 500 W Stuart St., Bartow, FL, 33830 (VAR,WC,NS,TC) Please park on the grass next to the building.*

*Let’s Get Honest, Zion Hope Baptist Church, 505 Plateau Ave., Lakeland, FL, 33815 (D,W,NC,TS,SPK) Meets only 1st, 2nd, 4th, and 5th Saturdays.*

*High on Hope, Lake Placid Church of the Nazarene, 512 W. Interlake Blvd. Lake Placid, FL, 33852 (D,SPK).*

*New Beginnings, 4348 Schumacher Rd, Sebring, FL, 33872 (BEG,SD,SPK).*

*A New Way Of Life, Tri-County Human Services, Mary Lyons Center, 2725 State Road 60 E, Bartow, FL, 33830 (C,D,WC,NS,TC) No Smoking on the property. Access Restricted To Age 18 And Over.*

*Circle Of Hope, 103 W Park St, Auburndale, FL, 33823 (D,WC,NS,SPK).*


*Show Me Don’t Tell Me, Good Shepherd Episcopal Church, Across Street From Church, 200 S 4th St Apt #7, Lake Wales, FL, 33853 (CAN,D,WC,NS,TC,VM,SPK).*

*Flicker Of Hope, Grace Lutheran Church, 745 S Ingraham Ave, Lakeland, FL, 33801 (CAN,D,WC,NS,TC,VM,SPK).*