

## Sunday

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| <b>5:00 PM</b> | <b>Just For Today</b> , Hull House, 203 N Thomas St, <b>Plant City</b> , FL, 33563 (O,D,RF)   |
| <b>5:30 PM</b> | <b>Living Free</b> , 2001 N Crystal Lake Dr, <b>Lakeland</b> , FL, 33801 (O,D,WC,NS,SPK) <i>1st Sun. - Lit, Smoke Free Campus,</i>  |
| <b>7:00 PM</b> | <b>Recovery In The Hills</b> , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, <b>Zephyrhills</b> , FL, 33540 (O,D,WC,NS,SPK)   |
| <b>7:00 PM</b> | <b>Serenity on Sunday</b> , St. Alban's Episcopal Church, 202 Pontotoc St, <b>Auburndale</b> , FL, 33823 (O,D,WC,NS)  |
| <b>8:00 PM</b> | <b>Weekend Wind Down - Hybird</b> , WhiteSands Alcohol & Drug Rehab, Outpatient Building, 5135 US Hwy 98 N, <b>Lakeland</b> , FL, 33809 (O,CW,D,WC,NS,HY,SPK) <i>Hybrid.,</i> <a href="https://zoom.us/j/85683605575">https://zoom.us/j/85683605575</a> , <i>Zoom ID: 856 8360 5575 Passcode 575946</i> |

## Monday

|                |  |
|----------------|--|
| <b>NOON</b>    | <b>Clean Break At Noon</b> , 2929 Hardin Combee Rd, <b>Lakeland</b> , FL, 33801 (O,D,WC,LIT,NS,CS)   |
| <b>6:30 PM</b> | <b>Never Alone</b> , St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, <b>Lakeland</b> , FL, 33813 (O,D,WC,LIT,NS,SPK)   |
| <b>7:15 PM</b> | <b>Carry the Message</b> , South Oak Baptist Church, 119 E. Royal Palm Street, <b>Lake Placid</b> , FL, 33852 (O,D,NS,SPK)   |
| <b>7:30 PM</b> | <b>No Name Meeting</b> , St. Alban's Episcopal Church, 202 Pontotoc St, <b>Auburndale</b> , FL, 33823 (C,CAN,D,WC,NS)  |
| <b>8:00 PM</b> | <b>Show Me Don't Tell Me</b> , Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, <b>Lake Wales</b> , FL, 33853 (O,LIT,SD,L,HY) , <a href="https://zoom.us/j/4336905349">https://zoom.us/j/4336905349</a> , <i>Meeting ID: 433 690 5349 no passcode</i> |
| <b>8:00 PM</b> | <b>The Dopeless Hope Spot</b> , 3140 Troy Ave, <b>Lakeland</b> , FL, 33803 (O,WC)  |

## Tuesday

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|----------------|---|
| <b>NOON</b>    | <b>Clean Break At Noon</b> , 2929 Hardin Combee Rd, <b>Lakeland</b> , FL, 33801 (C,D,WC,NS,CS)  |
| <b>6:30 PM</b> | <b>Clean Break at Night (Serenity Seekers)</b> , 2929 Hardin Combee Rd, <b>Lakeland</b> , FL, 33801 (C,D,WC,NS,CS)  |
| <b>7:00 PM</b> | <b>Shattering The Illusion</b> , St. Elizabeth Episcopal Church, 5855 16th St., <b>Zephyrhills</b> , FL, 33542 (O,VAR) <i>Last Tues. of month speaker meeting,</i>            |
| <b>7:00 PM</b> | <b>Take It Easy</b> , Last house on the block, 300 Medical Center Way, <b>Sebring</b> , FL, 33870 (O,D,LIT) <i>1st Tuesday lit study, other weeks candlelight open disc.,</i> |

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| <b>7:30 PM</b> | <b>Face 2 Face Winter Haven</b> , Fellowship Hall, 401 N. Lake Howard Dr, <b>Winter Haven</b> , FL, 33881 (O,WC)   |
| <b>8:00 PM</b> | <b>Keep It Simple</b> , First Presbyterian Church, Boy Scout Building/Classroom at the rear of the parking lot, 175 Lake Hollingsworth Dr, <b>Lakeland</b> , FL, 33801 (O,D,WC,NS,SPK) |

