Sunday

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

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

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

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

8:00 PM **Weekend Wind Down - Hybird**, WhiteSands Alcohol & Drug Rehab, Outpatient Building, 5135 US Hwy 98 N, **Lakeland**, FL, 33809 (O,D,VAR,WC,NS,CS,HP,ENG,HY) *Hybrid., https://zoom.us/j/85683605575, Zoom ID: 856 8360 5575 Passcode 575946*

Monday

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

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

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

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

8:00 PM **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) , *https://zoom.us/j/4336905349, Meeting ID: 433 690 5349 no passcode*

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

Tuesday

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

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

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

7:00 PM **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.,*

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

8:00 PM **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)

Wednesday

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

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

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

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

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

8:00 PM **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) , *https://zoom.us/j/4336905349, Meeting ID: 433 690 5349 no passcode*

8:00 PM **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,*

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

Thursday

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

6:30 PM **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.,*

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

7:00 PM **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,*

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

7:00 PM **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)

8:00 PM **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,*

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

Friday

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

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

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

7:00 PM **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)

8:00 PM **Friday Night Fire**, 300 Medical Center Way, **Sebring**, FL, 33870 (O,D,SMK,WC,SPK) *Seasonal Bonfire – Go through "Do Not Enter" sign on entering grove. Fire is subject to change without notice but the meeting continues.,*

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

9:30 PM **Friday Night Candlelight**, Beacon Hill Fellowship, 220 W Beacon Rd., **Lakeland**, FL, 33803 (O,CAN,D,WC,NS)

Saturday

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

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

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

7:00 PM **Surrender on Saturday**, 106 N Butler Ave, **Avon Park**, FL, 33825

7:30 PM **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.,*

8:00 PM **Saturday Nite 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 the street from the church, 200 S. 4th Street, Apt #7, **Lake Wales**, FL, 33853 (O,D,SD,HY) , *https://zoom.us/j/4336905349, Meeting ID: 433 690 5349 no passcode*

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@naflheartland.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: 824 6917 9857 no passcode.

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

HACNA - Last Friday of the month @ 6:00pm 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

Policy - 1st Monday of the month @ 6:30pm - 1313 E. Main St., Lakeland, FL 33801 Hybrid/ Zoom Meeting ID: 824 5546 6290 Passcode: Policy

Public Relations - 3rd Wednesday of the month @ 6:00pm - 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	ENG	English speaking
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 NOVEMBER 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