## Wednesday

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| <b>NOON</b>    | <b>Clean Break At Noon</b> , 2929 Hardin Combee Rd, <b>Lakeland</b> , FL, 33801 (C,D,WC,NS,CS)   |
| <b>6:30 PM</b> | <b>First Things First</b> , WhiteSands Outpatient Facility, 5135 Us Hwy 98 N, <b>Lakeland</b> , FL, 33809 (C,D,STP,TRD,WC,NS)  |
| <b>6:30 PM</b> | <b>Just For Today</b> , Hull House, 203 N Thomas St, <b>Plant City</b> , FL, 33563 (O,D,RF)  |
| <b>6:30 PM</b> | <b>Never Alone</b> , St. Stephens Episcopal Church, Classrooms, 1820 E County Road 540a, <b>Lakeland</b> , FL, 33813 (O,D,WC,NS,SPK)   |
| <b>7:00 PM</b> | <b>Recovery In The Hills</b> , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, <b>Zephyrhills</b> , FL, 33540 (O,D,WC,LIT,NS,SPK)  |
| <b>8:00 PM</b> | <b>Show Me Don't Tell Me</b> , Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, <b>Lake Wales</b> , FL, 33853 (O,D,SD,HY) , <a href="https://zoom.us/j/4336905349">https://zoom.us/j/4336905349</a> , <i>Meeting ID: 433 690 5349 no passcode</i> |
| <b>8:00 PM</b> | <b>Top Of The Bottom</b> , First Presbyterian Church, Boy Scout Building/Classroom at the rear of the parking lot, 175 Lake Hollingsworth Dr, <b>Lakeland</b> , FL, 33801 (O,D,WC,LIT,NS,SPK) <i>LIT 1st Wed, SPK Last Wed,</i>  |

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| <b>8:30 PM</b> | <b>The Chosen Few</b> , First United Methodist Church, Parish Hall, 130 S Pennsylvania Ave, <b>Lake Alfred</b> , FL, 33850 (WC,NS,BK,SPK) |
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## Thursday

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|----------------|--|
| <b>NOON</b>    | <b>Clean Break At Noon</b> , 2929 Hardin Combee Rd, <b>Lakeland</b> , FL, 33801 (C,D,WC,NS,CS)   |
| <b>6:30 PM</b> | <b>Asking For Recovery</b> , College Heights United Methodist Church, 942 South Blvd, <b>Lakeland</b> , FL, 33803 (O,D,WC,NS,CS,ME) <i>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.,</i> |
| <b>7:00 PM</b> | <b>Grateful Recovery Group</b> , Gate Church, 508 U.S. Highway 17-92, <b>Davenport</b> , FL, 33837 (D)   |
| <b>7:00 PM</b> | <b>Just For Thursday</b> , St. John's United Methodist Church, 1800 Cypress Gardens Blvd, <b>Winter Haven</b> , FL, 33884 (C,D,STP,WC,NS,CS) <i>STP 1st Thurs,</i>   |

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| <b>7:00 PM</b> | <b>Recovery In The Hills</b> , Seventh Day Adventist Church, Classroom 4, 7333 Dairy Road, <b>Zephyrhills</b> , FL, 33540 (O,D,WC,NS,SPK) |
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| <b>7:00 PM</b> | <b>The Last Chance Group</b> , Bartow Detox, Access to this facility is for persons 18 years of age and above only., 2725 State Road 60, <b>Bartow</b> , FL, 33830 (C,WC,NS,RA,NC) |
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| <b>8:00 PM</b> | <b>Grow or Go</b> , Peak Worship Church, 315 Granada St., <b>Lakeland</b> , FL, 33805 (O,CAN,CW,D,WC,LIT,NS) <i>Rotating format: 1st &amp; 3rd Thurs-Open Discussion, 2nd Thurs-Literature Discussion, 4th Thurs-God Shot, 5th Thurs-Candlelight,</i> |
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| <b>8:00 PM</b> | <b>We Do Recover</b> , Grace Lutheran Church, 745 S Ingraham Ave, <b>Lakeland</b> , FL, 33801 (O,D,WC,NS,ꝛ,SPK) |
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## Friday

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|----------------|--|
| <b>NOON</b>    | <b>Clean Break At Noon</b> , 2929 Hardin Combee Rd, <b>Lakeland</b> , FL, 33801 (O,D,VAR,WC,NS,CS)                         |
| <b>6:00 PM</b> | <b>Friday Night Special</b> , South Oak Baptist Church, 119 E. Royal Palm St., <b>Lake Placid</b> , FL, 33852 (O,D,NS,SPK) |

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| <b>6:30 PM</b> | <b>Recovery In The Sticks</b> , 5300 Beulah Church Rd, <b>Lithia</b> , FL, 33547 (O,CW,D) <i>Childcare Provided,</i> |
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| <b>6:30 PM</b> | <b>She DO Recover</b> , 220 W Beacon Rd, <b>Lakeland</b> , FL, 33803 (O,D,W,WC,NS) |
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| <b>7:00 PM</b> | <b>Another Look In The Villa</b> , Florence Villa Community, Most eastern room in the building., 111 Ave R NE, <b>Winter Haven</b> , FL, 33881 (C,D,WC,NS) |
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| <b>8:00 PM</b> | <b>Friday Night Candlelight</b> , Beacon Hill Fellowship, 220 W Beacon Rd., <b>Lakeland</b> , FL, 33803 (O,CAN,D,WC,NS) |
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| <b>8:00 PM</b> | <b>Friday Night Fire</b> , 300 Medical Center Way, <b>Sebring</b> , FL, 33870 (O,D,SMK,WC,SPK) <i>Seasonal Bonfire - Go through "Do Not Enter" sign on entering grove. Fire is subject to change without notice but the meeting continues.,</i> |
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| <b>8:00 PM</b> | <b>The War Is Over</b> , St. Stephens Episcopal Church, Classroom Building, 1820 E County Road 540a, <b>Lakeland</b> , FL, 33813 (O,D,WC,NS) |
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| <b>8:00 PM</b> | <b>This Too Shall Pass</b> , WhiteSands Outpatient Facility, 5135 US Hwy 98 N, <b>Lakeland</b> , FL, 33809 (C,D,STP,TRD,WC,LIT,NS,HP,BK) |
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## Saturday

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| <b>9:00 AM</b> | <b>Solutions</b> , 1820 County Rd 540A, <b>Lakeland</b> , FL, 33813 (O,TOP) |
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| <b>2:00 PM</b> | <b>Clean Break Saturday</b> , 220 W Beacon Rd, <b>Lakeland</b> , FL, 33803 (O,D,VAR,WC,NS,CS) |
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| <b>6:30 PM</b> | <b>Ties That Bind Us</b> , 111 Ave R NE, <b>Winter Haven</b> , FL, 33881 (O,D,WC,NS) <i>to the left upon entry,</i> |
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| <b>7:00 PM</b> | <b>Surrender on Saturday</b> , 106 N Butler Ave, <b>Avon Park</b> , FL, 33825 |
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| <b>7:30 PM</b> | <b>Stepping Out of the Problem</b> , Tanno Hall, St. Mary's Episcopal Church, 14318 12th St., <b>Dade City</b> , FL, 33523 (O,RF) <i>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.,</i> |
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| <b>8:00 PM</b> | <b>Saturday Nite Live</b> , Beacon Hill Fellowship, 220 W Beacon Rd., <b>Lakeland</b> , FL, 33803 (O,CW,D,WC,NS,CS) |
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| <b>8:00 PM</b> | <b>Show Me Don't Tell Me</b> , Good Shepherd Episcopal Church, Across the street from the church, 200 S. 4th Street, Apt #7, <b>Lake Wales</b> , FL, 33853 (O,D,SD,HY) , <a href="https://zoom.us/j/4336905349">https://zoom.us/j/4336905349</a> , <i>Meeting ID: 433 690 5349 no passcode</i> |
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**If you arrive at a meeting and discover that the information provided here is inaccurate in any way, please notify our helpline at 863-683-0630 and/or email [webservant@nafheartland.org](mailto:webservant@nafheartland.org).**

## Area Service Meetings

**Area Service Committee** - 2nd Sunday of the month @ 1:30pm - Fellowship Hall at College Heights United Methodist Church 934 South Blvd, Lakeland, FL 33803

Hybrid/Zoom Meeting ID: 886 6429 1453 no passcode.

**Activities** - 1st Tuesday of the month at 6:30pm at 1313 E. Main Street, Lakeland 33801

**HACNA** - 3rd Saturday of the month @ 10:30am 1313 E. Main St, Lakeland, FL 33801

**Helpline** - 4th Tuesday of the month @ 6:30pm - Zoom Meeting ID: 848 7971 2413 Passcode: NAHelpline

**Hospitals & Institutions** - 2nd Sunday of the month @ 12:00pm - Fellowship Hall at College Heights United Methodist Church 934 South Blvd, Lakeland, FL 33803

Hybrid/Zoom Meeting ID: 881 9330 0968

**Outreach** - 2nd Tuesday of the month @ 6:00pm - 1313 E. Main St., Lakeland, FL 33801 (Hybrid)

**Policy** - 1st Monday of the month @ 6:30pm - 175 Lake Hollingsworth Dr, Craft Room, Lakeland Hybrid/Zoom Meeting ID: 824 5546 6290 Passcode: Policy

**Public Relations** - 3rd Tuesday of the month @ 8:00pm - 1313 E Main St, Lakeland, FL 33801 Hybrid/Zoom Meeting ID: 870 3154 9288 Passcode: PRROCKS

## 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            | SMK | Smoking Permitted     |
| STP | Step                  | TOP | Topic                 |
| TRD | Tradition             | LIT | Literature Study      |
| ⌘   | 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      |

### Suggestions for newcomers

- DON'T USE, NO MATTER WHAT
- Attend 90 meetings in 90 days
- Change people, places, and things
- Join a home group
- Get a sponsor
- Read NA literature
- Work Steps with a sponsor
- Get involved in NA service
- Build a support system

## We Do Recover

**When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do?**

**There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions or death—or find a new way to live.**

**In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate.**

**For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts.**

**It is available to us all.**

**This is a simple spiritual—not religious—program, known as Narcotics Anonymous.**

## Just for Today

**Tell yourself:**

**JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs.**

**JUST FOR TODAY I will have faith in someone in NA who believes in me and wants to help me in my recovery.**

**JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.**

**JUST FOR TODAY, through NA, I will try to get a better perspective on my life.**

**JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.**

## PHONE NUMBERS



## HEARTLAND AREA MEETING LIST JUNE 2026

## 24-HOUR HELPLINE 863-683-0630

**Call Now!** Volunteers are standing by 24/7 to help you find local meetings.

**Text Us:** Text any town/city or zip code to 863-683-0630 to receive an automated response with a list of the next 5 meetings in that area.



Scan the QR Code for free online resources

**Visit us online at: <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**